

**Testosterone Support for Men**  
**8 Clot Busting Herbs and Supplements**  
**How to Grow and use 15 Types of Basil**  
**Healthy Fats for the Brain**

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# Taking Men's Health Seriously



*Publisher's Note*

The arena of men's health is getting explored more in recent years fueled partly by the recent

Covid pandemic.

Men are a greater risk of dying from Covid-19 than women, a gap that isn't explained by rates of infection of pre-existing conditions.

The age adjusted death rate for males from Covid-19 is 140 per 100,000 and for females 87.7 per 100,000.

Men are also more likely to die of cancer, diabetes complications as well as all motor vehicle accidents.

These stats are from the Washington Post, which recently published an article titled 'A Silent Crisis in Men's Health Gets Worse.'

Stamina and sexual health are two of the top things men think about, according to Howard LeWine, an internal medicine physician at Brigham and Women's Hospital in Boston and chief medical editor at Harvard Health Publishing.

The irony is that for many years men have been over-represented in medical research, often at the expense of women.

Men often don't start thinking about their health until they are much older, and by then it may be too late to make changes.

In this issue we look at some herbal remedies that men can take to improve their health.

Though these herbal remedies are often centered around prostate health and issues relates to sexual health, it's important to know that herbs can often improve a man's overall health.

Herbs like Ashwagandha can help with stress and support immune health. So as we celebrate Father's Day in June, let's also look at supporting men all around us who are co-workers, sons, brothers and partners.

Men are often influenced by the women in their lives to seek better health care, so we women can encourage them on the path to better natural health care.

Also in this issue you'll read about healthy fats for better recovery from concussions and brain health, gardening with the many types of basil, more accessibility to the Trans Canada Trail for disabled users and much more.

*Herbally  
Marilyn Zink*



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# Contents

## Theme - Focusing on men's health with herbal tips and strategies.

The benefits of testosterone for men.....4  
 Healthy fats for concussion recovery.....6  
 Benefits of fenugreek for men's health.....8.  
 Neem shown at aromatherapy event.....9  
 Sweet potato black bean burgers.....10  
 Kale coleslaw.....11  
 Apricot pecan blondies.....11  
 SwHow sandalwood oil benefits men.....12  
 The sneaky way to exercise more.....13  
 How to grow and use 15 types of basil.....15  
 8 clot busting herbs and supplements.....16  
 Making the trans canada trail accessible..18  
 Natural health cheat sheet.....20  
 Natural health directory.....22

## Columns and Departments

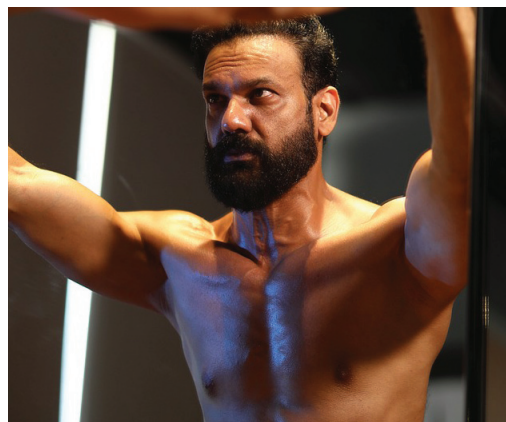
### In the Kitchen

Sweet potato black bean burgers.....10  
 Kale coleslaw, .....11  
 Apricot pecan blondies.....11

### Natural Health Directory

Find products and services.....21

see page 5



see page 17



**Please note:** The articles in this issue are not considered medical advice or treatment so please see your medical provider for proper evaluation and treatment.

## *The Herbal Collective*

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Ferlow Botanicals, www.ferlowbotanicals.com.....7  
 Edible Island, www.edibleisland.ca.....11

# The Benefits of Testosterone Support for Men

*By David Shaw*

It is becoming more common for men to be put on synthetic hormone products. Hormone replacement therapy is more prominent these days because of: affordability, market demand and specialized clinics.

The hormone replacement clinics working with synthetic bioidentical hormones, tend to promote this therapy as “Age Management” or as a way to stop/slow down the aging process.

Men ask for testosterone support most often for: (BPH) Benign Prostatic Hyperplasia, exercise support, libido support, erectile dysfunction and overall longevity.

All of these issues or health goals can be addressed holistically with herbal medicine. Depending on which herb you're using for testosterone support will determine how much of a specific herb you should be taking and for how long of time to see results.

## **BPH & Exercise:**

As listed above there are a few reasons why men search out hormone replacement therapy. Often this is for a pure therapeutic approach and others it is for lifestyle support.

men who seek testosterone support are for BPH and exercise support.

There are multiple symptoms associated with BPH. These symptoms and underlying causes are addressed with herbal remedies with the best results accomplished when paired alongside lifestyle changes. Activities like riding a bicycle can cause and aggravate symptoms.

Other lifestyle components that influence BPH include: drinking alcohol in excess, being overweight, diet, genetically prone to

prostate inflammation and environmental exposure to xenoestrogens.

The second most common reason men search for testosterone support at the herbal dispensary is support for exercise enhancement.

Herbal formulas are used to help with endurance and stamina, speed recovery time after exercise and to build muscle.

Other holistic steps taken for better results with an exercise routine are: getting adequate sleep, avoiding alcohol, balance exercise days and rest days and implement yoga or Qi Gong routines.

## **Herbal Options and Their Benefits:**

**Tongkat Ali** - This is one of the more popular plants used for supporting testosterone in men.

Beyond the ability of Tongkat Ali to help increase testosterone, this plant is also great for blood sugar regulation, as an anti-cancer plant and immune support. Most often what can be found on the market is a standardized extract of Eurycomanone from this plant.

**Ashwagandha** - This plant has become well recognized in the community over the past few years due to the amazing benefits it offers with the nervous system, adrenal/ endocrine system, and generalized anxiety disorder.

Some of the least well-known reasons why athletes use Ashwagandha is for the anabolic properties. This plant also helps to stimulate the metabolic process as well as build muscle.





**Nettle Root** - The Stinging Nettle plant is widely used in the herbal world. The leaf is used for many different reasons including minerals, allergy support and overall cleansing. The root has been showing good results in supporting prostate health specifically in BPH by a competitive inhibition to SHBG (sex hormone binding globulin) to Testosterone.

**Reishi** - This is an old medicine that comes to the western dispensary from Traditional Chinese Medicine. Reishi is well known for adaptogenic properties, boosting the immune system and support in lowering blood pressure. Reishi also offers support in BPH by inhibiting 5-alpha reductase an enzyme that breaks down androgens.

To maximize the effect of herbal medicines work with customized medicine. All of these herbs and others used to support testosterone health in men can be custom formulated for you and your specific health goals.

### **Diet and Lifestyle:**

Some simple steps to take to support testosterone health include:

- getting good sleep
- strength training and aerobic exercise
- avoiding refined carbohydrates
- avoiding processed foods and trans fats
- limit alcohol and cannabis intake
- remove environmental exposure to xenoestrogens
- losing excess weight
- eating a whole food balanced diet
- Balance workout and rest days
- Implement yoga and or qi gong

### **Conclusion:**

Building testosterone or supporting men's health holistically is rooted in a unique perspective.

The holistic model working with chronic issues or for specific results like exercise is built on a foundation of supporting the body's own innate ability - rather than forcing the body to function in a way it wasn't designed.

Rather than giving the body exogenous hormone replacement therapy we use plants, lifestyle changes and holistic practices like yoga to increase testosterone naturally.

*David Shaw is a Medical Herbalist practicing on Vancouver Island out of his dispensary in Esquimalt. As a Medical Herbalist the main approach in his practice is using therapeutic doses calculated through evidence based research. This is best achieved by custom herbal formulas whether in tincture, tea, capsule or powder form. [www.ErrantEmpireHerbalMedicine.com](http://www.ErrantEmpireHerbalMedicine.com)*

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# Health Educator Highlights Healthy Fats for Concussion Recovery

The expression "get your bell rung" is an idiom used to describe the action of receiving a hard blow to the head, often resulting in a concussion.

The phrase is said to have originated in the boxing world, where a bell is traditionally sounded to signal the end of a round or the end of a fight due to the incapacity or unconsciousness of the losing combatant.

But the boxing ring isn't the only place where one can get their bell rung.

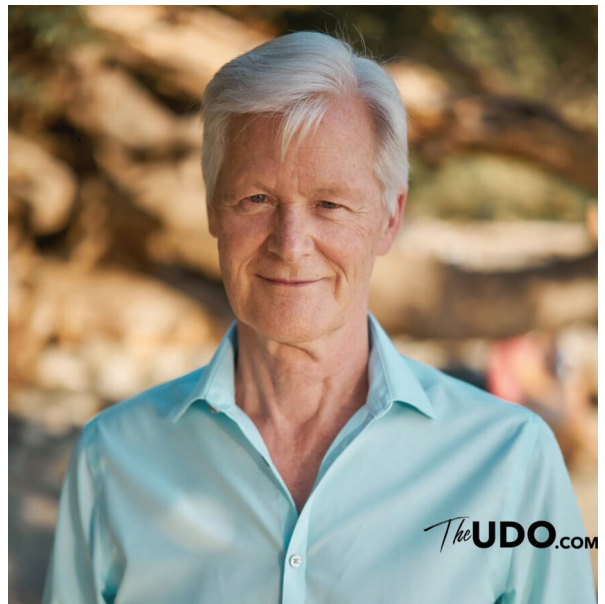
An accidental clash of heads in a soccer game, a tumble off a road bike, or even a slip in the shower can ring your bell just as loudly as a Mike Tyson uppercut.

Health educator Udo Erasmus, author of the book *Fats that Heal Fats that Kill*, says a nutritional protocol using omega-3 oils to assist in the prevention, management, and healing of concussions and traumatic brain injuries (TBI) whether suffered on the playground, on the highway, on the sports field, or in the home is wise.

## What is a concussion?

"A concussion unfolds in two phases, says Erasmus. "The first phase is the primary injury, where the brain tissues are violently thrown against the inside of the skull due to the head hitting the windshield or from helmet-to-helmet contact on the football field, or from a soccer ball strike, or a fall.

Erasmus says that the primary injury changes the way the brain functions and brings about a secondary injury which can be far more devastating: a biochemical cascade triggered by the initial impact that can go on for months and create dangerous conditions



Health educator Udo Erasmus. Photo contributed

in the brain such as oxygen deprivation and inflammation or excess fluid in the cranium.

## Who gets concussions?

Out of the 3 to 4.5 million concussions every year, nearly 2,000,000 are children aged nineteen or younger who are treated in emergency rooms for sports and recreational-related head trauma.

The list for sports-related brain trauma includes soccer, hockey, lacrosse, wrestling, playgrounds, bicycles, skateboards, horseback riding, and falls.

## Symptoms of Concussion

According to CDC, the most common symptoms of concussion are headaches, brain fog, fatigue, lack of energy, personality and mood changes, anxiety, and irritability. Sometimes symptoms may not be readily apparent for days or even a couple of weeks.

## The Essential Fats Protocol: How does it treat brain injury?

"The brain is made of fat and about 30 percent of that fat is what are called omega-3



fatty acids,” says Erasmus. “We’ve learned if we saturate the brain with what it is made of we can create the nutritional foundation making it possible for the brain to heal itself.”

Erasmus says most people do not get enough Omega 3 fatty acids which come from cold water fish like salmon and nuts and seeds like flaxseed, chia seed and walnuts.

Following a concussion, Udo recommends 3 grams of a balanced omega 3-6-9 oil in the morning noon, and night which will supply 9 grams of combined bioactive essential fatty acids daily. This nutritional support should continue for at least a week, or until symptoms abate, whichever is longer, at which time supplementation should continue at gradually reduced dosages.

**Additional benefits of essential fatty acids as reported by CDC:**

- \*Improves heart rate and rhythm
- \*Reduces triglycerides and high blood pressure
- \*Lessens the effects of chronic inflammation on the heart and blood vessels
- \*Reduces the risk of angina, heart attack, and stroke

Erasmus says essential fatty acids provide the body with more energy, help stabilize the weight or aid in weight loss, enhance the immune system, prevent and reduce inflammation and provide more nourished and healthy skin.

Omega 3 fatty acids are an integral part of cell membranes throughout the body and providing a starting point for making hormones. They have important benefits for the heart, brain and metabolism.

He says it’s important to have a good balance of Omega 3 and Omega 6 fatty acids as we need both for good health.

More information on healthy fats can be found t [www.Udoschoice.com](http://www.Udoschoice.com) or [www.theUdo.com](http://www.theUdo.com).



# neem tree

## Ancient Wisdom for a Modern World

Ferlow Botanicals has been manufacturing effective Neem products for over 25 years with excellent results. We are the first manufacturer in Canada to receive Health Canada approval for the use of our Neem Cream for relieving eczema – NPN 80074925. Neem product line is gluten, dairy and GMO free. No animal testing.

The Neem Tree has been used in Ayurvedic Medicine for over 5,000 years. It is indigenous to south east Asia and is called ‘The Village Pharmacy’ because of its extensive benefits in therapeutic and personal care applications.

**NEEM CREAM**

Our Neem Cream can be used to temporarily relieve minor skin irritations such as the itching associated with eczema, psoriasis and minor wounds. It has a mild scent and absorbs readily into the skin. Health Canada NPN 80074925

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Neem Oil is extracted from the fruit and seeds of the tree and then blended with Grape Seed Oil, Organic Rose Hip Seed Oil, Karanja Oil and natural Vitamin E Oil for a rich blend that works wonders on dry flaky skin.

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**NEEM SOAP BAR**

Our Neem Soap has anti-bacterial properties but is still gentle on your skin. Our soap works well on problem skin when used in combination with our Neem Cream.

Each bar is wrapped in handmade paper crafted by women in developing countries who receive a fair wage for their work.

**NEEM TOOTHPASTE** Mint or Anise

Neem is helpful in aiding good oral health. Neem toothpaste can prevent cavities and be beneficial for gums without any harmful ingredients.

**NEEM TINCTURE** for internal use  
Neem tincture is a liquid extraction that’s made from the leaves of the tree. It has been traditionally used as an anti-inflammatory and as a fever reducer. Health Canada registered NPN 80008774



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# The Remarkable Benefits of Fenugreek for Men's Health

Fenugreek is a powerful medicinal plant that can benefit men's health.

Fenugreek has become popular for its purported effects on testosterone levels, causing people to wonder whether it can help treat low testosterone.

Fenugreek (*Trigonella foenum-graecum* L.) is an annual plant that is native to India and North Africa. It's grown and consumed around the world but is particularly popular in Indian foods.

Fenugreek leaves and seeds are aromatic and have a complex taste described as nutty, sweet, and slightly bitter.

The seeds are rich in saponins and coumarins — compounds that have been associated with many health benefits, such as reducing blood sugar and cholesterol levels.

One type of saponin found in fenugreek is protodioscin, a type of saponin that may be particularly effective at increasing testosterone levels.

Fenugreek has gained significant attention as a natural remedy for various male health concerns from enhancing testosterone levels to improving sexual health and supporting overall well-being.

## **Testosterone Enhancement:**

One of the key reasons fenugreek is highly regarded in men's health is its potential to boost testosterone levels.

Testosterone plays a vital role in men's overall well-being, influencing muscle mass, bone density, energy levels, libido, and mood. Fenugreek contains compounds such as saponins, which have been shown to stimulate testosterone production. Several stud-



ies have demonstrated the positive impact of fenugreek on testosterone levels, leading to improved vitality and overall sexual health in men.

## **Enhanced Sexual Health:**

Fenugreek has a long history of use as an aphrodisiac and libido enhancer. Its ability to support healthy testosterone levels contributes to increased sexual desire and performance.

Fenugreek has been found to promote healthy sperm count and motility which aids fertility. Studies have indicated that fenugreek supplementation can improve various parameters of sexual function, including enhanced arousal, increased frequency of sexual activity, and improved satisfaction.

## **Muscle Strength and Performance:**

Fenugreek can be a valuable addition for men interested in improving their physical performance and muscle strength. The herb contains compounds that have shown potential in promoting protein synthesis, leading to



# Neem Researcher Presents at Aromatherapy Seminar

Neem researcher Klaus Ferlow is attending the "High Provence Aromatour/Aromatherapy Seminar" in the Hotel Val de Sault in Aurel, France from July 27-Aug. 5

It is given by world renowned Aromatherapist, Naturalist & Adjunct Assistant Professor of Pathology Dr. Malte Hozzel.

Ferlow is offering a Neem Power Point Presentation at the seminar and will also release and launch the third edition of his book, "Neem: Nature's Healing Gift to Humanity" in full color.

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## Fenugreek *Continued from previous page*

increased muscle mass and strength.

Fenugreek's ability to enhance testosterone levels also contributes to improved muscle performance and faster recovery after exercise. Incorporating fenugreek into a workout routine may help men achieve their fitness goals more effectively.

### **Blood Sugar Regulation:**

Maintaining healthy blood sugar levels is crucial for overall well-being, particularly for men at risk of developing metabolic disorders such as diabetes.

Fenugreek has demonstrated an ability to regulate blood sugar levels and improve insulin sensitivity.

Research suggests that fenugreek can help reduce fasting blood glucose levels and improve glycemic control, making it beneficial for men with diabetes or those at risk of developing the condition.

### **Digestive Health:**

Fenugreek possesses excellent digestive properties that can support men's gastrointes-

tinal health. It has been traditionally used to alleviate digestive issues such as indigestion, constipation, and gastric ulcers.

The fiber content in fenugreek can aid in promoting healthy bowel movements, relieving discomfort, and reducing the risk of digestive disorders.

Additionally, fenugreek has been associated with reduced stomach acid secretion, making it potentially beneficial for men suffering from acid reflux or heartburn.

Fenugreek is a remarkable herb with a wide range of benefits for men's health. From its ability to enhance testosterone levels and improve sexual health to its positive effects on muscle strength, blood sugar regulation, and digestive health, fenugreek offers a natural and holistic approach to men's well-being.

Fenugreek is generally safe for consumption though it is advisable to consult with a healthcare professional before starting any new supplements or making significant changes to your health regimen.

## Sweet Potato Black Bean Burgers

- 1 medium sweet potato
- 1 small onion quartered
- 3 garlic cloves
- 1 cup canned blackbeans, drained, rinsed
- 1/2 cup panko bread crumbs
- 1/4 cup oat flour
- 1/4 cup fresh cilantro
- 1 tbsp. lime juice
- 2 tbsp. olive oil divided
- 2 tsp. ground cumin
- 1 tsp. ground coriander

Tender roasted sweet potatoes, black beans and plenty of flavorful Middle Eastern spices go into these hearty sweet potato burgers. These burgers pair beautifully with maple tahini sriracha sauce.

Preheat oven to 400°. Scrub sweet potato and puncture several times with a knife. Bake until easily pierced with a knife, about 35 minutes. You want it to be slightly firmer than if you were going to eat it like a baked potato. Remove from oven, cut open and allow to cool.

Scoop sweet potato insides into food processor bowl and add onion, garlic, blackbeans, panko, oat flour, cilantro, lemon juice, 1 tablespoon of olive oil, cumin, coriander, salt and pepper.



Pulse until blackbeans are well chopped and ingredients are incorporated, stopping to scrape down sides of bowl as needed.

Test a bit of the mixture by pressing it together with your hands. If it doesn't quite hold together, transfer mixture to a bowl, cover, and refrigerate at least 30 minutes. Then shape into burgers and fry. Burgers, coleslaw to go with it and dessert - your menu for Father's Day is here.

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## Kale Coleslaw

1 14-16 oz. package classic coleslaw mix  
3 cups kale, stems removed and chopped  
1 red bell pepper, cut into matchsticks  
1 carrot, peeled and cut into matchsticks  
2 green onions, chopped

### Dressing

¼ cup apple cider vinegar  
½ cup grapeseed oil  
1 clove garlic, pressed or minced  
2 tsp raw honey  
1 tsp salt and pepper

In a large bowl toss coleslaw mix, kale, red pepper, carrot and green onion.

In a small bowl slowly whisk apple cider vinegar into grapeseed oil, mixing to emulsify. Add garlic, honey, and salt and pepper mix well.

Pour dressing over coleslaw mixture and toss well to combine.

Cover and refrigerate for 1 to 4 hours.

Serve cold or at room temperature.

## Apricot Pecan Blondies

1/2 butter cup coconut oil  
1 cup sucanat  
1 large egg  
1 tsp vanilla  
1 1/4 cups whole spelt flour  
1/8 tsp sea salt  
1/8 tsp baking soda  
1/4 tsp baking powder  
3/4 cup pecans or walnuts, chopped  
½ cup dried apricots, chopped

Preheat oven to 325° F and lightly grease an 8-inch square baking pan with coconut oil and line the bottom with a piece of parchment paper.

Place the butter or coconut oil and sucanat in a mixing bowl and beat until smooth. Add the egg and vanilla and mix again.

Mix the flour, sea salt, baking soda and baking powder together in a separate bowl and add to the sugar/egg mixture. Mix until well-blended. Add the pecans and apricots and mix again. Makes 16 Squares



# How Sandalwood is Beneficial for Men

Sandalwood is a scent most people are familiar with and it appeals to men.

Sandalwood essential oil, derived from the Santalum tree, has been used for centuries in various cultures for its rich fragrance and therapeutic properties.

Beyond its aromatic allure, sandalwood oil is believed to offer a range of benefits for both men and women.

It can be a testosterone booster for men and is geared more toward erectile dysfunction.

## Testosterone and Its Significance:

Testosterone is a hormone primarily associated with masculinity and plays a vital role in men's overall health.

It influences sexual development, fertility, muscle mass, bone density, red blood cell production, mood regulation, and cognitive function.

As men age, testosterone levels naturally decline, which can lead to various physical and psychological changes.

## Sandalwood Essential Oil and Testosterone:

While several studies have examined the potential effects of sandalwood essential oil, the specific impact on testosterone levels is an area that requires further research for conclusive evidence. However, there are some plausible mechanisms through which sandalwood oil might influence testosterone:

### Aromatherapy and Stress Reduction:

Stress, whether physical or psychological, can negatively impact testosterone levels. Sandalwood essential oil is commonly used in aromatherapy due to its calming and relax-

ation-inducing properties. By reducing stress and promoting a sense of well-being, sandalwood oil may indirectly support testosterone production.

### Anti-inflammatory Properties:

Chronic inflammation has been linked to lower testosterone levels. Sandalwood essential oil exhibits potent anti-inflammatory properties, which could potentially help reduce inflammation and indirectly support testosterone synthesis.

### Mood Enhancement:

Sandalwood oil is known for its mood-enhancing effects.

By promoting positive emotions and reducing anxiety or depression symptoms, it may contribute to an improved overall mental state, which can positively impact testosterone levels.

### Sleep Quality Improvement:

Sufficient sleep is essential for maintaining optimal testosterone levels. Sandalwood essential oil is often used as a natural sleep aid due to its sedative properties.

By promoting restful sleep, sandalwood oil may indirectly support testosterone production and hormone balance.

### Additional Benefits of Sandalwood Essential Oil for Men:

Apart from its potential impact on testosterone levels, sandalwood essential oil offers several other benefits for men:

### Skincare:

Sandalwood oil possesses antimicrobial

You know that old cliché “every little bit helps”?

It’s really true, only most people have a hard time seeing it that way.

But have a look at this list:

- \* Vacuuming the house
- \* Weeding the yard (a.k.a. “gardening” for people who like it)
- \* Taking the dog for an extra walk
- \* Shooting hoops in the driveway
- \* Play Marco Polo with the kids (instead of watching them play in the pool)

To many people, these might be viewed as hassles or time drains. But what if they were seen as opportunities to move a little more while accomplishing other stuff?

This slight reframing might inspire you to get more done, have more fun, and increase

your daily energy expenditure—all without requiring more time in the gym.

(Essentially, it becomes a two-for-one activity—which is what many of us need to justify making time for self-care.)

This also works for activities you might hate.

Take household chores. The idea, from University of Pennsylvania scientists, is to pair an activity you feel inclined to do but don’t enjoy (a “should”) with an activity you look forward to doing (a “want”).

Example: If you save your favorite podcast (want) for when you vacuum (should) but also reframe it as exercise (another should), you accomplish two “shoulds” at once—and get your want, too. It’s win-win-win.

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*Continued from previous page*

and anti-inflammatory properties, making it beneficial for various skin conditions such as acne, eczema, and razor burn. It also helps hydrate the skin, reduce blemishes, and promote a youthful complexion.

Sandalwood oil can be used as a natural aftershave due to its soothing properties. It helps calm irritated skin, prevents razor burns, and imparts a pleasant scent.

### **Stress Relief:**

Sandalwood essential oil has been traditionally used for relaxation and stress reduction. Its aromatic profile can help alleviate anxiety, promote mental clarity, and create a sense of calmness.

### **Aphrodisiac Properties:**

Some believe that sandalwood oil possesses aphrodisiac qualities that can enhance libido and sexual desire.

However, more research is needed to establish the direct link between sandalwood oil and sexual function.

While sandalwood essential oil holds immense potential in promoting overall well-being and providing various benefits for men, including skincare, stress relief, and potentially supporting testosterone levels, it is important to note that scientific evidence on its specific effects on testosterone is limited.



Basil is a beloved herb with a rich history and diverse array of flavors and aromas. From the classic Sweet Basil to the exotic Thai Sweet Basil, each variety offers unique characteristics that can elevate your culinary creations. In this article, we will delve into 15 different types of basil, exploring their growth requirements, cultivation tips, and the various ways they can be used in the kitchen.

### **Sweet Basil:**

Sweet Basil (*Ocimum basilicum*) is the most common basil variety, known for its slightly peppery and clove-like flavor.

To grow Sweet Basil, start seeds indoors in spring and transplant them to a sunny location with well-drained soil. Pinch off the top leaves to encourage bushier growth. This basil is perfect for pesto, caprese salads, and tomato-based dishes.



### **Genovese Basil:**

Genovese Basil is a prized Italian variety, often used in traditional pesto recipes. It has large, deep green leaves and an intense aroma.

Cultivate Genovese Basil using the same methods as Sweet Basil. Its bold flavor pairs well with pasta, pizza, and sauces.

### **Thai Sweet Basil:**

Thai Sweet Basil (*Ocimum basilicum* var. *thyrsoiflora*) is a key ingredient in Thai cuisine, renowned for its licorice-like flavor and spicy undertones.

It prefers warm temperatures and grows best in full sun. This basil variety adds an authentic touch to stir-fries, curries, and noodle dishes.

### **Purple Basil:**

With its striking dark purple leaves, Purple Basil (*Ocimum basilicum* var. *purpurascens*) is not only a culinary delight but also an ornamental addition to herb gardens.

Its taste is similar to Sweet Basil, but with a slightly milder flavor. It thrives in well-drained soil and can be used in salads, as a garnish, or in herb-infused oils and vinegars.

### **Lemon Basil:**

As the name suggests, Lemon Basil (*Ocimum basilicum* var. *citriodorum*) exudes a refreshing citrus aroma. It pairs beautifully with fish, poultry, and desserts.

Grow Lemon Basil in a sunny spot with rich soil and make sure to water it regularly. Harvest the leaves just before flowering for the best flavor.

### **Lime Basil:**

Lime Basil (*Ocimum basilicum* var. *americanum*) boasts a tangy lime flavor that livens up salads, beverages, and desserts.

# ...How to Grow and Use Them



Purple Basil, above, is a culinary delight

It requires similar growing conditions as Sweet Basil. Pinch off the flowers to encourage leaf production and extend its lifespan.

## **Lettuce Basil:**

Lettuce Basil (*Ocimum basilicum* var. *crispum*) is known for its crinkled and ruffled leaves, which resemble lettuce.

It has a mild flavor, making it an excellent choice for salads, sandwiches, and wraps. Provide it with well-drained soil and partial shade to ensure optimal growth.

## **Green Ruffles:**

Green Ruffles Basil (*Ocimum basilicum* var. *crispum* 'Green Ruffles') features deeply serrated, frilly leaves. This basil variety adds texture and a mild, sweet flavor to dishes.

It prefers full sun and moist, well-drained soil. Its unique appearance makes it an appealing garnish as well.

## **Holy Basil:**

Holy Basil (*Ocimum tenuiflorum*), also known as Tulsi, holds a significant place in

Ayurvedic medicine and Hindu religious rituals. It has a distinct aroma and flavor with hints of clove and anise.

Holy Basil thrives in warm climates and requires well-drained soil. Its leaves are often used to brew tea and create medicinal infusions.

## **Cinnamon Basil:**

Cinnamon Basil (*Ocimum basilicum* var. *cinnamomum*) releases a delightful cinnamon-like aroma when its leaves are crushed.

This variety complements both sweet and savory dishes, including desserts, fruit salads, and spicy stir-fries. Grow it in full sun and well-drained soil for best results.

## **African Blue Basil:**

African Blue Basil (*Ocimum kilimandscharicum* × *basilicum* 'Dark Opal') is a hybrid variety that showcases stunning purple foliage with a hint of green.

It offers a complex flavor profile, combining sweet, spicy, and clove-like notes. This basil variety is highly ornamental and can be used in floral arrangements.

It thrives in warm climates and prefers well-drained soil.

## **Cardinal Basil:**

Cardinal Basil (*Ocimum basilicum* 'Cardinal') is an eye-catching basil variety with deep burgundy leaves and pink flowers.

Its flavor is similar to Sweet Basil but slightly milder. Cardinal Basil adds visual appeal to salads, sauces, and cocktails. Grow it in full sun and well-drained soil.

## 8 Clot Busting Herbs and Supplements

Blood clots in hospitalized patients have been increasing over time and experts aren't sure why.

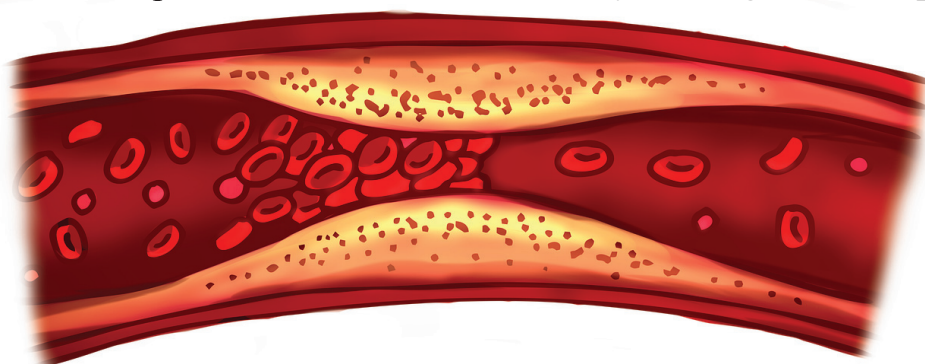
A recent Kaiser Permanente study of 1,112,014 admissions found that the incidence of blood clots in patients has been gradually increasing over the past few years.

"We've all seen on TV how clots trigger cardio-

vascular events where people suddenly collapse and fall to the floor mid-sentence. We all need to learn what causes these clots and how to naturally dissolve them and sweep them out of our circulatory system," says nutritionist Dr. Michael Garko.

The study found that, over time, the number of blood clots in patients increased from 1.1% of admissions in the first 3 months of 2013 to 1.6% of patients in the first 3 months of 2021.

Blood clots are clumps of blood that have changed from a liquid state to a gel-like or semisolid state. They occur when blood cells and other components stick together and form a mass, which obstructs normal blood flow. Blood clots can be dangerous, leading to serious health issues such as deep vein thrombosis, heart attack, and stroke.



### Clot-busting Foods & Nutrients:

**Ginkgo Biloba:** Contains compounds with anti-inflammatory and blood-thinning properties,

**Garlic:** Aged garlic can help prevent blood clots by slowing down the production of

clot-forming agents in the body.

**Vitamin E:** Shown to help reduce platelet adherence

**Turmeric:** Contains a compound

called curcumin, which has anti-inflammatory and blood-thinning properties.

**Green Tea:** Green tea has antioxidant properties that can help in improving blood circulation and plaque reduction

**Leafy greens:** High in vitamin K, which helps regulate blood clotting and can prevent excessive clotting.

**Omega-3 fatty acids;** You can consume cold water fish or flaxseed oil rich in omega-3 fatty acids to reduce platelet clumping and clotting

**Red Clover:** has anti-coagulant properties  
An additional spice to consider is cayenne pepper, which contains a compound called capsaicin, which has blood-thinning properties

### Dietary Supplementation

Age garlic extract (AGE) is reported in the



literature to possess antiplatelet properties or otherwise inhibit platelet aggregation by increasing cyclic nucleotides and inhibiting fibrinogen binding and platelet shape change (see Macan et. al, 2006; Rahman et. al, 2016)

In addition to AGE, Strauss Heart Drops contains a blend of six other medicinal ingredients that synergistically combine with one another and AGE to effectively help support and maintain the cardiovascular system.

### **Clot-busting Basics:**

Exercise - keep your blood flowing through the veins. Cardiorespiratory exercises like walking, running, and swimming are very good

Follow an eating plan for cardiovascular health:-- the Mediterranean Diet or the DASH Diet (Dietary Approaches to Stop Hypertension) are excellent

Taking hot baths or using a moist heating pad and staying hydrated can also help dissolve clots over time.

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## **Basil** *From page 15*

### **Greek Basil:**

Greek Basil (*Ocimum basilicum* 'Minimum') is a compact variety with small, tender leaves.

It has a mild flavor and pairs well with Mediterranean dishes, pasta sauces, and soups. Greek Basil grows well in containers and requires a sunny location with well-drained soil.

### **Spicy Globe Basil:**

Spicy Globe Basil (*Ocimum basilicum* 'Spicy Globe') is a dwarf basil variety that forms a dense, round shape.

It has a spicy flavor with hints of cloves and is excellent for adding depth to salads, pasta, and herb butters. Grow it in well-drained soil and provide full sun

### **Summerlong Basil:**

Summerlong Basil (*Ocimum basilicum*

'Summerlong') is a heat-tolerant variety that maintains its flavor throughout the summer months.

It has large, glossy leaves and a traditional basil taste. Summerlong Basil is versatile and can be used in a wide range of recipes, including sauces, soups, and grilled vegetables.

Basil offers a vast array of flavors, aromas, and visual appeal, making it a versatile and delightful herb to grow and use in the kitchen.

From classic varieties to exotic options, each type of basil brings its own unique characteristics to culinary creations.

By understanding their growth requirements and exploring the various culinary uses, you can unleash the full potential of these 15 diverse basil varieties, transforming your dishes into culinary masterpieces.

# Making the Trans Canada Trail Safe and

The Trans Canada Trail is now even more accessible for those with disabilities thanks to a partnership between two organizations.

Trans Canada Trail organizers and AccessNow have announced 25 more sections of the trail have been mapped for accessibility and added to the AccessNow app, which is available on the Apple app store and Google Play.

The Trans Canada Trail's Accessibility Mapping Program started in 2020 to share information and improve accessibility on the Trail by working with trail users with disabilities to collect and disseminate information through AccessNow technology.

This means trail users in 54 communities, across every province and territory, can now obtain accessibility information for at least one trail in their area.

"We have adopted a lived-experience approach to assess and communicate the current accessibility of the Trans Canada Trail so people can make informed decisions.

Equally important, the program provides essential feedback to local trail groups and municipalities regarding any changes they need to make to improve accessibility on the Trail," says Eleanor McMahon, President & CEO of Trans Canada Trail. "As a leader in Canada's trail sector, Trans Canada Trail is committed to creating safe, inclusive access to nature for people of all abilities."

United by their enthusiasm for enjoying the outdoors, 19 mappers brought their diverse backgrounds and lived experiences to the Accessibility Mapping Program this year.

They paired with a local trail guide and each mapper navigated a section of the Trans

Canada Trail and used data collection, photography and narrative descriptions to capture their experience.

These observations were uploaded to the AccessNow app and website where trail users can reference this accessibility information so they can make informed decisions about travelling along sections of the Trans Canada Trail.

"At AccessNow we are mapping parks and trails to empower people with disabilities to discover the accessible outdoors. Access to information helps people of all abilities self-assess and reduces the risk of experiencing barriers in order to promote safe and inclusive adventures," says Maayan Ziv, Founder & CEO of AccessNow.

"On the AccessNow app, users can not only discover exactly what to expect along the mapped trail sections but are also encouraged to share their own perspectives and experiences."

## **New for 2023!**

The following 25 sections of the Trans Canada Trail are the latest to be accessibility-mapped and are now available on the AccessNow app:

**Alberta:** Strathcona County (mapper: Nicole Palladino); Glenbow Ranch Provincial Park (mapper: Alex Wiśt)

**British Columbia:** Kettle Valley Rail Trail in Penticton (mapper: Cameron Lochhead); City of Vancouver (mappers: Kyle Gieni/Richard Peter); City of Nanaimo (mapper: Heather Hutchison)

**Manitoba:** South Whiteshell Trail (mapper: George Loewen)

## ...Accessible for People of All Abilities



*The Kettle Valley Rail Trail in the Okanagan, B.C. has a nice flat area that is accessible. Photo by Marilyn Zink*

**New Brunswick:** The Marshes in Sackville (mapper: Clary Stubbert)

**Newfoundland and Labrador:** Newfoundland T’Railway in Gander (mapper: Kim White)

**Northwest Territories:** Range Lake Trail, Niven Lake Trail, Frame Lake Trail in Yellowknife (mapper: Riley Oldford)

**Nova Scotia:** Shubie Park Greenway Corridor, Halifax Waterfront Boardwalk and Dartmouth Harbourfront Trail (mapper: Anton Jacobs-Webb)

**Nunavut:** City of Iqaluit – Frobisher Bay-Sylvia Grinnell Territorial Park (mapper: Noah Papatsie)

**Ontario:** Pan Am Path-Lower Don Recreational Trail in Toronto, Waterfront Trail in Mississauga (mapper: Tai Young); City of Sault Ste. Marie (mapper: Jake Smellie)

**Prince Edward Island:** Confederation Trail in Summerside (mapper: Alan Stanley)

**Quebec:** Lieu historique national du Canada du Canal-de-Lachine in Montreal (map-

per: Alicia Pauld); Le Corridor des Cheminots in Quebec City (mapper: Abi Tripp)

**Saskatchewan:** Pilot Butte Pathway in Pilot Butte, Wascana Valley Trails and Regina West (mapper: Lisa Franks)

**Yukon:** Village of Haines Junction – Pine Lake Trail (mapper: Pat Moore)

Trans Canada Trail’s Accessibility Mapping Program is generously supported by Manulife in alignment with their Impact Agenda. Through the Impact Agenda, Manulife is committed to making lives better through three interconnected pillars of focus – including accelerating a sustainable future to preserve the planet we all share.

“At Manulife, we recognize the link between our environment, human health and the well-being of our communities, which is why we are excited to partner with Trans Canada Trail,” said Tom Crohan, Global Head of Community Investment, Manulife. “By using technology to document the lived experience of trail users with disabilities and by providing employment to trail mappers, this ambitious project helps connect more people to nature, and increases awareness about the positive impact our natural environment can have on our mental and physical health.”

As part of Trans Canada Trail’s commitment to making the Trail more inclusive, more than \$1.8 million in funding has been provided to local Trail groups to support accessibility improvements since 2020.

The Trans Canada Trail (the Trail) is the longest recreational trail in the world, spanning over 28,000 kilometres on land and water. For more info, visit [www.tctrail.ca](http://www.tctrail.ca)



# Focus on June Renewal Cheat Sheet

Our focus for June'2023 is on better health for men, including increasing testosterone and looking after the prostate..

## **Foods to Eat or Avoid**

Eat fresh vegetables in spring, especially the leafy greens. Eat healthy proteins and vegetables. Focus on getting foods high in Vitamin C for immune health and also anti-oxidants. .

## **Herbs to Grow**

Grow herbs for summer - basil, oregano, thyme, sage, lavender, etc. Get a good crop going so you can have a good harvest..

## **Herbal Tea**

The best teas for men's health are mint, ginger, chamomil and rooibos.

## **Herbs To Take**

The best herbs to take for men's health are saw palmetto and African pygeum..

## **Essential Oils**

Essential oils like sandalwood, cedarwood and mint are good for men's health...

## **Vitamins**

The best vitamins for men's health are Vitamins B, C and D.

## **Supplements**

The best supplements for men's health are zinc and essential fatty acids,.

## **Homeopathy**

Homeopathy can be used for better immune health and individualized as needed



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## Practitioners

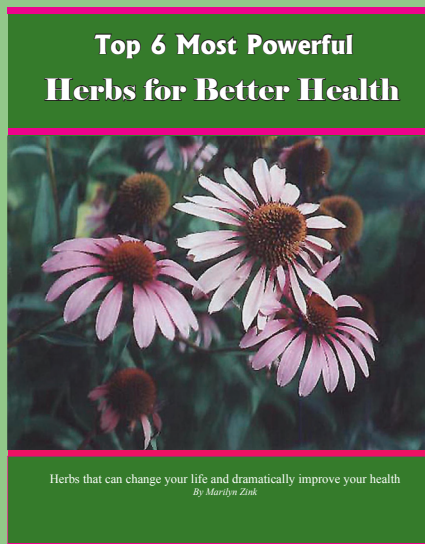
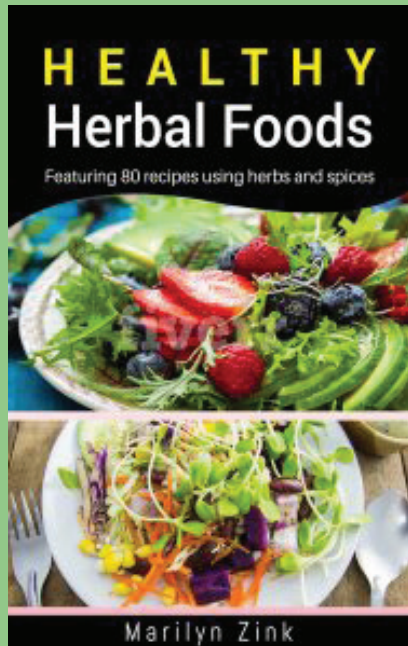
Emanuela Visone, .....[www.embodyvitality.net](http://www.embodyvitality.net)

## Nutrition

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