

The

Herbal Collective

Better living with herbs and natural health

June'2022

Lovely Lilac

3 Essential Oils for Men

Herbs for Healthy Men

Magnesium for Muscles

Herb That Smells like a Horse

www.herbalcollective.news



New Approaches to Men's Health

Publisher's Note

June is a beautiful month for men to be healthy.

Why June?

Well, Father's Day is

June but June naturally flows into summer with its myriad of outdoor activities which often appeal to men.

Men love to do activities like go fishing, sailing, play golf, tennis or racquetball, basketball, ride bicycles or go for a hike.

Some of these things appeal to women too but we often think of men being physically active.

It seems more men are paying closer attention to their health as a result of the pandemic.

So we take a good look at men's health for June and what men can do to improve their health – from taking herbs and supplements, to eating healthy, getting more sleep and exercising better.

Men can take the herb that smells like a horse – Ashwagandha. It is also compared to the vitality of a horse – read about it in Herb of the Month.

Then there are essential oils – usually the domain of women but some aromas appeal to

men. There are several essential oils men can benefit from.

Men can also benefit from creatine and magnesium, which both help the muscles.

The first one helps muscles grow and the second helps muscles relax.

It's amazing how much benefit magnesium does for the body – I really don't think enough people know about it.

That's why I'm starting a regular column on supplements – for our readers to gain greater awareness of what supplements can do for them.

In our fitness column men can learn about the after burn of muscles from exercising and how that affects them.

Finally, men can also learn about how depression affects them in a new book, *Breaking Free of Depression* by author Bruce Ross.

Also in this issue you'll learn about the wonderful lilac and its many benefits, how to look after the summer garden, a book about how to be in nature and more.

Enjoy this issue and Happy Father's Day.

I still think of my father who passed several years ago.



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This issue focuses on men's health and strategies for them to be healthier

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Publisher/Editor - Marilyn Zink

Contact: 250-729-1593

info@herbalcollective.ca, www.herbalcollective.news

Contributors: Sarah Dafoe, Marilyn Zink, Valerie Smith,
Lori Woodward

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How Men Can be Healthy with Herbs

By Marilyn Zink

Men have a lot of pressure in society to work and take care of others.

Looking after their health hasn't always been a priority but in recent years that has changed.

Experts say that a larger percentage of men typically avoid seeking treatment for their physical or mental health.

In an online survey among approximately 1,000 U.S. males 18 years or older held in 2020, Cleveland Clinic found that 77 percent of men reported their stress level increased as a result of Covid-19, 59 percent of men felt isolated during the pandemic and nearly half (45 percent) of men said their emotional/mental health worsened during the pandemic.

Some men were negatively impacted while others made healthier choices such as eating healthier, sleeping and exercising more.

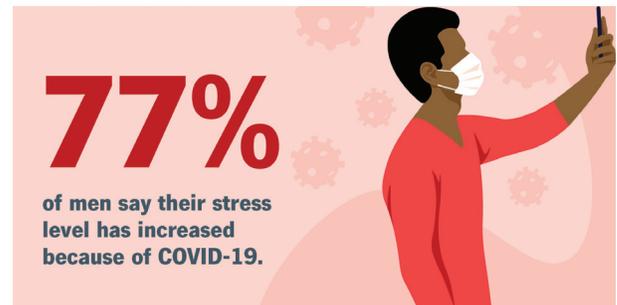
As men age, they have hormonal ages just like women. These changes can cause muscle loss over time and impact how a man looks and feels about himself.

Arnold Schwarzenegger, actor and former California governor, says he has modified his fitness training as a result of getting older. Now 74, he still works out every day but has switched to weight machines instead of using free weights.

That allows him to train more safely and stay injury free, he said in an interview with Men's Health.

Herbs and Supplements for Men

There are several herbs and supplements men can take to improve their physical and mental health.



Creatine - is a supplement men often use for weight training and is very popular with athletes and body builders. It is used to gain muscle, improve strength and exercise performance.

Saw Palmetto (*Serenoa repens*) – this herb promotes healthy function of the prostate gland so it's a tonic for the genital and urinary systems. It decreases symptoms of enlarged prostate and manages Benign Prostate Hyperplasia, BPH.

Ginseng (*Panax ginseng*)– This herb is an adaptogen and one of the most well-recognized herbs for men to boost libido, improve sexual performance, correct erectile dysfunction and improve sperm quality.

Tongkat ali (*Eurycoma longifolia*) : A herb for men that contains one of the most powerful hormone boosting and testosterone raising properties of all-natural herbal supplements.

It is used for erectile dysfunction (ED), fevers and bacterial infections. It can improve testosterone, anxiety, athletic performance and muscle mass.

Maca (*Lepidium meyenii*) is a cruciferous vegetable that is sometimes known as Peru-

V.I. Herb Gathering features Della Rice

Della (Rice) Sylvester is the keynote speaker for the Vancouver Island Herb Gathering on June 10-12.

Della is a Cowichan Tribes Medicine Woman who learned about plants as food and medicine from her Grandmothers Ellen Johnny and Sylvestra Modeste.

Ellen was a midwife who helped birth over 300 babies in the Cowichan Valley and Sylvestra was well known for her local cultural keeping.

Della will be speaking Friday evening, part of the the terrific line-up of more than 20 presenters who are coming to the Herb Gathering from many different walks and traditions.

They include clinical herbalists like Terry Willard and Chanchal Cabrera.

The Herb Gathering is held at Innisfree Farm near Courtenay on Vancouver Island.

Della will also be leading an Herb Walk on Saturday.

Innisfree is an internationally registered Botanical Garden and a herbal farm with an extensive collection of medicinal plants, a dispensary mak-

ing herbal teas and other preparations, and gardens of culinary herbs, vegetables and berries.

This is a not-for-profit event that raises funds in support of herbalists and herbalist associations in Canada.



Healthy Men, from previous page

vian ginseng. The herb is an adaptogen which may help with stress, improved fertility, improved libido and sexual dysfunction.

The root contains fiber, amino acids, vitamins, and minerals as well as other bioactive compounds thought to be responsible for maca's medicinal benefits.

Rooted in Community

▶ June 10–12, 2022

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Determining Men's Health Needs

Promoting Men as Health Heroes

By Lori V. Woodward

Increased health and wellbeing into the senior years

Generally amongst populations of different countries, men have a lower life expectancy than women. With a lot of discussion in many political

arenas of increasing the age of retirement, it is becoming increasingly necessary for men to take charge of improving their health. Quality of life, and increased functionality and mobility should be normal as men age, not a slow decline of health.

Men can do much to be a health hero, and increase their potential for increased physical strength, functionality and mobility and healthy mental faculties well into their senior years.

Health Heroes have Health Checks

Primary or preventive health for men helps them become aware of what they need to do in order to reduce the risk of developing a chronic disease as they get older.

A visit to the local general practitioner for an annual or bi-annual health screening check will help ensure that the man will be aware of all his vital statistics.

These include blood pressure, HDL and LDL cholesterol levels, heart health, liver health, lung health, digestive system health, cancer free status and levels of nutrients in the blood. The GP can also discuss mental health, and how his reproductive organs and sexual wellbeing are going.

Men and Mental Health

A lot of men are unsure of how to approach mental health with their doctor or health practitioner. They are more likely to describe symptoms of depression such as lethargy and

tiredness and lack of motivation, rather than using diagnostic terms such as "depression."

There is much being done to alleviate the stigma attached to mental illness, and the promotion of mental health and the importance it has attached to the rest of the health of the body is being emphasized among various international health promotion campaigns.

Men in rural areas, and remote areas are particularly vulnerable to symptoms such as depression and anxiety. They are concerned how they can provide for their families if they are working in rural environments.

Many countries have specialist telephone counseling services for men. It is extremely important for men to access these telephone counseling services should they have any concerns about themselves, their families or their jobs.

If men have been feeling unusually tired and unmotivated, it is important to talk to the doctor about it as the doctor will keep everything completely confidential.

Treatment for symptoms of lethargy may include medicine prescriptions, however there are other options such as counseling, and lifestyle modification including playing more social sports, and eating more fruit and vegetables.

Tiredness and lethargy can be an indicator of a low level of iron stores or some other health issue, so it is important to undergo health screening to help restore health and wellbeing.

General Health and Wellbeing

A general healthy lifestyle which includes a healthy diet, six to nine hours sleep per night, abstinence from daily tobacco use, no more than two alcoholic drinks per day and several

days per week without alcohol, and regular exercise of at least 150 minutes over 5 sessions per week will significantly reduce the risk factors for men developing health problems.

Primary and preventive care makes men responsible for choosing healthy behaviors, and encouraging these healthy activities among their friends.

Healthy male friendships include sports teams and social clubs from work. There are usually men's type activities in some communities with to church organizations.

They cater specifically to men's interests. It is important to have interests and hobbies outside the home to promote health and mental wellbeing. A man does not have to be a gym junkie to be healthy, but a generally healthy lifestyle will help him perform well in all areas including enjoying his sex life.

Men and Sexual Health

When a man is healthy and his cardiovascular system is working properly, he will have no difficulty in getting and maintaining an erection.

He should also have no trouble urinating in a strong stream. If a man has any issues or concerns about his sex life, including maintaining an erection, or difficulty urinating, he can discuss these problems confidentially with his doctor to help regain his confidence in the bedroom.

Sex in a healthy committed relationship has been shown to be ideal for optimum mental wellbeing, and a man should also practice safe sex with his sex partners. Any discussion of these issues can be discussed confidentially with a doctor.

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- 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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How to Use and Enjoy Lovely Lilac

By Sarah Dafoe

Lilac shrubs have always been one of my favourite signs of spring, adding colour and elegance to the landscape, but its their fragrance I always love to bring into the house.

Unfortunately though, they don't last long in vases, only three or four days at the most if they are clipped when its still cool outside and the stems are spit up the middle to soak in water.

Luckily being both edible and medicinal, there are other ways in which this showy plant can be worked with, to capture its fragrance and beauty.

Lilac or *Syringa* spp. (the common species is *vulgaris*) is in the olive family and is native to the Balkan Peninsula in Southeastern Europe.

People emigrating from Europe brought the shrub to plant in their gardens in order to savour a piece of home.

Lilacs bloom in a range of colours depending on variety, from deep purple to pale blue, light purple, and white.

Butterflies, bees, birds and other pollinators love the blooms too, so its also a great choice for a pollinator garden.

Syringa vulgaris has a number of legends and customs associated with its iconic blooms.

First and foremost is the story behind its botanical name. *Syringa* was a beautiful wood nymph in Greek mythology.

The god Pan spied her one day, lusted for her and took chase. Depending on the version of the story, to get away from him, she



either transformed herself into a reed or a Lilac bush, both of which make great flutes. Ultimately, Pan won because he made a flute from her disguise and it never left his side from then on.

Various parts of the plant can create dyes, the flowers produce a green dye and the twigs produce orange.

Lilac wood has been a favourite for engraving and making musical instruments and its dense, hard consistency makes it a good choice for knife handles.

The Lilac is traditionally a funeral flower in Eastern Europe, and were placed in the caskets with the deceased.

In England it used to be considered bad luck to bring lilac blooms into the home and if a young lady wore a lilac blossom, she was destined to be single forever. They were also sent to someone if you wished to break an engagement.

The Lilac overcame these unfortunate associations, thanks to the Victorian Language of Flowers, where lilacs were a symbol of joy, youth and first love.

White Lilacs symbolized innocence and

new beginnings, blue shades stood for happiness and tranquillity and magenta hues symbolized love and passion.

In many regions of the world, Lilacs symbolize Easter or the changing of the season to spring. Now ranked as a beloved flower its scent has proven difficult to distill, so most lilac-scented soaps and perfumes have been made with synthesized fragrance.

The flowers are edible and is a flavour exploding experience; being astringent, bitter, and very floral.

Best for garnishes and edible flower displays on pastries, you can crystallize them and have them as candied flowers on cookies, pies and cakes.

Add them to brown rice dishes and fresh green salads, or mix fresh blossoms with honey and Greek yogurt for an aromatic, yet elegant dessert.

Medicinal Indications

Lilac is considered to be bitter, acrid, and cold energetically.

In European folk medicine traditions, common lilac was worked with to treat a number of ailments, including:

- gout, rheumatism, and joint pain
- cold
- cough
- fever
- toothache
- gastrointestinal issues
- wound



Topical Astringent

Lilac makes a lovely astringent for the skin, soothing inflammation and toning irritated tissues. Make a tea of Lilac, strain it, store it in a spray bottle and apply it to rashes, acne, minor burns, and any similar affliction.

Even without these issues, Lilac may be applied as a daily tonic to refresh the skin. Lilac tea also makes a lovely, clarifying hair rinse—simply rinse hair with ample infusion.

Digestive Support

Due to its bitter properties, Lilac stimulates the digestive juices, relaxes smooth muscle, and gets bile flowing, which aids overall digestion and reduces gas and bloating.

Tonics were taken in the 1500s in England to help improve the digestion of rich, fatty foods.

Think of this flower in cases of abdominal bloating or discomfort. Herbalist Michael Moore writes that it is, “

An excellent home remedy for menstrual cramps, bleeding hemorrhoids, and old ulcers as well as capillary ruptures from coughing or vomiting.”

Continued on page 14

Rhubarb Crumble

4 cups chopped rhubarb
1 tbsp. lemon juice
½ cup. Honey (more or less)
Topping
¼ cup brown sugar
¼ cup flour
¼ cup raw wheat germ
¼ cup oatmeal
1 Tbsp. soy flour
1 tsp. nutritional yeast
1 tsp. cinnamon
¼ cup margarine or butter

Mix topping ingredients together, then cup in margarine or butter. Preheat oven to 350 degrees. Place rhubarb in a 9 inch 1 ¼ inch deep pie plate. Substitute apples or use a combination of both.

Pour honey over all. Pour topping ingredients on fruit. Bake for 30 minutes or until fruit is tender. Add whipping cream or ice cream on top and serve.

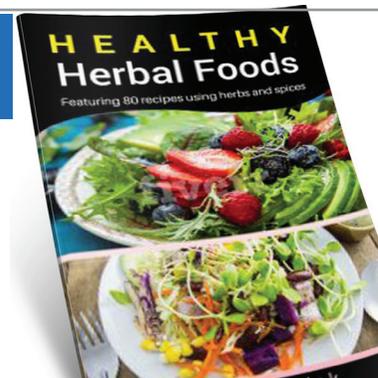
This dessert makes a great accompaniment to the burgers on the opposite page for a Father's Day meal.



Healthy Herbal Foods

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with healthy herbal foods in this
wonderful guide**

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Burgers for Father's Day

2 lbs lean ground beef (or
vegan beef)
1/3 cup dry bread crumbs
(more if desired)
1 egg, beaten
1-2 cloves garlic, minced
1 Tbsp. Dijon mustard
2 tsp. Worcestershire sauce
2 tsp. dried basil
salt and pepper

Blend bread crumbs, eggs,
mustard, Worcestershire
sauce, basil and garlic in a bowl. Mix thor-
oughly, then blend in beef.

Sprinkle with salt and pepper as desired.
Mix gently, then form into patties.
Chill for 20-30 minutes.



Preheat grill, then barbecue on grill for 6-7
minutes, then flip and grill for another 6-7
minutes.

Add sliced onions, sliced tomatoes and let-
tuce to buns as desired.



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Essential oils are often the domain of women but they appeal to men as well.

Men tend to prefer the stronger scented oils such as Patchouli, Sandalwood, Oakmoss, Bay, Cypress, Ginger, Black Pepper, Vanilla and Vetiver. The citrus oils are also preferred by men.

Here's a quick look at some of the more popular essential oils preferred by men.

Vetiver essential oil

Vetiver essential oil is a solid masculine choice for a relaxing effect.

It can be used like Lavender for diffusing at night or during stressful situation such as prepping for a big presentation or interview. But unlike Lavender, Vetiver's scent is smoky and earthy.

Men can enjoy the heady floral fragrance of lavender too and it is widely used in men's colognes.

But you can't go wrong with Vetiver if a man prefers something more reminiscent of fresh-cut grass on a hot summer afternoon..

How to use Vetiver:

Wind down after a long day with a Vetiver by inhaling

it straight from the bottle or using it in a diffusers. Add it to your face wash for extra cleansing power.

Copaiba essential oil

This oil has a warm balsamic scent which appeals to men and makes it perfect for creating calming diffuser blends and colognes.

It's a way to smell good without overpowering.

Copaiba boasts numerous skin care benefits. It also includes the naturally occurring constituent beta-caryophyllene.

How to use Copaiba:

A man can add it to his favourite beard oil or add a drop to his favourite moisturizer.

Rub it into the bottoms of your feet before bed and fall asleep to the scent.

Sandalwood essential oil

Almost everyone is familiar with sandalwood and no list of essential oils for men would be complete without it. It has a woody aroma that's warm, soft, and sultry.

Sandalwood is a natural aphrodisiac that provides mental clarity and is relaxing



and calming.

Did you know it takes 30 years for a sandalwood tree to mature to the point that essential oils can be extracted from it?

How to use Sacred Sandalwood:

Add a few drops of Sandalwood to conditioner to combat an itchy, dry scalp. Create a spa-like bath salt with 3-5 drops Sacred Sandalwood and ¼ cup Epsom salt—after all, baths aren't just for ladies.

Add an air of sophistication to your man cave by diffusing this rustic, earthy scent on its own.

Essential oils are great for trying out and have many health benefits for men beyond the scent.

Ashwagandha is a powerful adaptogen that men can benefit from.

It is one of the most important Ayurvedic herbs and has been known as Indian ginseng.

The herb helps the body handle stress, boosts the immune system, and calms nerves. The herb increases energy levels and promotes sleep which can benefit stressed out busy men.

It was traditionally used to promote vitality and increase sexual drive.

Ashwagandha (*Withania somnifera*) has a taste and smell that is bitter, earthy and flowery.

In India Ashwagandha is Sanskrit for 'smell of the horse' which refers to the herb's ability to provide the vitality of a horse and to its scent.

The tonic effects of this powerful herb are best suited to someone who is debilitated or exhausted while agitated or under stress.

The plant's leaves and roots are used. The root is used for nervous exhaustion, stress-induced health conditions, anemia with emaciation, impotence due to aging or stress, chronic inflammation



or a depressed white blood cell count due to cytotoxic drugs.

The leaves traditionally were used to treat cancerous growths.

The herb may also have a benefit for athletic performance and would be a worthwhile supplement for athletes.

One analysis showed that ashwagandha increased physical performance for strength and oxygen intake during exercise.

The analysis included 12 studies of men and women who took ashwagandha doses between 120 mg and 1,250 mg per day.

Another analysis showed ashwagandha significantly enhanced maximum oxygen consumption to VO₂max, which is the maximum amount of oxygen a person can use during intense activ-

ity. This is measuring heart and lung fitness.

Ashwagandha may help increase muscle strength too, which men would appreciate. Men who took 600 mg. of ashwagandha in one study participated in resistance training for 8 weeks. They had significantly greater results in muscle strength and size compared with a placebo group.*

How to Use

The powdered herb can be added to smoothie or stirred into a warm milk. Or it can be taken as a capsule to provide the body with a potent dose of Ashwagandha.

Contraindications:

Ashwagandha should not be used during pregnancy.

* <https://www.healthline.com/nutrition/ashwagandha#5.-May-reduce-blood-sugar-levels>

Lilac Medicinal Recipes

Fever Reduction

In early American herbalism, this plant has helped to bring down a fever by promoting sweating. This reduces core temperature, assists the body in releasing its viral load, and calms the immune system.

This flower has also been successful as an anti-periodic, or an herb that prevents the recurrence of fever-inducing disease, especially in cases of malaria.

RECIPES

Lilac Syrup: Capture the pretty purple colour and floral notes of Lilac in a lovely syrup. Preparing this flower as a syrup concentrates the flower's bitter, floral flavour and balances it with some sweetness.

To make syrup, bring equal parts sugar and water to a boil in a saucepan, then add twice the volume of flowers, removed from the stem.

Cover and simmer at reduced heat for 5 minutes, then remove from heat and allow mixture to infuse at room temperature for several hours, tasting occasionally, until desired intensity of flavour is achieved. Strain, bottle, and store in the fridge for 2-6 weeks. Add a spoonful to sparkling water or cocktails or enjoy it straight up!

Lilac Tea: Lilac tea is a straightforward preparation that can be made by pouring desired amount of just boiled water over desired amount of fresh Lilac flowers, covering, and letting steep for 10-15 minutes. Strain, and savour the unadulterated flavour and scent of Lilac in your cup! This tea makes a wonderful after-dinner digestive.

Infused Oil: Start with about a cup of dried flowers (freshly picked ones can go rancid



if you use them in an oil), and fill a large jar 3/4 of the way up. Cover with a neutral carrier oil like grapeseed, sunflower, or jojoba oil, and place a lid on the jar. Allow the blend to infuse for six to eight weeks—once it's done, strain out the flowers and pour into a sealed jar to use on inflamed skin, rashes or sores. Melted beeswax can be added to the oil to make a salve.

Facial Toner: Lilac blossoms are natural astringents—they dry things out. Place a cup or two of slightly wilted flowers in a jar 3/4 of the way up, and fill with witch hazel. Allow it to steep for a few days, and then strain out the flowers. Use the lilac and witch hazel blend as a facial toner, to keep your skin looking healthy and fresh all summer.

Contraindications

Do not take Lilac with medicines that alter blood coagulation, discontinue use two weeks before surgery, and avoid during pregnancy. Lilac bark can be poisonous; so work with only the flowers. Consult an informed herbalist or trusted healthcare practitioner before use.

Sarah Dafoe runs Plant Wisdom Gardens' - Contact her at plantwisdomgardens@gmail.com.uuuuuuu

Being in Nature: 20 Practices to Connect with Nature

James Farrell's *Being in Nature* is not only receiving rave reviews from significant authors including Stephen Moss, Pippa Grange and Harini Nagendra, but is a book that will motivate readers to return to its learnings time and time again.

Beautifully illustrated, Farrell pulls on expertise gained working as both an environmentalist and coach to share his twenty mindful techniques that are based in science, and which inspire and motivate.

Compelling and bursting with positivity, there's no better time to embrace the wisdom contained in this highly original mindfulness pocket-guide, which has been written to assist its readers and our planet to thrive.

Here's a brief synopsis:

Unlock the benefits of the great outdoors with this unique set of 20 mindful practices.

20 simple practices to connect with nature

Inspired by wildlife, and accompanied by beautiful colour illustrations

Explanations of the science underpinning the practices

Ideas of what we can each do to look after the planet.

Using this little book often could benefit your health, wellbeing and relationships - and inspire you to protect the natural world!

"Science shows it's not just the time we spend outdoors that counts, but what we do" says Farrell. "For example, taking time to stop and notice the nature around us helps us feel calmer, happier and more satisfied with life."

Break Herbs – Being in Nature Excerpt

Break herbs - In case of wellbeing emer-

gency... break herbs!

Rub some herbs between your hands and breathe in the scent.

Kitchen ingredients to try are bay leaves, rosemary and lemons. Lavender is good, as are wild herbs such as thyme, wild marjoram, or peppermint. Or try an essential oil like Japanese cypress (Hinoki).

As you breathe, notice what happens to your heart rate. How is your body responding? What is changing about how you are feeling? What do you think about these changes?

How it works

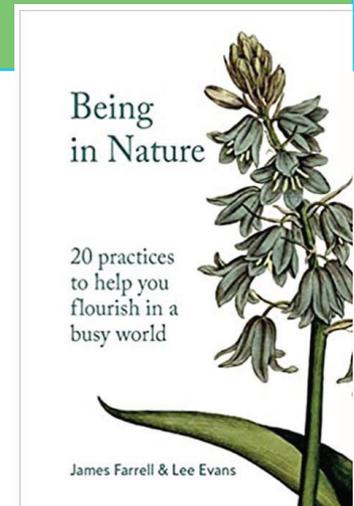
Turpenes and pinenes are phytoncides – aromatic phytochemicals naturally found in herbs, pines and other aromatic wild plants. These chemicals are a major component of 'forest aerosols' found in nature, particularly pine forests.

Smelling them can lower blood pressure and heart rate, and reduce anxiety and fatigue. There is also evidence that phytoncides can reduce inflammation and may even protect against cancer.

Inspiration

Wild marjoram, *Origanum vulgare*, or Oregano, is native to the Mediterranean, Europe and south and central Asia. It flowers in summer, particularly on chalk grassland, and is one of the main flavouring ingredients in Italian food.

Published by Nature Connection Books, Being In Nature is available in paperback (currently £7.36 / RRP £9.99) on Amazon at <https://amzn.to/3luPLgc>



Breaking Free of Depression

Breaking Free of Depression's Grip - A Powerful Success Story

A man's journey through life, under the cloud of Major Depressive Disorder

A new Canadian book that tells the dramatic story of one average, middle class man's courage and resolve, told from his perspective, to defeat the depression that gripped his life.

Breaking Free of Depression's Grip: A Powerful Success Story is the story of Bruce R. Ross, a successful Canadian executive, husband, father, neighbour, friend, and now author, who has lived a thriving life despite depression's dark clutch on him for over 45 years.

Ross shares how he tried understanding what was "wrong" with him, accepting the depression diagnosis, the endless attempts to find a helpful medication, therapy sessions with multiple doctors, enduring electroconvulsive therapy (ECT), experiencing investigational treatments, and the extremes he went to in the quest for joy.

Ross opens up about what it's really like to have this illness, the dangers of falling

into despair, the significance of staying close to family and friends, and how one man pursued every avenue to find better mental health in the quest for contentment.

Ross deep dives into his pre-retirement life as a CFO in the multi-billion-dollar credit union sector, and the critical importance of his boss.

Ross' boss, the CEO, supported his efforts to contain and control the effects of depression, so Ross could carry out the complex fiduciary duties he was called upon to complete day after day. In this book, you feel Ross' ups and downs personally and professionally as he opened up about his mental health to

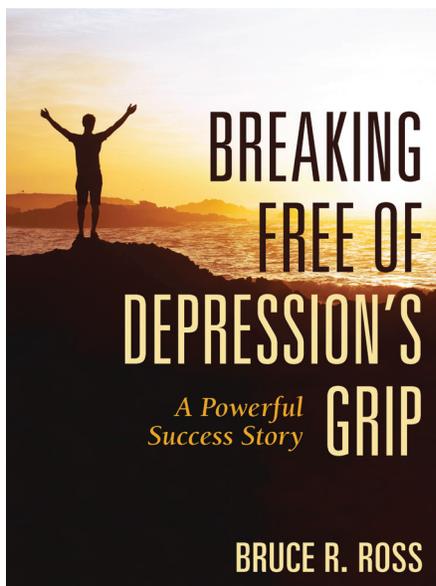


friends and coworkers, and how he was treated along the way.

"Breaking Free is an important story about combating an especially invasive kind of mental disorder. It is a success story, and we need that today.

It is a story of universal truths, and it is a story we can all learn from. Writing this story and living it demands courage," explains Bill Wilkerson, Honourable, LL.D.

"The reader will not only discover how Bruce succeeded in surviving depression, and thriving beyond its grasp, we will see the path that Bruce Ross cleared for the rest of us to find our own way through the experience of depression."



Why Magnesium is Important for Muscles

Potassium often gets the lion's share of attention when it comes to muscle cramps but magnesium is more important.

That's because magnesium helps with energy, muscle strength, flexibility, sleep and stress management — everything you need.

Muscles can't properly relax without enough magnesium, which can often lead to cramping.

Low magnesium can create a buildup of lactic acid, known to cause post-workout pain and tightness. Also, much of the body's energy comes from ATP, a molecule that captures chemical energy from food and uses it to fuel other processes in the body. ATP production depends on magnesium.

Magnesium helps with stress by balancing and controlling stress hormones. It is also essential for producing serotonin which helps lift the mood and relax the nervous system. Serotonin also contributes to healthy sleep, so if sleep is an issue then magnesium may be lacking.

As the heart is a muscle, magnesium is important for heart health.

Magnesium prevents inflammation and strokes, relieves constipation, maintains proper PH balance in the body and regulates blood sugar to prevent diabetes.

We know Vitamin C is good for immunity but magnesium boosts the immune system too.

Most of us have heard of electrolytes and magnesium

is an essential electrolyte that is needed to properly hydrate the body.

So consume plenty of water along with magnesium rich foods.

Which Foods Contain Magnesium?

Dark leafy vegetables are a good source of magnesium along with nuts and seeds like pumpkin seeds, flaxseeds, almonds, cashews, pecans and walnuts.

Other good food sources are brown rice, edamame, beans, avocado, seaweed and raw cacao.

So have a leafy green salad with a handful of nuts and seeds along with brown rice and avocado to get a good kick of magnesium.

Depression, *Continued from page 16*

Bill is an eight-time award winning mental health advocate and is known all around the world for his pioneering work in establishing the principles of mental health in the workplace, through campaigns he led in North America and Europe.

Wilkerson encouraged Bruce to get his story pub-

lished.

Ross' story is a powerful one. It makes you root for him with every new medication, each trial, and on every marathon he undertakes.

He shares his insights into what can be a motivator to get out of bed each day, what did and didn't help him, who

is in his life and the role they played along his journey, and where he is now.

Breaking Free of Depression's Grip: A Powerful Success Story is available through IC Publishing (www.ICBookstore.ca); more details can be found at www.brucross.ca.

By Valerie Smith

The summer season is fast approaching and as all of us garden-lovers know this could mean stress for your plants.

Some heat resistant plants enjoy the heat, though. But it's good to know what will ultimately help your garden flourish during the hottest part of the year. Read on for a list of summer garden maintenance tips.

1. Deadhead and Prune

First, there's a difference between dead-heading and pruning. When you deadhead a plant, you're removing dead leaves or blossoms. Pruning means you're removing any part of the plant to make it smaller in some way.

Deadheading before summertime allows your plants to keep producing. It tricks the plant into thinking it needs to produce more.

Pruning established plants at this time, like fruit trees, allows them to also produce more.

Additionally, pruning reduces shade and increases air circulation to help your plants grow. Pruning helps with slow growth, disease or insect resistance and it restores the shape and structure of trees and shrubs.

2. Keep Soil Moist but Don't Overwater

The summer season is probably one of the most important times to keep your garden hydrated.

A mistake many gardeners make is overwatering plants. Overwatering plants increases the likelihood of disease outbreaks.

Fungi thrive in warm, moist areas so if you've overwatered your garden, you may have just given fungi a home.



Pruning roses is essential for growth.

A good soak every 3–4 days in the morning will help plant roots dig deeper into the soil where they will be cooler.

Even if you see damage on the plant above ground, the roots below ground may have a better chance of surviving the heat of summer.

Most importantly, keep an eye on any wilting plant—especially those located in direct sunlight. Check the soil around the plant to see if it's damp or dry. If it's dry, go ahead and water those specific plants again.

3. Fertilize

Fertilization is an important part of summer garden care. It provides your garden with nutrients to withstand the summer heat and continue flourishing.

Sod University recommends two different fertilizer options for the summer; however you will only need to use one of the two options for summer fertilization. Using both at the same time may result in burns in your lawn.

Option 1: The first option is the Lawnifi® Summer Fertilizer Box, a liquid fertilizer program designed to give plants the nutrients they need to survive and flourish during the hot summer months.

With one bottle of Maintain and two bottles of Recover, the Summer Fertilizer Box's application schedule will give your garden nutrition all summer long. Maintain's 16-0-4 formulation works to fortify plants with potassium, amino acids and carbon.

Recover's 13-0-0 formulation was created to provide the optimal balance of nutrients to gardens as temperatures start to rise.

In addition to nitrogen, Recover delivers critical micronutrients like soluble manganese, iron, sulfur and carbon, which help your garden get through the dog days of summer. Each bottle of Lawnifi easily hooks right up to the end of your garden hose for an even spray application.

Option 2: The next option is Lawnifi Foundation, a granular fertilizer option that comes in a 25-pound bag and feeds for three months. With a 29-0-5 NPK formulation, Lawnifi Foundation is the perfect granular fertilizer for gardens.

The two percent iron included in the mixture helps plants carry oxygen throughout the leaves, roots and other parts of the plant to promote a green, healthy lawn.

Featuring slow-release nitrogen, Foundation gradually feeds your garden over an extended period of time without overwhelming your lawn with nitrogen during the summer. Both Lawnifi Foundation and the Summer Fertilizer Box cover 5,000 sq. ft.

4. Keep an Eye Out for Pesky Insects

As temperatures climb, more and more insects start coming out.

Depending on where you live, you may experience a really "buggy" summer. There are many insects and bugs that can harm your garden. You may be familiar with some of the ones listed below:

- Aphids
- Caterpillars
- Japanese beetles
- Spittlebugs
- Fire ants
- Cutworms
- Scales
- Spider mites
- Squash bug



Despite the long list of harmful garden insects, there are good ones to keep an eye out for. Some of these include honeybees, earwigs or paper wasps.

5. Prevent Weeds

It's typically not a good idea to apply any weed control products during the summer. Due to high temperatures, weed control can sometimes burn or damage desired plants when applied.

If you've noticed weeds sprouting, make a mental note to apply a pre-emergent herbicide in the spring next year to prevent weeds from popping up.

Next, a solution could be to hand-pull the weeds or spot treat them. If temperatures are

Continued page 21

Feel the Afterburn to Burn More Fat

Excess post-exercise oxygen consumption (EPOC, informally called afterburn) is a measurably increased rate of oxygen intake following strenuous activity intended to erase the body's "oxygen deficit".

The term "oxygen debt" is still widely used to this day. In recovery, oxygen (EPOC) is used in the processes that restore the body to a resting state and adapt it to the exercise just performed.

Another use of EPOC is to fuel the body's increased metabolism from the increase in body temperature which occurs during exercise. EPOC is accompanied by an elevated consumption of fuel. That fuel is FAT!

The EPOC effect is greatest soon after the exercise is completed and decays to a lower level over time.

Anaerobic exercise in the form of high-intensity interval training was also found in one study to result in greater loss of subcutaneous fat, even though the subjects expended fewer than half as many calories during exercise!

In a 1992 Purdue study, results showed that high intensity, anaerobic type exercise resulted in a significantly greater magnitude of EPOC than aerobic exercise of equal work output.

It means if your workouts are short and intense, you will continue to burn fat via EPOC for up to 38 hours after you finish.

If you do LSD (steady state exercise on a treadmill, outside, elliptical, etc.) EPOC ends very shortly after you're done!

The easiest way to attain and maintain intensity is interval (fast/rest) training. Interval is the best of cardio and Tabata (20 seconds hard exercise/10 seconds rest) is the King of

intervals!

By the way, there is a way to get the EPOC effect in your resistance training (lifting), too.

Weight lifting using compound lifts, which means multi-joint weightlifting exercises performing a weightlifting circuit that alternates between upper- and lower-body exercises will place a greater demand on the involved muscles for Adenosine triphosphate, or ATP for short.

ATP is a high-energy molecule found in every cell. Its job is to store and supply the cell with needed energy.

Increased demand for anaerobic ATP also causes a greater demand on the aerobic system to resupply the muscles with ATP during the rest periods and during exercise recovery.

So what does all this mean? It means that intensity is more important than duration. Exercise sessions need to be short, fast and hard.

Cardio needs to be high intensity intervals, whether it is body-weight circuits, sprints, or some type of machine like elliptical or treadmill.

Lifting must favor compound exercises such as squats, deadlifts, bench press, over isolation exercises like curls or leg extensions. The cardio sessions alone will give you the EPOC effect for up to 36 hours after exercise is over!



Summer Garden Tips

Continued from page 18

consistently below 85 degrees Fahrenheit, it's generally safe to apply post-emergent herbicides for any summer annual and perennial weeds.

It's best to wait until it gets closer to the fall season. If temperatures are low one day and exceed 85 degrees in the following days, the grass is still vulnerable to damage from the herbicide.

A last, effective solution is to prevent any future weeds from surfacing by adding mulch to gardens. This makes it hard for unwanted weeds to access sunlight or to grow through the layer of mulch.

6. Add Temporary Shade

Creating shady areas to place potted plants in or to cover your garden is extremely beneficial as it keeps plants from getting too heat stressed. Here are a few ideas:

Plant other plants like sunflowers to help block the sun. Sunflowers love full sun, so they will thrive in this environment.

Use a shade cloth to cover the area of plants that need shade or use umbrellas to create shade.

7. Transplant Now

Before the onset of summer heat, it's highly recommended to do any necessary transplanting now.

Transplanting during the summer is actually more stressful for plants. The summer heat



can be intense. Plants are already transpiring moisture at this time, so transplanting is stressful.

Transplant now before temperatures get too warm so that the plants have time to establish roots in their new environments.

8. Remove Spring Plants and Add Summer and Fall Plants

Certain vegetables like tomatoes and peppers grow well in the spring as they are warm season plants. This means they won't grow as well during the fall. Remove any spring crops and start adding fall crops in the late summer. The same can be said for spring and fall ornamentals. Now that you have an idea of some things you can do to help your garden during the summer season, it'll be more than ready to tackle the highest temperatures of the year. Happy gardening!

This article was written by Sod Solutions Content Strategist, Valerie Smith.

Focus on Men's Health Cheat Sheet

Our focus for June'2022 is to focus on men's health covering herbs, supplements, physical and mental health.

Foods to Eat or Avoid

Follow a healthy diet of fresh fruit and vegetables, quality proteins and healthy fats such as avocados, fatty fish like salmon, extra virgin olive oil, hemp seed and flax seed oils. Avoid sugar as much as possible, eat less red meat and dairy.

Herbs to Grow

It's time to look after the garden in the heat. Hot weather herbs like oregano, rosemary and lavender can still be planted, as long as it is done earlier in June.

Herbal Tea

June is a good time to make cooling teas like mint and lemon balm,. Check out the article on Lilac and a tea you can make with this flower.

Herbs To Take

Men should consider take adaptogenic herbs like maca or ashwagandha. Other herbs are saw palmetto or Tongkat Ali.

Essential Oils

Favourite essential oils for men include sandalwood, vetiver and copaiba. Read the article in this issue for more details.

Vitamins

The B vitamins are good ones for men to provide energy and alleviate stress..

Supplements

A good supplement for men is magnesium as it is useful for relaxing cramping muscles. It is also an essential mineral for the heart muscle.

Homeopathy

Homeopathy can be used for cold and flu season to treat symptoms successfully. More serious health issues are dealt with on an individual basis.

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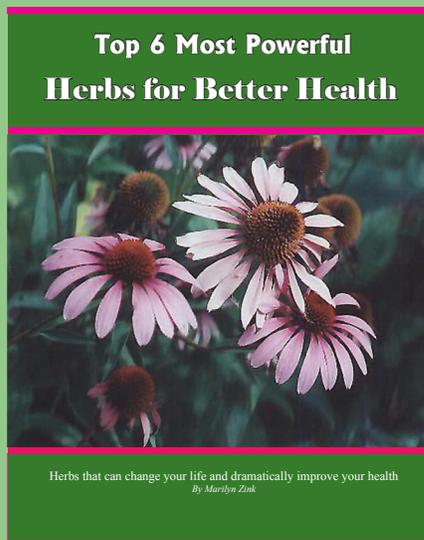
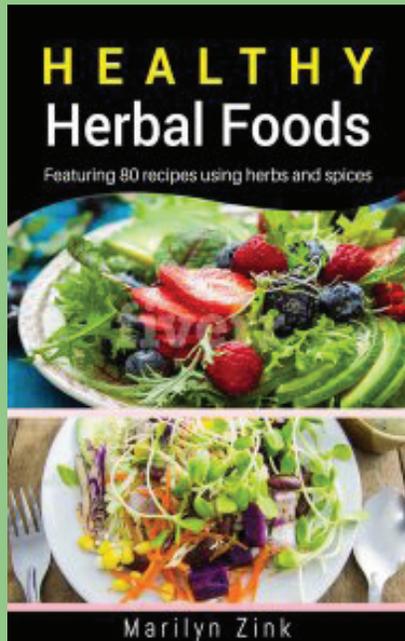
Practitioners

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