

Summer 2009

Health Action



Published by Health Action Network Society (HANS)
An important voice of Canada's natural health consumer

Summer Food for Thought

An Organic Summer

Stop GM Alfalfa Now

Feng Shui in the Bedroom

Toxins In Your Mouth

Sweet Manuka Magic

Sublime Summer Drinks

Bill C-6: The New C-51?

Inside Every Issue:

The HANS Wellness Directory p 32

**Join HANS—Your Natural
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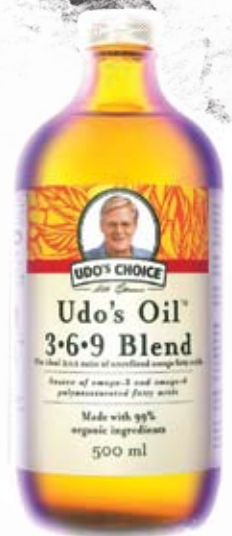
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Health Action



Organic Experience...p 12



Manuka Magic...p 16



Sleep Feng Shui...p 24

Editor's Note/Letters to the Editor5
 My Metal-free Mouth6
 Advances in Treating Brain Injury9
 Nanny State to Outlaw Natural Health Products10
 My Organic Summer Experience.....12
 HANS News.....14
 A Membership That Counts15
 The Magic of Manuka16
 Science Says Skip the Soda.....18
 Are You Movement Deficient?20
 Health News22
 Ancient Secrets for a Healthier Sleep24
 Green News.....26
 Does Fluoride Put Us At Risk?.....28
 Widespread Call to Stop GM Alfalfa in Canada.....30
 HANS Wellness Directory.....32

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- * The taste is very fresh like it's from a stream and aches and pains disappear after showering!
- * Best investment you could make toward personal hygiene and wellness. - LH, Vancouver
- * I won the tournament and my body was able to absorb all of this water with zero ill effects.

A Recession-proof Dream

When a bunch of health enthusiasts, myself included, founded a non-profit society promoting natural therapeutics, we knew it wouldn't be easy. We knew that there would be challenges in educating others about what was, 30 years ago, considered by many to be "fringe" thinking. To be honest, we probably tried not to think too hard about the many challenges that face a non-profit organization. We had zero starting funds. We didn't have an office. We didn't have staff. What we had was passion—and a dream.

This dream has sustained HANS. When our files were swamped in a flood, we planted our feet in boots and waded in. When we grew into a small staff and office, supported by members who believed in us, our educational campaigns grew too—into worthy health and environmental causes that needed public awareness, such as natural health product and practitioner regulation, water fluoridation, food

irradiation, genetic modification, pesticide sprayings... the list goes on.

When our computers kept crashing, we may have cursed, but we didn't quit. When we couldn't afford to publish *Health Action* magazine (which remains a non-profit project), our members forgave us. When we couldn't pay our bills, we put out the call to members, and they came through time and time again. When our morale was low, they boosted us with heart-warming reminders that there's no other organization in Canada doing the independent educational work that we do. Thank you, I want to say to them, for embracing our dream as your own. Without your support, we wouldn't be here to celebrate our official 25th anniversary.

2009 marks an important year—for HANS, for Canada and for the international community. Like many non-profit groups, we have been affected by the financial instabilities around us. Still, we remain motivated in researching creative



ways to raise funds and stay effective and vibrant. At the same time, we want to celebrate with everyone who shares in our dream. Please sign up for our eNews at www.hans.org for future details on our 25th anniversary celebration. ☸

Lorna

Letters to the Editor

Dear Lorna,

Thank you for your passionate energy in steering Health Action Network Society.

Phyllis Kotyk, Abbotsford, BC

Dear HANS,

A friend of mine told me about your conference in March on cancer prevention and healing. Do you know of a like-minded organization to yours in Ontario? I can't get to conferences in Vancouver, but the agenda looked fascinating.

Ann Peel, Toronto, ON

The Consumer Health Organization of Canada (www.consumerhealth.org) organizes the Total Health Convention every year in Toronto. The focus of the event is not cancer exclusively but may be a source of good information.

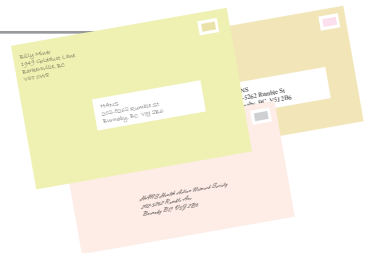
DVDs from our 2008 and 2009 conferences on cancer prevention and healing can be purchased for \$15 each (\$10 for HANS members), plus shipping. See page 15.

Dear HANS,

I've been led to believe that perhaps your organization can provide me with information about tax considerations relative to purchasing natural products/supplements if I have my own business. Is this correct?

Gerri S, Nanaimo, BC

With our HANS Advantage Wellness Coverage, all health care and dental expenses are 100 percent tax deductible against your business income (for eligible BC residents). More information at www.hans.org/advantage/.



Correction Notice

In Health Action, spring 2009, "Soul of the Matter Meditation" on p 21, the correct source for the quote by Ken Wilber is The Atman Project, 1996 edition, p 78.

Something to Say?

We want to hear from you. Mail your "Letter to the Editor" to HANS, #202-5262 Rumble Street, Burnaby, BC, V5J 2B6 or e-mail editorial@hans.org.

My Metal-free Mouth

A journey to remove mercury amalgams

by Sandra Tonn

Has your dentist ever looked at you as if you were from the moon, uninformed, radical or (and this is the worst) “new age?” If you’ve brought up the subject of mercury amalgams, it’s very likely you know what I’m talking about.

I left my last dentist, with my large stack of scientific studies in hand, after he finally, but sternly, agreed that he’d take my mercury out but would not bother with special equipment and was dead set against the ridiculous notion of needing supplements to follow up the treatments.

A lack of time, money and disdain for dental discomfort made it easy to put off the commitment of mercury removal.

A trip to the dentist in Norway, Sweden or Denmark would result in a very different scenario. As of last year, it is illegal to use mercury in any products, including dental amalgams, in these countries due to both health and environmental risk factors. The Norwegian Minister of the Environment and International Development, Erik Solheim, says mercury is among the most dangerous environmental toxins. “Satisfactory alternatives to mercury in products are available, and it is therefore fitting to introduce a ban,” he adds. Germany and Austria have restrictions on using mercury amalgams for children, pregnant women, people with kidney problems and those with mercury sensitivity.

Meanwhile, the Canadian Dental Association’s official position on dental amalgam states, “Although amalgam fillings release minute amounts of mercury

vapour, current scientific consensus supports the position that amalgam does not contribute to illness.”

However, the International Academy of Oral Medicine and Toxicology (www.iaomt.org), and many other independent organizations, suggest that the studies cited in support of dental amalgam use are poorly designed and raise ethical questions. Such groups point, instead, to the hundreds of studies that show mercury amalgams are not safe and say they are especially concerned about mercury’s role in causing chronic illnesses, autoimmune disorders, neurodegenerative diseases, birth defects and mental disorders.

The World Health Organization, which estimates that amalgam contributes to 50 percent of mercury exposure in adults, admits “There may be no level of mercury at which some adverse effects do not occur.”

A scientific review by German researchers (*Gesundheitswesen*, 2005) suggested that mercury from dental amalgam might lead to toxicity, emotional and behavioural changes, autoimmune diseases such as chronic fatigue and lupus, oxidative stress, autism, skin ailments and non-specific symptoms and complaints.

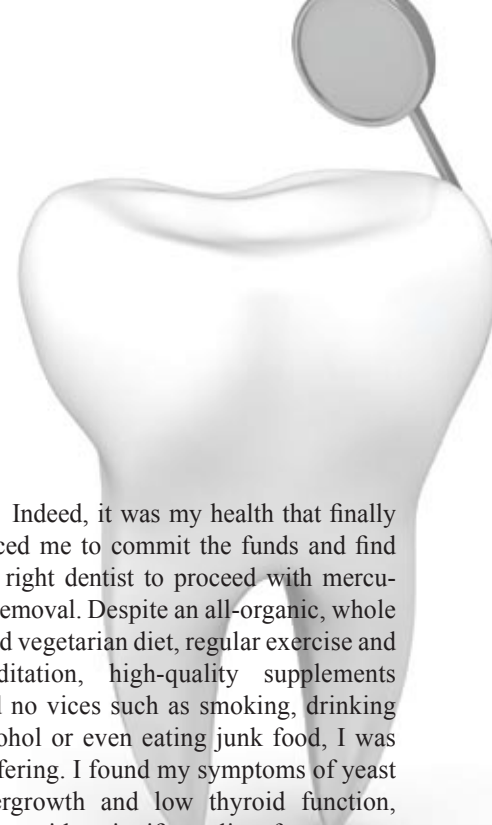
The development of Alzheimer’s disease has also been linked to low-dose mercury exposure. Researchers have suggested that mercury amalgams may be a common contributor in the cause of autoimmune conditions such as chronic fatigue syndrome, multiple sclerosis, lupus, thyroiditis and eczema (*Neuro Endocrinology Letters*, 2004).

Indeed, it was my health that finally forced me to commit the funds and find the right dentist to proceed with mercury removal. Despite an all-organic, whole food vegetarian diet, regular exercise and meditation, high-quality supplements and no vices such as smoking, drinking alcohol or even eating junk food, I was suffering. I found my symptoms of yeast overgrowth and low thyroid function, along with a significant list of symptoms that match the description of mercury toxicity, were not improving. Since the only thing I hadn’t done (to my knowledge) for my health was get rid of the 11 mercury fillings I’d had since childhood, I had to give it a try.

My research on the subject revealed that one is hard pressed to get rid of *Candida* (yeast) overgrowth if they have mercury toxicity. I didn’t know that. The mercury, apparently, acts like an ongoing dose of antibiotics, causing bacteria imbalance in the large intestine. No wonder I was able to eat fewer and fewer foods—even healthy foods like fruit and brown rice—without symptoms such as skin rashes, despite *Candida* cleansing.

I’ve heard stories of people reversing multiple sclerosis, chronic fatigue and a number of specific symptoms and ailments after having their mercury removed. According to Consumers for Dental Choice (www.toxicteeth.org) mercury in blood and urine levels is often reduced by 80 percent within a few months after removal. They also list thousands of documented cases in which mercury amalgam removal, along with nutritional,

“Mercury from dental amalgam might lead to toxicity, emotional and behavioural changes, autoimmune diseases such as chronic fatigue and lupus, oxidative stress, autism, skin ailments and non-specific symptoms and complaints.”



Q & A **Ask the Expert**

antioxidant and detoxification treatment, improved health and cured serious chronic illnesses such as chronic fatigue syndrome, allergies, depression, gastrointestinal problems, multiple chemical sensitivities, migraines, multiple sclerosis, Parkinson's and heart conditions.

Luckily, there is an informed, up-to-date and properly equipped dentist in my new home of Powell River, BC. I am now more than halfway through my five appointments for mercury removal with Dr. Bradley, and I am already able to enjoy some of the food I'd been forced to eliminate.

I have designed a gradual heavy metal detox protocol and my dental appointments have been spread apart by at least three weeks to avoid overloading my system with mercury. My detox protocol involves a heavy metal detoxification supplement kit from a manufacturer I trust. In addition to these supplements, which include a formula of vitamins, minerals, herbs and antioxidants to facilitate detoxification, I am also eating more protein and taking amino acids, bentonite clay, chlorophyll and probiotics while ensuring regular sleep, exercise and bowel movements. I am drinking more water

than usual, avoiding fish in my diet and drinking a herbal detox tea of burdock root and alfalfa.

This protocol seems to be working for me so far. Working with my naturopathic doctor, I will follow up my last treatment with a month more of heavy metal detoxification and then do a *Candida* cleanse. Everyone's circumstances will be different, which will require a different detoxification protocol. Other options for detoxification may include extra fibre, garlic, additional supplements, oral chelation or vegetable juicing.

I'm excited to finish the removal, finish detoxifying and see just how healthy I can be when walking around without a known toxin affecting my health and my life. Turns out I'm not from the moon or even new age, I'm just a person who can't be optimally healthy with a mouth full of metal. Makes sense to me (and the Norwegians). 🌿

Sandra Tonn is a HANS member, freelance writer and yoga teacher living in Powell River, BC.

To find out more about mercury removal, I spoke with HANS Professional Member Dr. Erika Komagata, who offers mercury-free dentistry in Vancouver.

Q: Is it important for everyone to remove mercury fillings?

A: It is important for everyone to be aware of mercury toxicity. I would certainly recommend never to have any amalgams placed. Not everyone should have mercury fillings removed because tolerance levels, immune system and metabolism vary from person to person. A consultation with your dentist or naturopath is recommended in order to evaluate symptoms.

Q: Have you had patients whose health improved dramatically after you removed their mercury?

A: Yes, especially those who had chelation therapy afterwards to remove mercury from the body.

Q: What questions should a person ask his or her dentist to ensure safe mercury removal?

A: Ask what he or she will do to reduce the mercury vapour exposure during the removal process.

Q: What measures should a person take to detoxify from possible mercury toxicity after having mercury removed?

A: There are many different programs available. Consult your physician, naturopath, homeopath or other health-care provider who is knowledgeable and qualified in detoxifying the body of mercury.

Note: For a list of mercury-free dentists visit the HANS Wellness Directory online (www.hans.org/directory/d/Dentists) or go to page 34. Naturopathic and homeopathic doctors are also listed.

What Is Chelation?

Chelation therapy is the administration of chelating agents, such as a drug or supplements, through intravenous or oral means to remove heavy metals from the body. The use of chelation has been proven to be the most effective method of removing mercury stores from the body, according to Hal Brown, DC, ND, RAc of Integrative

Healing Arts in Vancouver. Many supplementary treatments are also used in conjunction with the chelation treatments. Some researchers say a more natural and safer, though slower, way to detoxify mercury from the body is by supplementing with the amino acid glutathione, which is believed to play a detoxification role.

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Advances in Treating Brain Injury

by Richard Moons

Josh took Dan by the hand and sat him down on the bed beside him. Looking Dan in the eyes, Josh declared, “I want to talk.” Dan, one of Josh’s caregivers, was surprised by Josh’s assertiveness. Dan replied, “Sure Josh. What do you want to talk about?” With a big smile on his face, Josh replied, “Girls!”

This might not seem much to write about—until you know Josh’s story, that is. A routine vaccine shot at five months of age damaged Josh’s neurological system. As a consequence, Josh developed an uncontrolled seizure disorder. Over the years, despite the best conventional medicine had to offer, Josh’s seizures increased in frequency and intensity. By age four, Josh was seizing 12 to 15 times per day with each seizure lasting 20 to 25 minutes.

The intense seizing caused even more brain damage, and Josh lost his ability to walk, talk and feed himself. By the age of five, the neurologists at Vancouver’s Children’s Hospital told Josh’s parents there was nothing else they could do to improve Josh’s seizure disorder.

Fortunately, Josh’s parents didn’t believe that. They sought out the services of a skilled naturopath, Dr. Lisa Connolly. Over a three-year period Dr. Connolly was able to reduce the frequency and severity of Josh’s seizures with the use of herbs, homeopathic remedies, nutritional supplements and acupuncture. Unfortunately, Josh’s improvement plateaued and, for the next 15 years, he continued to experience 60- to 90-minute seizures four to six times per month.

The next phase of healing for Josh came last year, when his parents were introduced to Dr. Souvestre, founder of NeuroKinetics Concussion and Traumatology Clinic in Vancouver (www.neurokinetics.com). Dr. Souvestre is a medical doctor and neuroscientist from France who, while serving as flight surgeon for the French air force, developed

a series of non-invasive, non-pharmaceutical treatments. His research revealed that many patients diagnosed with an irreversible brain injury could actually recover their functionality—he’d discovered a new paradigm.

Dr. Souvestre’s patented technologies and innovative interventions have proven effective over the past two decades. They reduce and eliminate the symptoms of many neurological and trauma-related conditions. In addition, he designed diagnostic tools and protocols to help determine whether improved functioning is possible before initiating treatment.

Dr. Souvestre has achieved remarkable results with hundreds of patients whose medical conditions were deemed incurable or unalterable—all without the use of pharmaceuticals. If we want British Columbians to receive and benefit from proven advances in medical treatments, however, there needs to be a willingness to expand our medical paradigm beyond its restrictive boundaries.

And as for Josh, his health and well-being continues to improve with NeuroKinetics treatments. He no longer requires the anti-psychotic medication he took for close to a decade, his seizures have reduced in both length and intensity, his cognitive processing is improved and his moods are more stable. Josh’s posture is better, as is his balance. And—best of all from Josh’s perspective—is his enjoyment of the opposite sex. We have reason to hope this is just the beginning of many more good things to come. ☸

Richard Moons is a Vancouver freelance writer with an interest in natural health.

Josh’s story was shared at a 2008 HANS presentation by his father, Ted Kuntz, author of *Peace Begins With Me* (www.peacebeginswithme.ca), and is available on DVD on the HANS online store.

A Reason to Hope

New Advances in Treating Brain Injury

Wednesday,
Sept. 16th, 2009
7pm

Traditional medicine mainly treats the brain as “damaged” after a head injury or other central nervous system assault. But what if the brain is not damaged but has simply shut down and needs to be “re-booted,” much as a computer does after a crash? And what if one is able to know before starting how effective treatment will be?

Without surgery or prescription medication, Dr. Souvestre has successfully treated patients diagnosed with balance disorders, dizziness, slowed thinking, emotional/physical hypersensitivity, seizures, numbness, and postural pain. Join Dr. Philippe A. Souvestre, founder and medical director of the NeuroKinetics Concussion and Traumatology Clinic, and Ted Kuntz, author of *Peace Begins With Me* and Joshua’s father, as they share their experiences, explaining why there is a reason to hope.

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Nanny State to Outlaw Natural Health Products

Bill C-6 a slightly revised version of Bill C-51

by Barry Cooper

From time to time journalists discuss the increasing intrusion of bureaucrats into our lives. Recently in the *National Post*, for example, George Jonas told three “tales from the nanny state” in the UK.

In Canada, a favoured theme is the cost-ineffectiveness of the gun registry in reducing violent crime or what can be done about global cooling, soon to replace the panic about global warming. A hardy perennial is the dysfunctional state monopoly on health care and how it cannot be fixed or the wheat and barley monopoly enjoyed by the Canadian Wheat Board.

Since most who sing these tales of the nanny state do not favour the rule of bureaucrats, they are routinely denounced by those who love and benefit from state initiatives. One of the most interesting places where bureaucrats are on guard to help us concerns the things we put into our bodies. Food tops the list, but drugs are a close second.

A lot of these regulations are commonsensical. Tainted lunch meat is not good for anyone. Most would agree that crack cocaine and heroin need to be regu-

lated. There are some obvious grey areas as well. Banning unpasteurized milk and cheese and criminalizing marijuana possession are policies reasonable people could conceivably disagree about. For the record, it seems to me that the threat to individual liberties in both examples far exceeds any benefit individuals might receive from government regulation.

Then there are things regulated by the state where reasoned discussion is almost impossible. Here the subject matter engages a wide array of extraneous emotions that colour the judgment of participants way beyond reason. For example, in British Columbia naturopathic physicians may soon be able to order lab tests and prescribe medications. Naturopaths (as distinct from allopaths, clinical or “regular” docs) tend to rely on the curative powers of nutrition and natural medicines.

For nearly a decade naturopathy has been a designated health profession in BC. Indeed all our neighbours, Saskatchewan and Manitoba, Montana and Idaho, recognize naturopathy as a “complementary” medical technique in the sense that it can enhance the practice of regular medi-

cine. As a recent *Calgary Herald* editorial argued, it is high time Alberta joined our neighbours. But the lobby of regular physicians has come out loud in opposition.

Brian Montgomery, MD, is royally outraged that BC naturopaths will be able to prescribe meds. According to him, they conduct “faith-based practices,” rather akin to voodoo, one suspects. “They use scientific-type sounding words. They will wear white coats. They call themselves doctors. They’ll have clinics, so everything looks very clinical and scientific.” For Dr. Montgomery, naturopaths combine deception and quackery.

Such an attitude makes serious discussion impossible. Neutral observers might wonder what his personal problem is, not what the real issue is between these two schools of medicine.

A similar controversy is coming down the road over Bill C-6, a slightly revised version of Bill C-51, which died on the order paper with the last election.

C-51 was criticized for having the potential of banning up to 60 percent of natural health products sold in Canada—including Chinese herbs that have been in use for thousands of years. There were pe-

“As with Bill C-51, Canadians have reason to be concerned over Bill C-6.”

titions and websites against the bill along with more traditional demonstrations. All of them protested the reduction of choices available to citizens and their replacement by choices available only to bureaucrats. C-6 reproduces nearly all the objectionable provisions of its predecessor. We like to think that “thickening” the border results solely from overblown American concerns about security, but C-6 would make importing natural products from the US much more difficult.

Probably the worst aspect of C-6 is that it would empower bureaucrats to seize property and documents on the grounds of an inspector’s “belief” that a product was harmful. Increasing the arbitrariness of C-6 is a provision to enable bureaucrats simply to declare a product “unsafe” and then fine purveyors up to \$5 million. They alone decide whether someone violated their regulations. Inspectors can even get warrants to enter your home and seize natural products they deem harmful.

The one thing the health nannies abhor is that Canadians should have a say in their own health, including whether they benefit from natural products. Consequently, Bill C-6 means we can look forward to more horror stories of Canada’s nanny state in action. 🌿

Barry Cooper is a professor of political science at the University of Calgary. Reprinted with author permission. Originally appeared in the *Calgary Herald*, February 25, 2009.

What Can You Do about Bill C-6?

Bill C-6, which is also known as the Canada Consumer Product Safety Act (or CCPSA), was introduced by the Government of Canada in January. The purpose of the Bill, according to the government, is “to modernize and strengthen product safety laws to further protect the health and safety of Canadians.”

However, this new Bill is very similar to Bill C-51, which prompted a broad citizen revolt when it was introduced into Parliament last year with the intent to amend the *Food and Drugs Act*. Once again, we need to be informed. Shawn Buckley, president of the Natural Health Products Protection Association, says, “As with Bill C-51, Canadians have reason to be concerned over Bill C-6.”

Here’s what you can do:

1. Read Buckley’s discussion paper on Bill C-6. Find it on the Natural Health Product Protection Association (NHP-PA) website at www.nhppa.org.
2. Keep up to date on where Bill C-6 is on the legislative order paper. (It’s important to know this, as it helps your conversations and communications with your MP and others.) Go to and save the following web link:

www.parl.gc.ca/legisinfo/index.asp?Language=E&query=5655&Session=22&list=toctoc

3. Call or e-mail the government to ask what the status of Bill C-6 is and any other questions or concerns you have. Call (toll free) 1-866-599-4999 or e-mail info@parl.gc.ca.

4. Call or e-mail your member of parliament. If you don’t know who your MP is, you can look him or her up using your postal code at the following web link: <http://www2.parl.gc.ca/Parlinfo/Compilations/HouseOfCommons/MemberByPostalCode.aspx?Menu=HOC&Language=E>

5. Mail your member of parliament. Mail may be sent postage-free to any MP at the following address:

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6. Sign up for the HANS e-news. It’s free! Go to www.hans.org to sign up.

7. Support organizations (NHP-PA, HANS) that keep you informed on important topics such as Bill C-6.

About Bill C-6

Although Bill C-6 does not currently apply to natural health products (NHPs), the Bill poses a threat to NHPs.

Firstly, Bill C-6 could be made applicable to NHPs by a simple regulatory amendment, which does not need the approval of Parliament. Therefore, after successfully fighting Bill C-51 in 2008, Canadian consumers could find their access to NHPs threatened by the same provisions found in Bill C-51, but applied through Bill C-6.

Secondly, if Bill C-6 passes, a prec-

edent is set. It is quite possible that similar enforcement provisions and penalties would be applied to drugs and NHPs. Bill C-6 provides Health Canada with dramatically expanded powers to search private property without a warrant; seize private property without court supervision; destroy private property without court supervision; take control of businesses without court supervision; in some circumstances to keep seized private property without a court order; and impose penalties that manufacturers, distributors and retailers in the natural health community

may not survive.

If Bill C-6 becomes law, Health Canada inspectors will have two sets of powers—one set for foods, drugs, medical devices and cosmetics and another set for consumer products. Bill C-6 would represent a dramatic precedent of a move away from the rule of law, and towards unaccountability for bureaucratic incursion into privacy and property rights.

Source: Shawn Buckley, Natural Health Products Protection Association

My Organic Summer Experience

by Inga Shelton

It started quite innocently. I read an article about organic living. Fortunately, it was interesting enough to read right to the end. Otherwise I would have missed one of the more profound experiences of my long and eventful life.

The article explained that it was possible for city people to learn what organic farming was all about, simply by becoming a summer apprentice on an organically run farm in British Columbia. I heard someone say, “I want to do this.” When I looked around to see who had spoken, I discovered—to my surprise—that it was my gut. Yes, that area of my body that makes decisions for me when my head is insisting on logic, reason, feasibility and all other left-brained mechanisms that have a tendency to keep me from having fun.

So, I listened. And out of it came one of the most enjoyable, relaxing, love-filled experiences that anybody could ever want.

From the Stewards of Irreplaceable Land project (www.soilapprenticeships.org), I received a handful of applications from organic farmers who accept help during the summer from city folk on an exchange basis: work in trade for room and board.

Since I like the sea, I zeroed in on farms located on islands. After making contact by phone, I set out on a visiting trip that allowed me to get an idea of the physical aspects of this planned adventure into a completely unknown world. I am a city person who never in my wildest fan-

tasies would have seen myself on a farm of any sort, let alone working on one.

After talking with several farmers and seeing their operations, my choice was made easy when I met Vlasta Ulovec and Rod McNabb on their apple orchard on Denman Island. Eleven acres of apple trees, pasture, gardens and tall pines on a southern slope surrounded by so much greenery beckoned me to stay. And that’s



what I did. I was given “The Studio,” a spacious cottage, formerly a photographic studio, that turned out to be the coolest place to be on the hottest days.

Rod and Vlasta are, themselves, city people who’d had enough of city life and decided to switch to simplicity, clean air, fresh uncontaminated food and days spent outdoors. They are cultivating about 800 apple trees of 42 varieties. When I arrived, I was made part of this cultivation immediately: thinning.

For apples to become large, plump and juicy, they need room to grow. That room is created by allowing only one or two apples to grow where nature had started to grow an entire bunch. Of course, I had to learn how to judge the one or two buds to leave on, and which to snip off each bunch, depending on what type of tree, location on the tree, concentration and size of the apples. This aspect of focusing on what was in front of me and learning something entirely new was a great way of getting away from my habitual thought patterns.

In a simple exchange of work for room and board, we agreed for me to give a minimum of four hours every day at my convenience. I chose to start my day at 7 am, work one hour, have a coffee, work another hour or so, have breakfast, and work until the sun became too hot for me to be outside. Then I was free to do as I liked. I could go swimming in a little lake in the woods nearby or at one of the surrounding beaches. I could stay indoors and read a book—which I chose to do most days—or I could go over to Hornby Island, where the beaches are sandier and there’s more tourist activity as a result of the many artists who live there.

When the heat abated, I would emerge from my room and put in a few more hours until dinnertime. I didn’t consider my activities “work.” Rather, I thought of them as a healthy, enjoyable way of passing the time while being in surroundings that appealed to my senses: the sound of insects in the air around me,

the scent of plants and flower, the touch of leaves and branches, the incredible beauty of evening skies.

My relationship with Rod and Vlasta quickly became a friendship. Vlasta's way of preparing the food from her garden was an endless amazement. She never used a recipe, yet it always tasted great and she never repeated a meal. Sometimes, the petals of her flowers graced a delicious salad, and sometimes it was impossible to know what the dish was made of without asking her.

And then there were the animals—two dogs, four cats, a cow and her calf, a gaggle of ducks and chickens that used the coop only for sleeping and delivering their eggs. Observing the animals' behaviour around each other convinced me that their psychology and ours isn't so far apart, really. They have their personalities and needs, just as we have. Canine Piper, for instance, was the "old man" on the farm. Whenever he saw strife amongst the animals, he was the peacemaker. He just could not stand disharmony. Meanwhile, Roshi, the Bessenji, thought he was still living in Cleopatra's court, taking all the attention he got for granted and knowing very well how to get it, too.

If a farm wants to qualify as "certified organic," status they can't use synthetic agricultural chemicals—no herbicides, pesticides, growth inducers or retardants or chemical fertilizers. Whatever needs to be done to influence nature's way in bringing crops to maturity has to be done in a matter that doesn't interfere

with natural processes. Left alone, nature is in balance. Upsetting this balance by artificially manipulating the natural cycle creates "problems" for which "solutions" have to be found that perpetuate the imbalance. That's my understanding of the difference between organic and conventional farming, simplistic as it appears.

What I also quickly learned on the farm was weeding. After pulling weeds from a yard-wide circle around 800 trees, I have some sympathy for the person who thought of chemical herbicide!

As the summer passed on with record temperatures, the apples grew. They got their water via an ingenious system fed from the nearby lake. Making sure that every little emitter peed out its little stream of water was one of my jobs. A clogged irrigation outlet meant a dry tree on which apples remain small.

Did we have excitement on the farm? Oh, yes. Chickens hatched and to guess who the father was could be mildly exciting. Deer sometimes found their way onto the orchard to eat the delicious apple shoots on the trees, and they had to be chased out.

The first harvest began in the last third of August with the most beautiful, juicy, flavourful Gravenstein apples I've ever tasted. About 200 trees had to be picked, so pick we did from morning to night, until it became too dark to recognize the colour. Colour indicates the degree of ripeness, and only truly tree-ripened fruit was picked, carefully placed into special boxes and kept cool,

awaiting shipping.

The day before I left for good, at the end of October, when most of the apples were harvested and when frost was on the grounds some mornings, nature gave me a special present. Showers had been coming down all day. We were picking apples in our rain gear when, in very quick succession, patches of blue sky appeared then grew. The sun emerged from behind woolly clouds and there, spanning the top of the orchard, was the most complete, brilliantly distinct rainbow—an unmatched farewell.

During those extraordinary months in the country, I took a few time-outs to visit friends and relatives and keep in touch with the outside world. Coming back to Denman Island on that little ferry each time gave me a feeling of homecoming. One day, I also realized that part of me had "come home" when I decided to live on the land for a few months. Such a part resides in most of us, hidden from our consciousness, showing itself only when our gut is allowed to make decisions for us. ☀

Editor's Note: It was with great sadness that we heard in December of the passing of Inga Shelton. Inga, a longtime advocate of natural health and organic growing, was always thoughtful in sending cards and expressions of thanks for HANS's work over the 20 years that she was a HANS member. We are honoured to print her story and hope it touches hearts the way she touched ours.



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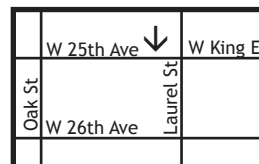
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HANS News

We're thrilled to report that HANS was voted 2009's "Best Community Service Organization" in Burnaby by *Burnaby Now* readers for the second year in a row. Thank you to everyone who voted for us!

Congratulations Dr. Walter Lemmo, ND, of Lemmo Integrated Cancer Care, and Dr. Johan Ghazali, ND, of the Integrated Health Clinic, for their recent board certification with the Oncology Association of Naturopathic Physicians. They are two of only three naturopathic doctors in Canada to earn this distinction.

Pitching in on Earth Day



Young HANS member Jordan Labarge was excited to visit the HANS booth and plant his first tree at Everett Crowley Park!

Brenda Pulvermacher, certified craniosacral therapist at Ocean Wellness in North Vancouver, is a clinical supervisor of Langara College's new craniosacral therapy program for practitioners (www.holistichealthstudies.com).

We Will Miss You

Jim Strauss Sr., creator of Strauss Heart Drops and founder of the Strauss Herb Company (1979) in Kamloops, BC, passed away on April 13, 2009. Strauss is remembered as a tireless protector of health freedoms, who, with his heart-health products, changed—and saved—the lives of many. Three times, Health Canada targeted him and his company on various "violations." Three times, Health Canada dropped the charges. The last set of charges, filed January 2003, were dropped in May when they were challenged as unconstitutional.

And You

The Lower Mainland lost a legendary publication when *Today's Vancouver Woman* (formerly *Shared Vision*) closed down after printing its last issue, March 2009. The independent, thought-provoking magazine will be missed.



SV cover January 2001 featuring Lorna Hancock, and the last issue of TVW, published March 2009

At InspireHealth Open House



From left: Hal Gunn, MD (InspireHealth), Lorna Hancock (HANS) and Lionel Wilson (Maverick Marketing)

This April, BC's naturopathic doctors became the first in Canada to be granted prescribing authority. The province's NDs will soon be able to prescribe certain pharmaceutical medications, including many natural health products such as glandular formulas and bio-identical hormones, which were tied up in "prescription only" jurisdiction over the years.

"The face of medicine in Canada has now changed," says Dr. Jason Boxtart, ND, chair of the Canadian Association of Naturopathic Doctors and practising physician at the Body Balance Centre for Integrative Medicine in Prince George, BC.

Upcoming Events For more community events visit www.hans.org

The Vaccination Dilemma

Sept 1st, 2009, 7pm

Homeopathic Options for Travell/Flu and Children's Immunization, Speakers from Access Natural Healing

Firefighters' Banquet Hall,
6515 Bonsor Ave, Burnaby, BC
Tickets: \$15 in advance, \$18 at door
(\$5 discount for HANS members)
www.hans.org or (604) 435-0512

Advances in Treating Brain Injury

Sept 16th, 2009, 7pm

Dr. Philippe Souvestre, MD (France), RAc (BC), RRP (Canada) and Ted Kuntz, M.Ed

Centre for Peace, Great Hall
1825 W. 16th Ave, Vancouver, BC
Tickets: \$15 in advance, \$18 at door
(\$5 discount for HANS members)
www.hans.org or (604) 435-0512

All about Women's Health Day

Oct 4th, 2009, 10am-5pm

Hormones, Fertility, Breast and Bone Health and More, Speakers TBA

Centennial Theatre
2300 Lonsdale Ave, Vancouver, BC
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(\$10 discount for HANS members)
www.hans.org or (604) 435-0512

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Alzheimer's Disease: Cause-Prevention-Reversal

Harold Foster, PhD – This celebrated researcher and author of *What Really Causes Alzheimer's Disease* discusses nutrition-based healing of chronic disease (2008).

Autism and ADHD: New Childhood Epidemics

Anita Bratt, ND – A hopeful presentation of naturopathic treatment, for families affected by these increasingly common disorders (2008).

The Body Knows How to Stay Young

Caroline Sutherland, medical intuitive and best-selling author shares her secrets to preventing chronic degenerative breakdown (2008).

Wireless: Popular, Convenient and Hazardous?

George Carlo, PhD – See a rare public presentation by a world authority on cell phones, cell towers and electromagnetic fields (2008).

Endangered Natural Health Products?

Shawn Buckley, LLB – A legal expert dissects existing Canadian natural health product regulations that affect consumer access to health supplements (2008).

Cancer—Natural Approaches for Prevention & Healing

Five presentations by leaders in their respective fields focus on the whole-body and environmental prevention and healing of cancer. A positive and valuable educational tool for everyone (2008).

Peace Begins with Me

Ted Kuntz, M.Ed. – Author and motivational speaker Ted Kuntz teaches practical, everyday strategies to increase your peace, joy and happiness (2008).

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The Magic of Manuka

by Sarah Dobec

Honey is well known as a sweet treat, but it has also been used medicinally for centuries. The Egyptians used it in wound dressings because of its natural antiseptic properties. The relatively acidic pH level of honey prevents the growth of many bacteria.

While honey is, in general, a healing food, one type of honey in particular is becoming increasingly known for its medicinal properties. Manuka honey is produced in New Zealand by bees that feed on the manuka bush, which is more commonly known as the tea tree. The oil from the tea tree is used as a topical antibiotic and antifungal, which may also be why manuka honey has so many medicinal uses.

Manuka honey was originally used by the native Maori tribe as a medicinal. Today, this traditional medicinal substance is being studied for its many astounding applications.

Dr. Peter Molan, a professor of biological sciences in New Zealand, has identified an antibacterial property that has a non-hydrogen peroxide activity

called organic manuka activity (OMA) or unique manuka factor (UMF). This factor remains steady even under heat and light—a unique property that makes manuka honey useful for many external and internal treatments.

“Manuka honey has been scientifically proven to stop the growth of several serious bacteria.”

Manuka honeys are graded on their activity level. The activity can be thought of in relation to the strength of carbolic acid used as an antiseptic in hospitals. For example, manuka honey with an activity range of 5–25 has an equivalent antibacterial strength of a five to 25 percent solution of carbolic acid—the higher the number, the more powerful the manuka’s antibacterial activity.



Bee Power

Winnie the Pooh was onto something. He loved honey but was too busy eating it (and getting into mischief) to recognize the miraculous masters of honey making—bees.

Bees produce honey by mixing the nectar of flowers with their own bee enzymes. They digest the nectar and regurgitate it—essentially making “bee barf,” for lack of a better phrase.

Honey bees are fascinating creatures. A colony generally includes one queen (the fertile female), several thousand drones (fertile males) and a vast popula-

tion of worker bees (sterile females). The Queen bee begins life as a regular larva; however, she is fed only royal jelly and that distinguishes her from the other larvae, which are fed honey and pollen. Drones hatch from unfertilized eggs and the Queen and worker bees hatch from fertilized eggs.

A young worker bee’s first job is to clean the hive and feed the larvae, but as a worker bee grows older her responsibilities change until eventually she flies and becomes a forager. Worker bees communicate through a flying dance that uses patterns to tell the next forager where to find pollen.

Essentially, the bee moves pollen from the anther of one flower to the stigma of another flower. An anther is the male part of a flower that has pollen grains on it. A stigma is the female part of a flower that receives the pollen. When a bee gets pollen from a flower, the pollen sticks to the bee. The bee then flies to a different flower and the pollen falls onto the stigma. In the process of creating honey, bees pollinate the food we rely on for survival.

Bees are major contributors to the pollination of plants worldwide and are essential to our very existence. Without bees we, and Winnie the Pooh, would not be here.

An OMA activity rating of 0–4 is used for nutritional purposes only, 5–8 as a health food and for increased energy, 9–16 for digestive maintenance, and 17+ is appropriate for topical application only. The OMA activity of a particular honey varies from year to year and has to be measured in a laboratory.

Manuka honey contains vitamins, such the Bs, C, D and E, and minerals, especially iron, magnesium, calcium, sodium, silica, manganese and potassium. Other nutritional benefits include natural carbohydrates and enzymes.

Aside from its high nutritional value, manuka honey has been scientifically proven to stop the growth of several serious bacteria, which is good news since super bugs are becoming a serious issue for the medical industry. Our overuse of antibiotics is creating bacteria that are resistant to drugs. *Staphylococcus aureus*, for example, is a bacteria that is resistant to a large group of antibiotics, including penicillin. Fortunately, manuka honey has an antibacterial potency 10–50 times higher than what is needed to stop *Staph aureus*. News of this has prompted several hospitals in the UK to trial the honey.

Other research concluded that manuka honey was successful in killing the spiral-shaped bacterium, *Helicobacter pylori*, which causes stomach and intestinal ulcers and is commonly treated with antibiotics, long-term antacids or surgery. An article in the *Journal of the New Zealand Royal Society of Medicine* reported


that a five-percent solution of manuka honey was able to eliminate every colony of *H. pylori*. This treatment is much safer than the antibiotic drug used to kill the bacteria and histamine blocker drug used to lower stomach acid. Both drugs have side-effects including gastrointestinal issues, yeast infections and diarrhea.

Ulcer treatment with manuka honey is as simple as taking one teaspoon of honey consumed with bread twice a day, once in the morning and once before bed. The bread helps to ensure that the honey stays in the stomach long enough to have an effect on the bacteria and ulcers. The length of treatment may be as long as two or three months, even though relief is often felt within the first week.


For sore throats and colds, a teaspoon of the honey can be melted in the mouth at the first sign of symptoms. In addition to its internal uses, manuka honey can be used topically for many conditions, such as acne, minor skin abrasions and minor burns. Manuka is also energy enhancer, but should be used with caution by diabetics as it has a high sugar content.

It is thrilling to learn about treatments found naturally in our environment, and manuka honey certainly is a healing gift. 🌿

Sarah Dobec is a certified nutritional practitioner in private practice in Toronto. She aspires to restore clients' health through whole foods and a focus on the mind, body and spirit. Sarah is also an educator, speaker and organic farmer. www.1appleaday.ca or (416) 371-3471



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Science Says Skip the Soda

by Sandra Tonn, RHN



The science is in. We need to skip the soda this summer if we want to get healthy and stay healthy.

Researchers have long suspected that dinking extra calories in the form of soda has contributed to the obesity epidemic in both the US and Canada, but it's only recently that large epidemiologic studies have investigated this specific relationship.

Researchers at Yale University reviewed 88 scientific studies (*American Journal of Public Health*, April 2008) on the effects of soft drink consumption on health and say recommendations to reduce soft drink consumption are “strongly supported by science.” They found a clear association of soft drink intake with increased calorie intake and increased body weight. But weight gain isn't the only problem scientific research is uncovering.

Drinking soda may also increase the risk of developing diabetes, bone fractures and dental cavities, according to a scientific review funded by the National Institutes of Health and the American Heart Association.

“Among physically active girls, cola beverages, in particular, are highly asso-

ciated with bone fractures,” according to research done by the Harvard School of Public Health and Harvard Medical School. The 2006 Framingham Osteoporosis Study, which involved more than 1,400 women, found that soda intake was associated with significantly lower bone mineral density in the hips of older women.

Artificially sweetened soda will not let you off the hook. Researchers from the University of Texas Health Science Center at San Antonio reported last year that heavy consumption of artificially sweetened beverages was associated with twice the risk of developing diabetes. They also reported increased weight gain and obesity incidence among frequent users of artificially sweetened beverages.

Logically, anyone truly interested in health will avoid drinking soda no matter what science has to say. Soda does not add anything good to the body—instant it robs us of health. ☸

Sandra Tonn is a registered holistic nutritionist, freelance writer and yoga teacher living in Powell River, BC. sandra_tonn@telus.net



Sublime Summer Drinks

Homemade herbal iced tea: Brew up a pot of your favourite iced tea and refrigerate. Try rooibos, peppermint, green tea, ginger or one of the many colourful berry teas and mixtures available.

Lemon water: Nothing beats cool lemon water on a warm day for quenching thirst. Squeeze fresh lemon juice into chilled or room temperature filtered water. If you don't do sour very well, mix in a drop or two of stevia liquid. Adding a pinch of sea salt will help remineralize the body and protect you from summer dehydration.

Fresh fruit and vegetable juice: Familiarize yourself with the wonderful benefits of juicing fresh fruit and vegetables. If purchasing fruit juice, read the ingredients to be sure you choose actual juice with no sugar or preservatives added. Once home, dilute the juice with 50 percent water to reduce the sugar content. If you own a blender you're set for cool, refreshing fruit smoothies. Add ground flax seed or hemp hearts to your creation (bananas make a good base) for some fibre and essential fatty acids.

Pure water: Yup, pure water is still the best way to keep the body hydrated.

“Among physically active girls, cola beverages, in particular, are highly associated with bone fractures.”



Summer Drinks to Ditch

Enhanced and flavoured waters:

Since when does water need enhancing or flavouring? Only since multi-million dollar marketing campaigns started suggesting it does. Of the specialty waters on the market, Glaceau's VitaminWater, which is owned by Coca-Cola Company, is possibly the worst for you. One 20-ounce bottle packs 33 grams of sugar, which is almost as much as a can of Coke. Sugar robs the body of vitamins, so it's highly unlikely the added vitamins will do you any good.

Summer cocktails: Stick to wine or beer if you want an alcoholic refreshment. Summer cocktails are often loaded with sugar. The popular piña colada, for example, is not healthy despite the chunk of pineapple garnishing the glass. The drink delivers a whopping 75 grams of sugar (and more than 600 calories—about the

same as a 12-ounce piece of salmon with a small salad).

Bottled iced teas: Aside from containing a large amount of caffeine, iced tea drinks may be more sugar-laden than pop. One 20-ounce bottle of Lipton iced tea, for example, can contain up to 50 grams of sugar.

Energy drinks: The amount of caffeine in some of the widely marketed energy drinks is potentially dangerous for both short- and long-term health. Short term, the heart rate and blood pressure may increase. Long term, adrenal glands can become fatigued or exhausted, which will severely and negatively affect overall health while, ironically, causing low energy. Forget about the fancy herbs added to some of these drinks. The caffeine and sugar content is reason enough to ditch them. Just 12 ounces of SoBe No Fear, for example, contains 16 ounces of caffeine and 66 grams of sugar. Yikes!

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Are You Movement Deficient?

The importance of movement neurology

by Donna Little, DC



Now that summer is upon us, we naturally think about getting outside more. We think about exercise and play. As we should! Movement is life.

We've somehow become accustomed to thinking of exercise, movement and proper posture simply as tools for improving sport performance, aiding in weight loss or treating and preventing specific diseases or ailments. However, the truth is that movement and proper posture, along with segmental movement of the spinal column (which houses the spinal cord), are essential to good health. Our genes literally require these things to produce and express healthy physiology and biochemistry.

"Daily physical exertion is an essential nutrient," according to Dr. James Chestnut, author of *The 14 Foundational Premises for the Scientific Validation of the Chiropractic Wellness Paradigm* (2004). Chestnut, who is a wellness author, lecturer and clinician, explains that a deficiency (or toxicity) in exercise and proper posture results in imbalances that

produce illness and disease states. "It is impossible to be well without providing the innate genetic intelligence with homeostatic exercise and posture," Chestnut adds.

In addition to this genetic need, the spinal column also requires movement so that the brain can express healthy neurology and chemistry. Did you know that 50 percent of the spinal cord is devoted to proprioception (coordination of movement and location)? The fact that half of the spinal cord is devoted to this task alone is a good clue as to how extremely important and necessary movement of the spinal column is.

Movement stimulates the spinal cord and is involved in relaying messages to the cerebellum (the part of the brain at the back of the skull). Research has indicated that the cerebellum is not only important for the coordination of our movement, balance and location, but also for the coordination of our moods, emotions, learning and visceral (organ) function and to decrease the stress response. A lack of movement inhibits these pathways, contributing to poorer physical, mental and

emotional health.

In the chiropractic wellness model of health care, and as professionals who study neurology and physiology, we understand the importance of movement neurology. Our wellness paradigm is not about diagnosis; rather, it focuses on identifying what is genetically required for health and doing that. Hunter-gatherers walked 12 to 15 miles per day—they did not sit at a desk, in a car, at a computer or in front of a television. To determine your body's wellness and requirements, ask yourself: Am I movement deficient or sufficient? Have I walked outside today? Have I taken the stairs instead of the elevator (at least part way)? Am I toxic? How is my posture at my desk? The answers to these questions will be expressed in your body's health. So let's get out there in the good weather—and move! 🌍

Donna Little, DC, has been providing care for Vancouver families in a chiropractic wellness model for 22 years. 604-731-6773 or www.kitsilanochiropractic.com

"A deficiency in exercise results in imbalances that produce illness and disease."

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Air Freshener Chemicals

Air fresheners are commonly used—in homes, offices, retail stores, public restrooms and restaurants. But how much do we know about what we're inhaling?

In 2006, European researchers assessed the emissions of chemicals in 74 air fresheners sold in Europe. These chemicals included volatile organic compounds (VOCs), allergens, benzene, formaldehyde, terpinenes, styrene, diethylphthalate and toluene. Most of the products tested exceeded the maximum safety limit in several countries for VOCs allowed in indoor air. High concentrations of substances classified as carcinogenic (cancer-causing) were also noted, such as benzene and formaldehyde.

As for potential health effects from air freshener exposure, we know little about the combined effects of some of

these chemicals. The US-based Natural Resources Defense Council's independent testing of air fresheners in 2007 found hormone-disrupting phthalates in 86 percent of them although none had phthalates included on their labels. Even those labeled "all natural" and "unscented" contained phthalates.

A review of Material Safety Data Sheets (MSDSs) for various air fresheners reveals that manufacturers appear to have no information on the potential respiratory hazards of their products. Since 2001, Canada has required manufacturers to report "Respiratory Tract Sensitization" on their MSDSs. But a review of more than 25 MSDSs for air fresheners noted that there was "No Data Available" in this regard.

Pressured by a coalition of environmental and health organizations, seven leading US air freshener manufacturers

submitted data for all ingredients present in 0.1 percent concentration or greater to the Environmental Protection Agency in May 2008. Other data continues to be withheld for business confidentiality reasons. Some of the ingredients we know of are indeed hazardous, including formaldehyde (a carcinogen and irritant), benzene compounds (geno-toxic carcinogen) and naphthalene (a carcinogen).

Air freshener products include traditional sprays, outlet- and battery-operated plug-ins, solid gel dispensers, hanging car air fresheners and potpourri.

Adapted with permission from the newsletter of the Environmental Health Association of BC, www.ehabc.org.

Looking for natural air freshener ideas? Read "Safer Air Sniffing" by Marie Wrede of Naturelle Products at www.hans.org.



Reef-friendly Sunscreens

By using sunscreen, you may be doing your skin a favour, but not marine wildlife. Four ingredients that routinely appear in chemical sunscreens activate a virus harmful to sea algae, according to a January 2008 study in *Environmental Health Perspectives*. The chemicals are paraben, benzophenone, cinnamate and 4-methylbenzylidene camphor.

An estimated 4,000 to 6,000 metric tons of sunscreens wash off swimmers annually worldwide, putting 10 percent of coral reefs at risk of dying because they rely on sea algae to stay alive. Researchers

encourage sea swimmers to use sunscreens with physical filters that reflect rather than absorb ultraviolet radiation, and to choose eco-friendly sunscreens.

The US-based Environmental Working Group echoes this recommendation. After comparing upwards of 1,100 commercial sunscreens, they suggest choosing mineral-based sunscreens over those that are chemical based. The latter, besides the toxicity concerns of individual ingredients, can generate free radicals that lead to increased risk of skin cancer.

Zinc oxide and titanium dioxide are mineral-based physical filters that offer full spectrum (both UVA and UVB) coverage. These ingredients are frequently the base of non-toxic sunscreens. A rule of thumb when purchasing sun care and other skin care products: The more ingredients you can actually pronounce, the better. —MH

Blend for Better Health



This summer, try a tasty smoothie that's rich in omega-3 essential fatty acids, which promote strong immunity and a healthy cardiovascular system.

3/4 cup (180 mL) skim milk, milk alternative or fruit juice

1/2 medium banana (or other fruit)

4 Tbsp (60 mL) yogurt

1 tsp (5ml) apple juice concentrate or maple syrup

1 Tbsp (15 mL) flax seed oil

1 Tbsp (15 mL) Nutri-Flax®

Cinnamon, nutmeg and/or ginger to taste

Pour all ingredients into a blender. Blend until desired consistency is reached. Let warm slightly before serving and then adjust consistency and seasoning. Makes 1 serving.

Source: www.omeganutrition.com



Hidden Salt a Risk to Children

Mardi Joughin loses her sweet disposition when she talks about the dangers of unnecessary salt in processed foods. When the retired nurse and grandmother of two recently read the label of an instant noodle product marketed at children, she was horrified to discover that the salt content was 110 percent of the recommended daily allowance (RDA) for adults who

weigh approximately 150 pounds.

“My granddaughters are aged 16 months and 22 months. What would be the RDA percentage for them, I wonder. Maybe up to 800 percent,” she points out.

Excess salt is thought to be responsible for about 30 percent of the five million cases of high blood pressure in Canada, 14 percent of strokes and nine percent of heart attacks. High blood pressure is also a major risk factor for kidney disease.

“How much salt we need for good health is probably close to the natural salt content of unprocessed food, about 0.5 grams (500 milligrams) per day,” notes a February 2009 *Canadian Medical Association Journal* editorial. “Instead, the average person in industrialized countries consumes about 10 g (1.5 teaspoons) daily, about 75 percent of which is from processed food.”

The daily upper intake level of sodium for children aged one to three is 1.5 to 2.2 grams, and the maximum tolerable limit for people aged 14 or older is 2.3 grams. However, a recent Statistics Canada study revealed that 77 percent of children, 85 percent of men and 60 percent of women exceed these levels.

Joughin, an avid label reader, encourages others—particularly parents—to do the same. “It’s a crime that these products are on shelves without a red flag on them,” she says. “Children’s kidneys and general health are in danger.” —MH

Sign the “Organic Food for Cancer” Petition

A patient petition asking the BC Cancer Agency to offer organic food selections in their cafeteria has been launched by Victoria resident Val Orchison.

When the realtor and chemotherapy patient visited the Vancouver clinic for the first time, she wanted to get a snack but was surprised, she says, at the lack of healthy choices. There was a pop machine and plenty of sweets like Nanaimo bars and muffins “that were completely inappropriate for someone working on recovering from cancer,” says Orchison, adding that it’s a well-known fact that sugar feeds cancer cells, and that a healthy diet is an important part of cancer recovery.

In addition, the fruit selections at the cafeteria weren’t organic. Orchison, an organic advocate who grew up on Salt Spring Island in a whole-food and organic gardening environment, points out that many commonly used pesticides have been linked to cancer and that those residues are more likely to show up in conventionally grown food.

When she went to the Agency to request better food choices, she was told that the cafeteria is contracted out and that there was nothing the administration could do. Discontented by that answer, she started the Organic Food for Cancer petition online and has since generated about 150 signatures. Her goal is 20,000.

“A lot of people going through treatment and who I speak to are seeking organic choices,” says Orchison. “We want to send a clear message to the BC Cancer Agency and people we look to for treatment. There’s a responsibility to us.”

Sign the petition at www.petitionspot.com/petitions/organic-foodforcancer/. Watch for a hard copy version in Lower Mainland health food stores and whole food markets. —MH



Osteopathy for Sports Injuries

It’s sunny. You’re excited. You race outside to bike, or jog or play soccer. You pull a muscle, twist your ankle or feel a twinge in your back. Osteopathy, an increasingly recognized therapy, might be just what you need to revive your weekend warrior-ness.

Using hands-on techniques, osteopathic practitioners help restore the structure and function of the body. Tendonitis, muscle injuries, ligament strains, joint issues, nerve pain and other conditions involving pain, swelling, numbness or inflammation are treatable using osteopathic manipulation, according to the Society for the Promotion of Manual Practice Osteopathy, a BC association.

—MH



Ancient Secrets for a Healthier Sleep

Feng shui in the bedroom

By Kim Easterbrook

We face an enormous amount of toxic stressors on a daily basis. Since we spend one-third of our lives sleeping, it makes sense that we take steps to sleep in a healthy oasis to repair and rejuvenate the body. Unfortunately, research shows that many of us are sleeping in a toxic soup mix of up to 10 times the stress we face during the day.

Sleeping six to 10 hours a night in an enclosed space leaves us vulnerable to the environment of that space. Take stock of all the electrical gadgets that surround you as you sleep at night. What materials are your mattress, bed sheets and pillows made of? How old are the bedroom carpets? How clean are they? What is your bed frame made of? What does your bedroom closet contain and is the space beneath your bed used for storage?

Your immediate environment can also affect your peace of mind and influence sleep. Are your bills on your dresser or in the nighttable drawer keeping you worried at night? Are you sleeping while Aunt Betsy and Uncle Fred keep a watchful eye from a nearby photograph?

Has it always been this way? Let's compare.

Our First Nations ancestors slept in teepees made with natural materials. They laid finger-woven cotton mats on Mother Earth, covered themselves with animal hides and rolled their woven mats for pillows.

The 19th Dynasty in Egypt slept on wood beds and covered them with woven linen. The Japanese slept on hand-made cotton futon sleeping mats, which were placed on a tatami (woven rice straw mat). They kept warm underneath creatively woven textiles, made from natural materials.

No matter the style of slumber, our ancestors had one thing in common—they breathed in fresh air as they slept in their brick castles, wood homes or grass or bamboo huts. Little did they know they would be our best teachers when it comes to feng shui for a healthy sleep.

Despite our historical sleeping success, today many of us sleep on mattresses filled with synthetic petrochemicals or on petroleum-based foam mattresses and metal springs—all placed in a bed frame made of artificially pressed particle wood. We top this off with non-organic bedsheets made of polyester and acrylic synthetics, which means the body's skin cannot breathe properly all night.

So how do we create a healthy bedroom in which to rest and rejuvenate? Quite simply, let us adhere to as closely as possible to a natural environment.

Bed frames and furniture should be made of natural wood or bamboo with non-toxic finishes and glues. Choose products made by manufacturers that have become part of the green movement and support natural furniture construction.

The ideal mattress does not contain metal springs and has not been manufactured with any chemicals, fire retardants, pesticides, dioxins or formaldehyde. Instead, mattresses and pillows should be made of raw organic materials, such as

100 percent natural wool, cotton, latex, hemp or rubber. Do a search on the Internet to become educated about your many natural choices. When choosing bedding, look for 1,500-thread count Egyptian 100 percent cotton or 100 percent flannel or wool bedding.

Lastly, think feng shui. Create an oasis for sleep. Remove all electrical equipment (use a battery operated clock instead), remove the clutter and avoid storage under your bed so the chi (energy) can circulate around your body. Paint your bedroom nice earth tones using natural, non-toxic paint. Hang pictures that represent twos—such as two doves, two flowers or two lovers—which will represent the love both partners share. For single sleepers, the twos represent attracting a partner.

Your bedroom is for sleep, sanctuary and intimacy only so find ways to reflect this intention. ☯

Kim Easterbrook is a longevity researcher and Interior Health Stylist. 604-945-5277 www.tranquilplacesconsultinggroup.com

Sense about Candle Scents

What better way to create ambiance than to light a candle and soak in a soft scent and mood? But before you light that wick, double check that you're not inadvertently giving yourself a dose of chemicals.

Most candles sold today are made of paraffin wax (a petroleum byproduct), which generates soot when burned. These cheaply made options often contain synthetic scents and emit trace amounts of chemicals such as formaldehyde and acetaldehyde.

Safer alternatives are candles whose labels specify that they're "100 percent" soy or beeswax. It's important to check this, as by law, a candle can contain very little beeswax and still be legally sold as a beeswax candle. These candles, often scented with pure, plant-derived essential oils, burn cleanly.

When it comes to candles, you get what you pay for. Invest in better quality and breathe easier during indulgence time. —MH

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Green News...



BYOB: Bring Your Own Bag

Canadians take home an estimated 55 million single-use plastic bags per week. That's nearly 3 billion bags a year!

In April 2007 Leaf Rapids, Manitoba, became the first town in Canada to officially ban plastic bags. Their by-law prevents retailers from selling or distributing single-use bags. Ignoring the ban could result in a \$1,000-a-day fine. In May of the same year, Tofino, BC, passed a plastic bag ban by resolution of council. Their ban is not entrenched in a bylaw, so it has been left up to merchants and residents to voluntarily comply.

In January 2008, Huntingdon became the first Quebec municipality to ban plastic bags at store checkout counters. Their bylaw means no retail outlet can distribute plastic bags, no advertiser

can deliver fliers in plastic bags, and residents are not supposed to line their garbage bins with green plastic bags.

San Francisco, in 2007, became the first city in North America to ban the use of traditional plastic grocery bags. San Francisco's law prohibits large grocery stores and drugstores from using non-recyclable and non-biodegradable plastic bags made from petroleum products; supermarkets were given six months to comply while drugstores had up to one year. Following in San Francisco's footsteps, a host of other American cities, including Boston, New York, Phoenix, Santa Cruz and Portland are considering similar measures.

Internationally, one of the earliest actions against plastic bags took place in Ireland in 2002, where litter from them was getting out of hand. Ireland passed a tax on plastic bags and within weeks plastic bag use and the resulting litter problem dropped 94 per cent. —ST

Source: www.pebpond.com

Why Do Dogs Eat Grass?

Every once in a while, your dog may choose to chow down on grass. It doesn't mean, however, that you're not feeding him enough. There are many possible reasons, says Lisa French, owner of Sysko's Supper, a raw pet food company in Vancouver, BC.

"Dogs eat grass because they're trying to expel something from their system," she explains. "For example, if they have excess bile in their stomach. Grass binds to the bile and then they throw it up. Eating grass very rarely has to do with being hungry."

Maybe a dog instinctively craves roughage, in which case the grass acts like an insoluble fibre sweeping through the system and coming out the other end.

For humans, digestion starts in the mouth. Doggy digestion begins in the stomach. French, who believes in the nutritional value of greens, juices the vegetables in her cat and dog food for easier digestion. Grass in its typical form won't be digested.

French says it's normal for dogs to eat grass occasionally. But if it becomes chronic and is accompanied by vomiting, consult a veterinarian. —MH



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Canadians Concerned about Water

The majority of Canadians (53 percent) rank fresh water as the country's most important natural resource; ahead of forests (20 percent), agriculture/farmland (14 percent), oil (eight percent) and fisheries (two percent), according to the 2009 Canadian Water Attitudes Study. More than eight in 10 of us think Canada will have a fresh-water shortage problem if we do not pay attention to conservation. But despite this appreciation for water, Canadians continue to waste it at alarming rates, using five times more water per day than we think we do, consuming about 329 litres per day. Canadians not only underestimate the amount

of water we use, but our water habits have actually worsened so far in 2009.

Visit the Government of Canada Water Conservation Tips web page to improve your water conservation habits: www.on.ec.gc.ca/reseau/watertips/watertips_e.html —ST

BC Trees Dying

British Columbia's trees are dying—some of which are 1,000-year-old ancient rainforest giants measuring more than 1.5 metres wide. The rate of tree death in BC, and the Western United States, has more than doubled over the last 30 years, according to a recent article in the journal *Science*.

The article's researchers, who include University of BC biogeography professor Lori Daniels, suggest climate change is to blame, saying, "Regional warming and consequent increases in water deficits are likely contributors to the increases in tree mortality rates."

Their report also says that there is an unprecedented rate of tree damage being caused by the drought and insects as a result of global warming. —ST



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Does Fluoride Put Us At Risk?

by Sandra Tonn

A large body of scientific research shows that water fluoridation is, at best, useless in relation to dental health. At worst, research suggests that our teeth, brain and bones, as well as our digestive, endocrine, reproductive and immune systems, and liver and thyroid function, may be at risk. If that isn't enough reason to question our intake of fluoride, increased risk of cancer, osteoarthritis and hip fracture is also a possibility.

In 2006, the National Research Council published a landmark scientific review of the Environmental Protection Agency's fluoridated drinking water standards. The following year, the Fluoride Action Network (FAN), a non-profit

international coalition, released a statement on behalf of more than 1,400 professionals urging the US Congress to stop water fluoridation. According to Dr. Paul Connett, the executive director of FAN, "The meager benefits do not outweigh the serious risks and fluoridation must be stopped."

A major, national US organization has added its weight to the growing number of cities, professionals and citizens who question the conventional assertion that water fluoridation is safe.


The National Kidney foundation concluded in an updated position paper that people with chronic kidney disease should be told about the potential risks of fluoride exposure, and that there's a

glaring lack of research in this area.

The American Dental Association has since removed the foundation from its list of affiliates that promote the benefits of fluoride.

Fluoridation of water is banned in some countries, such as China and Sweden, and rejected in many others, such as Austria, Belgium and Japan. Why not in North America? Good question.

Throughout its history, Health Action Network Society has worked to promote awareness around the possible dangers of fluoridated water and the use of fluoride in dental care.

For more information, visit www.hans.org and FAN at www.fluoride-alert.org. 

BC Fluoride Update

by Jane Shaak

British Columbia is leading the way as the province with the least percentage of its population receiving fluoridated water, according to British Columbia's Ministry of Environment.

Meanwhile, about 40 percent of Canadians still receive fluoridated drinking water, according to the latest (2006) census statistics—despite the fact that many respected experts such as the Canadian Association of Physicians for the Environment

(www.cape.ca) do not support fluoridation of drinking water.

While Toronto, Ontario's largest city, still fluoridates its drinking water, Vancouver, BC's largest city, does not, and many smaller BC communities are following suit.

According to Fluoride Action Network (FAN), eight BC communities have stopped fluoridating their public water in the past 16 years. These communities include: Comox/Courtenay (Feb 1992), Squamish (Nov 1993), Port

Hardy (Nov 1993), Kelowna (Nov 1996), Kitimat (Mar 1998), Kamloops (Oct 2001), Burns Lake (June 2003) and Golden (Nov 2005).

BC Provincial Drinking Water Officer, Barry Boettger, says the following communities still add fluoride to their public water: Prince George, Fort St. John, Prince Rupert, Terrace, Williams Lake, Sparwood and Cranbrook. In addition, the only community left fluoridating on Vancouver Island is Lake Cowichan.

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*Questions & Answers with Canada's Leading
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Over 80% of Women Can Ease Menopause Symptoms Without Taking Hormones

Q: *I'm in menopause and suffer terribly from hot flashes and night sweats. I'm scared to take hormone replacement therapy and bioidentical hormones. What do you recommend I try?*

A: Women should be concerned with the side effects of synthetic HRT. The Women's Health Initiative Study was halted in 2002 due to findings that synthetic HRT increased women's risk of invasive breast cancers and also put women at risk of blood clots, stroke and heart disease. More recent studies have shown that the longer you take HRT, the greater the risk of breast cancer, and after five years' use, the risk doubles annually. Younger women in their fifties were also shown to be at risk, despite what some doctors will tell you. HRT has also been linked to dementia, so as far as I'm concerned, it's not worth the risk, especially when there are other options.

European doctors have been recommending herbal solutions for menopause symptoms for decades and the research is very clear – they are safe and just as effective in 80 per cent of users. I recommend you try **MenoSense®**, an outstanding menopause formula that halts hot flashes, night sweats, mood swings, sleep disturbances, irritability, nervousness and more. **MenoSense** has been approved by Health Canada for its safety and efficacy, so you know you can trust the product. It contains five ingredients that work together to balance your hormones naturally—dong quai, chasteberry (vitex), black cohosh, gamma-oryzanol and hesperidin.

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Widespread Call to Stop GM Alfalfa in Canada

80 groups to fight the commercialization of genetically modified alfalfa

By the Canadian Biotechnology Action Network

On April 28, 2009, 80 groups including farmer associations and food businesses from across Canada joined the growing call to stop the introduction and field-testing of genetically modified (GM) alfalfa.

The alfalfa in question is genetically modified by Monsanto to be tolerant to the company's brand name herbicide Roundup. Alfalfa would be the first perennial GM crop on the market.

"The contamination of alfalfa would be inevitable and irreversible. We've already seen an end to organic canola due to GM contamination and we can't afford to lose alfalfa," said Arnold Taylor of the Saskatchewan Organic Directorate. "Because it's pollinated by bees, genes from

Monsanto's GM alfalfa would spread out of control."

Alfalfa is an important crop for all farmers, both organic and conventional, as a soil builder by fixing nitrogen, as a clean-up crop to end weed infestations, and as feed for dairy cattle and other animals. "Farmers universally see no reason for GM alfalfa. Monsanto is the only beneficiary. The company would gain by selling more Roundup and by controlling yet another crop through its gene patents, which in all other Roundup Ready crops in Canada, have disallowed farmers from saving seed," said Terry Boehm, vice president of the National Farmers Union.

GM alfalfa was approved by the Canadian government in 2005 but cannot be

commercialized until Monsanto and Forage Genetics International seek and meet registration requirements for the variety. In the US, a federal court revoked approval for GM alfalfa, ruling that a full environmental assessment was needed, citing risks to farmers and the environment.

The 80 groups that have signed the "No to GM Alfalfa" letter include farmer associations, farm businesses, sprouting and seed companies, food retailers, and public interest groups. The groups oppose the sale, trade and production of GM alfalfa and are asking the Canadian Food Inspection Agency to reassess its approval of GM alfalfa.

"The response from diverse groups across Canada in support of this posi-

"Farmers universally see no reason for GM alfalfa. Monsanto is the only beneficiary."

tion is huge. This is only the beginning of strong opposition to GM alfalfa as there is so much at stake for consumers and farmers alike,” said Lucy Sharratt, coordinator of the Canadian Biotechnology Action Network, a coalition of 18 groups. “The government must recognize the predictable and devastating environmental and economic costs of GM alfalfa and revoke approval now, rather than wait until after it’s too late and farmers have lost their crops and livelihoods to contamination.”

Carmen Wakeling of Eatmore Sprouts & Greens Ltd. in BC said that, “Over time the availability of certified organic alfalfa seed would disappear, creating severe challenges for seed and sprout growers. Ultimately, GM alfalfa would have major repercussions on certified organic food producers throughout Canada and the United States, no matter what they are making or growing.”

Urban consumers are also extremely concerned about the introduction of GM alfalfa. “Canadian consumers are becoming more and more educated about GM

foods and are increasingly looking for organic products,” said Dag Falck, organic program manager for Nature’s Path, a major manufacturer of organic cereals in North America. “It’s essential that we ensure consumers retain the option to buy non-GM foods.”

“Our customers are very clear that they don’t want to eat GM foods, and that includes honey, milk and meat that would be affected by GM alfalfa,” said Julie Daniluk of The Big Carrot food store in Toronto, ON.

The 80 groups will work together to stop the commercialization of GM alfalfa in Canada and have formed a “No to GM Alfalfa” campaign to protect the crop.

Visit www.cban.ca/NoGMOAlfalfa for more information and/or to e-subscribe to the Stop GM Alfalfa news and action list.

Note: Health Action Network Society, in Burnaby, BC, has signed the “No to GM Alfalfa” letter. HANS further supports mandatory labelling of GM foods in Canada to ensure informed choices and consumer right to choose.

Calling All Canadian Organic Consumers



Looking for all things Canadian and organic? A new web resource for all those of us north of the border offers a place for us to research, relax or rant.


The Organic Consumers Association, America’s largest consumer-based organic watchdog group, now has a Canadian site at www.organicconsumers.org. Canadian content is facilitated by HANS, and includes links to Canadian campaigns, news items, resources, a community chat forum and a calendar of events.

“We’re thrilled with this new alliance,” says Lorna Hancock, long-time executive director of HANS. “Organics is a health and environmental movement that offers a solution to many challenges facing everybody, regardless of borders.” —MH

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- Acupuncture & TCM p 32
Animal/Pet Holistic Health Care p 32
Aromatherapy p 32
Assessments p 32
Associations & Non-profits p 32
Ayurvedic Medicine p 32
Biofeedback p 32
Business Opportunities p 32/33
Cancer Info, Treatments & Support p 33
Children's Health p 33
Chiropractic p 33
Cleansing & Detoxification p 33/34
Clinical Counsellors p 34
Colon Hydrotherapy p 34
Craniosacral Therapy p 34
Dentistry p 34
Electromagnetic Fields/Radiation p 34
Energy Medicine p 34
Environmental Products & Services p 34
Food & Cuisine p 34
Health & Education Centres p 34
Health Coaches p 35
Health Food Stores p 35
Health Products & Equipment p 35
Health Retreats & Spas p 35
Healthy Homes p 35
Herbalists (Registered) p 35
Herbs & Herbal Products p 35/36
Homeopathy p 36
Hyperbaric, Oxygen & Ozone Therapy p 36
Hypnotherapy p 36
Inspiration p 36
Iridology p 36
Kinesiology p 36
Massage Therapy p 36
Medical Doctors p 36
Meditation p 36
Mental & Emotional Wellness p 36/37
Naturopathic Physicians p 37/38
Nurses (Registered) p 38
Nutritional Consulting p 38
Organic Products & Services p 38
Orthomolecular Medicine p 38
Osteopathic Practitioners p 38
Professional/Business Friends of HANS p 38
Personal Development p 38
Psychologists p 38
Publications p 38
Reflexologists p 38
Rehabilitation p 38
Reiki p 38
Saunas p 38
Shamanic Healing p 38
Shiatsu p 39
Skin & Hair Care p 39
Water & Air Systems p 39
Weight Management p 39
Wellness Centres p 39
Women's Health p 39
Yoga p 39

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Yackel, Avery. BAsc, RTCMP (604) 671-4682 Vancouver & White Rock, BC ayacupuncture.com
Yip, Lyla. MSc, RAc, DTCM (604) 872-6833 #203-2256 Brunswick St, Van, BC, dr-lyla-yip.com
Yu, Weidong. DTCM, FAc., BM, MPh (604) 737-7876 916 W King Edward Ave, Van, BC, tcnmp.com

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- At Ease Equine Body Care (604) 833-3983 Port Coquitlam, BC, equine-lameness.ca
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Pacific Institute of Reflexology (604) 875-8818
Vancouver, BC, pacificreflexology.com

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**Acquired Intelligence Inc Salvestrols
salvestrol.ca (250) 483-3840; (866) 837-1523

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Autism Canada (519) 695-5858
Bothwell, ON, autismcanada.org

Autism Research Institute (866) 366-3361
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Healing
Thanks for sharing*

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Homeopathy Helps Tourette's Tics

When our son Rhys developed Tourette's syndrome, displaying both vocal and motor tics, we really did not know what to do.

We started to research the subject and, after reading a lot of material, it became quite evident that conventional medicine had no answers. If anything, seeking medical treatment could complicate matters even more, given the potential side-effects associated with the current drug being prescribed.

However, we also read that homeopathic treatments could be used as an alternative to conventional medicine. After searching the Internet for some time, we finally came across Access Natural Healing, based in Vancouver, BC. We booked an appointment to see Dr. Roland Guenther.

Within two weeks of homeopathic treatment, our son's tics were completely under control. Clearly, we were overjoyed with the results, and encourage anyone in the same position to consider homeopathy as a potential treatment.

The Bond family Langley, BC

Healing Touch Helps Kidneys

This is an example of how powerful client involvement can be. I first saw Al in June of 2001. He was diagnosed with kidney problems and, at that time, he had only 10 percent of his kidney function remaining and was facing the need for dialysis treatments in the near future.

We used Healing Touch, an energy-based approach in which hands are used in a heart-centered and intentional way to enhance, support and facilitate physical, emotional, mental and spiritual health and self-healing.

I saw Al three times and gave him directions to do a self-chakra connection (the intention is to open, to balance and to allow the flow of energy into the energy centres) with the kidneys added in, twice a day in each position for three minutes. He continues to do these twice a day, and now says a prayer at each position as well.

In addition, Al comes to a monthly Healing Touch practice group to get a “boost,” and he feels strongly that doing the self-chakra connection has helped his kidneys. His kidney function is up to 50 percent, and his energy level has increased. The only medication he takes is his vitamins. Nothing else has changed in his medical treatment. His doctors know what he has been doing and encouraged him to continue.

Betty Petersen, RN, BSCN, CHTP/I Therapeutic Balancing, Calgary, AB

Relaxing Reiki

Though I was skeptical before trying it, I can now say my experiences with Reiki were definitely positive ones. I had a total of three treatments because I was hoping to alleviate some nagging sports-related injuries as well as some stress related and poor sleep issues.

During the initial treatment, I actually fell asleep within moments. Physically, I felt only warm sensations. I never felt uncomfortable. In fact, I felt extremely at ease the entire time. At

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Papoutsis, Evangelo. DDS (604) 886-4543
RR #8, 817 Gibsons Way, Gibsons, BC

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Clean Energy Foundation, Vancouver, BC

Help For Wireless Victims
A global network, mobilfunkkritiker.com

Safe Wireless Initiative (202) 756-7744
Dr George Carlo, PhD www.safewireless.org

Waugh, Jim. EMF Safe Home (604) 788-0743
Greater Van, BC www.EMFSafeHome.com

Energy Medicine

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Golden, BC, bluewonder.net

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#205-175 E Broadway, Vancouver, BC, sanare.ca

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Integrative Medicine for Mind-Body-Spirit

Louie, Diane. EFT Practitioner (604) 888-2950
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Warren, Phillip W. Delta Life Skills (604) 946-4919
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Clean Energy Foundation, Vancouver, BC

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Watson, Grant. gourmetgardens.ca (778) 869-4060
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North York, ON, instituteofholisticnutrition.com

Toxic Free Canada - Cancer Smart Consumer Guide
Vancouver, BC, toxicfreecanada.ca (604) 669-1921

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Bhattacharya, Lisa Marie, RHN
holistic nutrition and health (604) 714-4065

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times I really couldn't decide whether or not I was dreaming or simply thinking. By the time the 30 minutes were up, I could have sworn only a few minutes had passed. It was a surreal experience.

Overall I felt like the treatments were beneficial, and over the months that followed I definitely noticed improvements—my sleep was better, I was less tense and generally felt better overall. I plan on having more treatments in the near future. I can now say I am a believer in the benefits of Reiki and would recommend it to anybody in need of alternative therapy treatments.

T. Hawkins Vancouver, BC

Acupuncture for Raynaud's Syndrome

I'm 51, and along with my mother and three sisters, have suffered with Raynaud's syndrome all my life.

In July of 2008, after enduring my ever ice-cold fingers and feet, my boyfriend Mike, a veteran of acupuncture treatments, arranged for me to visit a doctor of traditional Chinese medicine for acupuncture. Previous to this visit, I had tried cayenne pepper and various herbs, but nothing gave significant or lasting relief from my symptoms.

Within a couple of days of my first acupuncture treatment I felt positive results! After my second visit, one week later, my condition improved by about 95 percent! These results, and the short time in which they occurred, is nothing short of amazing to me. I'm just not sure who's happier, Mike or me!

Jody Westendorp
North Delta, BC

Homeopathy for Eczema

I came across homeopathic healing after years of suffering with eczema, which runs in my family. All my brothers and I have had very persistent problems with eczema. I had searched and searched for ways to help myself with this condition. All my doctors had told me there's

no way to get rid of it and that I had to learn to live with it and there was only cortisone that I could use to lessen the severity of it. I had decided that I didn't want to use cortisone for the rest of my life. Besides, it didn't really work well enough for me.

Finally—just by chance—I was walking past a homeopathic clinic and thought I would stop in and ask if there was anything that they could do. Guess what? I tried it and it worked!

I was shocked. Yes, it took some time, but homeopathy did what I was previously told was not possible. My only regret is that it took so long for me to find homeopathy. My goal, as a result, is to make sure that people who are looking for answers to their health problems find homeopathy—sooner rather than later.

El Cecchetto Vancouver, BC

Colon, Mind and Spirit

Most people are so impressed by the obvious physical improvements conferred by colonic therapy that they fail to consider how their mental and emotional states may also radically change for the better.

I am awestruck by the nature of the links between gut, mind and spirit. I intend to read *The Second Brain* by Michael D. Gershon (HarperCollins, 2001), which shows these links in detail. A well-trained, empathetic colon therapist works wonders when one's nervous system is processing yet another personal revelation or life event of major impact.

We process all thoughts and emotions, positive or negative, in our gut. The origin of the phrase “gut feeling” is too obvious to ignore. Sometimes a logjam occurs, as tensions and tiredness arise and the processing grinds to a halt. Toxins build up and the mind becomes as sluggish as its partner in the lower regions.

In my experience as a client of Vestta Whole Health for nine years, a colonic is the best possible professional therapy for such sluggishness. I recommend the colonic therapist's table over the counselor's couch any day.

RF Vancouver, BC

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Surrey, BC, drneilhhomeopath.com

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Canadian Assn of Specialized Kinesiology
Coquitlam, BC, canask.org (604) 669-8481

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Science of the Soul, santmat.ca

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Kitsilano, Vancouver, BC, traininginpower.com

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Bio-Energy Healing for Chronic Pain

When I first was introduced to the idea of bio-energy healing, I wasn't sure what to expect. I was willing to try anything that may help with the chronic pain I was having in my joints, especially my jaw. I had been grinding my teeth for years, which was wearing away my teeth enamel and causing stress on the joints and muscles. I was wearing a night (bruxism) guard, which would prevent further wearing of my teeth, but it didn't really help my problem, just prevented it from getting worse.

After a few sessions with Michael D'Alton, I found myself in a state of relaxation like nothing I had consciously experienced. I found my jaw more relaxed when I slept and I would often wake up with my mouth open, rather than my jaw clenched shut. The pain in my elbows and feet also began to lessen. Overall, my body felt more in a relaxed and in-tune state. In the past, I would have difficulty sleeping for the first 30–60 minutes after going to bed, as my brain was constantly thinking. Now I fall sleep quickly and sleep soundly, and if I am having trouble falling asleep at first, I have some relaxation exercises that help me get on track. My dreams are vivid and enjoyable. If difficult events of my past are recalled as I sleep, they conjure further examination and reflection, rather than agitation and stress.

Bio-energy healing has opened my eyes to the value of alternative medicine, and has helped me understand just how far I can go to relax my body and decipher what is going on inside of me. I will definitely look to bio-energy healing whenever I encounter chronic pain, stress or if just want my body to be recharged.

Jaymie Davey
New Westminster, BC

Oil of Oregano —A Versatile Healer

Since discovering oil of oregano, I am not getting sick anymore. I run a daycare at my home so am consistently in contact with germs and viruses. As soon as I feel I might be coming down with a cold or the flu, I take my oil of oregano and boom—it's gone.

One time I ripped a cuticle on my toe, which caused a serious infection. My foot was swollen, red and warm and prevented me from sleeping at night. I finally thought about trying oil of oregano. I put a drop on it, and what a miracle. I slept and woke up the next morning and the infection was completely gone. Also, I recently burned my arm with very hot oil. I immediately put oil of oregano on the burn to reduce the pain and inflammation. No water blister formed and one week later my skin was already regenerating. I also used the oil for my son, who had recurring ear infections. I rubbed the oil of oregano behind his ear and the next morning his infection and fever were gone. I don't know what I would do without this amazing product.

Mélissa Lefebvre
Gatineau, QC



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