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Jan'2020

7 Tips to Burn Fat at Breakfast

Wellness Predictions for 2020

4 Steps to Control Cholesterol

Lose Weight with 3D Healing

Cardio vs. Weight Training

Lose Weight Easily with 3D Healing

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How Herbs Can Help Weight Loss



Publisher's Note

It's another brand new year – Happy New Year!

As we enter a new year and a new decade, looking after our health naturally becomes even more important.

Having a good weight management is part of that, as excess weight leads to health problems such as joint issues, diabetes, obesity and other issues.

Weight loss and weight management are so important these days as the number of overweight and obese people has been skyrocketing.

The highest number of overweight people live in the United States – 13% of the total globe with only 5% of the world's population.

Nearly 75% of American men and more than 60% of women are obese or overweight, while 30% of boys and girls under age 20 are overweight.

Many people want to lose weight as a resolution for the New Year. While intentions are good, knowing how to get there and stick with it is what will make a difference.

That's why this January issue focuses on weight loss and weight management.

Because it's one thing to lose weight, it's another to manage that weight loss so it doesn't come back.

Getting enough aerobic exercise is important as well as eating the right foods.

But herbs like gymnema sylvestre, guggul along with ginger, peppermint, garlic and cayenne can also help with weight loss.

These herbs help to add some 'fire' and increase metabolism in the body along with improving digestive health.

Then you will also be more fired up to exercise which helps with weight loss.

We hope you get value from the articles and tips in this issue and want to wish you all the best for the new year and decade.

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

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Wellness Trends and Predictions

or a New Year and Decade

The natural health movement is taking off in a big way with signs that people are utilizing various strategies to get healthy.

The trend towards plant based eating took off in 2019 and is predicted to grow even more for 2020.

Don't Have a Cow Mylks and More

Vegan cheeses and vegan mylks will continue to grow in popularity for 2020.

Don't have a cow is becoming more popular as people move away from animal meat and milk. Now the alternative mylk aisle is crowded with many options; nut mylks like cashew, almond, macadamia, pecan and walnut along with pea, coconut, brown rice, sesame, banana and oat mylks.

Getting a frothy non-dairy concoction with coffee is now a lot easier and tastier.

Look for more alternative and tasty non dairy ice creams, cream cheese, whipped cream, yogurts, cheeses and other non dairy options in the grocery stores and at restaurants.

Plant Based Medicine

Along with plant based food, plant based

medicine is going to be part of that trend as more people turn towards herbal solutions for what ails them. According to a Pinterest study released at the start of 2019, superfood powders have had a 144% year-over-year spike in searches and interest in nutrient-packed mushrooms is up 46%.

Mushroom Infused Products Growing

Medicinal mushrooms are very potent herbs and are currently hot in health food stores. They have been used for centuries in the Far East cultures for diverse medicinal purposes and can be very effective.

Medicinal mushrooms, particularly adaptogens, will be creeping into mainstream products in 2020. One trend is medicinal mushrooms with cocoa to produce a healthy hot chocolate.

Vegan Chocolate

Vegan chocolate alternatives are going to be more available and popular. Whether it's an ice cream, chocolate spread, pudding, mousse, fudge or bar, vegans will be able to enjoy chocolate more.

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Algae Oil taking Over Omegas

The year 2020 may be the year of the algae revolution. A previously overlooked high quality vegan and sustainable source of omega 3 fats, algae oil has the added benefit of far fewer contaminants in comparison to fish oils.

As veganism has snowballed over the last few years, expect an increase in functional foods like algae oil to appear on the market.

Ayurvedic Medicine Increasing

Ayurveda is becoming more popular around the world and it is becoming the latest wellness go to alternative.

Natural herbs are a key component of Ayurveda and are important being used for the regulation of blood sugar, insulin sensitivity, and other diabetic complications. Ayurveda is a lifestyle and is based on 3 main doshas or body types. These types are Vatta (wind), Pitta (fire) and Kapha (water). Usually people have one strong dosha with another secondary dosha. These doshas affect how a person eats, lives, behaves and health. An individual becomes aware of the strengths

and weaknesses of each dosha and makes choices accordingly.

Hiking and Healing in Nature

The term 'Forest Bathing' was first coined by the Japanese as a way to get healing while walking in the forest. Now the healing power of nature cannot be overestimated and nature will become an increasingly valuable resource.

People will seek out immersion in 'deep nature' to get far away from technological and industrial influences. As more people become aware of nature, they will also become more attune to the variability, beauty and fragility of local flora and fauna.

Yet more pressure will be put on natural environments and challenge operators to retain nature in its pristine state despite the impact of more and more people.

Designers and architects will be challenged to satisfy the crave for nature by creating natural experiences in urban environments. Opportunities for wellness-adventure experiences with minimal environmental impact are also expected to increase.



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Planning for Your *Best Health in 2020*

Welcome to 2020. A new year and new - or renewed - resolutions.

Whether you're determined to manage weight, reduce stress, strengthen relationships, or volunteer your services, the first step in choosing what to tackle is understanding your values and priorities. Visualize how the change would look for you.

Ask yourself: If I make this change . . .

What positive effects will I experience: (example, if you choose to focus on volunteer work, you are likely to create new friendships; if you volunteer as a family, you'll strengthen family ties).

What resources or support do I need?

How will I feel emotionally? Physically? Spiritually?

Changing behavior is tricky: it takes time, patience, good planning, and the willingness to accept setbacks even as you move forward. It takes at least 30 days to establish a new habit and become comfortable with your new routine, time requirements and available resources. Plan for success and be realistic about outcomes by anticipating how you'll handle challenges that pop up, whether

its time constraints, external obligations, or lack of support from family and friends.

The following strategies can help you succeed.

Know Your Why. Why do you want to make this change? Motivation is an important predictor of behavior and, ultimately, success, so be honest about your why.

How will success feel to you? Connecting emotion to your why strengthens your willingness to stick to the goal when things get challenging.

I'll feel less stress because I will have more space around the house if I clean out the rooms and closets. Write down your 'why' and post it somewhere visible.

Set Goals and Have a Plan. Anything you want to achieve isn't about finding the time, it's about making the time - and that choice is always in your power.

If you're unsure about forming goals and plan, ask your Naturopathic Doctor for assistance. Depending on what you are striving to change, you might set weekly or monthly goals.

Pull Together Resources. Sometimes the people we typically count are less than supportive of our goals, wondering how your commitment to change will affect them or your relationship.

If you can't find support in your immediate circle of influence, seek out a like-minded group, an accountability buddy, a life coach or counselor. Your health practitioner can assist with resources and make suggestions for

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Celebrate Success! In your plan, note the markers at which you will celebrate success. Rewards need not be expensive, just meaningful for you. Keep in mind that some rewards might be a natural consequence of your lifestyle change: A smile from someone you have helped through volunteer work, donating clothes that no longer fit after weight loss, or having room for a new desk in a cleared out space.

In my office, I see variety of concerns sprinkled with good intent of needing and wanting change.

Sometimes, there is a big gap between where one is at and where wants to get to. That gap can often feel overwhelming and filled with anxiety.

My advice is always to define what goals you want to achieve, determining whether they are reasonable, and breaking things down into small bites.

Using the metaphor of eating a meal – you are never going to swallow the whole plate at once, but you will definitely will take one bite at a time.

The steps towards your goals need to be dealt with in the same way. Your health is always a continuous journey – it is imperative that it occurs one step at a time combined with a boatload of patience and understanding.

And don't forget to call on your local Naturopathic Doctor for assistance in supporting you on this journey. Here's to a positive 'one step at a time' start to 2020. Happy New Year!

Olena Gill, R.Ac., ND is a Naturopathic Doctor and Reg. Acupuncturist practicing in Oceanside and Gabriola on Vancouver Island, BC. She welcomes New Patients in all her clinic locations by telephoning 778 – 762 – 3099. Disclaimer: No information in this article should be construed as specific health advice. For customized medical advice, diagnosis and treatment, talk to your Naturopathic Doctor directly.



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Elisabeth – Nov 22, 2018



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4 Steps to Control Cortisol for Weight Loss

If you want to maximize the amount of fat loss you experience, one hormone you will want to ensure you have good control over is your cortisol level.

Cortisol is a catabolic hormone, meaning it breaks tissue down. Now at first this might seem like a good thing. You need to break body fat down so you can become leaner.

But not so fast. Cortisol also causes the breakdown of lean muscle mass, which then reduces your metabolic rate to a crawl.

Too much cortisol in your system can also increase the risk of body fat accumulation around your waist. Not sounding so super anymore, is it?

Fortunately, there are steps you can take to help get your cortisol levels under control. Here is where to start so you can put your best foot forward and reach the weight loss goals you have set for yourself...

1. Stress Less. The very first thing you must do to achieve a lower cortisol level is to start stressing less on a day-to-day basis. If you are feeling very stressed out, it is only a matter of time until cortisol surges through your veins.

Practice stress reduction techniques. Try...
writing in a journal,
performing yoga or meditation,
hitting the gym for an intense workout session, or talking to a counselor about whatever is stressing you.

Whatever you do, find a way to get control over your stress.

2. Sleep More. Sleep is something else you must not overlook if you want to get lean and healthy. Those who are not sleeping enough at night typically experience higher cortisol levels and may also have a greater appetite as well.

Pair these together, and it is a deadly match as far as losing body fat goes. Focus on turning back your bedtime as early as you can make it and refine your morning routine so you can squeeze as many extra minutes of shut-eye in as possible.

3. Avoid Very Low-Calorie Diet Plans

While very low-calorie diets may seem like a fast way to lose weight, the fact is, they will send your cortisol levels soaring and lead to a high probability of muscle loss rather than fat loss. They are not an effective long-term solution for overall body fat loss so are not recommended.

Choose a moderate calorie diet plan and be sure to take in enough carbohydrates during your day. A moderate calorie diet plan is what will promote optimal fat burning.

4. Time Your Workout Sessions. Finally, watch the length of your workout sessions. If you are in the gym for more than an hour at a time, this could become catabolic. If you are working hard and training wisely, you should not need any more than 30 to 60 minutes to complete your program.

It pays to consider this hormone as it can make a difference in the results you see.

Cardio vs. Weight Training to Burn Fat

When it comes to burning fat everyone wants to know one thing, what is the best way to do it?

Losing that extra stubborn body fat will help in one of two ways, to either turn your lifestyle around or to prepare your body for the beach this summer.

Besides just to look good, losing that stubborn body fat also has heart health benefits such as preventing heart disease!

I've been there myself and I know what it feels like, it can seem like an impossible task at first, to burn that weight off!

But believe me when I say that you can do it, as there are so many ways in which you can burn fat like running, swimming and even by lifting weights.

Losing weight boils down to one thing, burning more calories than you consume. And yes, some ways are more efficient than others, but which is better for losing weight, cardio or weight lifting?

Cardio

There are many forms of cardio out there, but as I'm sure you know the most popular form of cardio is jogging.

Jogging is a great way to get the blood pumping as it has the ability to increase your lung capacity and the health of your heart! On average, a 15 minute jog will burn about 220 calories; however I do realize that it isn't the most exciting form of exercise out there.

If you are like me and you get bored quickly, the best thing that you can do is mix it up with a bit of interval training.

Interval training is simply mixing standard cardio with short interval of high intensity

bursts! So next time you are out jogging, try adding a few sprints to your routine.

Weight lifting

Now don't worry, when I say weight lifting, I necessarily mean that you have to be Mr. Muscle in order to burn a few calories!

Weight lifting can accomplish many long-term and short-term goals like losing weight. A weight lifting session can burn about 200 Calories a hour depending on the intensity of your work out.

It's no secret, muscle helps to burn extra body fat! It's not the only reason, but is why a lot of people fall into a 'plateau' because they focus only on their diets and neglect exercise altogether!

The best way to start weight lifting is to start slowly and build your way up to heavier weights. A good rule of thumb is when you are ready to move on, increase you weights by about 10% at a time!

So which is better for weight loss, cardio or weight lifting? Here is the answer: the one that you enjoy the most!

After all you aren't going to see any results if you give up after one week because you didn't enjoy the activity.

Both cardio and weight lifting burn similar amounts of calories if you are using the most efficient version of each.

There is nothing that says you can't do both! So if you want to keep your exercise routine exciting, try switching it up by doing both cardio and weight lifting. Just remember to give yourself at least one rest day a week!

Not Ya Mama's Collard Greens

Three bunches of collard greens, soak in warm water, de-stemmed & cut

- 2 tablespoons olive oil or coconut oil
- 1 large chopped onion
- 1 teaspoon red pepper flakes
- 1 minced garlic clove or 1 teaspoon granulated garlic
- 2 tablespoon coconut liquid aminos
- 2 tablespoon balsamic vinegar
- 4 cups vegetable stock
- 2 tomatoes, chopped
- Garlic salt and pepper to taste.

Instructions:

Soak collard greens in a large sink or steel bowl. Pick through the greens and discard yellow leaves and any thick stems. Dry and cut out the thicker stem of the collard greens. Stack 3-4 leaves and roll the leaves cross-wise into tiny strips or chop into 1/4" strips.

In a large pot over medium heat, heat the oil. Sauté the onions until slightly softened, about 4-5 minutes, then add the red pepper flakes, and garlic, cook another minute.

Add collard greens and cook another minute. Add the vegetable stock, coconut liquid aminos and balsamic vinegar, cover and bring to a simmer.

Add filtered water as needed. Cook until greens are tender, about 40 minutes. Add or garnish with tomatoes and season with salt and freshly ground black pepper.

Serves 4 to 6 people

RECIPE 411:

Did you know food historians date collard greens back to prehistoric times?



Collard greens are members of the cabbage family. These greens are immune boosting and full of iron, Vitamin A, Vitamin C and other hearty nutrients. Although many people associate greens with southern African American culture, the reality is different.

Here's the deal. Collard greens are popular plants with a rich soulful history. The Romans and Portuguese have long used collard greens.

Even so, I know you might want to hear more about the southern variety of greens that has hammocks or smoked turkey meat added to the collard greens, or the cornbread for dunking but you'll be shocked to know how "detoxelicious" this dish is without any added meat.

It's just the African slaves and Native Americans shared ideas on how to make the collard greens more flavorful in the South.

So, from my grandma table to yours, eat "detoxeliciously," without any complex animal meat proteins.

MENU

Garlic Ginger Soup

- 26 garlic cloves (unpeeled)
- 2 tablespoons olive oil
- 2 tablespoons (1/4 stick) organic butter (grass fed)
- 1/2 teaspoon cayenne powder
- 1/2 cup fresh ginger
- 2 1/4 cups sliced onions
- 1 1/2 teaspoons chopped fresh thyme
- 26 garlic cloves, peeled
- 1/2 cup coconut milk
- 3 1/2 cups organic vegetable broth
- 4 lemon wedges

Preheat oven to 350F. Place 26 garlic cloves in small glass baking dish. Add 2 tablespoons olive oil and sprinkle with sea salt and toss to coat.

Cover baking dish tightly with foil and bake until garlic is golden brown and tender, about 45 minutes. Cool. Squeeze garlic between fingertips to release cloves. Transfer cloves to small bowl.



Melt butter in heavy large saucepan over medium-high heat. Add onions, thyme, ginger and cayenne powder and cook until onions are translucent, about 6 minutes.

Add roasted garlic and 26 raw garlic cloves and cook 3 minutes. Add vegetable broth; cover and simmer until garlic is very tender, about 20 minutes.

Working in batches, puree soup in blender until smooth. Return soup to saucepan; add coconut milk and bring to simmer. Season with sea salt and pepper for flavour.

Squeeze juice of 1 lemon wedge into each bowl and serve.

Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat, stirring occasionally. Serves 4

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Detoxilicious, A New Cleanse

New book assists readers in making their food-fitness journey easier and delicious.

Award-winning market researcher, health coach and certified yoga instructor Dena Dodd Perry has just released her first book *Detoxilicious: Easy Soul Food Inspired 10 Day Detox Cleanse Recipes and Fitness for Super Busy People*, a self-help food-fitness book that will assist readers make their food-fitness journey easier and delicious.

Detoxification means ensuring your entire body is functioning at an optimal, balance level. When our bodies are in balance, we feel energized and refreshed.

Detoxilicious is an easy soul-food inspired detox 101 resource book which promotes healthy living and healthier food designed to be dairy-free, sugar-free, grain-free, meat-free and carb-free.

The 10-day detox plan in Perry's book is based on her own health story having suffered the effects of pneumonia as a young child and the complications she experienced from having to live on a battery of antibiotics for a long period of time.

"I was on a mission to restore balance for my own gut and cardiovascular health. I decided to start by taking the 'old school' cayenne pepper and lemon water cleanse, then I proceeded to drink cold pressed juice cleanses once a year beginning in 2012.

Then, I finally found a 10-day detox supplement plan in 2014 that I loved," Perry explains. "My detox approach was to cross reference plant-based super foods with soul food that I loved to eat as a child. I especially loved eating my Grandmother's collard greens from Selma, Alabama. I incorporated those favorite recipes into this program."

The book provides readers with daily mindfulness exercises such as yoga movements and breath work.

With the aim to make every reader healthy inside and out, DETOX-ELICIOUS offers plant-based recipes intended to give the kidney and liver a 10-day break from complex proteins and processed sugary foods.

Supplements supported by healthcare professionals are also added in order to reach desired health goals effectively with renewed energy levels.

The book highlights the importance of yoga fitness (to aid the body's natural detoxification) and mindfulness (to remain mentally inspired throughout the detox journey).

"Anyone can decide to make better lifestyle changes. Making better choices with your food-fitness routine is the best way to start.

It starts with the premise of giving your heart, liver and kidneys a break from complex animal proteins, fats and processed foods.

Go with a fiber-rich plant-based diet for only 10 days. It's not a lot to ask in a year which is comprised of 365 days," Perry stresses.

For every copy of Detoxilicious sold, proceeds will go to local children's charities.

Dena Dodd Perry is an award-winning market researcher with over 20 years of experience in the wellness industry. DETOXELICIOUS is her first food-fitness book. To learn more about Dena Dodd Perry, visit her website, www.DenaDodd.com.



Gymnema Sylvestre for Weight Loss and More

Gymnema sylvestre is an herb that has amazing abilities for weight loss along with other benefits.

The leaves of the shrub, which is native to the tropical forests of India, Africa and Australia, have been a traditional remedy for various ailments, including diabetes, malaria and snakebites.

The herb is believed to inhibit sugar absorption and help with weight loss. Here are some impressive health benefits of Gymnema sylvestre.

1. Reduces Sugar Cravings by Making Sweet Foods Taste Less Appealing

Gymnema sylvestre can help reduce sugar cravings as one of the primary active components in the herb is gymnemic acid, which helps suppress sweetness.

This acid blocks the sugar receptors on your taste buds when it is taken before consuming a sugary food or beverage.

2. Helps Lower Blood Sugar Levels

Gymnema sylvestre is considered to have anti-diabetic properties and has been used in combination with other diabetes medications to lower blood sugar. It's also called gurmar, which is Hindi for "destroyer of sugar".

Gymnema sylvestre can also block receptors in your intestines which lowers sugar absorption and blood sugar levels after meals.

Consuming 200–400 mg of gymnemic acid reduces the intestinal absorption of glucose.

3. May Contribute to Favorable Insulin Levels by Increasing Insulin Production

Gymnema sylvestre may help increase insulin levels, which means sugar is cleared from your blood at a faster rate.

Gymnema sylvestre may stimulate insulin production in your pancreas, which can help

lower blood sugar levels.

4. Improves Cholesterol and Triglyceride Levels, Reducing Heart Disease Risk

Gymnema sylvestre may help lower "bad" LDL cholesterol levels and triglycerides.

Research shows that Gymnema sylvestre influences fat absorption and lipid levels..

A study on moderately-obese people showed Gymnema extract decreased triglycerides by 20.2%, bad "LDL" cholesterol by 19%. "good" HDL cholesterol levels by 22%.

5. May Aid Weight Loss

Gymnema sylvestre extracts have been shown to have an effect on weight loss in animals and humans.

A study of 60 moderately-obese people taking a Gymnema extract found a 5–6% decrease in body weight, along with reduced food intake.

6. Helps Reduce Inflammation Due to Its Tannin and Saponin Content

Studies now show the link between excessive sugar intake and increased inflammatory markers in humans. Since Gymnema sylvestre reduces sugar absorption in your intestines it can also decrease inflammation.

Gymnema appears to have anti-inflammatory properties of its own due to the beneficial plant compounds tannins and saponins.

Gymnema sylvestre leaves are considered immunostimulatory, meaning they can regulate the immune system, which reduces inflammation.

Dosage and Contraindications

Gymnema sylvestre is traditionally consumed as a tea or by chewing its leaves. It is also taken as a supplement.

For tea, boil leaves for 5 minutes and steep for 10. Capsule: 100 mg, 3–4 times daily.

Guggul for Natural and Effective Weight Loss

The most common causes of weight gain are lack of physical activity and unhealthy eating patterns.

Obesity immensely increases the risk of developing many chronic diseases such as heart, respiratory diseases and diabetes.

It is easy to prevent obesity by adopting a certain lifestyle. According to Ayurvedic medicine, weight loss is a slow process involving occasional fasting, a nutritious diet, and medicinal herbs like Guggul.

Guggul or commiphora wighti, also known as the Mukul myrrh, is a small shrub native to the semi-arid parts of northern India. Guggul is obtained from the gum resin of the tree.

It has been a very prominent part of the Ayurveda and has been in use from the last 2,000 years, helping with weight loss and diseases related to obesity like diabetes and hyperlipidemia.

Various studies throughout the world demonstrate how shuddha guggul helps in potential weight reduction.

According to the reports, Guggul reduces the formation of new fat cells, effectively

kills the old ones and helps by breaking down the fat cells. .

Its heating and post-digestive effects collectively eliminate fat and improve metabolism within adipose tissue. All these processes collectively lead to weight loss.

The resin extract of Guggul contains a plant steroid called guggulsterone. Guggulsterone contains certain lipid lowering properties, which enables weight management.

Guggul has traditionally been used to manage cholesterol levels and is backed by scientific reports.

Guggulsterone does not facilitate the synthesis of cholesterol and helps in converting cholesterol into bile acid and excreting the excess through feces.

Stimulating the thyroid is another of guggul's trait which helps in the reduction of body fat. Guggul is responsible for producing 2 thyroid hormones, T3 (triiodothyronine) and T4 (thyroxine).

These hormones are thermogenic in nature, i.e. produce heat and burn stored fat. They are also responsible for speeding up the process of protein synthesis and carbohydrate metabolism.



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Lose Weight with 3 D Healing

Are you ready for the real deal weight loss and weight management?

By now everybody knows that negative beliefs and thoughts are the result of a reflection of reality. The way we see ourselves, our fears and anxieties, feelings of being not good enough are what actually caters to create that reality.

Beliefs establish what we can achieve.

So if you tried all kind of ways to drop weight and maintain

a certain body size....and over and over again got frustrated with the outcome... the following questions need to be asked and does this resonate within you:

"No matter what I try or do... it simply doesn't work."

"What kind of beliefs can be in my way or hold me back? So what is really holding me back from dropping weight?"

"Why do I self-sabotage myself and what are the beliefs anchored or self created in my psyche?"

"Is my diet and with that my nutritional intake the right one for what my body and soul truly need?"

"What is my real state of mind?"

"Am I ready for changes?"

"Can I trust myself and my body?"

If you did some deep soul searching at this point....follow the 6 second law of intuition and feel what your spontaneous and initial subconscious response was before the conscious overwrote it.

All of us have the tools to access and stim-

ulate changes in our MIND and therefore in our body!

Latest scientific research found that our entire physical performance is based on the core-belief-system which can be implanted, or self created, or both.

It takes a professional therapist to stimulate changes within the performance of our thoughts, emotions and actions.

Here is guidance on the safe and professional way to finally achieve the desired changes and maintenance (results guaranteed!):

3-D-Healing is able to align all three dimensions of the human body - the physical, emotional and energetic body, and restore healthy and happy balance.

3-D-Healing is non-invasive and utilizes a very specialized and defined mix of Conscious Expansion, Neuro Plasticity, Neuro Linguistic Programming (NLP) as well as Trance work. The very specific brain wave called THETA is utilized to facilitate the extraction of negative and hindering thoughts, feelings, emotions, and beliefs to realign the body.

In 3-D-Healing we are addressing all 3 dimensions of the human body, encompassing nutritional and general life style aspects utilizing and applying ancient and traditional knowledge and healing methods.

3-D-Healing is painfree, fun and rewarding.

For more information on 3D Healing, contact the Naturally Healthy Clinic, www.naturallyhealthyclinic.ca.

4 Best Teas to Lose Weight & Belly Fat

It's a New Year with many people making a resolution to lose weight. What if you could lose weight by drinking tea?

Some studies have even found that tea may enhance weight loss and help fight belly fat.

Certain types have been found to be more effective than others at achieving this.

Of course you need to have a healthy diet, eat less food and exercise more.

But tea can make the weight loss process easier by helping your body to metabolize and burn fat.

Below are four of the best teas for increasing weight loss and decreasing body fat.

1. Green Tea

Green tea is one of the most effective teas for weight loss and it is linked with many health benefits.

This may be because green tea is especially high in catechins, naturally occurring antioxidants that may boost metabolism and increase fat burning.

So there is substantial evidence linking green tea to decreases in both weight and body fat.

The same effect also applies to Matcha, which is the stone-ground powder of high-quality green tea leaves. Because the whole leaves are ingested, Matcha green tea is a more potent source of nutrients. Both green teas provide an increase in energy.

2. White Tea

White tea stands out among other types of tea because it is minimally processed and harvested while the tea plant is still young.

The benefits of white tea are well studied, from improving oral health to killing cancer cells in some test tube studies.

While more research is needed on weight loss, white tea has comparable amounts of catechins to green tea, which may help with



burning fat and metabolism. One test-tube study showed that white tea extract increased the breakdown of fat cells while preventing the formation of new ones

White tea has a distinct flavor very different from other types of tea. It tastes subtle, delicate and slightly sweet.

3. Herbal Tea

Herbal teas involve the infusion of herbs, spices and fruits in hot water.

Popular herbal tea varieties include rooibos, ginger, rosehip and hibiscus tea.

Rooibos tea is a herbal tea that may be especially effective when it comes to fat burning, as it increases fat metabolism and helps block the formation of fat cells.

One test-tube study showed that rooibos tea increased fat metabolism and helped block the formation of fat cells. Further studies in humans are needed to investigate the effects of herbal teas like rooibos on weight loss.

Coupled with a healthy diet and regular exercise, a cup or two of tea each day could help you boost weight loss and prevent harmful belly fat.

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It's Not Rocket Science

Tips to Eat Healthy & Lose Weight

Here are just a few of the "USA TODAY TOP RATED DIETS 2014" (FYI: there are 37 of them!?!)

<http://health.usnews.com/best-diet/best-overall-diets>

17 day diet

Cookie Diet

Master Cleanse (Lemonade Diet)

Omish Diet

Vegan Diet

Zone Diet

I'm sure many of you are guilty of trying these insane diets, right? Maybe you did lose weight, but did you keep it off? Highly unlikely.

The reason you cannot keep the weight off that was lost during these diets is because diets are not a permanent solution.

Good news is, losing weight and keeping it off is not rocket science!

I promise you this whole "healthy lifestyle" thing is super easy. Will you lose 100 pounds in 1 week? Definitely not... but if you follow these basic healthy lifestyle principles you will lose the fat and keep it off forever! Patience and consistency are key; don't expect to lose all the fat in 1 week.

Just think... how long did it take you to gain all the excess weight!??

Back to the basics: Keeping it simple!

Include a lean protein source every time you eat!

Fish (cod, flounder, tilapia, orange roughly*my personal fav*, mahi-mahi, snapper, grouper, halibut, haddock, corvina... there are SO many kinds of fish- there has to be a least 1 that you like!)

Eggs!! (such an amazing food! They are loaded with protein and other amazing nutrients)

Chicken/turkey breast or lean red meat)...

Protein powder (I would limit this, however it is a quick and easy solution for times when you are in a hurry)

Try to consume as much fiber as possible

Fresh green vegetables tend to have the most. Here are a few examples:

Broccoli, Spinach, Brussel Sprouts, Kale, Cabbage, Cauliflower (this is not green, but has lots of fiber!)

Do not be afraid of eating FAT... We need it to maintain a healthy lean body!

Raw butters (coconut butter & almond butter are great and taste delicious!) *just be sure to select a brand that is raw, no sugar added*

Raw mixed nuts, Avocado, Flax seeds or Chia seeds, Olive Oil

Limit carbohydrates, but still have the good ones (just don't go crazy)

Quinoa (my favorite!), Brown/black/wild rice, Beans (yes, beans have protein, however they are mostly a carbohydrate)

Baked Sweet Potatoes, Oatmeal

Do you have to eat 5-6x per day??!

The answer is no... first of all there is not ONE way to do anything. Everyone is different, everyone has a different schedule, and there is always more than one good way to accomplish something.

The main point is to not starve yourself all day and then go on a total binge when you get home at night.

Start your day with some food in the morning to get your body going (remember must include protein)... everyone can fit in a few extra minutes to have some breakfast weath-

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4 Reasons Why Most Diets Fail

Wondering why you just cannot see success with your diet plan? Do you feel like every diet you go on, you eventually fall off somewhere along the line?

Are you ready to toss in the towel on fat loss for good? Don't be. If you stop and take a minute to look at the four reasons why most diets fail, and then find yourself a diet plan that overcomes these reasons, you will soon find yourself on track to optimal success. Let's look at the four key factors that you need to know.

Unrealistic Calorie Intakes

The first big reason why most diets fail is because they simply have you striving to take in an unrealistic number of calories each day. In other words, they put you into "starvation mode." They are causing you to consume so little food that your body literally starts shutting down to conserve fuel.

When it does this, you know that you are on a one-way path to a fat loss plateau. You do need to lower your calorie intake for fat loss results, but you need to do so wisely so you can maintain your "metabolic engine."

Lack Of Satiety-Boosting Nutrients

Next, another big issue with most conventional diets is they aren't providing you enough of the two most satisfying nutrients: protein and fiber. You need protein to function optimally. It's also the nutrient that's the slowest to break down and digest in the body, so it will provide immediate satiety.

Couple that with dietary fiber, which is found in fresh fruits and vegetables, and it'll slow digestion even further.

Many crash diet plans are very low in



protein, and while they do have you eating lots of vegetables, many discourage the consumption of fruit.

By making these two nutrients a focus of your plan instead, you can see results that much faster and enjoy being on the diet.

Time Consuming Meal Prep

Who has an hour each and every day to meal prep? Not me - and definitely not you. Yet, many diet plans are so complex that they require this. If that's the diet you're on, it's no wonder you're failing.

Instead, you want to find an approach that gives you some basic and easy-to-implement guidelines that will help you realize true success with your program.

This plan should not take hours to follow each week, and should work with your lifestyle. When you find such a plan, it'll be easier than ever to stick with.

Long-Term Approach

Now, chances are you've heard that any diet you follow should encourage a long-term approach - and I agree. When you make diet changes, you should be focusing on main-

taining healthy eating in the long term.

But, if your diet plan is designed to go on for months, this can kill your motivation in its tracks.

Find a diet with a definite deadline. Three weeks is optimal here as that is the amount of time it takes to build good habits - habits that stick. Three weeks is a long enough period of time so you can see good results, but not so long that it's hard to stay motivated.

Anyone should be able to do three weeks if they put their mind to it. This is precisely what The 3 Week Diet is built upon.

You can see remarkable changes in as little as three short weeks and once you see how easy it is to melt the fat, you'll want to stick with the plan much longer than that.

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4. Black Tea

Black tea is popular, particularly varieties like Earl Grey and English breakfast.

Like green tea, black tea has a decent amount of caffeine, but flavonoids unique to the black tea show promise when it comes to shedding those extra pounds.

Several studies have found that black tea contributes to weight loss and good health. A European study also revealed that black tea decreased gut bacteria associated with obesity and increased gut bacteria associated with lean body mass. In addition, the flavonoids found in black tea have been shown to lower visceral fats and triglyceride levels, as well as inhibit inflammation-induced obesity.

The bottom line is that drinking more tea can mean one is less likely to drink beverages like juices and sodas which are high in salt and sugar. Drinking tea without adding extra fat or sugar will result in the greatest fat burning and may also result in eating less food.

Visit www.tegaorganictea.com for certified organic green tea, rooibos, herbal and black tea varieties. Tega Tea is a local award-winning Canadian specialty tea brand from BC.

Rocket Science

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er its a nice sit down meal or a protein shake to go!

I would suggest about 3-4 meals for the average person with maybe 2 quick and easy to eat "snacks" throughout the day. (For workout fanatics the typical 5-6 meals is still great) Remember those "snacks" should still include protein!

Some examples of snacks:

Hard boiled eggs

Greek Yogurt with either raw nuts or flax seeds

Celery or raw green beans with a serving of almond butter

Protein powder with some kind of healthy fat

Your main meals should include all of the essentials: Protein #1, Fats #2, & Carbs #3

Your plate should be about a hand size serving of protein, a ton of veggies (about half the plate), a serving size of fat, and a small fist size of carbs.

There is no ONE magic fat loss food or ONE secret way of losing weight.

Just keep your food selections FRESH, UNPACKAGED, UNPROCESSED, NATURAL and you are good to go!

Basically if it's not in a package- its a safe choice!

Try this:

Eliminate packaged/processed foods

Include a lean protein source every time you eat

Drink LOTS of water throughout the day

Eat a ton of vegetables

Include healthy fats in your diet (a little portion goes a long way)

Limit Carbohydrates (tolerable amount varies from person to person, but most people think they need WAY more than they do)

Set Yourself Up for Success in 2020 with Systems

Wishes and Goals are Overrated!

Wishes provide inspiration. Goals provide the destination. Systems and a detailed action plan are what ensure success!

You can't "wish" your way to success. You can't "hope" your way to the finish line.

You will not always feel as motivated as your current self feels. You have to create systems that set your future less motivated, more exhausted self up for success.

Start with goals

Write your goals and your plan down. Make sure your goals reflect how much time and energy you actually have (not how much you wish you had), your finances, and your equipment.

Next, create your roadmap for success

Goals are a good start — now you have a destination — but they are just a starting place. You have to figure out — in advance — how you will make those goals a reality.

Figure out the WHAT, WHEN, HOW, and WHERE of your plan. Will you join a gym and go before work, join a running group, set up a home gym, or play a sport? WHAT exercise will you do? Plan to do something you actually enjoy, or at least something you don't hate. If you love being outside, research the local ravine system or find a nature walking group. If you love group sports, find a convenient team to join. If you know you need help being account-



able, get a fitness buddy. When do you want to accomplish your goal by? Be specific. If you want to lose weight, how much and by when? Break the goal down — how much per week? If you want to get stronger, what exactly does that mean? How will you fit in your training? What accommodations do you need to make? Do you need to rearrange who will drive the kids to school? Do you need to block off time during your work day? Do you need to download fitness podcasts so you can train in your living room? Do you need to arrange daycare so you can train after work?

Don't forget the "pre-mortem" on your action plan

Figure out what might go wrong and your

“If X then Y” plan — if my child gets sick I will work out at home; if I get called into a work lunch and have to eat what is there, I will have a salad and the inner parts of the sandwich not the bun; if I get called into a work meeting I will take the stairs all day to get my steps in.

Your action plan should include setting up systems — systems are KEY

Embrace that you will not always be as motivated as you are now. Figure out “systems” to save yourself from your future self.

If you know you always binge eat cookies at 11pm, don’t have cookies in the house. If you know you find it hard to get yourself to the gym in the morning, make a date with a friend. If you know you sometimes have meetings cancel last minute, have a workout bag in the car so you can always hop to the gym last minute.

Finally, make it fun ... or at least bearable

Find something you enjoy — or at least something you don’t despise. No one can make themselves do something long term that they hate. Consider gamifying your journey — find simple, creative, enjoyable, and effective ways you can “gamify” your health. Create a health challenge at home or work, play a few minutes of a pattern recog-

nition game such as Tetris or Candy Crush to squash cravings, find allies, and pinpoint villains (e.g., make a joke out of the “Evil Chair” who always wants to keep you from your workout).

Main take-away

Hope is not a strategy and a goal is a great first step — but it is only the first step. Know where you are going but also take the time to script out the critical action steps.

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“There has to be a significant change in the way that we approach food, in the way we grow food and the way that we see our diet.”
Anthony Daniels

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Herbal Health Weight Loss Cheat Sheet

Our focus for January is on herbs and natural remedies for weight loss and weight management.

Foods to Eat or Avoid

The foods to avoid are simple carbohydrates, foods high in sugar, fried foods and heavy foods. Focus on more raw foods, fresh fruit and veggies. Portion control is important, eat only when hungry.

Herbs to Grow

The best herbs to grow this time of year are indoor herbs such as chives, thyme, oregano or basil. Unless one is in a warm climate for winter, focus on grow lights for indoors.

Herbal Tea

The best herbs for weight loss are green tea, white tea, black tea and rooibos.

Herbs To Take

These herbs are gymnema sylvestre, guggul, ginger, peppermint and cayenne. .

Essential Oils

The best essential oils are peppermint oil, lemon, ginger, grapefruit and cinnamon.

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Vitamins

Vitamins B and D can both help in weight loss. Vitamin B provides energy while Vitamin D is good for the immune system and a host of other functions.

Supplements

The best supplements are iron which helps with energy, and magnesium which helps the large smooth muscles. Enzymes help with digestion, along with hydrochloric acid to break down food more effectively.

Homeopathy

Homeopathy can be used to relieve many of digestive discomfort. Carbo vegetabilis helps with gas and belching, Lycopodium relieves indigestion with bloating around the waist, Natrum carbonicum helps indigestion and heartburn, Nux vomica is useful for nausea and cramps from indigestion and pulsatilla relieves gastric discomfort from too much fatty food.

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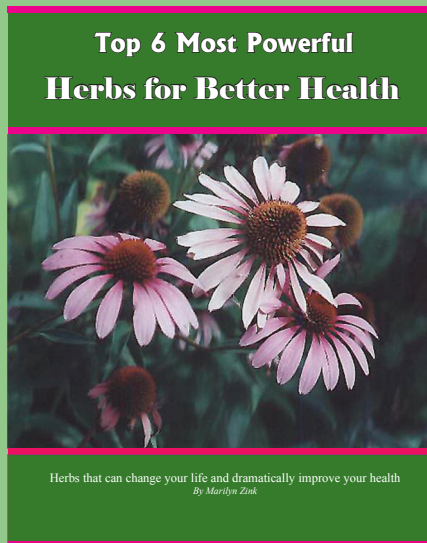
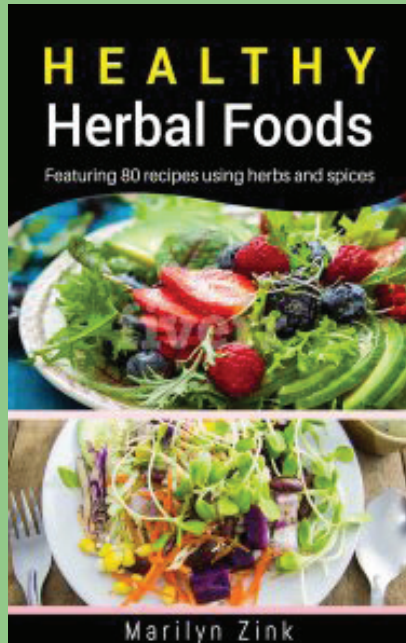
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