

A woman with long dark hair, wearing a maroon coat, is shown in profile, looking towards the left. She is holding a branch of red berries. The background is a soft-focus, warm-toned scene with more red berries and foliage.

The Herbal Collective

Better living with herbs and natural health

Feb'19

Sex Survey Tells All
Herbal Health Planner
Best Herbs for Better Circulation
Symptoms of Poor Circulation
May the force 'B' with Vegetarians

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Get Healthy with the Herbal Planner



Publisher's

This issue kicks off a new plan for the Herbal Collective with a focus on herbs for dif-

ferent systems of the body.

Every year at the beginning of the year it's time to think of topics for each issue of the coming year.

We tend to often cover the same types of things; cleansing the body in spring, building the immune system, digestive health, skin care and preventing skin cancer in the early summer.

But this year we're going to cover the different systems of the body, broken down into the herbs and natural remedies specific to the system, for each month of the year.

There are 11 different systems so it fits in nicely with the remaining months of the year. Topics are tailored to be seasonal as much as possible.

The 11 systems are circulatory system for February, respiratory for March, urinary (renal system) for April, reproductive health and hormones-women for May, reproductive health-men for June, muscular system for July, hair, skin and nails (integumentary system) August, nervous system for September, skel-

etal system for October, immune system for November and digestive system for December.

We're calling this approach the Herbal Health Planner, which will have a cheat sheet in each issue so our readers can see how the different herbs, essential oils and supplements are used for each particular system.

By the end of the year our readers should have a complete overview of the best approach to use natural remedies for each part of the body.

So while we may have a problem in one area of the body, poor digestion for example, our bodies are integrated. One area may affect another so a holistic approach is necessary.

Healing one area of the body may help us heal in other areas and function better overall as individuals in a stressful, polluted world.

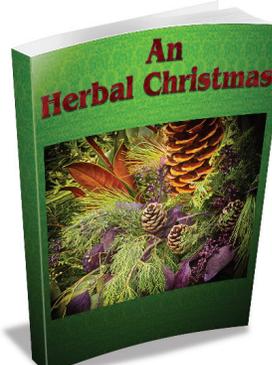
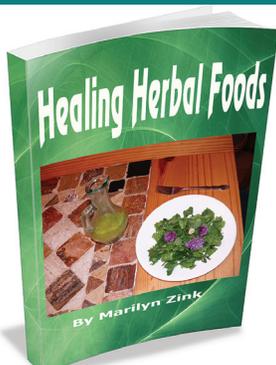
We welcome reader feedback – what would you like to know about or read on these systems?

What particular health concerns do you have?

Please send an email to info@herbalcollective.ca with 'Reader Feedback' in the subject line.

Sincerely
Marilyn Zink

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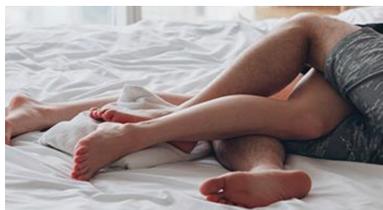
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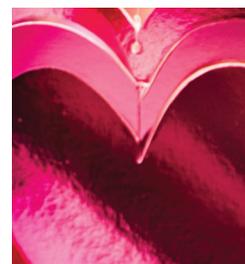
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Register now for the Herb and Wine Fair on May 25 in Nanaimo. Email info@herbalcollective.ca for more details.



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Publisher/Editor - Marilyn Zink

Contact: 250-729-1593

info@herbalcollective.ca, www.herbalcollective.news

Contributors

Olena Gill, Breanne Hope, John Cazander, Paula Youmell,

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Best Herbs for Circulation

Healthy circulation allows us to run and jump, dance and for some people - perform yoga poses.

Poor circulation can restrict movement over time. It's evident in cold hands and feet, heart concerns or a sluggish digestion.

Herbs and natural remedies can go a long ways to improve circulation and general overall health.



Butcher's Broom

Also known as *ruscus aculeatus*, butcher's broom is a classic circulatory herb that herbalists recommend to ease swelling, especially in the legs.

The active ingredient in butcher's broom is *ruscogenin*, which is believed to help tone the venous system and foster constriction of blood vessels.

Butcher's broom has been prized for centuries for its ability to support various health issues, but it was in the 1950s its circulation benefits came to light.

Cayenne



Commonly known as chili pepper, this spicy herb can bring a warm hot feeling, watery eyes, and a runny nose soon after ingestion.

This is a direct result of increasing blood flow and it happens quickly, usually within seconds! When ingested in a capsule, cayenne helps

get the blood pumped up around your body and promotes a healthy heart and arteries. It's a fantastic herb for healthy circulation and can boost circulation as well.

Olive Leaf Extract

This herb with antioxidant properties helps with circulation and protects the heart from damage caused by free radicals.

It can increase healthy blood flow to hands and feet, as it has been studied for its effect on blood pressure and cholesterol levels. The antioxidant properties of the herb can help to protect the circulation and the heart from damage caused by free radicals.

Ginkgo



Ginkgo improves blood flow in your body, including your brain, making it a top pick for blood circulation in general.

Like cayenne, it supports healthy blood flow and vessels.

It is a great solution for better circulation to cold hands and feet.

Bacopa (Bacopa monnieri)

Bacopa, called Brahmi in south India, is also known as Water Hyssop. It is native to India, but commonly grows in the United States.

Bacopa increases circulation in the brain as it has the chemical compounds known as *bacosides*, which have been shown to be neuroprotective, neurotransmitter-stimulating and a brain anti-oxidant to boost cerebral blood flow.



Gotu kola (Centella asiatica)

Gotu Kola is a great herb for circulation as it can reduce problems with fluid retention, ankle swelling, and poor circulation from taking flights that last longer than three hours.

Participants in a study with fluid retention were asked to take gotu kola for two days before their flight, the day of their flight, and the day after their flight.

Researchers found that participants who took the supplement experienced significantly less fluid retention and ankle swelling than those who didn't. It's best to take 60-100 mg. of gotu kola extract 3 times per day for a week before and after any flights.

Black Pepper (Piper nigrum)

Oil from the "spice king" can manage and may even prevent type 2 diabetes and hypertension. According to a 2013 study, black pepper oil naturally inhibits two enzymes that break down starch into glucose. This effect may help regulate blood glucose and delay glucose absorption



Ginger (Zingiber officinale)

Ginger is well known for increasing circulation, as it contains the active compound gingerol that is an anti-oxidant and anti-inflammatory.

Ginger inflammation, reduces nausea, improves digestion, improves blood circulation and clears congestion.

Hawthorn (Crataegus)

Hawthorn is known to be one of the greatest natural herbs for improving cardiovascular function as it is renowned for its ability to strengthen heart and blood vessels and tone the heart wall

It is endorsed as a cardiovascular aid by Commission E- an important branch of the German government that studies and approves natural therapies.

It is widely used in Europe to improve the circulatory system, treat angina, high blood pressure,

Poor Circulation Symptoms

Do you get 'pins and needles' in your hands or feet? Are your extremities often cold?

These are a couple symptoms of poor circulation and it's something to take seriously.

Poor circulation could be indicative of a much more serious condition – peripheral artery disease, stroke, heart attack, blood clots or scleroderma. Smoking, excessive drinking, insufficient exercise and poor lifestyle choices can all lead to poor circulation.

For diabetics particularly, uncontrolled poor circulation could even lead to amputation.

The most common symptoms of poor circulation include:

- Cold hands, feet, fingers, toes (not season-related)
- Fatigue, lack of stamina
- Muscle cramps
- Numbness, especially in the arms and legs "pins and needles"
- Pain in the body
- Throbbing, tingling, stinging pain in your limbs

Contact your doctor if you notice any of the following signs:

- Alopecia (hair loss)
- Arrhythmia
- Blood vessel "lumps"
- Claudication (pain caused by reduced blood flow during exercise)
- Cramps and pins and needles
- Dizziness or lightheadedness
- Dry, itchy skin
- Edema
- Headaches
- Cramps during activities
- Memory glitches due to poor blood flow to the brain
- Shortness of breath
- Skin blotches and changes in skin tone/color
- Sores that do not heal well, skin infections
- Varicose veins

As many of these symptoms can be related to other conditions, it is important to get a proper diagnosis for a condition occurring on a regular basis.

May the Force 'B' with You, Vegetarian

Canada's new Food Guide came out last month, along with a lot of dietary suggestions that are a far cry from what we've been accustomed to over the last decade.

Among them, a greater focus on vegetables and fruits and lean proteins, less heavier meats, and less dairy consumption and grains. Proportions on eating certain types of foods **Very** quickly however, I received questions in my office around the fact that if there was a leaning toward less meat and dairy, did that mean that the Food Guide was advocating towards a Vegetarian or even a Vegan diet?

The answer is a flat out no. Ultimately, the choice to engage in this type of eating is solely a personal choice, but it is a good topic to discuss, as nutrition and diet is one of the cornerstones to health that I address with every patient I have ever had.

Vegetarianism has many health advantages, but a poorly designed diet poses significant health risks. Research shows that vegetarians (and vegans) are vulnerable to deficiencies in two important B vitamins: B12 (cobalamin) and B6 (pyridoxine).

If ever a group of vitamins could be considered "the Force" within you, it's the B-Complex group, which synergistically supports energy production. Individually, each B vitamin - B1 (thiamin), B2(riboflavin), (niacin B3), B5 (pantothenic acid), B6, B12, biotin, and folate are vital to different physiological processes throughout the body. Spe-

cifically, B12 is essential for healthy nerve cell communication while B6 is necessary for hormone regulation and breaking down dietary fat, protein, and carbohydrates.

It's difficult to obtain sufficient, high-quality amounts of food-based B6 and B12 when meat, fish, eggs, and dairy are eliminated. B12 is not present in plants, so vegetarians usually need to take a supplement.

Some plants contain a "glycosolated form" of B6 that is not absorbed easily or used efficiently in the body. The aging process, decline of stomach acid levels, a vegan diet, stress, certain medications, and illness also can alter your body's ability to utilize vitamins taken from food, and ultimately will result in digestive malfunction, improper absorption and nutrient deficiencies.

Signs of B12 deficiency include extreme fatigue, sadness, irritability, loss of appetite, anemia, lower immunity, and increased risk for heart disease. B6 deficiency is associated with PMS, depression, and insomnia; it can lead to nerve damage in the hands and feet, which is usually reversible with proper supplementation.

If you're wondering about the status of your vitamin and mineral intake though, don't worry - a Naturopathic Doctor can order specific tests to determine if a vitamin deficiency exists and work with you to identify the appropriate supplement (vitamins, capsule, sublingual tablet, oral liquid), form of that supplement and dietary improvements for your health needs.

To your good health. //Dr. Olena

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.



DR. OLENA GILL, R.Ac., ND
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Ayurvedic Herbs Seized

Health Canada is warning Canadians that Ayurvedic products sold by A1 Herbal Ayurvedic Clinic Ltd. may pose serious health risks.

Health Canada inspectors have seized products, ingredients and equipment from A1 Herbal Ayurvedic Clinic Ltd. in Surrey, British Columbia (31-8430, 128 Street), and from an affiliated clinic in Brampton, Ontario (11-351 Parkhurst Square).

The seizures came after the British Columbia Centre for Disease Control informed Health Canada of a case of heavy metal toxicity involving a patient who was using products from the Surrey clinic. Laboratory testing identified lead and mercury in the products, posing serious health risks when consumed in excessive amounts.

Health Canada had previously cancelled all of A1 Herbal's natural health product licences. None of the seized health products are authorized for sale by Health Canada and have not been assessed by Health Canada for safety, effectiveness and quality.

A1 Herbal was also found to be operating without the necessary Health Canada license. A site licence indicates that a company has processes and procedures in place that meet Health Canada's requirements to track and recall health products and manufacture, package and label products in accordance with Good Manufacturing Practices, GMP.

Health Canada is considering further actions and will inform Canadians as needed should any new health risks be identified.

Neelam Toprani, president of Sewanti Herbs, a long time producer of Ayurvedic products, released the following notice on their herbal products.

'As a pioneer Ayurvedic company selling Sewanti products since 2007 and a prominent board member of Ayurvedic Association of Canada, we support the decision of Health Canada to safeguard the health of Canadians.

In the light of latest CBC news about Health Canada's warning on using certain Ayurvedic herbs, we would like to reassure our customers, health practitioners, retailers and distributors of Sewanti products, that we are 100% compliant to Health Canada regulations.



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- Aloe Vera Gel – skin soothing
- Silk Peptides – moisture balancing, smooth silky feel
- Vitamin E – healing anti-oxidant
- 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



Unit 5 - 8385 St. George Street
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Fax: 604-322-4081

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New Salvestrol Nutrition Book on Cancer Released

2nd Edition

The second printing of a book that links diet and cancer is getting rave reviews.

The book, *Salvestrols, Nature's Defence Against Cancer, Linking Diet & Cancer*, was published late last year.

Salvestrols are a new class of natural compounds found in fruits and vegetables that have anti-cancer agents which suppress tumor growth by killing cancer cells.

Author Brian A. Schaefer says the new edition explains the process better and people are finding it easier to read than the first edition, which was published in 2012.

Schaefer says he and the team he worked with on the book have learned quite a bit since the first edition was published.

"The feedback has been very good. People have come back and said the second edition is a big improvement," says Schaefer. "It has more pertinent information."

Salvestrols target cancer cells directly and leave healthy cells alone. One way this is one is by identifying a cancer marker, an enzyme known as

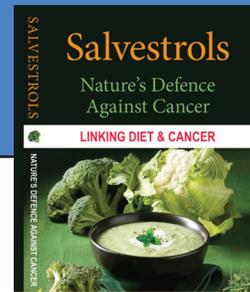
CYP1B1, which is present in cancer cells but not present in normal healthy cells. These salvestrols are metabolised by CYP1B1 to produce metabolites that are anti-cancer agents.

"The real beauty of this approach is it's so selective," says Scafer. "It really just selects the cancer cells. Unfortunately so many of the cancer intermediaries aren't selective. The biggest thing we've learned is how important our diet is."

A research team discovered how important Vitamin C is for cancer patients, and that there is a real synergy between Vitamin C and the CYP1B1 enzyme.

"Vitamin C can be seen as a co-factor," says Schaefer. You don't need to go overboard taking it. You just need an adequate amount to facilitate the enzyme in the body.

The book shows the work of Professor Gerry Potter of De Montfort University (three time winner of the Royal Society of Chemistry Award, Emeritus Professor Dan Burke of De Montfort University and Anthony Daniels, mechanical engineer.



Add spice to your life. Pick the wild one!

The advertisement features a woman with long dark hair and a lion's head in the background. In the foreground, there is a bottle of Wild Oil of Oregano. The bottle has a yellow label with the text 'WILD OIL OF OREGANO' and 'Hedda Wyn Essentials'. To the right of the bottle, there is a list of benefits and a logo for Hedda Wyn Essentials. The logo features a stylized oregano plant with purple flowers. The website address 'www.wildoiloforegano.com' is at the bottom right.

- 100% certified organic ingredients
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- Keeps your immune system strong
- Helps with most conditions
- Internal and external usage
- Thousands of satisfied users

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Herbal Health Planner

Herbal Health Planner for February – Circulation

Our focus for February is on improving circulation using various natural remedies such as herbs, natural supplements, essential oils, Ayurveda, homeopathy and more to improve circulation.

Each month we will cover how to apply these herbs and supplements from as many perspectives as possible – teas, essential oil, fresh or dried herbs,

Foods to Eat

Soups or stews made with cayenne, ginger, black pepper. Try this Spicy Lentil Soup. Saute two chopped onions with two minced cloves garlic in 1 tbsp. olive oil. Sprinkle with 1 Tbsp. cumin, 1 tsp. ginger, 1 tsp. paprika. Add two cups red lentils, two Tbsp. chicken or veggie broth. Bring to boil with 8 cups water, then add 1/4 cup tomato sauce or paste. Turn down heat to simmer and sprinkle with a pinch of cayenne. It's ready when the lentils get mushy, 20-30 minutes. Enjoy with garlic bread and salad.

Herbs to Grow

Ginger is a good herb to grow that can be used for better circulation.

Herbal Tea

Ginger is often the easiest tea to enjoy that improves circulation. Prepare it with 1 inch fresh ginger root, 1 tbsp lemon juice, 1 tbsp. honey and a cup of boiling water. It's even better blended with other herbs like peppermint and chamomile. Add a tsp. of each dried herb to enjoy.

Herbs To Take

Ayurvedic medicine - Trikatu – a royal relative of black pepper, is a mixture of ginger and two types of pepper. It's often used in ayurvedic medicine and advocates claim that trikatu can eliminate toxins from your body and dry up excess mucus in your airways.

Bacopa (Water Hyssop)

Chinese medicine - Gou Qi Zi, better known as the Goji berry, is one of the more famous Chinese herbs used for nourishing the Blood. However, other dark berries are also beneficial, including blueberries and blackberries.

Western Herbs

Cayenne, Ginkgo Biloba, Butcher's broom, Ginger, Hawthorne and Olive Leaf - see page 4-5

Essential Oils

Eucalyptus, ginger and cypress are good essential oils to start with. See page 12 for more information.

Homeopathy

Phosphorus is one type of homeopathic remedy that can be helpful for any sort of circulatory problems, such as excessive cold extremities. Homeopathic remedies are often given on an individual basis depending on the symptoms shown.

Thai Winter Squash Curry

This rich, stew-like curry can be served with rice for a hearty meal on a cold night.

The warming effect of the onions and curry spices is balanced by the natural sweetness of the squash and the creaminess of the coconut milk. Use any variety of winter squash, such as acorn, kabocha, or butternut, as suggested here.



2 cups low-sodium vegetable broth
1 cup water
1 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
10 ounces firm tofu, cubed
1 1/4 cups (or one 14-ounce can) coconut milk
2 teaspoons agave nectar (optional)

Ingredients

1 tablespoon extra-virgin olive oil
1 cup chopped yellow onions (about 1 small onion)
1/2 cup chopped leeks, white parts, rinsed thoroughly (about 1 medium leek)
3 cloves garlic, minced
1 tablespoon minced ginger
1 fresh serrano pepper, seeds and membranes removed, minced
1 tablespoon curry powder
1 tablespoon soy sauce
4 cups peeled, seeded, and cubed butternut squash (about 1 small squash)
1 carrot, cut into 1-inch chunks
1 medium russet potato, cut into 1-inch chunks

2 tablespoons packed fresh cilantro leaves

Directions

In a medium pot, heat oil over medium heat. Add onions and cook for 1 minute, then add leeks and cook for 1 minute. Add garlic, ginger, serrano peppers, curry powder, and soy sauce, and cook for 1 minute.

Add butternut squash, carrots, potatoes, vegetable broth, water, salt, and black pepper, and bring to a boil over high heat. Reduce heat to low, cover, and simmer for 15 minutes, or until vegetables are tender, stirring occasionally.

Add tofu, coconut milk, and agave nectar if desired, and cook for 5 minutes.

Remove from heat and add cilantro. Serves 6-8



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Natural Health Product or Service?**

Natural Health Directory

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Chocolate Coconut Bonbons

Ingredients:

- 2 1/2 cups organic confectioners' sugar, divided
- 1 1/2 T. maple syrup
- 1 tsp. coconut, vanilla or almond extract
- 2 tsp. dairy-free almond mil or soy milk
- 1 Tbsp margarine
- 1 1/2 cups unsweetened finely shredded coconut
- 2 cups (12-oz bag) dark dairy-free chocolate chips

Preparation:

1. In a large bowl, beat together 2 1/4 cups of the confectioners' sugar, maple syrup, coconut extract, dairy-free almond or soy milk, and dairy-free soy margarine with an electric hand mixer until just combined. Add in the shredded coconut and beat until combined. Sprinkle a dry work surface with the remaining 1/4 cup confectioners sugar, turn the coconut-sugar mixture out onto the surface, and knead until smooth. Roll out the mixture between two sheets of parchment paper on a large baking sheet until about 1" thick. Place the sheet in the freezer for about 15 minutes, or until firm.

2. Remove the sheet from the freezer. Place a fresh piece of parchment paper on the baking sheet. Using your hands, roll the coconut mixture into small balls,



placing each on the parchment paper as you work. Once you've used all of the mixture, return the sheet to the freezer for 5-10 minutes while you melt the chocolate.

3. In a double boiler or a stainless steel bowl set over (but not touching) a pan of boiling water, melt the chocolate chips until completely melted. Remove from heat. Working quickly, use two forks to dip of the coconut balls into the melted chocolate, tossing the ball to coat and shaking off excess chocolate. Return the bonbon to the sheet and repeat until all of the bonbons have been coated. Allow the bonbons to stand until hardened. Serve cold or at room temperature. Makes 4 dozen bonbons.



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Warm Up Circulation in Winter with Oils

By Breanne Hope, CHP

Using essential oils to help improve circulation consists of using oils to promote better overall circulation and make it easier to fight against the circulation issue.

One of the best ways for essential oils to absorb into the body is to use a diffuser with 100% pure CPTG essential oils.

Diffusers effortlessly atomize millions of tiny micro-particles of essential oil and disperse them quickly across a room. Use an intermittent setting if possible for best results.

Another option is to administer them topically. Just mix the proper essential oil with a carrier oil like coconut or sweet almond oil. This creates a lubricant oil that can then be massaged into the limbs affected by poor circulation.

A third option is to use the oils in a bath, adding 10 to 15 drops of the oil to Epsom salts added to a hot bath and soaking in it for at least 15 to 20 minutes.

Here are my 3 recommendations of oils to use:

Eucalyptus

Eucalyptus essential oil works to promote better circulation by relaxing the blood vessels. This helps more blood circulate through them, improving circulation in the process.

It's effective at combating fibromyalgia as well as poor circulation, and is a good place to start when using essential oils to improve this condition.



Eucalyptus is a good essential oil to start for better circulation

Cypress

Cypress essential oil is a pelvic decongestant that can help to flush out toxins from the body, something that can promote better overall health as well as improved circulation. It can also help the veins contract, making it easier to stimulate blood flow.

Ginger

Ginger essential oil can help to warm the skin and vessels, promoting circulation as it does so. It also contains antioxidants that can help flush out toxins and reduce inflammation of the blood vessels, improving blood flow throughout the body. It's effective at reducing

pain as well as improving circulation.

Some essential oils are known to increase circulation to the areas of the body where they're applied. That means they have a warming effect that can be perfect on a chilly day.

Warming oils seem to stimulate blood flow and help dilate blood vessels, so more blood can get through. This is thanks to the chemical components in the oils. (We're not talking about synthetic chemicals, but natural components created by the plants that produce the aromatic essential oils. Camphor is an example of one of these chemical components.)

Some of my favourite Warming Essential oils to Blend are Cinnamon, Black Pepper, Oregano, Thyme, Myrrh, Marjoram, Rosemary, Juniper Berry or Ginger.

If you are on blood thinners please consult a physician before adding essential oils to your health routine. Happy oiling!

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. She prides herself on helping her clients feel empowered to heal in their homes with the worlds leading Certified Pure Tested Grade (CPTG) oils. Contact her anytime at breanne.hope@gmail.com or 250.551.3985.

Cayenne is an amazing spice that can directly enhance blood flow and improve circulation as a result.

This fiery spice that comes from chili peppers helps get the blood pumped up around your body which promotes a healthy heart and arteries. *Capsicum frutescens* is widely cultivated for its extremely pungent fruit, which grow 2-3 cm. long and have a conical shape.

Cayenne contains capsaicin, which helps stimulate the flow of blood throughout the body, organs and to the extremities. Those with cold hands and feet benefit from cayenne to increase the flow of blood.

Cayenne has cardiovascular and circulatory benefits, digestive and gastrointestinal benefits, boosts the immune system and improves adrenal and hormone function.

The pepper also contains vitamin C, vitamin B6, vitamin E, potassium, manganese and flavonoids – these all provide it with powerful antioxidant properties. On the Scoville Rating Scale, cayenne pepper is rated typically anywhere from 30,000 to 190,000 Scoville Heat Units (SHU). (Pure capsaicin has the highest SHU rating.)

Cayenne can improve conditions of the heart by reversing excessive blood clotting, lowering high cholesterol and preventing heart disease. This is also why cayenne pepper is effective in preventing heart attacks. The capsaicin in cayenne pepper dilates arteries and blood vessels to clear away clots and helps clear away artery-narrowing lipid deposits.

The spicy pepper can also relieve migraine pain, relieve joint and nerve pain, boost metabolism which helps support weight loss.

Studies have found that tests with cultured human epithelial cells demonstrated significant evidence to suggest capsaicin may increase the permeability of the gastrointestinal tract. This could have an effect on food intolerances and allergic reactions.

While people may be wary of consuming cayenne due to its spicy qualities, there are capsules available to consume that can avoid that effect. It's also



important to know that consuming cayenne naturally can help increase saliva which is important for digestion and preventing bad breath.

Another way cayenne helps with digestion is that it stimulates the flow of enzymes and stimulates gastric juices to help the body metabolize food and toxins.

Cayenne pepper benefits include its ability to stimulate circulation and eliminate acidity. Cayenne pepper restores the circulatory system by opening the capillaries and regulating blood sugar; it also helps the digestive system that moves bacteria and toxins out of the body. Cayenne pepper also increases body temperature and boosts your metabolism.

Contraindications:

Capsicum has amazing benefits but it has been contraindicated in topical applications for skin and near the eyes. There may be some concerns for individuals who are sensitive to the herb and may in some cases develop gastrointestinal irritations.

Capsicum may interfere with antidepressant therapy utilizing MAOI (monoamine oxidase inhibitors) or with antihypertensive therapy.

Are You Satisfied with Your Sex Life?

Are you satisfied with your sex life?

A survey by LELO (maker of intimate products) 'titled Are You Satisfied with Your Sex Life, answered by over 10,000 participants, uncovered some interesting truths.

Did you know that, globally, the average number of sexual partners is somewhere between 10 and 20? How about who's having the most sex?

Rather than posting 2018 highlights to their Instagram Stories, LELO's pleasure experts have been very busy bees during December, buzzing from one inbox to the next, gathering sweet, sweet nectar (also known as information about your sex lives) and pollinating your fantasies with all sorts of imaginative ways to have even greater sex in 2019. Curious about what they found? Read on.

Who's having the most sex?

When it comes to quantity, 31-40-year-olds, closely followed by 25-30-year-olds have the most frequent flier miles. That certainly inspires a healthy dose of optimism, doesn't it? One of the participants commented, "I spent my adolescence and my twenties worried about ever getting laid.

Then I grew up and realized that there's more to sex than just 'getting laid' for the sake of saying I had sex." Totally agreed - sex isn't a matter of when and how much, but of how good it makes



you feel. Yet, there is something completely irresistible when it comes to quantifiable comparisons and percentages.

Geographically, Switzerland, Greece, and Brazil are the leading nations when it comes to the number of partners, with an average of 15-20 partners.

The US-based participants, much like those from Italy and Spain went with 1-3, while England settled on 4-8 partners.

Important to note though, that looking globally, the average number of sexual partners falls between 10-20. All of this begs the following question then - why is sex still such a taboo? We're all obviously doing it. A lot.

How are we having sex?

Doggy style won 50.41% of the overall votes, so it's safe to say that it wins Position of The Year award yet again. The cowgirl got 38.24% of the votes, followed by a classic, the missionary, with 34.66% of you naming it as your favorite position. The 69 got its fair share of supporters with 17.69% (lucky coincidence).

When it comes to the behavior in the sack, confidence is key, according to 52.15% participants - this includes no inhibitions and an increase in intensity after a gentle start. 32.46% say they want a dominant partner, someone who's in control, aggressive and strong. Some 17% of participants want a tender and patient partner.

Survey Tells All

Having a partner who completely resonates with your sexual wants and needs is not as common as we'd like so if you have something like that, don't let it go. Reaching common ground in the bedroom definitely isn't impossible, moreover, it's a mandatory step for every healthy relationship.

What about the overall quality of our sex lives?

Most participants rated their sex life as good (29.26%), followed by very good and non-existent (18.57%)! Only 17.89% declared their sex lives as adventurous, while 4.95% described their sexual activity as out of this world - kudos.

Stress Mood Killer

When asked about the biggest mood killer in the bedroom, the title went to... You guessed it - stress, with an overwhelming 57.46% of the overall votes. There are ways to combat this, but you must commit to your own wellbeing and put yourself first for a change. After stress comes the body-image struggle at 29.94%. As this article says, know thyself and love thyself, too! This is the body you have and your partner loves it just the way it is. If you're in a relationship where you're being shamed because of your body (or anything at all, really), it's time to break it off. Interesting to note though, 20.86% of the participants chose mobile phones as the biggest mood killer.

Now look, if you use your phone for the powers of good, your sex life can only get better, but if you're the type to spoon your mobile instead of your partner every night, it might be a good moment to cut back on screen time and devote some quality time to your partner.

What do we do to make it better?

From Kegels to prostate massage, you mentioned edging, meditation, breathing exercises, and sexual enhancers. The most votes, however, went to regular masturbation and sex toys usage - 62.85% and 70.27% respectively. The participants mostly combined sex toys usage with edging and masturbation. LELO is a sex toy brand after all so there was no surprise here, but it's good to see that so many of you decided to invest in your sexual pleasure.

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Heart to Heart



How do you have an open discussion of the heart between relationship partners?

When was the last time you had an open talk, a discussion between you and your relationship partner(s)? When was the last time that you defined your relationship, if ever?

Often people meet and start a relationship without actually defining what their relationship dynamics actually are.

When I learned about this concept back in 1999, I had no clue how this new concept would affect me on a personal level, to be able to actually talk it out and lay the foundation of a relationship with the understanding that this definition isn't definite, it was an eye-opener to me. Yes, I knew about premarital agreements, but to put a label on what type of relationship I needed and wanted? That concept in itself was new to me.

Relationship Dynamics

As I grew up in the '70s as a young teenager, relationship dynamics were usually simple, either a man and woman, or a woman and a woman or a man and a man. Nowadays, these simple forms of relationships aren't the norm anymore. In today's society people have open relationships, open marriages, polyamory is more normal these days than when I grew up. And I am happy to see that people are open and accepting other people's views on relationships.

Having said that, without a strong sense of self, without a strong definition of the relationship dynamic(s), any relationship can falter and can waver and/or can fall apart. Without a common direction relationship partners grow apart and go their separate ways and when there are dependents involved, such as children or elderly, this can have devastating and lasting consequences.

There is one thing that I have not touched upon, and that is communication between partners.



Defining Communication

What is communication anyways? Is that talking, is that listening, is that paying attention, is that avoiding distractions, is that accepting, is that opening up, is that being honest?

It is all the above, and we have to keep in mind that sometimes thoughts that come up, or bubbling to the surface, are very raw in nature as they are often not thought out, they are deep from our conscious mind and perhaps from our subconscious mind. And for relationship partners to have to listen to these raw thoughts and emotions is hard to take, doesn't make sense or sometimes they do more harm than good.

If you are reading this article on the "Heart to Heart", and you have been struggling lately how to open up about your feelings to your partner, to share and talk about your needs and your wants; how might you go about doing this, so that it won't hurt you and your relationship(s)?

How to Communicate from the Heart

Sitting on Thoughts and Feelings

Perhaps you have been sitting on these thoughts and feelings for a while now, maybe even months, or even years? How has this affected your overall health, your mental and physical well-being?

I know from personal experience that it can affect a person in a negative way, to feel trapped, to feel useless within the relationship, to be taken for granted, to stop talking altogether out of fear of being judged, to avoid talking, or to fill up quiet moments with chatter.

Miscommunication between relationship partners can take a person down the rabbit hole of depression, and poor health overall. We know that our raw thoughts and emotions can hurt us and our partner, we know that holding it in can hurt ourselves mentally, physically, emotionally and spiritually.

What can we do then, to make it right for all involved and stay grounded, stay connected and be understood and supported? It's by laying down some ground rules, some foundations, some truths that all can agree upon and rely on.

!) We all have a right to feel what we feel. I want to clarify this concept with giving 2 examples, the second example is a statement and the first is sharing a feeling.

I feel ignored when you are on your cell phone when I am talking to you

I feel that you are not listening to me

Keep Communication Simple

2) Keep it simple, communication and defining a relationship is not a simple process. Break it up between different aspects, such as children, or how to raise a child, and make time for in between each segment, to give time and space for thought process, asking questions and get clarification. A week in between segments would be enough time. If you feel that your relationship isn't strong enough to work through such a process, please seek professional help.

Do not let everything come out at once, give your partner and yourself time and space to digest what was shared. Before you start the next segment, always deal with leftovers, a time to ask questions, not interrogations and accept that sometimes a question cannot be answered at that time.

3) Receive information with your rational mind and give information from the heart.

Often when people hear raw thoughts or raw emotions, they tend to take it to the heart, they take it personally and they become offensive. Remember those emotions and thoughts from your partner are not yours so do not make them yours, as you have not been exposed to them and have not had some way to process these.

John Cazander LSC APOEC, is a Stress Management Consultant and runs Help4 Hidden Disability Services on Vancouver Island.



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-Mark Twain



Learning to forgive yourself and others opens the doors to healing. Forgiveness cracks the heart chakra wide open and infuses your entire being with healing energy.

Who do you need to forgive? What do you need to forgive yourself for?

To heal the physical body, we must first heal the emotional and spiritual bodies. Forgiveness is a great space to be in to start this healing energy journey.

Forgiveness heals the heart.

Emotional Healing Tip:

•Each morning find 1 thing to be deeply, truly grateful for. Even if you have to make it up. Fake it until you make it, seriously. The very act of creating a genuine, grateful energy around and inside yourself will draw this gratitude towards yourself. It is Quantum Physics work of the Collective Soul.

Repeat at night.

Spiritual Healing Tip:

•Do three Opening Yoga poses every morning. Yup, just three poses. This will take five minutes and you do not even need a yoga mat. Take 5-10 slow deep breaths while in each pose. Focus on the flow

of breath into and out of your lungs, heart, and body. Let all other thoughts slip away.

I am giving you several poses to choose from. Pick different poses daily. Yoga Stick figures created by Charlotte Bradley of YogaFlavoredLife.com. Always used with permission, respect, and gratitude.

I invite you to watch this video about an amazing



Adho Mukha Svanasana
Downward Facing Dog



Matsyasana
Fish



Sphinx



Urdhva Mukha Svanasana
Upward Facing Dog



Ustrasana
Camel



Uddiyanasana
Flying Bird



Salabhasana
Locust



Purvottanasana
Upward Facing Plank



Dhanurasana
Bow

self healing tool and Wayne Dyer's thoughts on forgiveness and healing: [http://www.youtube.com/Happy Valentine's Day](http://www.youtube.com/HappyValentinesDay)

February is a great month to think about heart health. Good foods for physically healing and nourishing the heart are onions, garlic, cayenne, hawthorn berries, motherwort, rosemary, passion flower (the heart IS your center of passion), and my favorite herb for everything nourishing and healing: stinging nettles.

A 100% whole food diet supplies the heart cells with the nutrients needed to continue beating, passionately, long into old age. I wrote about whole foods freeing heart health 5 years ago in *Herbal Collective*. Be well, forgive fiercely, and love intensely.

Your physical, emotional, and spiritual heart will thrive, *Paula Youmell is a functional medicine RN and natural health educator. www.Paulayoumellrn.com*

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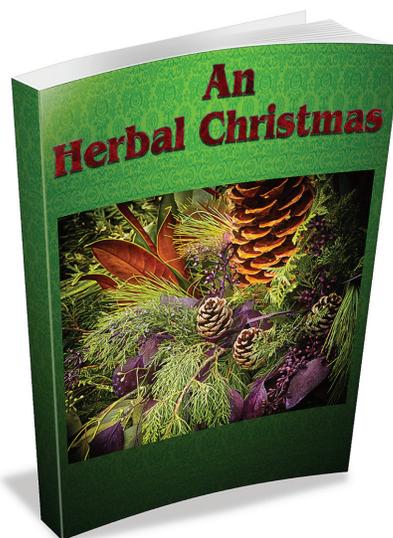
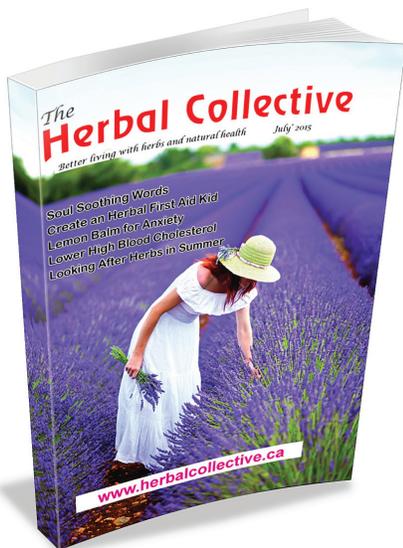
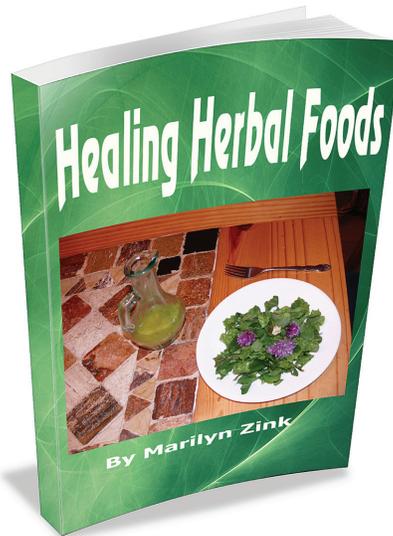
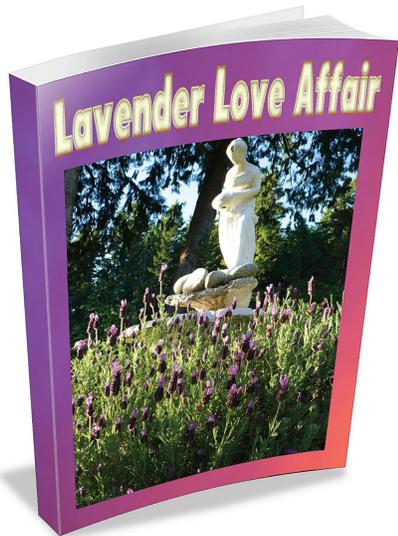
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