

The Herbal Collective

Better living with herbs and natural health

December 2018

Healthy holiday survival guide
6 essential oils for holiday thriving
Vegetarian survival guide to Christmas
3 strategies to holiday food slump

www.herbalcollective.news



Publisher's Note

Can We Change How the Holidays are Celebrated?

I'm pleased to bring another edition of the Herbal Collective to you online.

Technology never stands still and the Herbal Collective is moving along with it to bring newer and better ways of accessing the content.

We will have a big announcement soon in that regard so make sure you stay tuned and open your emails or follow us on facebook.

You may already have 'Christmas' brain so this issue is for you!

Our theme is on the Healthy Holiday Survival Guide.

Whether you want to prepare food for Christmas, have vegetarians coming over for dinner or are a vegetarian, want to ease your pets through the holidays, deal with winter and holiday blues, use essential oils or just breathe better – then this issue is definitely for you.

Sometimes people assume that they will overeat, eat too much of the wrong food, being stressed and too busy during the holidays. As if that is par for the course.

But it doesn't have to be that way.

You can have a healthy holiday with good tast-

ing food that is not going to put on extra pounds. You can have less stress and more enjoyment, more peace on earth. So you don't have to put a lot of effort into trying to undo everything accumulated over the holidays in the New Year.

Doesn't that make more sense? Can I have a yes?

If that's you, then continue reading as we want to provide you with a strategy, not just a collection of articles.

There are so many good choices these days; herbs and spices, healthy food, essential oils, bodywork therapies, fitness choices and experts to go to.

As I'm typing this, someone messaged me on facebook wishing me a happy holiday.

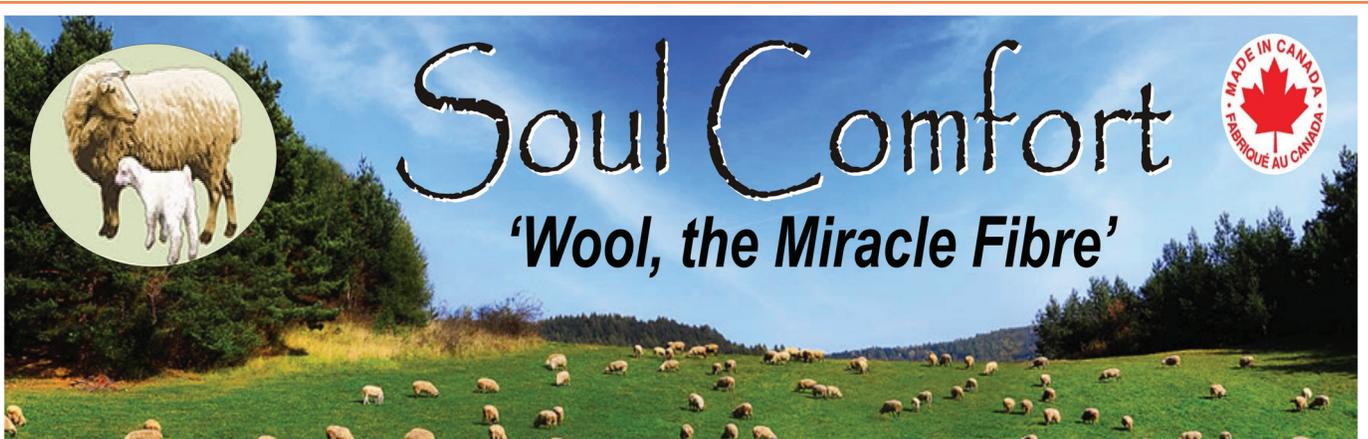
It's the last day of November. So it begins.

How do you approach the holiday season? With joy in your heart or a grim set to your face?

We want to wish you a blessed Christmas and the Happiest, Healthiest of New Year.

Sincerely

Marilyn Zink



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Contents



The Theme:

The Healthy Holiday Survival Guide from a natural perspective.

Avoid the winter blues.....6

6 essential oils to thrive during Christmas...8

Drink this for health.....9

Healthy holiday survival guide for pets.....16

Features

Respiratory health and lungs.....4

The power of cloves.....12

Vegetarian survival guide to Christmas.....13

3 strategies to survive food slump.....18

Columns and Departments

In the Kitchen

Mushroom wellingtons.....10

Savory cabbage & red onion pie.....10

Appleberry mulled wine.....11

Natural Health Directory

Find products and services.....19

Events

Herb and Wine Fair, May 25, Nanaimo, B.C. Watch for more details closer to the date.

see page 12



see page 16



The Herbal Collective

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Soul Comfort Sheepskin.....2

Olena Gill, www.indigomedicine.com.....4

Salvestrol, www.salvestrolbook.com.....5

Hedd Wyn,www.heddwynessentials.com.....5

IslandFarmandGarden.com magazine.....5

Edible Island, www.edibleisland.ca.....11

Ferlow Botanicals. www..ferlowbotanicals.com.....13

Respiratory Health & the Power of Lungs

Breathe in. Breathe out. We do it automatically, about 22,000 times per day. Until we can't.

For millions of adults and children, taking a deep breath is a struggle; for those who can breathe easily, the power of the breath is often taken for granted.

Yet our lungs have a vulnerability not shared by other organs: Along with oxygen, breathing brings in airborne irritants, organisms, and toxins. As these substances increase in the environment, more people are dealing with poor lung and respiratory health.

An unhealthy respiratory system deprives our entire body of oxygen, a nutrient essential to the functioning of all our organs and tissues. A



poorly functioning respiratory system compromises the strength of the immune system and puts us at risk for serious illnesses, such as asthma, bronchitis, emphysema, and coronary obstructive pulmonary disease (COPD).

A Closer Look at the Lungs

The respiratory system includes airways, the lungs and linked blood vessels, and muscles that enable breathing, such as the diaphragm.

The lungs sit inside the rib cage and are the central organ in the respiratory system. They are made of spongy, elastic tissue that stretches and constricts as we breathe.

The trachea and bronchi bring air into the lungs; they are made of smooth muscle and cartilage, which allows the airways to constrict and expand. The alveoli, tiny sacs deep within the lungs, facilitate the exchange of oxygen and carbon dioxide from the blood. If not cared for, our lungs are prone to infection and illness.

Protect Your Lungs

Exercise.

The better your cardiorespiratory fitness, the easier it is for your lungs to keep your heart and muscles supplied with oxygen. It doesn't matter if you dance under the moon, swim at sunrise, or walk through the woods...just get moving to

A promotional graphic for Dr. Olena Gill. It features her name and title in green and black text. Below that, it lists her specialties: General Family Practice, Men's Health, Women's Health, Pediatrics, and Geriatrics. A phone number, 778.762.3099, is prominently displayed. The address is 255A E. Island Hwy, Parksville. Contact information includes drolenagillnd@gmail.com and www.lndigamedicine.com. A photo of Dr. Gill, a woman with short brown hair and glasses wearing a purple top, is on the right. At the bottom, it says "Natural Medicine in Oceanside & Mid-Island" and "Call to Book Extended Health Accepted".

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a level that increases your breathing and heart rate.

Puff Off

Smoking is one of the most detrimental things you can do to your lungs. There's no such thing as moderation.

Smoking, second-hand smoke in the air, and smoke absorbed by clothes, furniture and car upholstery can damage lung tissue and increase your risk for lung cancer, emphysema, chronic bronchitis and other respiratory illnesses.

Breathe Clean(er)

From second-hand smoke to industrial pollution, the levels of toxins in the air are astonishing. This is especially true if you live in, work, or travel to places without environmental protections for air quality.

Check your local Air Quality Index reports in your area. Reduce toxins and improve your air quality by: using air purifiers or whole house air filtration systems; following a schedule for replacing air filters in your heating/cooling system; and keeping plenty of plants in your living areas to remove certain chemicals from indoor air.

Breathe Right

Most of us don't breathe well. Too often, respiration is shallow instead of deep, limiting the amount of oxygen taken into the body. Proper breathing begins with good posture - stand tall through the spine and chest. Additionally, practice abdominal breathing, in which you fill the belly - not just the chest - as you inhale.

Also, if you are prone to lung issues, it might be a good idea to consult with your Naturopathic Doctor on how to strengthen and keep your lung tissue healthy. Happy Holidays and we look forward to talking about more healthy topics in 2019.

Dr. Olena Gill is a Naturopathic Physician and Acupuncturist practicing in Parksville and Gabriola Island, 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 advice. See your Naturopathic Physician for proper evaluation and prescription.

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Avoid the Winter Blues

The healing power of plants are helping people get through the winter blues by fighting neurological conditions of depression, anxiety, autism and multiple sclerosis.

Modern day research is having success in treating these conditions with wild aromatic plants according to Dr. Cass Ingram, author and internationally known medicinal plant expert.

As the days get shorter, many people find themselves feeling sad, blue around the winter holidays or getting into a slump after the fun and festivities have ended. Some people have more serious mood changes year after year such as Seasonal Affective Disorder, lasting throughout the fall and winter when there's less natural sunlight.

Two categories of organic chemical compounds -- terpenes and cannabinoids -- found naturally occurring in wild aromatic plants, have been used for thousands of years to promote the healing and well-being of the human nervous system, and their effectiveness is now being rediscovered, says Dr. Ingram.

Dr. Ingram says extracts derived from the following plants are being successfully used to restore healthy function to neurons and hormone receptor sites in the body's neurological pathways:

- * hemp, wild rosemary, wild oregano, black pepper, clove buds, hops,
- * holy basil, celery, carrots, regular parsley, Italian parsley, wild sage,
- * Italian parsley root, lime, cinnamon

Dr. Cass says the crude extract of herbal cannabis that has no THC has made him more creative and productive.

"I found it increased my creativity. I was able to write very quick. I almost finished a book in a month which was pretty wild."

He says the herbal cannabis normalizes neuron functions and responds to opioid receptors in the brain. This herbal cannabis is not just found in hemp but the compounds are also available in rosemary, wild oregano, cinnamon, cloves and black pepper.

There are 6 biggest uses of cannabis for health conditions and you can learn about some of them in more detail below. These are

- *neurological,
- *depression or anxiety,
- *addictions,
- *conditions such as hypertension, migraines, insomnia,
- *brain damage from autism, strokes, schizophrenia
- *cancers such as brain cancer or neurological cancer

NATURAL HEALING PROTOCOLS:

1. CHRONIC DEPRESSION

While herbs like basil, wild oregano, wild rosemary, wild sage, and hops have a long history as a treatment for mental diseases, extract of hemp, with its high cannabinoid content, has a reputation as one of the most effective treatments for lifting the mood.

Depression can be treated by activating the nervous systems cannabinoid receptor sites through consumption of a CO2 processed hemp and wild oregano oil, five or more drops twice daily;

Use hemp seeds on foods or in cooking; take one or two tablespoonfuls of organic, cold-pressed hemp seed oil daily. If available, consume the raw, unprocessed, cold-pressed hemp juice, a half ounce daily. (See additionally recommended nutrients on page 152 of *The Cannabis Cure*, by Dr. Cass Ingram)

2. ANXIETY

To treat anxiety-related conditions take the raw CO2-extracted hemp-wild oregano complex, five or more drops under the tongue as often as necessary. Take it also a half hour or so before bedtime to relax. Additionally, consume the aromatic essence of neurologically balancing spice and flower extracts, one ounce or so twice daily. For B vitamin support take a whole food B complex powder, two tablespoonful every morning in juice or water. Avoid the con-

ANCIENT NATURAL PLANT THERAPIES ARE NOW CUTTING-



sumption of refined sugar as well as wheat and rye. (See The Cannabis Cure for more info)

3. MULTIPLE SCLEROSIS

Multiple sclerosis is associated with infectious plaques found on the nerve sheaths and other brain substance. If the infection is purged, then the patient can often recover completely. Both wild oregano and hemp boost the internal production of glutathione, a crucial enzyme for the prevention of brain cell degeneration.

To treat this condition take the hemp-wild oregano complex as sublingual drops, ten drops under the tongue two or more times daily. Also, in the event of a heavy metal overload or chemical toxicity take the total body purging agent, one ounce or more daily for at least one month.

Consume also the juice of wild oregano, one ounce or more daily, along with the desiccated spice

complex, two capsules twice daily. If swallowing is difficult, use wild multiple spice drops, twenty drops two or three times daily. Take also the organic, cold-pressed hemp seed oil, one ounce twice daily.

The aromatic essence of wild oregano, wild sage, wild rosemary, plus rose and orange blossom may prove invaluable, an ounce twice daily. The consumption of wild chaga-birch bark tea is advised, as well as the total body purging agent, an ounce daily.

(For more, read The Cannabis Cure by Dr. Cass Ingram)

4. AUTISM

There can be no better treatment for autism than the combination of crude extract of hemp plus whole food, raw wild oregano extract. Both these raw herbal extracts act directly on those key brain tissue receptor sites, the endocannabinoid receptors. Beta caryophyllene is particularly potent in activating the nerve-balancing receptor sites, which is found in both hemp and wild oregano extract in dense amounts.

To treat this condition take the hemp-wild oregano complex, five to ten drops under the tongue two or more times daily. The hemp-wild oregano combination may also be rubbed up-and-down the spine also on the bottom of the feet.

Extracts from hemp, oregano, and other aromatic plants are also producing improvements in other neurological conditions such as Alzheimer's, Parkinsons, epilepsy, memory loss, and PTSD, says Dr. Ingram.

Dr. Cass Ingram is a nutritional physician who received a B.S. in biology and chemistry from the University of Northern Iowa (1979) and a D.O. from the University of Osteopathic Medicine and Health Sciences in Des Moines, IA (1984). Dr. Ingram has written over 20 books on natural healing and is one of North America's leading experts on the health benefits and disease fighting properties of wild medicinal spice extracts.

6 Essential Oils to Thrive during Christmas

By Breanne Hope, CHP

The holidays can be amazing and joyous, but also stressful, busy and overwhelming. Do you really need to sacrifice your health in this busiest time of the year? No, not with aromatherapy by your side! Try these simple ideas using six of my favorite essential oils.

Peppermint Oil

Keep Certified Pure Tested Grade, CPTG Peppermint oil standing ready on the bedside table when your morning alarm sounds. A deep inhale, and you're energized to start these busy days!

Don't leave it at home though; you might make some new friends by sharing this bottled secret that helped you overcome your urge to stay in bed. Who doesn't love the minty, fresh scent of peppermint, especially during the holiday season? Oh, and you'll definitely want to rub a drop or two on your temples to help you stay alert behind the wheel as you negotiate holiday traffic jams, attend the next party, craft fair or concert.

Grounding Blend

Wouldn't it be wonderful if everyone got along this holiday season? The stress of family disputes and constant action can really put a damper on your holiday cheer.

Woody Blend

But don't let stress get the best of you. Put a drop or two of woody, floral and grounding blend into your palm, rub your hands together, and cup them over your nose for a deep inhale. Warm, woody, and calming - feel better? Might just want to keep this running in your diffuser when estranged family is over to keep everyone level headed.

In your mad dashes through retail wonderland, schools and social events, you'll be touching multiple surfaces which many other hands have touched.

Protective Blend

The last way you want to ring in the holiday season is by not staying healthy! Use a protective blend,

every day, all day. Give it a special place in your purse. Keep it handy to give your immune system some TLC! A quick inhale and rub over the hands after every retail adventure will keep your body clean. Or try a DIY sanitizing mist! Its a ready-to-go godsend!

Magnolia Oil

What about your beautiful skin during these winter months? CPTG Magnolia oil has a fruity and floral aroma that is moisturizing and great for skin, eases anxious feelings and promotes relaxation.

While essential oil extract from the magnolia flower has a very similar chemistry to other floral oils such as Lavender and Ylang Ylang, it has a unique aroma! Combined with Fractionated Coconut oil in a 10ml roll-on bottle, its easily applicable when you are doing your facial routine to help your skin feel moisturized and smooth.

Another great idea is offering these oils as a gift to a loved one who may feel overwhelmed and needs comfort during a difficult time.

Restful Blend

When it's finally time to settle down for the night, do yourself a favor and take advantage of one of the worlds greatest gifts to us: A restful blend! You deserve some blissful repose after these insane days! A vanilla-lavender- Sandalwood pillow will surround you with cosy feelings and call the sandman home. Sweet dreams and happy holidays.

No matter how you decide to tackle the pressures of the holiday season, know that having an arsenal of CPTG 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 a DoTERRA wellness advocate and founder of Essentially Balanced Life. See www.essentiallybalancedlife.ca.

Drink This for Health

The holiday season is fast approaching and with it is a flurry of activity designed to make it the best celebration ever with family and friends.

Unfortunately, with all the joy of gift selections, making goodies for family and friends and planning activities comes exhaustion and stress. During the season we don't eat a balance diet, perhaps drink more alcohol than normal, we don't get the proper rest and by the time January rolls around your poor body has taken a beating.

I'm a true believer in preventative action and for me it's simple – get ahead of the game by consistently drinking 4 oz of Certified Organic and Guaranteed Active Aloe Vera Juice before the season begins and if needed increase the amount to 5 oz during the busy season.

Because of the constituents found in real Aloe Vera, it has been found to lower stress, increase energy and normalize your digestion system. For those imbibing just a little too much, a morning help can't get any better than a couple of ounces of our Aloe Vera Juice to set things straight and to help relieve headaches apply Aloe Massage Lotion to your temples and to your nape! Just saying...

Please do yourself a favour – make sure you are drinking real Aloe juice otherwise you may be very disappointed in your results. You've heard it before; Aloe Juice has astounding health benefits for you and your family. But 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 or health food 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? Many other brands claiming to be 'Aloe Juice' use a powdered form of Aloe Vera and water down their Aloe content to fill more bottles.

You may be interested to know that 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 Aloe 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. Maureen Glowasky, maureen21@shaw.ca



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- Vitamin C – anti-oxidant, correct hyperpigmentation and age spots
- Triglycerides – replace oils for non-greasy feel, veg derived
- Essential Oil Blend – lavender, sweet orange and vetiver

This stuff is amazing!

I have been using this cream for a week now and I love it! I swear my skin looks younger and my wrinkles are much less noticeable. It goes on smoothly and smells lovely. This is a fantastic product! Thank you.

Elisabeth – Nov 22, 2018



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2 Vegetarian Christmas Dinners

Mushroom Wellingtons

4 large field mushrooms
roughly 400g/14oz spinach leaves
4 tablespoons olive oil
1 garlic clove, chopped
1 egg, beaten
a sprinkle of flour
1 tablespoon of picked thyme leaves
500g block all-butter puff pastry
140g Stilton, sliced

Preheat oven to 220C/200C for fan/gas mark 7. Remove stalks from the mushrooms. Heat half the oil in a large frying pan and saute the mushrooms for 3 to 4 minutes on each side until golden and cooked, lift onto kitchen paper to dab off remaining oil.

Put the same pan back on heat fry garlic for 30 seconds in the remaining oil. Add the spinach, then cook for 2 to 3 minutes over a high heat until spinach has completely wilted. Add salt and pepper to taste, tip the spinach into a sieve, drain thoroughly.

Lightly flour your work surface and scatter with the thyme leaves. Roll the pastry out to the thickness of about half a centimetre. Using a saucer and a larger-size plate, cut out 4 circles about 5cm wider than the mushrooms (for the bottoms) and 4 circles about 10cm wider (for the tops). You may need to re-roll the trimmings.

Place the 4 smaller circles on a baking tray and top each with a quarter of the spinach mixture, ensuring that the pile of spinach isn't wider than the mushrooms. Top the spinach with a slice of cheese, then a mushroom, smooth-side up, and top the mushroom with another slice of cheese.

Brush the border of each circle with egg and gently stretch the larger circle over the mushroom, press the edges together with a fork. Trim the edges with a knife, then brush each wellington generously with egg. Bake for 40 mins until golden and then leave to cool for a few minutes.

Savoy Cabbage & Red Onion Pie

2 tablespoons olive oil
450g new potatoes, diced
1 medium red onion, thinly sliced
450g shredded Savoy cabbage
1 crushed garlic clove
1 teaspoon of cumin seeds
1 crushed dried chilli
1 slab of shortcrust pastry made with 2 tablespoons of lightly crushed cumin seeds
4 medium eggs
1 tablespoon of soy, almond or coconut milk (to glaze)

Preheat the oven to 200C/180C for fan/gas mark 6. Heat a tablespoon of oil in a large frying pan and gently cook the potatoes and onion for around 10 minutes or until golden and tender. It may be necessary to do this in two batches. Season and set aside.

Heat the remaining oil in the pan and add half the cabbage, garlic, cumin seeds, chilli, seasoning and 1 tablespoon water. Cook for 3-4 minutes until the cabbage wilts and is tender. Remove from the pan and repeat with the remaining ingredients.

Roll out half the pastry and line a 20cm pie plate (or smaller/larger dependent on how large your slab of pastry is). Place the potatoes and onions in the bottom and top with the cabbage mixture. Make four wells in the cabbage and crack an egg into each.

Brush the pastry border with water and roll out remaining pastry which will form the cover of the pie. Place the cover on whilst trimming the edges and pinching together to seal.

Brush the pastry with milk and make a hole in the centre to allow steam to escape. Place on a baking tray and cook for 25-35 minutes until crisp and golden.

MENU



Appleberry Mulled Wine

2 x 75cl bottles of red wine (we prefer Merlot for this recipe)

1 litre of high-quality cloudy apple juice

115g caster sugar

A handful or so (about 100g) frozen mulled fruit, fruits of the forest or Black Forest fruits

1 long cinnamon stick, snapped in half (or two small sticks)

3 small red-skinned apples or oranges, sliced into rings

2 star anise

3 tablespoons of orange Curaçao or Cointreau

Tip the wine and apple juice into a large saucepan and add the sugar, cinnamon stick(s) and star anise. Heat gently, stirring occasionally until the sugar has dissolved. Continue heating gently for another 15 minutes.

Just before serving, swirl in the Curaçao or Cointreau, add the frozen fruits and apple slices.

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Cloves are the calyx and the unopened petals of the flower bud of *Syzygium aromaticum* - a tree in the family Myrtaceae. The tree is an evergreen and these aromatic flower buds are available throughout the year. They were native to the Maluku Islands in Indonesia originally, but they are an indispensable part of many different cuisines today.

Cloves-spiced up history:

Archaeologists have found evidence that this aromatic spice was used in Syria even before 1721 BC. In the 3rd century AD, a leader of the Han dynasty insisted his subjects chew on cloves before they opened their mouths in his vicinity.

The clove trade, was so profitable that wars over the monopoly of clove production and distribution were fought in the 13th and 14th centuries!

Not sugar, but spice and all that's nice:

The nutrients found in cloves include protein and dietary fiber. Cloves are also rich in minerals like calcium, iron, magnesium, phosphorous, potassium, sodium and zinc. They are also a source of vitamins C, D, E, K, B6, B12 and contain riboflavin, niacin, thiamine, and folate.

That something so small can be so packed so much goodness demonstrates the power of Mother Nature.

Grandma's remedy for a toothache:

This is probably the most commonly known fact about cloves today. This is the reason that so many toothpaste advertisements revolve around this theme.

This little flower bud is great for oral health in two ways-:

First, it contains constituents like kaempferol and oleanolic acid which fight oral infections.

Second, it acts as a good analgesic or pain reliever. In fact, clove oil is the prime constituent of a many toothache relieving products.

Cloves are used in cooking for their wonderful aroma. In addition, they are immensely good for digestion as they stimulate the secretion of digestive enzymes. They also reduce flatulence, gastric irritability, dyspepsia, and nausea.

Cloves are antimicrobials. They can help fight



against serious diseases like Cholera which, in epidemic form, claim thousands of lives. Cholera is caused by the bacterium *Vibrio cholera* which often attacks the small intestine resulting in debilitating and life-threatening diarrhea. The eugenol in cloves combats and eliminates the parasites and bacteria which trigger diarrhea.

Boosting the immune system: This is an extension of the anti-microbial quality of cloves as this spice keeps infections at bay. The principle of prevention being better than cure is relevant for conserving health and boosting immunity.

Cloves for a healthy liver: The liver is the second largest organ in the human body (the largest being skin). It processes everything that we eat and drink while filtering our blood to purify it. All this is inhibited if the liver is fatty. Studies have shown that the eugenol in cloves is beneficial for a fatty liver. Eugenol also arrests cirrhosis of the liver which might otherwise progress to fibrosis (cancer).

Cloves can fight against cancer: Cells are destroyed by the human system as a matter of course to maintain regular function and activity. This is called apoptosis. A hallmark of cancer is anti-apoptosis or

the ability of cancer cells to avoid apoptosis or programmed cell deaths. Studies prove that the aqueous infusion of cloves has the ability to arrest the proliferation of cancer cells by causing cells with faulty DNA to die.

Use one or two cloves a day to keep diabetes at bay as compounds found in cloves help to increase insulin efficiency.

Clove compounds are good for heart health:

Cloves work in regulating triglycerides (or fats in the blood), LDL cholesterol and total serum cholesterol. They are also good anti-coagulants and help prevent blood clots.

Cloves help preserve good bone quality:

They are rich in manganese and vitamin K. Just 2 teaspoons of ground cloves covers 60% of your daily allowance of manganese.

Get rid of that headache by adding 2 drops of clove oil to a tablespoon of coconut oil and some sea salt and gently massaging this on your forehead. This is way healthier than popping a pill.

The wonderful aroma of cloves makes them a popular spice in cooking. But cloves are used in so many other ways because of their aroma.

In Victorian England, the gift of a fragrant pomander made of orange and cloves was considered to convey the warmth of feeling.

Clove cigarettes are popular, especially in Indonesia where they are called kretek. Cigarette smoking remains injurious to health: cloves just enhance flavor, they do not in any way detract from the harmful effects of smoking.

Soaps with clove oil are not just fragrant; they have a soothing effect and are anti-bacterial too.

Not all living creatures like the aroma of cloves, which are used in ant repellants.

There is a note of caution about cloves. Clove oil is extremely strong and is best used diluted with something like coconut oil. It is also advisable to avoid consumption of clove oil; use the ground spice instead.

Organic clove or food for that matter does not contain chemical residues or preservatives so it's fresher, safer and healthier.

Remember that we can enhance the bounty that Mother Nature has blessed us with many times over by going organic.

Organic cloves can be used with great versatility. They are living proof that goodness comes in small packages.

So think about all these benefits of cloves as you stud your apples or oranges or bake with them at Christmas time.

Add spice to your life. Pick the wild one!

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- Helps with most conditions
- Internal and external usage
- Thousands of satisfied users

Heddy Wyn Essentials
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www.wildoiloforegano.com

The advertisement features a woman with dark hair and multiple gold bracelets, looking intensely at the camera. To her right is a close-up of a lion's face. In the center, a glass bottle of Wild Oil of Oregano with a black dropper cap is shown. The bottle label includes the text: 'WILD OIL of OREGANO', 'Heddy Wyn Essentials', 'Huile d'Origan Sauvage', 'A source of antioxidants', 'Une source d'antioxydants', 'Dissolved in alcohol, 100% V/V', and 'NPN 80048470'. The background is dark with a subtle pattern.

Vegetarian Survival Guide to Christmas

By Marilyn Zink

Christmas is a time of indulgence. For some this seems to be about consuming as much meat as possible. Whenever I read through Christmas cookbooks, I notice an inordinate amount of recipes that seem to include cooking every animal under the sun.

So if you are a vegetarian, this time of year can be tricky for you. You may come under a lot of pressure to eat meat, or people may give you a hard time when they notice you are not eating meat.

Or perhaps you are worried about what to cook or whether you will go hungry - especially if you are to be a guest in someone else's house. These issues can be particularly tricky if you only recently became vegetarian. Hopefully the following will make your vegetarian Christmas a happy time for all.

Dealing with the pressure

When friends and family gather at Christmas there's a chance that you being vegetarian crops up. Whether in conversation or when they see you not eating meat. So it's entirely possible that you start feeling the pressure to eat meat. It may pay to remind yourself that what you eat has nothing to do with anybody else.

Do such people pay as much attention to all the other aspects of your life? What I am saying is being vegetarian is just one of the hundreds of choices you have made in your life. It is a small part of who you are but it is an important part. Don't let pressure from others derail you.

Sometimes you may also feel the pressure to eat meat when it feels like you don't have any good food



choices. There are many options out there and it's a great opportunity to head into the kitchen and create something amazing.

Many meat recipes can easily be converted into vegetarian recipes as there are fine substitutes nowadays.

What to eat

If you are cooking for yourself this Christmas there are a number of directions you can take and your personality may come into it. Are you a traditionalist or are you happy to move away from the norm?

I personally love tradition. Or rather, the tradition of roasted sweet potatoes and stuffing since they're the best bit and the rest are just accompaniments! If you would prefer a traditional dinner, think about how a traditional dinner can be tweaked to make it vegetarian. Mock meats are widely available and can be easily substituted for the meat other people are eating.

It may be worth trying out different brands before Christmas and see what you like. If you don't fancy meat alternatives, there are many other tasty options out there that go well with all the trimmings.

Top Tips to Make it Better

Nut roasts, and delicious things wrapped in pastry can be fantastic (pies, Wellingtons, en croute and strudel - see recipe on page 10). Just remember to make a vegetarian gravy and ensure your stuffing balls are vegetarian if you are having them.

Traditional or Non Traditional?

If tradition doesn't work for you - don't be afraid to ignore it all together. It's always nice to create new traditions when you find something that works for you. My traditional Christmas breakfast is Dutch apple pancakes. I've done them for so long I don't even need the recipe anymore.

, I can't remember what I used to do and even what a traditional Christmas breakfast would look like. One thing you could do is look at the different dishes people eat around the world at Christmas and take inspiration from them. Or you could just eat your favourite meal. Perhaps primp it up a bit by using the best ingredients or adding some festive flavours or garnishes.

Cooking for others

I know some vegetarians will cook meat for other people but that is a personal choice. I enjoy potlucks and everyone can bring what they want. Or I bring a vegetarian main dish like a sweet



potato casserole as a guest and it all works out.

Being a vegetarian guest

Some people are more than happy to accommodate the vegetarian, whereas others go into panic mode and draw a blank. So try to make it easy on your host.

If your host is worried about what to do, an easy solution is to prepare and take your own main that can be served with the trimmings. Depending on what you are eating, you can also prepare a gravy to take with you. This doesn't have to be a weird thing - tell them it will ease their burden and save them having to worry about you.

I've found being a guest over the years quite easy. I'm not the activist type - being a vegetarian is a personal thing to me. Although it

would be great if everyone was a vegetarian or partly vegetarian as I still eat fish and eggs.

But it's not my role to preach to them and I don't discuss food choices at the dinner table unless asked.

If you do like to be quite vocal however, maybe Christmas (which can be stressful enough anyhow) isn't the time to discuss your beliefs. This way you can enjoy your meal and your family and feel good about yourself.

Finally, you may dread the digs about you being vegetarian - which can become tiresome. One quick solution to this is to smile politely and then change the subject. If you want a winning subject - make the conversation about them. Most people are quite happy to talk about themselves and will soon forget about you. Now happy eating and happy Christmas!

Healthy Holiday Survival Guide for Pets

By: Dr. Judy Morgan,

The holidays can bring special dangers to many pets but a few simple guidelines will bring joy to everyone in the family.

Consider your pets when putting up decorations. You might need to put a fence around the Christmas tree so pets cannot reach the tree or put the tree in a room that is not accessible to pets until you know how they will behave around the tree.

No Tinsel or Glass

Cats love to climb and dogs may knock into the tree when playing. Don't use tinsel, as tinsel is a choking hazard and can cause bowel obstruction and perforation.

Glass ornaments can break, which can lacerate feet or cause intestinal bleeding if eaten.

Use plastic ornaments instead. Electric cords can be chewed, leading to shock or electrocution. Make sure all cords are secured and apply bitter tasting sprays.

Candles pose a burning hazard for pets and possibility of a house fire if knocked over by a pet. Keep all candles in areas where they are not accessible to pets.

Some highly scented candles can be offensive to dogs with their incredibly sensitive noses. Essential oils may be toxic, particularly to cats; avoid using diffusers in enclosed rooms with pets.

No No to Chocolate

Everyone loves cookies and baked goods for the



holidays, but chocolate, particularly dark chocolate used for baking, contains theobromine. Theobromine causes vomiting, diarrhea, heart arrhythmias, and seizures.

Theobromine is toxic to dogs, cats, and birds.

No Baked Products

Bread dough with yeast can result in bloating and alcohol toxicity due to fermentation in the stomach. Low blood sugar, seizures, vomiting, diarrhea, coma, and death may result.

Put away all baking products where pets cannot reach them. Never leave rising dough in an area accessible to pets. Macadamia nuts are toxic and can cause vomiting, lethargy, and hyperthermia. Raisins can cause kidney failure. Please don't share holiday baked goods with your dogs and cats.

No Ribbons or Strings

Animals may be attracted to ribbons and strings. Some dogs and cats will also find these to be great items for chewing. Be careful when wrapping packages if you have pets that find these irresistible.

I put ribbons on packages right before I walk out of the house to deliver them to someone else. I can't use ribbons in my home because my cats love to play with them; ribbons can cause bowel obstruction and perforation.

Scared Pets

Many pets are nervous or anxious when guests arrive. They may be prone to snapping or acting out when too many strangers are in their environment.



If you are having a large gathering and your pet may find this stressful, consider allowing your pet to stay with a friend or possibly boarding your pet for the day or night.

A scared pet may bolt out a door that opens and closes as guests arrive and depart. Be sure your pets are microchipped and tagged with identification.

There are plenty of herbal and homeopathic anti-anxiety products that are safe for dogs and cats; you might want to consider one of them. CBD oil has recently been in the news and is a great product to help reduce anxiety in pets.

Be Careful Sharing Food

Sharing table food with your pets isn't always bad, but overindulgence can be disastrous. Trimmings and gravies that are high in fat can lead to vomiting, diarrhea, and pancreatitis, which can be fatal.

Feel free to share fresh vegetables and fruits, except for raisins and onions. Small amounts of low-fat meat will be fine to share. Use common sense and don't go overboard with the goodies.

Poisonous Plants

Poinsettia, holly, mistletoe, and pine can cause vomiting, diarrhea, and gastrointestinal irritation. Use artificial plants or place these out of reach.

Travelling with Pets

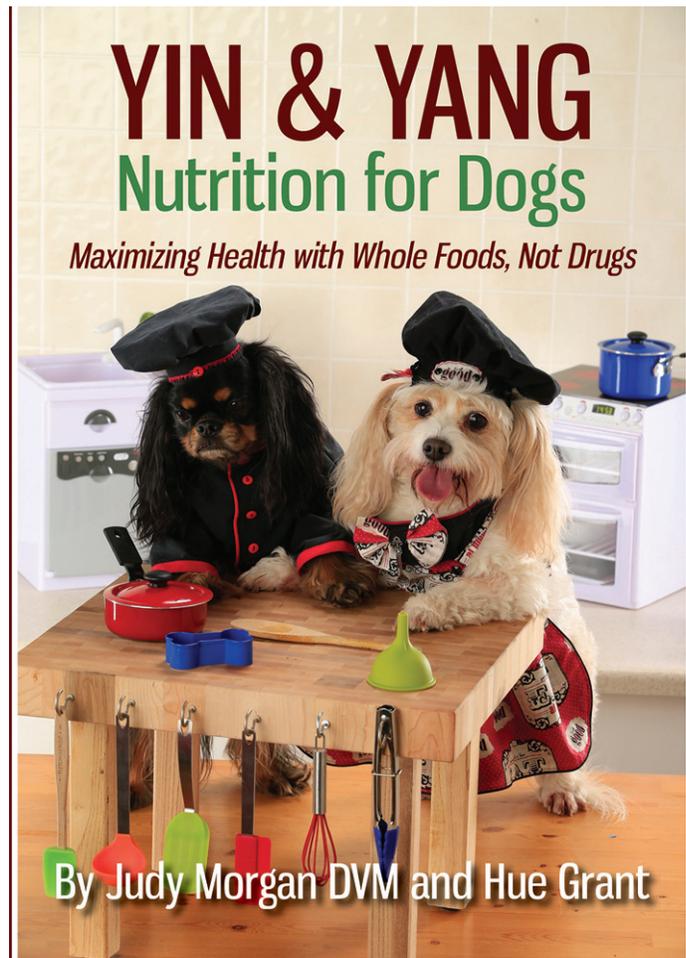
If you will be traveling with your pets, make sure they are secured in the car in crates, seatbelts, or other pet restraints.

Pets can become a projectile in an accident, injuring themselves and others in the vehicle. Also, make sure pets have ID tags and/or a microchip. In case of accidental escape (at rest stops, in an accident, etc) the ID will be the only chance of recovering the lost pet. Carry a photo of your pet with you.

Follow these helpful tips to have the happiest holidays ever with your pets!

About Dr. Judy Morgan:

Dr. Judy Morgan is a nationally renowned author, speaker, and holistic veterinarian best known for healing her patients with whole foods, minimizing medications



and chemicals. Dr. Morgan has received critical acclaim in the veterinary industry for integrating Eastern and Western medicine in her two award-winning veterinary practices in New Jersey. She is the author of three books on holistic pet care including the recently released title Yin & Yang: Nutrition for Dogs, a holistic cookbook for pets that encourages the healing power of whole foods.

Visit: <https://www.amazon.com/Yin-Yang-Nutrition-Dogs-Maximizing/dp/0997250135>



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3 Strategies to Survive the Holiday Food Slump

Getting through the holidays with all the temptations to indulge in food and drink can be challenging.

So why not create a Holiday Health Vision. Envision today how you want to feel on January 2nd.

Did you have energy for the holidays or were you exhausted?

Were you present for your children and family instead of going through the motions?

Did you look and feel confident by New Year's?

Was your previous health progress all for nothing or did you at least maintain the status quo?

Make a Plan. The desire to eat somewhat healthy over the holidays is simply not enough. You need a specific plan of action to make it a reality.

List It. Create a snack list, fridge and freezer list and pantry must-haves to make a quick



meal anytime. Set-up a standing, weekly food delivery between now and January so you are always prepared. Spend a little extra on pre-cut veggies or ready to go ingredients (i.e., frozen quinoa, brown rice, veggie burgers, grilled chicken strips) to avoid take-out.

Use apps to track food and water (i.e., YAZIO, MyFitnessPal, LifeSUM) as a way to check-in with yourself.

Plan ahead. Make and freeze some meals now like a batch

of veggie chili or pot of soup. Find out what the food situation is before you go out. Eat before you leave if necessary or offer to bring something to the party that fits your food preferences. Do not show up at a party starving unless you know there are some good options for you. Adjust recipes. Perhaps two sticks of butter or two cups of sugar isn't necessary in your favorite recipe. Adjust your current recipes or try something new this season.

Find Your Tribe. Finding your "tribe" of supporters throughout the holiday is a proven recipe for success.

Team up with others in your circle of family and friends for support and accountability.

Talk to those close to you and explain specifically how they can help you. They want to help but need to know how.

Lean on your virtual tribe. Keep up discussions on Facebook pages aligned with your eating style or health problem (keto, paleo, gluten-free, diabetes) for support.

Find a happy medium between maintaining a strict diet and a food free-for-all to ensure your holiday health vision becomes a reality.

About Change Bites

This excerpt is from Change Bites, the only book that provides readers with a step-by-step guide on how to change eating habits and health regardless of eating style, including vegan, paleo, gluten-free, and keto diets. Marissa Costonis is the health change guru and owner of Change Bites, LLC, Certified Health Coach by Institute for Integrative Nutrition



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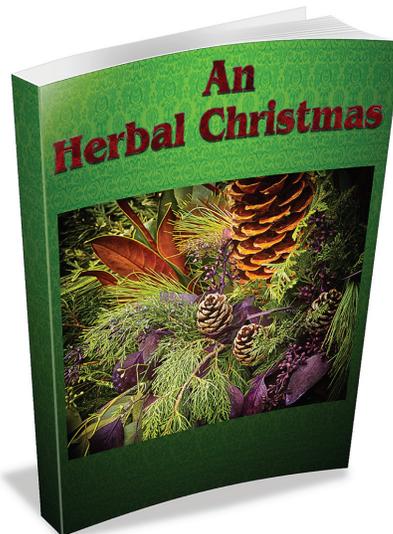
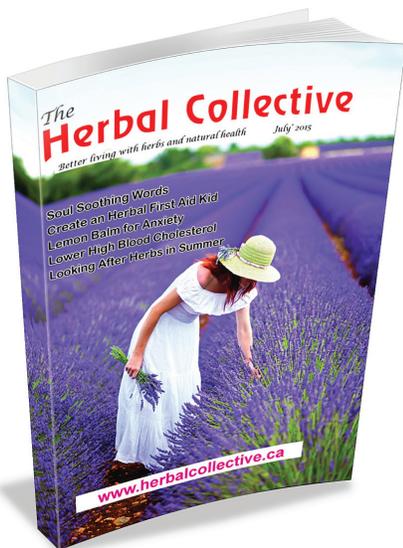
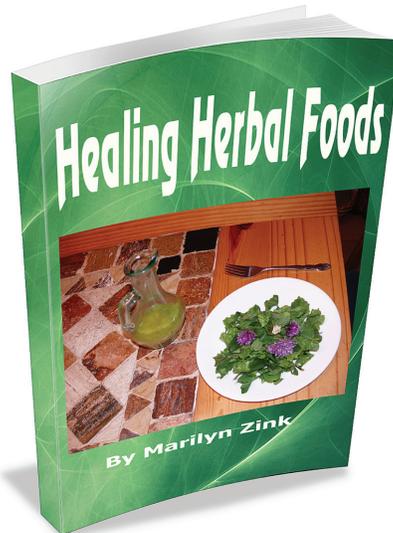
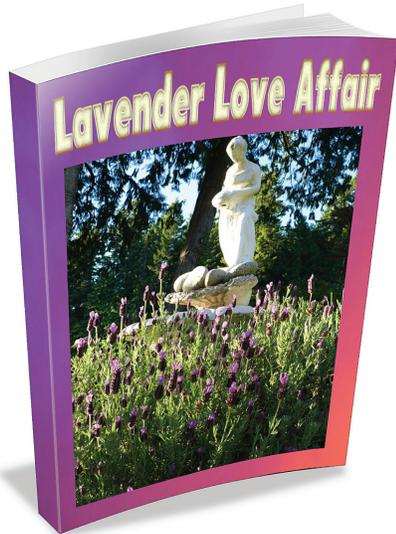
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