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## GREEN MAGIC IN THE KITCHEN

Cooking with Spring Plants

## TOP 20 TOOLS TO PREVENT A STROKE

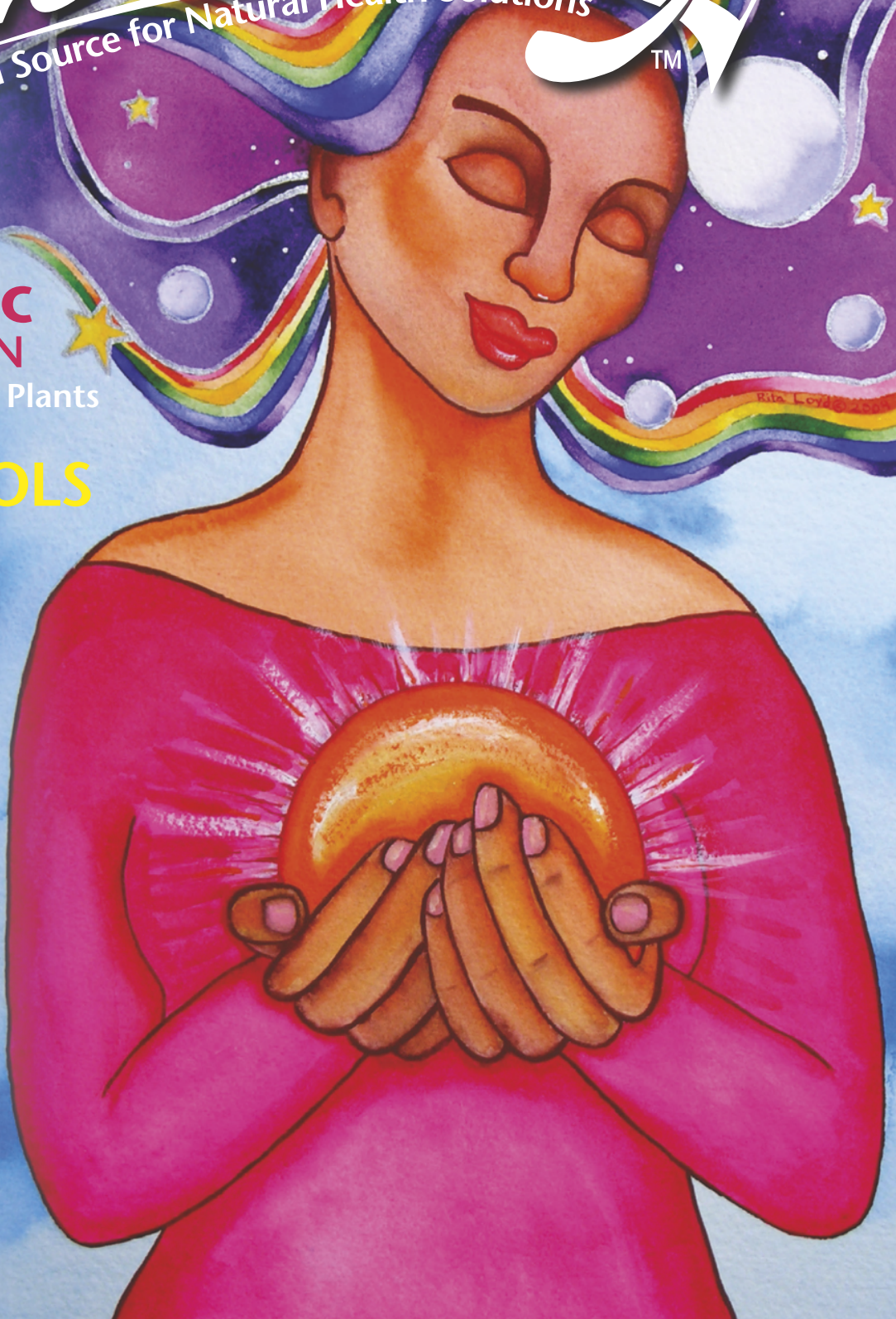
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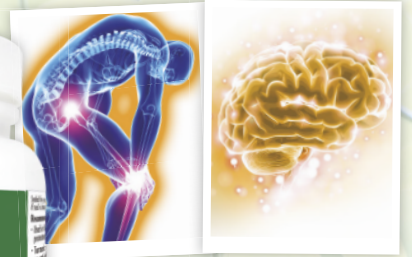
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Vitality magazine is a member of the following organizations:

- MAGAZINES CANADA ■ ONTARIO HERBALISTS ASSOCIATION
- CANADIAN FEDERATION OF INDEPENDENT BUSINESS
- In 2017: Vitality magazine was awarded the "Best Publication: Gold Award" by NationalNutrition.ca
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COVER PHOTO: "Heart of Healing"

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# Woodford Files

OPINION

Well, spring has finally arrived and so has our brand new issue. To celebrate the season, we have chosen a fabulous painting for our cover, entitled *Heart of Healing*. Rich with the vibrant colours of spring, Rita Loyd's artwork captures the compassion of Gaia as she cradles our sacred Earth.

In the world of folklore medicine, eating with the seasons is a wise way to thrive. And so we bring you Pat Crocker's feature this month on "Green Magic in the Kitchen: Cooking with Cleansing Spring Plants." Here we find fiddleheads, dandelions, and asparagus playing leading roles as allies for cleansing kidneys and liver. Eating more of these green medicines in spring is a great way to support hard-working organs as they flush out the winter gunk from our pipes.

And we are pleased to welcome back Dr. Jozef Krop in this issue, who reminds us of the hazards of the season including spring pollens and moulds. As they become more active, we must be vigilant in cleaning indoor air and removing sources of contamination.

Dr. Zoltan Rona also returns this month with a feature on "Top 20 Tools to Prevent a Stroke." From nattokinase to vitamin D to omega-3 fatty acids, these natural remedies can thin the blood, improve elasticity of arteries, and possibly extend life. Since my mother passed away last April from a stroke, this topic is close to my heart. And I have to wonder if she might have lived longer with some of these tools in her pocket.

Certainly with such a great variety of choices at our fingertips, there has never been a better time for us to get strong and healthy using nature's powerful medicines. Considering that the healthcare system is struggling to deal with epidemics of cancer, diabetes, and heart disease in our populace, you'd think that the feds would applaud any efforts we make to get ourselves well. After all, the healthier we are, the less burden we pose on doctors, nurses, and hospitals.

But as we learn in Shawn Buckley's feature on page 6, rather than being rewarded for our do-it-yourself approach to wellness, the natural health community is about to get slammed by new Health Canada regulations. Under the guise of improving the regulation of natural health products, Health Canada is actually preparing to implement a 'Self-Care Framework' that could drive the prices of natural products higher, increase censorship of health information (including everything you read in *Vitality*), and force many natural health products off the market. Apparently, we will not even be allowed to share information about traditional folklore uses of herbs and vitamins, under the proposed new regulations.

According to Mr. Buckley, "If the 'Self-Care Framework' becomes law, our right to decide how we wish to prevent disease and treat ourselves when we are ill will be lost."

Needless to say, it's time to take action if you want your access to health products and information to remain intact. See page 12 for action strategies, or watch Shawn Buckley's video posted on our site, at: <http://tinyurl.com/BuckleyonSelfCareFramework>

Meantime, enjoy the spring sunshine!

*Julia Woodford, Editor*

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*This month, the staff at Vitality magazine are pleased to announce that we have won two prestigious awards from NationalNutrition.ca*



*Vitality magazine won a platinum award for "Best Publication 2018" and Julia Woodford won a "Hall of Fame Award"*

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### STATEMENT OF PURPOSE:

While we recognize that, in some ways, our world is in crisis, we feel a great need at the same time to provide an antidote to the very distressing messages being broadcast worldwide. To help initiate new visions, we aim to inform you of the many worthwhile choices available for a healthy, fulfilling lifestyle. We welcome your participation, as we recognize the importance of our readers as an unlimited source of information about Ontario's evolution in this new age of wellness in body and soul. All *Vitality* articles represent the views of the writer, and not necessarily those of the publisher. We accept no responsibility for the variability in outcomes achieved by the usage of these views, and they are not meant to replace the advice of a physician.

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# Proposed Regulations Aim to Remove Our Access to Natural Health Products

## Health Canada Moves to Repeal Natural Health Product Regulations



"We are now facing the biggest challenge to our access to natural products, and to truthful information about these products, in generations. This may be our last opportunity to act," says Shawn Buckley.

(Photo: Shawn Buckley with Helke and Robert Ferrie)

In early 2018, Health Canada introduced a new "Regulatory Initiative: Self-Care Framework Plan for 2018-2020." According to their website, the government's new "Self-Care Framework" will update its approach to regulating self-care products in phases:

- **Phase I** – Fall 2018: Introduce, for consultation, targeted amendments to the Natural Health Products Regulations to improve labelling of natural health products. This includes: a facts table, requirements for risk information, which will be clearly displayed and expressed in plain language. These changes are intended to better support consumers in selecting and safely using a product.

- **Phase II** – Early 2019: Introduce, for consultation, targeted amendments to the Food and Drug Regulations to introduce a risk-based approach to regulatory oversight for non-prescription drugs. These include: expedited pathways for lower-risk products. These changes are intended to align the oversight for non-prescription drugs with other self-care products of comparable level of risk

- **Phase III** – 2020: Introduce, for consultation, regulatory amendments to address: evidence standards for similar health claims, extending risk-based regulatory oversight, seeking additional powers for Health Canada, such as the ability to require a recall or label change for all self-care products.[1]

## Commentary by Lawyer Shawn Buckley

*"The Self-Care Framework is the natural health community's Pearl Harbor."*

The attack on the U.S. fleet at Pearl Harbor on December 7, 1941, was devastating because the fleet had not been warned about the imminent attack. The ships in the harbour were therefore sitting ducks for the planes that found them "safely" anchored. This is similar to the situation facing the natural health community. We are about to be attacked, and we are acting as if there is nothing wrong.

In February of this year, I went from booth to booth at the Calgary Health Show asking if anyone was aware of the impending 'Self-Care Framework' proposed regulations. To my surprise only one exhibitor knew about it. I was surprised because Health Canada claims to have toured the country to educate the Canadian public about the 'Self-Care Framework'.

I was also surprised because this is the biggest threat to natural health products in my lifetime, and I would expect exhibitors at a health show to know about the threat and to be taking action to prevent it. Instead, like the fleet at Pearl Harbor, the natural health community is taking no action to defend itself from attack by a government regulatory body.

## What Does This Mean for Consumers of Natural Health Products?

Health Canada's plan with the 'Self Care Framework' is to regulate natural health products under the same regulations as chemical non-prescription drugs. Natural products and chemical drugs would then both be called 'Self-Care' products. The outcome of this new regulatory structure would work to:

- drive the prices of natural products higher;
- restrict truthful health claims;
- increase censorship of truthful health information;
- force many natural products off of the market.

Under the 'Self-Care' framework, the traditional uses of a particular herb or vitamin or other supplement will no longer be allowed to support most claims of its effectiveness. Several healing traditions have accumulated hundreds or even thousands of years of evidence through traditional use. This evidence would now be meaningless. For example, it will be illegal for the product's traditional folklore uses to be shared to educate consumers about its therapeutic benefits. This is expected to have a major impact on the big healing traditions such as Ayurvedic Medicine, Traditional Chinese Medicine, and Western Herbal Medicine, not to mention the publications (such as *Vitality*) that share this information with the public.

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Currently, anyone in the natural health community who breaches a provision of the Food and Drugs Act or Regulations faces a maximum fine of \$5,000. But under the Self-Care Framework, fines will be increased to \$5,000,000 a day for any transgression.

Not only will the ‘offending’ company be liable for these \$5,000,000 a day fines, every director, officer, and employee who participated in committing the offence could be personally liable for additional \$5,000,000 a day fines.

Under the current Natural Health Product Regulations, there is no restriction on the type of condition for which a natural product can be used, providing there is sufficient evidence to support the use. Under the new Self-Care Framework, claims will be restricted to uses for which a person would not need to seek the advice of a healthcare practitioner licensed by a province. In other words, if it is a condition for which you would seek the advice of a nurse, nutritionist, naturopath, etc., it is not a condition which is appropriate to use a natural product for. It will happen gradually, but this is a clear signal that professional lines of natural health products used by practitioners will be restricted.

This restricting of claims, and new powers to censor truthful health information, will compel more and more people into the chemical drug model. That is the intention. We have structured our drug laws so that the “effect” of our drug laws is to make it illegal to treat serious health conditions with natural products. Now it will be illegal to treat anything but the most minor of conditions with natural products.

## What Does This Mean for Manufacturers and Distributors of Natural Health Products?

Under the new ‘Self-Care Framework’ manufacturers of natural products will for the first time have to pay licensing fees. This is called ‘cost recovery’, and will lead to a loss of products currently on the market. During a conference call with a group of manufacturers in early February, one manufacturer explained to me that they do not make a profit on a number of their products, but they still make the products because people rely on them. However, once the manufacturers have to pay yearly licensing fees they will have to stop making anything but their bestsellers.

Costs to manufacturers, distributors, stores, and practitioners will also increase with new administrative penalties. Health Canada inspectors will be able to issue fines for any violation found during an inspection. And these fines cannot be disputed in court. (In other industries, administrative penalties are used as a source of revenue for the bureaucracy, paying for the inspectors and for their managers. We

Most troubling is the fact that Health Canada will be able to issue steep fines for disseminating truthful health information.

This will be a powerful tool to ensure that such information is not shared with consumers.



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have no reason to believe Health Canada will be any different.)

Most troubling is the fact that Health Canada will be able to issue these fines for sharing truthful health information. This will be a powerful tool to ensure that such information is not shared with consumers.

Eventually, natural products will have to provide the same type of evidence to be sold as chemical drugs.

Because natural products do not have meaningful intellectual property rights, this will be the final death knell to innovation. This is truly upsetting. I know of several innovative natural products created in Canada that have saved thousands of lives and/or have brought tremendous relief to suffering. Under the new regulatory regime, this type of innovation will be stopped.

## New Self-Care Framework Created with No Public Consultation

For many in the natural health community, the prospect of regulating natural products under the same set of regulations as chemical non-prescription drugs is a step backwards. Not long ago we only had one set of regulations. The result was that Health Canada restricted our access to innovative natural products and we rebelled. On October 4, 1997, former Health Minister Allan Rock publically backed down and asked the Standing Committee on Health to hold consultations and to advise the Government on how to regulate natural products. The Committee held the broadest consultations in its history.

After these consultations, the Committee concluded that it was inappropriate to regulate natural products in the same way as chemical drugs. The Committee also found that it was inappropriate to impose the chemical drug standards of evidence on natural products.

It might be truthful to say that more citizen input, expert input and political will went into arriving at the Natural Health Product Regulations than any other set of regulations in Canada. But the opposite is true of the 'Self-Care Framework' which was created out of thin air by four Health Canada bureaucrats.

Industry advisor Deane Parkes made requests under the Access to Information Act to find out who came up with the Self-Care Framework, and what evidence was relied upon. According to Health Canada's response, four bureaucrats are identified as the source. They are Simon



The Natural Health Product Protection Association is calling on everyone to get involved in the campaign to protect our freedom of choice in healthcare

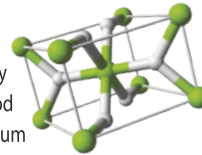
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Children with magnesium deficiency tend to display symptoms similar to ADHD and Autism- impaired communication, social difficulties, restlessness to name a few. According to review by Killilea and Maier (2008), low magnesium level could accelerate the process of aging. **Magnesium deficiency is prevalent in North America.** Dr. Carolyn Dean, author of the Magnesium Miracle, estimates that 80% of Americans are deficient in magnesium. Health Canada statistic shows that at least 43% of Canadians are not taking enough magnesium (Health Canada Atlas 2013).

Many factors contribute to this trend. For instance, pollution, acid rain, and chemical fertilizers depleted magnesium in soil. As a result, vegetables are not as nutrient dense as they used to be, and processed foods are nearly absent of magnesium. Many prescription medications including birth control pills, diuretics, insulin and cortisone also deplete your magnesium. Alcohol addiction and age can further reduce level of magnesium in body. **Even if you eat a well-balanced diet with plenty of magnesium-rich foods, you might still be at a risk of magnesium deficiency.**



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Kennedy, Paul Glover, Anil Arora, and Pierre Sabourin. There were no public consultations on whether natural products should be regulated under the same set of regulations as chemical drugs. Indeed, in the only call for public feedback, Health Canada made it clear that the proposed regulatory change would not apply to natural health products. Because the call for public consultation specifically stated that natural health products were not included in the proposed changes, the public did not comment on whether natural products should be regulated with chemical drugs.

So that I am clear, the most sweeping changes to the regulation of natural health products ever, are being imposed without any public consultation. Nor is there expert evidence to justify the changes. A Discussion Paper with links to the documents relied on by Health Canada can be found at [nhppa.org/STOPHC](http://nhppa.org/STOPHC). When you review the documents you will see that the Self-Care Framework was literally created out of thin air.

## Time to Take Action

In effect, we are facing the biggest challenge to our access to natural products, and to truthful information about natural products, in generations. This may be our last opportunity to act. If the Self-Care Framework becomes law, our right to decide how we wish to prevent disease and treat ourselves when we are ill will be lost.

The Natural Health Product Protection Association (NHPPA) is calling on everyone to get involved to protect our health freedom. There is a three-part plan which includes:

1. Stopping the Self-Care Framework;
2. Putting the definition of natural health product into the Food and Drugs Act, and
3. Having the Charter of Health Freedom enacted as law.

Now is the time for you to take action. This is too important for you to assume that others will take action for you. You will need to:

- Write and speak to your MP, the Health Minister, and the Prime Minister;
- Attend rallies and activities (or better yet set them up);
- Financially contribute to groups taking action (as nothing happens without resources);
- Get your network involved. Even if you only manage to get 5% of your network to take action, that 5% will get 5% of their network involved, and so on and so on. Before long, your network will have produced meaningful action.

To access resources to educate yourself, and to equip yourself to take action, visit [nhppa.org/STOPHC](http://nhppa.org/STOPHC)

Stand up and be counted. Be proud to look in the mirror.

[1] <https://www.canada.ca/en/health-canada/corporate/about-health-canada/legislation-guidelines/acts-regulations/forward-regulatory-plan/2016-2018/regulatory-initiative-consumer-health-products-framework.html>

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# Green Magic in the Kitchen

## Cooking with Cleansing Spring Plants

BY PAT CROCKER

*“Come to the mountains, and we will show you the way of the past, and the future. We will show you the plants of healing, the plants to paint with, and a place meant only for you to sit and listen for your songs, your strength. We will let you look into nature, as it really is, not what you see it to be! Here you will learn how to be who you really are. Making this journey will give you a high that nothing can compare to, for I can give you all the things that are needed to take care of you and yours.”*

– Listener of the Wind, Kenneth Cooper, *“Gaia’s Hidden Life: The Unseen Intelligence of Nature”*

From ancient times, the spring season has been greeted with ceremony and rituals along with the gathering of all fresh, wild edibles, which were inevitably green (since most plant activity begins with green buds and shoots). In fact, all of the common greens we see in stores and markets today have their origins in wild plants native to Europe, Africa, Asia, or the Americas. For example, from the common wild colewort plant of Europe, selective breeding produced Brussels sprouts, our common cabbage, broccoli, and kohlrabi.

But where does the magic come into our consciousness? The ancients saw magic in the cycle of life, the seasons, the celestial movement, and the phenomena of life and death. It was likely that the mystery of the green pulse pushing up through the brown earth caused the search for meaning in all growing things. Religious rites, folklore, myths, and spells are almost as ancient as the herbs, potherbs, vegetables, flowers, and trees themselves. So it’s not a stretch to assume that some of that primal knowledge has survived in our collective con-



“Fiddleheads are some of the most antioxidant vegetables out there and they can play a significant role in hindering the growth of cells that lead to several types of cancer,” says Dr. Richard Béliveau

sciousness to this day.

In fact, the sacred aspect of plant wisdom – or green magic – is part of every native or aboriginal belief system. Some scientists, in particular James Lovelock, are taking the view that Earth creates and maintains precise environmental conditions favourable to its existence (the Gaia theory) and is a living organism, interconnected and interdependent. In short, Earth and all living things are miracles of life – and that is what I call pure magic.

For me, the magic is most vibrant in spring, when life is being renewed and the outer world is greening. The astringent, cleansing action of greens is particularly valuable after the winter season of feasts, vegetable scarcity, and fasts. Even more importantly, their inherent goodness (greens are low in fat and

high in vitamins, minerals and antioxidants) makes it seem as though they work miracles on the body.

### Magic Spring Greens

**ARTICHOKES** (*Cynara scolymus*): are the unopened flower buds of a thistle plant. The tender inner tips of the green bracts are considered a delicacy. While they do take some effort to trim and prepare, artichokes are a good source of iron, magnesium, potassium, and vitamin C.



Organic dandelions are great in stir-fries

**ASPARAGUS** (*Asparagus officinalis*): is a tall, feathery leaf perennial plant that grows well in northern climates. In the spring, when temperatures rise above 55°F (13°C), it sends up stalks from the thick roots. As the stalk emerges and meets with sunlight, the colour turns from white to purple-green as the chlorophyll is

activated. An excellent source of the B vitamin folate, asparagus is also a good source of dietary fibre, vitamin A, and vitamin C.

**DANDELION** (*Taraxacum officinale*): The best time to collect wild (pesticide-free) dandelions is right now, before the flowers arrive and the bitter quality of the leaves intensifies. You get one more chance in the fall, when fresh foliage appears, but their off-the-chart levels of vitamin A and vitamin C, along with vitamins B and E, potassium, magnesium, niacin, calcium, phosphorus, proteins, resin, iron, sulphur, and zinc make for a great spring tonic. Dandelion leaves stimulate the body to eliminate waste and toxins.

**FIDDLEHEADS** (*Mattuccia struthiopteris*): are the unfurled fronds of the Ostrich Fern, found growing in the wild along the eastern U.S. to Newfoundland, and west into Michigan. The season for fresh fiddleheads varies from region to region and year to year, but generally they begin to appear in markets around the beginning of May. I do not recommend canning fiddleheads because the result is soft and brown, but freezing is an excellent way to preserve them.

Dr. Richard Béliveau, director of the Molecular Medicine Laboratory of the Charles-Bruneau Cancerology Centre at Montreal's Sainte Justine University, and author of the bestselling book *Foods That Fight Cancer*, says: "Studies done in our lab indicate that (their) nutrients make fiddleheads one of the

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most antioxidant vegetables out there and they can play a significant role in hindering the growth of cells that lead to several types of cancer.”

**SORREL:** If your local market gardener is growing greens, chances are they will have sorrel (*Rumex acetosa*) because it is a perennial. Often puréed as a sauce for fish, sorrel can be used wherever spinach is called for in recipes. Sorrel delivers potassium, vitamin A, iron, vitamin C, and plenty of chlorophyll to the body.

Caution: the sour citrus tang of both spinach and sorrel is due to oxalic acid in these greens. Be sure to cook sorrel and avoid mature leaves or refrain from eating sorrel if you have kidney problems.

**SWISS CHARD:** Like a rainbow, the ruffled, spear-shaped Swiss chard (*Beta vulgaris cicla*) leaves display their red, white, pale green, gold or pink ribs. The ribs are often cooked separately from the leaves, which range from deep forest green to apple green or dark crimson tones to yellow-tinged. Regardless of the variety, chard is a good source of beta carotene, vitamin C, and some B vitamins along with iron, potassium, sodium, and magnesium.



Sorrel is a perennial herb high in potassium, vitamin A, and chlorophyll with a citrus tang

## RECIPES

### How To Cook Fiddleheads

Gather wild foods from areas of abundance, leaving most of the colony to reproduce naturally. There are some organic farms with fiddleheads in cultivation and it is preferable to purchase from ethical growers than from wildcrafters who do not respect the ways of wild plants. Try to use fiddleheads as soon as you get them because their nutrients are lost over time in storage. Rub the outer brown covering off and swish fiddleheads in cool water to remove sand or grit. Cook in simmering water or steam for about 3 min. or until crisp-tender.

### Spring Salad

What better way to enjoy all of the magic of spring greens than in a spring salad? The raspberry vinegar is sweet and sour at the same time, lending a crisp and tart balance to the fresh tastes of the asparagus and artichokes. Of course, you can use spinach and bok choy or cabbage greens in place of the sorrel leaves. I like to leave the skin on the first of the season’s baby potatoes.

- 12 small new potatoes or fingerlings (organic)
- 1 cup baby sorrel leaves



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- 1 cup chopped Swiss chard leaves
- 1 cup cooked trimmed asparagus, drained and chilled
- 1 cup cooked trimmed fiddleheads, drained and chilled
- 1 jar canned artichokes, drained
- 1/2 red onion, thinly sliced
- 1/4 cup coarsely chopped fresh chives
- 1 cup Champagne-Raspberry Vinaigrette (see below)
- Sea Salt and pepper

In a saucepan, cover potatoes with water. Add 1 tsp salt and bring to a boil over high heat. Cover, reduce heat and simmer for 10 minutes. Add sorrel leaves and simmer for 3 to 4 minutes, or until potatoes and sorrel are tender. Rinse under cool water and drain. Quarter or slice potatoes as desired.

Distribute chard leaves evenly among four salad plates. Divide potatoes, sorrel, asparagus, fiddleheads, artichokes, onion and chives into four portions and pile on top of greens. Drizzle vinaigrette over vegetables, grind salt/pepper over.



Champagne-Raspberry Vinaigrette

## Champagne-Raspberry Vinaigrette

In my view, dressings must be worthy of the spring-fresh salad greens and vegetables that burst with vitality. This sweet-tart and pink vinaigrette, with its own vibrancy, is the perfect match for a green spring mélange. In its simplest form, vinaigrette is an emulsion made from oil, vinegar, and salt with no emulsifier used to keep the oil and vinegar from separating. Often Dijon mustard is added along with traditional herbs such as tarragon, thyme, and marjoram.

Creative chefs and kitchen gardeners are now experimenting with different cold pressed oils, fruited vinegars, puréed vegetables and other less traditional flavours to make exceptional vinaigrettes with zing. The ratio of vinegar to oil is usually one part vinegar to three parts oil. When lemon juice is used in place of the vinegar, the ratio would change to two parts lemon juice to three parts oil.

- 3 Tbsp sweet raspberry vinegar
- 2 Tbsp Champagne or sparkling white wine
- 1 Tbsp honey Dijon mustard
- 1 Tbsp finely chopped fresh tarragon or thyme
- 1/4 tsp freshly ground sea salt
- Pinch freshly ground pepper
- 3/4 cup extra virgin olive oil or nut oil

In a bowl, whisk together the raspberry vinegar, champagne, mustard, herbs, salt and pepper in a small bowl. Whisking constantly, add the oil in a slow, steady stream until completely incorporated.

## Braised Greens with Citrus Dressing

- 4 cups vegetable stock
- 1 onion, quartered
- 1 lb asparagus, trimmed and cut into 2-inch pieces
- 8 small new potatoes
- 8 oz Swiss chard or sorrel



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1 cup snow peas, trimmed

1/2 cup Citrus Dressing (recipe below)

In a large skillet with lid, bring stock to a boil over high heat. Add potatoes. Cover, reduce heat and simmer for 5 min. Add onion and simmer for 3 min. Add Swiss chard and asparagus and simmer for 2 min.. Add snow peas and simmer for 2 min., or until vegetables are tender-crisp.

Drain vegetables. Transfer to a heated serving platter. Drizzle Citrus Dressing over top and serve immediately.

### Citrus Dressing

Light and lemony, use this dressing for cooked spring greens, salads, and cooked vegetables.

- 1 Tbsp olive oil      2 cloves garlic, finely chopped
- 2 Tbsp fresh lemon thyme leaves
- 1 stalk lemongrass, lightly pounded and cut in half
- 1 cup vegetable stock   1 Tbsp pure maple syrup
- 1 Tbsp grated lemon zest
- 2 Tbsp freshly squeezed lemon juice
- Salt and freshly ground pepper

In a small saucepan, heat oil over medium-low heat. Add garlic and cook for 2 minutes or until soft. Stir in thyme, lemongrass and stock. Increase heat to high and bring to a boil. Reduce heat and keep gently boiling for 7 minutes or until liquid is reduced by half. Stir in maple syrup, lemon zest and lemon juice. Simmer for another 2 minutes. Add salt and pepper, to taste. Remove lemongrass before serving.

*Ed. note: See extended online version for a recipe for Wild Leek Loaf, posted at: <http://tinyurl.com/CrockersGreenMagic>*

As a professional Home Economist (BAA, Ryerson Univ., Toronto) and Culinary Herbalist, Pat's passion for healthy food is fused with her knowledge and love of herbs. She has honed her herb practice over more than four decades of growing, studying, photographing, experimenting with, and writing about what she calls the helping plants. In fact, Crocker marries the medicinal benefits of herbs in every original recipe she develops. An award-winning author, Pat has written 22 herb/healthy cookbooks, including *The Healing Herbs Cookbook*, *The Juicing Bible*, and most recently *The Herbalist's Kitchen* (Sterling, 2018), and *Healing Cannabis Edibles*. She has over 1.5 million books in print and translated to over 11 languages. Watch for her next book, *Cooking and Healing with Cannabis* to be launched in 2020.

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# Time for a Spring Cleanse

First Your Home, Then Your Self

BY JOZEF KROP, MD (Ret), CNP

Spring brings the energy of renewal. Impactful cleansing happens when we understand the environmental factors (pollens, pollutants, chemicals) that can create ill health. So spring is a good time to assess your environment:

- What toxic factors exist?
- How can you reduce them?
- What healthier habits can you begin?

## Spring Pollens and Moulds

From early trees in February, through to grass in June, spring is allergy season. Most people know that pollen can cause hay fever and asthma, but some people manifest their sensitivity differently. Pollens can also cause inflammation resulting in mood disruption and joint and muscle pain. In children, pollen sensitivity can even manifest as personality changes or an inability to learn.

Sensitivity to moulds can manifest as the usual allergy symptoms, but also mood disorders or general feelings of malaise. Snowball mould (which grows as snow melts in spring) is a problem for people with allergies. Many people look forward to spring to get back to gardening. But raking those damp leaves can also expose you to outdoor moulds. If you are sensitive, it takes the fun out of gardening.

Are you noticing symptoms when it's damp outside after a spring rain? It's probably mould. Do you feel neck spasms when the trees bloom? It's probably a pollen sensitivity. Desensitization for pollens and moulds using various methods such as allergy serums, bioresonance, and NAET therapy will help you feel much better during the spring season.

## Indoor Air Quality

Outdoor pollens and moulds will make their way inside. As the weather gets warmer, city pollution becomes more of a concern with high smog levels. A good air filter will make life more comfortable for you indoors.

Checking your home for water damage is a good spring cleaning activity. Water damage holds the danger of toxic mould growth indoors. This is a big problem because mould



Lemon juice is a digestive and detoxifying aid that cleanses the liver, increases the body's metabolic rate, and is anti-inflammatory

mycotoxins are toxic to our nervous system. Most mycotoxins are also cytotoxic, meaning they disrupt cellular structures and processes. A plethora of health issues can result from toxic mould exposure.

If you suspect that there is mould in your house, have a professional assessment done. If you find mould – do not try to clean it yourself! You will further intoxicate yourself. Simply cleaning the mould with bleach is not enough as this only cleans away the surface mould, not what may be growing under the floors or behind the walls. Mould killers alone aren't the answer. Even dead mould is still toxic.

There are ways to detoxify the body from mould (e.g. bioresonance therapy, medications prescribed by a functional medicine-literate MD, IV therapy) but you have to get rid of the mould from the environment first! Otherwise you are continually recontaminating yourself. Professional bioremediation is the beginning of a medical detox program.[1]

### Lighter Eating and Drinking

After months of winter hibernation, the body will benefit from lightening up the diet. Lemon juice (best taken in warm water on an empty stomach) is a digestive and detoxifying aid. It cleanses the liver, increases the body's metabolic rate, is anti-inflammatory, and a rich source of vitamin C.

Regarding food, my recommendation for your plate at mealtimes is this: ½ should be fresh veggies and greens, ¼ should be proteins, ¼ should be empty!



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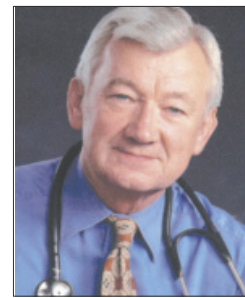


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Dandelion greens are excellent for the liver and are abundant in the spring! If you pick your own dandelion greens, avoid going near roadways due to the gas and diesel. Also don't pick them from anywhere that pesticides might have been sprayed.



JOZEF KROP, MD (Ret), CNP

If you have packed on some winter weight, rather than dieting just be mindful of what you eat. Take a regular sauna session to sweat out the toxins. This is a low pressure way to release the stagnation of winter in the body.

### The Great Outdoors

Get out and go barefoot on the earth. This practice – known as Earthing – diffuses inflammation, increases energy, improves sleep, lowers stress, and normalizes the body's biological rhythms. Walk on dewey cut grass, on the beach shore, or right in the dirt. We are meant to connect with the Earth's healing frequencies. When you walk around outdoors – watch out for ticks. Lyme disease is on the rise. If you are on a hike in the woods or walking in grass that's higher than ankle-length, be sure your pants are tucked into your socks. Use a natural insect repellent. (Ed. note: See page 41 for essential oil-based repellents).

After months of darkness, get outside as much as you can – you need vitamin D from sunshine. Get into your swimming trunks and expose as much skin as possible to the healing rays of the sun. This isn't an all-day sunbake, but a 10-minute vitamin D infusion. Use coconut oil for sun protection. After that, cover up and use sunscreen (preferably non-toxic!) to avoid burning.

An infusion of vibrant spring energy will set you up with stores of wellbeing for the rest of the year.

Dr. Krop has over 40 years of experience helping clients overcome complex health issues successfully. Visit his website at [www.ecohealthcentre.ca](http://www.ecohealthcentre.ca), a place for transformational wellness using bioresonance technology for next-level healing results. Office: 6517A Mississauga Road, Miss., Ont. Tel: (905) 816-9657  
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Centre's Lyme and chronic illness healing group, where they discuss nutritional, energetic, and spiritual supports to overcome challenges of living with chronic illness, email: [krophealth@gmail.com](mailto:krophealth@gmail.com)

[1] One resource for bioremediation is Robert Steller at <http://www.breathing-easy.net/>, call (519) 599-1111

– See the extended version of this article, entitled "ENERGIZE YOUR SPRING DETOX: Banish the 7 Stressors That Sabotage Wellbeing" posted at: <http://tinyurl.com/DrKropdetox>

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# Top 20 Tools To Prevent a Stroke

Going Beyond the Conventional Western Medicine Approach

BY DR. ZOLTAN P. RONA, MD, M.Sc.

Harvard Medical School recently published an article about seven ways to prevent a stroke. The strategies for stroke prevention that Harvard advised are as follows:

- 1) Lower blood pressure;
- 2) Treat atrial fibrillation;
- 3) Lose weight;
- 4) Treat diabetes;
- 5) Exercise more;
- 6) Quit smoking;
- 7) Drink alcohol only in moderation.

I'm not disagreeing with any of this, but there are at least another dozen natural approaches they ignored that can help prevent strokes in both healthy people and those compromised by conditions such as diabetes and high blood pressure.



Reducing stress helps to lower blood pressure. Try stress-reducing supplements such as magnesium, melatonin, B complex vitamins, and St. John's Wort (shown above)

*Photo of St. John's Wort courtesy Earth Tracks Outdoor School: see page 44*

## Reduce/Eliminate Risk Factors

– **DRUG USE:** Narcotics (e.g. cocaine, heroin) and amphetamines increase the risk of stroke. Some children who have been prescribed various amphetamines for ADHD (Ritalin, Adderal, Strattera, Vyvance, etc.) have developed strokes and even death as a result of these drugs. Look for natural alternatives.

Thankfully, Harvard did not recommend daily ASA (aspirin) for stroke prevention because it is unproven. Even the U.S. FDA has warned that daily ASA does not prevent strokes in healthy people. In fact, the risks of using daily ASA outweighs any benefits in cardiovascular disease prevention, including gastrointestinal bleeding.)

– **SLEEP APNEA AND INSOMNIA:** These conditions can lead to heart disease, diabetes, obesity, and high blood pressure. This is a growing problem as can be evidenced by the increasing presence of sleep disorder clinics and the sales

of CPAP machines.

– **VITAMIN D DEFICIENCY:** Low vitamin D levels are linked to a higher risk for stroke. Don't forget that the brain has vitamin D receptors for a reason. Low levels can increase brain inflammation and disrupt brain function.

– **ARTIFICIAL SWEETENERS** (e.g. aspartame, sucralose, saccharine, cyclamates, etc): can triple the risk of stroke. These chemicals actually can destroy the friendly bacteria in the gut and increase the risk of metabolic syndrome and diabetes. Don't forget about the existence of the gut-brain connection. What happens in the gut often manifests in the brain. Safer sweeteners include honey, stevia, and xylitol.

– **ORAL CONTRACEPTIVES AND SYNTHETIC HRT:** can increase the risk of stroke even for women in their 20s. Bioidentical HRT does not carry the same high level of risk and is more likely to be well tolerated by the body.

– **NSAIDS** (non-steroidal anti-inflammatory drugs): such as ASA, ibuprofen, naproxen, and others can elevate blood pressure and increase stroke risk.

– **REDUCE STRESS** to help prevent high blood pressure. There are many ways of doing this (e.g. meditation, yoga,

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### Nutritional Medicine for Stroke Prevention

*"The medical literature tells us that the most effective ways to reduce the risk of heart disease, cancer, stroke, diabetes, Alzheimer's, and many more problems are through healthy diet and exercise. Our bodies have evolved to move, yet we now use the energy in oil instead of muscles to do our work." ~ David Suzuki*

**1 Ideal Diet** – It's not just enough to lose weight. (Jenny Craig are you listening?) There is evidence that the ideal diet for stroke prevention is the Mediterranean diet. This diet is high in fresh fruits and vegetables, olive oil, red wine in moderation, lots of fish and whole grains, and no refined sugar or high-fat red meats, fried or processed fast foods. Most people following this regime on a consistent basis will see more optimal weight, blood sugar, and blood pressure control. See references at the end of this article for more information on how to apply this diet in daily life.

**2 Nattokinase** – (100 mg, 3 times daily) is an enzyme isolated from natto, a Japanese food eaten for millennia, made from fermented soybeans. Japanese folklore medicine has traditionally used it for improving cardiovascular health. Studies show that, taken orally, nattokinase can break down and dissolve fibrinogen, a component of blood clots and plaques in the arteries (atherosclerosis). Nattokinase increases the body's production of plasmin and other thrombolytic enzymes such as urokinase. It

improves blood viscosity and circulation in general. Regular use of nattokinase can lower high systolic and high diastolic blood pressure. It also helps optimize blood cholesterol.

No side effects have ever been reported when nattokinase is taken on its own (without blood-thinning drugs, anti-hypertensives, or non-steroidal anti-inflammatory

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drugs), and it does not lower blood pressure in those who usually have normal readings. It is well absorbed from the gastrointestinal tract and does not require injections.

Potential side effects like excessive bleeding or bruising can occur when nattokinase is taken in conjunction with blood thinning drugs, aspirin, NSAIDs, or anti-hypertensive medication. So, if you are taking any of these drugs on a regular basis, see a natural healthcare provider who can guide you with using nattokinase.

Please note that nattokinase is not recognized by mainstream conventional medical authorities as a safe or effective alternative to prescription anticoagulants.

(Editor's note: For an indepth article by Dr. Rona on nattokinase, please visit: <http://tinyurl.com/drrona-natto>)

**3 Black or Green Tea** – Drink three cups of black or green tea each day because of their high levels of antioxidants and the amino acid L-theanine. Hibiscus herb tea can also reduce high blood pressure and none of these teas will interact with blood thinning medications. Take care if drinking ginger root herb tea because ginger *can* interact with blood thinning medications. Avoid licorice tea or supplements as licorice has been shown to increase blood pressure.



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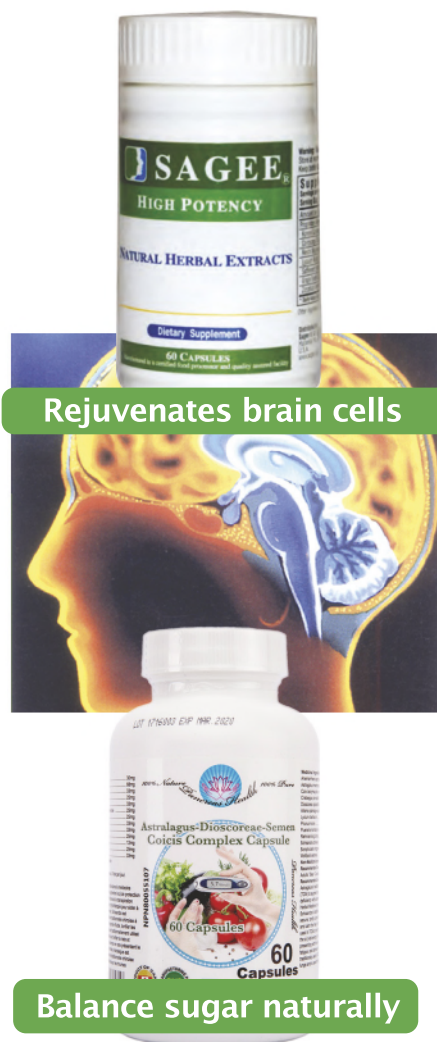
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**4 Pomegranate juice** – reduces inflammation, can help lower high blood pressure, and can boost heart health.

**5 Control Blood Sugar Levels** – with a low glycemic index diet. Eliminate refined sugars, grains, starches, and alcohol. For more information on this, see <http://vitality-magazine.com/article/healing-diabetes-naturally/>. The Mediterranean diet, minus the grains and starches should work well here too.

**6 Vitamin D** – Since vitamin D deficiency is a risk factor for stroke, supplementing with a high-quality vitamin D or getting plenty of sun-screen-free sunshine can help prevent strokes, primarily by reducing inflammation. Mushrooms, raw milk, and free-range eggs are good food sources of vitamin D. So are fish and seafood but, due to mercury contamination, large intakes of fish are discouraged.

For best outcome, it is beneficial to take Vitamin K2 together with D3. According to Dr. Ron Hunninghake, MD: “Vitamin D3’s natural partner is vitamin K2. The genius of this combo begins with proper respect for D3’s function of powerfully enhancing calcium absorption. Recent research has shown that excessive calcium intake alone can be harm-



Ginkgo biloba extract improves circulation and acts as a safe blood thinner

ful to the body. The additional calcium must be correctly utilized or it can show up in the wrong places and cause disease... By conscientiously using vitamin K2 in conjunction with D3, this issue of “metastatic calcium” is thoroughly avoided.”[1] However, those taking the drug Warfarin should avoid combining K2 and D3 because vitamin K can offset Warfarin, a common blood thinning drug.

A patient recently told me that she had sat near a window in my waiting room to get more vitamin D from the winter sunshine. I had to tell her that sun radiation through a window doesn’t raise vitamin D in the skin. In fact, it can be damaging to the skin. Secondly, the angle of the sun during winter months is incapable of increasing vitamin D in the skin even if you took off all your clothes and stood outdoors naked at high noon. To make vitamin D under the skin, sunlight must come from a more direct overhead angle and that only occurs during Canada’s summer months. Who knew?

**7 Garlic** – is effective at lowering high blood pressure, lowering high LDL-cholesterol and thinning the blood naturally. Unless you are on blood thinner medication, virtually any amount is safe. There are deodorized forms

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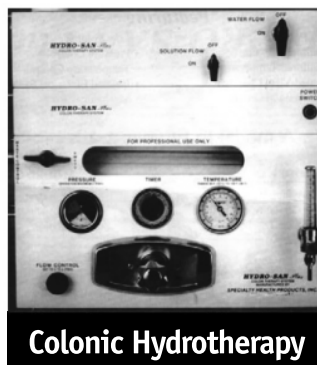
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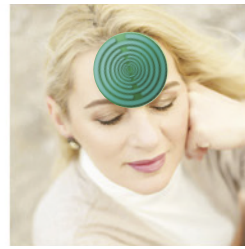
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that can be used to get the same benefits without offending people socially.

**8 Vitamin C and bioflavonoids** – such as quercetin and bilberry, can improve blood vessel integrity and the health of the cardiovascular system in general. The effective dose is dependent on individual factors such as stress, physical activity, and general health.

There is a mistaken belief out there that vitamin C encourages blood thinning, but there is no evidence of this published anywhere. In fact, vitamin C and bioflavonoids strengthen the walls of blood vessels, preventing excessive bleeding.

**9 Resveratrol** – is a compound found in grapes, red wine and peanuts that has been found to improve blood flow in the brain and prevent strokes. As a supplement, in dosages of 80 mg or more, it is often recommended as a life extending agent.

**10 B complex vitamins** (especially folic acid, vitamin B6, betaine and vitamin B12; 100 mg daily) – supplementation may be associated with decreased risk of stroke.



“Vitamin C and bioflavonoids such as quercetin and bilberry can improve blood vessel integrity and the health of the cardiovascular system in general,” says Dr. Rona

**11 Vitamin E** (400 – 800 IU daily) – provides natural blood thinning effects and can also reduce stroke risk. When purchasing vitamin E supplements, get the full vitamin E spectrum that contains alpha, gamma, delta tocopherols as well as the tocotrienols. Too much vitamin E can cause unwanted bleeding if used in conjunction with prescription blood thinners.

**12 L-Carnosine** (1,000 mg daily) – is an amino acid with anti-inflammatory, antioxidant, anti-glycation, anti-ischaemic and chelating benefits often recommended for its life extending properties. It has potential preventive and therapeutic benefits in regards to obesity, insulin resistance, hypoglycemia, diabetes, and neurological and mental health conditions.

**13 Omega-3 fatty acids** – (4,000 mg daily) from fish or krill help thin the blood, improving circulation. Strict vegetarians can source these from algae supplements like spirulina, blue green algae, and chlorella. It should be noted that there are also vegan forms of omega-3 just as effective as the marine sources. These are broadly available in health food stores.



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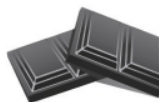
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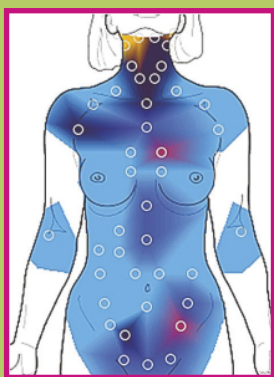
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**14 Black seed oil** (*Nigella Sativa*), (1,000 mg or more daily) – is another potent natural anti-inflammatory oil supplement that can improve brain health and prevent brain cell damage. (It is sometimes said that black seed oil cures everything except death.)

Conditions such as sleep apnea and insomnia can lead to heart disease, diabetes, obesity, and high blood pressure

**15 Ginkgo biloba extract** (40 mg daily) – improves circulation and acts as a safe blood thinner. Many people use this herbal supplement to enhance memory. Care should be taken if one is on warfarin or other blood thinners due to its ability to interact with those drugs.

**16 Vinpocetine** (5 mg daily) – is a vasodilator which allows more oxygen to the brain. It is also often recommended as a memory enhancer and is usually found in brain function improvement formulas. According to health writer Cathy Wong, “Vinpocetine is a synthetic compound derived from vincamine, a substance found naturally in the leaves of the lesser periwinkle plant (*Vinca minor*). Vinpocetine is available as a prescription drug in Europe and Japan. In the United States and Canada, it’s sold in health food stores and online as a dietary supplement.” [2]

**17 Magnesium-L-Threonate** (1,000 mg daily) – can also dilate blood vessels and improve circulation. It too has memory enhancing properties. Other forms of magnesium like magnesium bisglycinate and magnesium citrate or oxide do not reach the brain as easily as the L-threonate form. Transdermal forms of magnesium like magnesium chloride will also not work as well as the L-threonate form.

**18 Curcumin** (1,000 mg or more daily) – curtails LDL (“bad”) cholesterol, can help control high blood sugar levels, protects the liver and reduces inflammation that could lead to strokes.

**19 Serrapeptase** (120,000 units or more daily) – is an enzyme originating from the silkworm that can gobble up and get rid of arterial plaque. It has been used in place of intravenous chelation therapy mostly in Europe and was pioneered by well-known physician Dr. Hans Nieper, in Germany well over 50 years ago. This supplement should definitely be considered by anyone with



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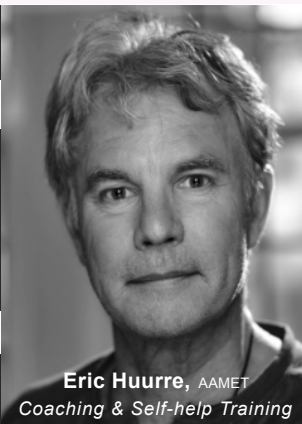
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hardening of the arteries but should be used with care if used in combination with blood thinning medication.

**20 Alpha lipoic acid** (500 mg or more daily) is best known for its liver protective benefits but it has been used extensively to help lower high blood glucose levels that could trigger strokes. There is also some evidence that it can improve the peripheral neuropathy complication associated with diabetes.

No one needs to take all these natural remedies all the time so it's advisable to see a natural healthcare practitioner to get a personalized regime that can be followed for life. Certainly, it's important to get a professional viewpoint when one is on prescription medication, especially if blood thinners are involved, to avoid drug-nutrient interactions.

Dr. Zoltan P. Rona, MD, practises Complementary Medicine in Thornhill and is the medical editor of *The Encyclopedia of Natural Healing*. He has also published several Canadian best-selling books, including *Vitamin D*, *The Sunshine Vitamin*. To see more of Dr. Rona's articles, visit: [www.highlevelwellness.ca](http://www.highlevelwellness.ca)

For appointments, call (905) 764-8700; office located at: 390 Steeles Ave. W., Unit 19, Thornhill, Ontario

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#### ANNOTATIONS:

- [1] <https://riordanclinic.org/2013/10/vitamins-d3-and-k2-the-dynamic-duo/>
- [2] <https://www.verywellhealth.com/the-benefits-of-vinpocetine-89593>

#### MORE ARTICLES ARCHIVED ON VITALITYMAGAZINE.COM

- "How to Survive Western Medicine", Top 20 Supplements That Repair the Damage Caused by Nutrient-Depleting Medications: <https://vitalitymagazine.com/article/how-to-survive-western-medicine/>
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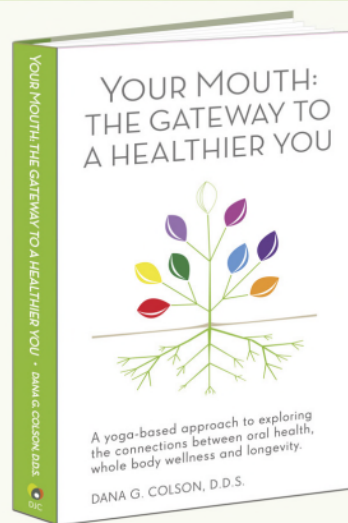
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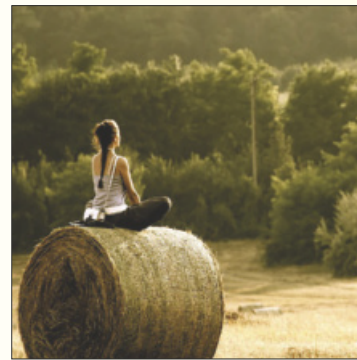


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*White Bear Haven encourages visitors to explore its 100 acres of lush green fields and forest, and reconnect to a natural state of harmony and being*

sounds of nature. We hold space for celebration, understanding, reconnection, and reverence for the elements of water, earth, air, and fire.

White Bear Haven currently offers three unique Group Retreats: Bare Necessities, Hiber-Nation, and Summer Sweet. These events are designed to have you come together to share experiences, learn new skills, gain a better understanding of our world, and have fun. We also welcome small individual retreats to renew your creative energy in a relaxed environment connected to nature. Healers, energy workers, Earth keepers, writers, and artists come to share their knowledge with those who feel a desire to spend time away from TV, phones,



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and work. There is a time in our lives when we feel the need to reflect on where we have come from, who we are, and where we are going...

Disconnect from the world of 'busy' and 'doing' and reconnect to the natural state of harmony and being.

White Bear Haven is located just 90 minutes north of Toronto. Please call (705) 835-7070, email: whitebearhaven@outlook.com, visit: www.whitebearhaven.com

**NATURE IMMERSION AND HEALTH RETREAT**  
~ Tiny, Ontario

Just over an hour north of Toronto, a whole new world awaits you. Nestled in an old-growth stand of maple and pine trees, on the banks of a winding river, our retreat will rejuvenate your body and soul.

Dine on wild, organic, and non-GMO food, and luxuriate in the quiet of the forest while enjoying your own private space. Three bedrooms and an ensuite bath can accommodate up to six people, so it's easy to make this a family-and-friends experience, or go solo and get away from it all!

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can enjoy long walks in the nearby 60-acre preserve to discover and harvest wild foods and medicinal herbs. Wild foods are seasonal and ever-changing, so new experiences happen year-round. In the springtime, explore leeks, fiddleheads, and budding salad greens, while in the summer berries and mushrooms are popping up on the land – and a beehive is churning out raw honey!

Reclaim and enhance your own knowledge of the environment, and dive into the wisdom-teachings that this unique and loving family provide.

Indoors, sip on a warm elixir while receiving a health analysis via live blood microscopy. This technology will allow you to get an inside look at your body and optimize your well-being with a thorough consultation.

Contact Galina to find out what's in season, and to set up your own personal Nature Immersion and Health Retreat. All packages are completely customized to your health, needs and physical mobility.

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*Continued on next page*



**Sacred MEDICINE WAYS**

**Women's Retreat Workshop**  
**Building Body Love and Healing Body Shame**

**During this 2 day retreat workshop you will learn to:**

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- ✓ Re-gain body confidence through building body wisdom
- ✓ Learn how to heal your relationship with your body using sacred pleasure medicine
- ✓ Explore and reclaim your potential for feeling beautiful, desirable and worthy
- ✓ Release fear around our sensuality and sexuality
- ✓ Learn to redefine and re-embrace sacred pleasure
- ✓ Heal your relationship with yourself

**Date & time:** Saturday, July 27, 9:00 am - 5:00 pm & Sunday, July 28, 9:00 am - 4:00 pm

**Place:** 324 Harold Road, Stirling, Ontario K0K 3E0

**Instructors:** Luna Matatas, EDUCATOR  
Sachi, FLYING EAGLE MEDICINE WOMAN,  
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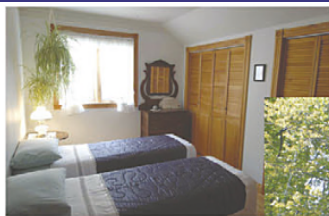
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Earth Tracks specializes in Nature Connection programming for children and adults. Courses, workshops, and apprenticeships in wildlife tracking and naturalist studies, foraging edible plants, medicinal plants and herbology (including cannabis), medicine making, bushcraft and survival, and bird language and awareness. Guided naturalist canoe trips into Algonquin Park and other regions of central Ontario are also available.

We blend ancient wisdom with modern field ecology and view nature as the ultimate teacher. Our workshops and trips are small and focused, providing quality education and practical field experience. Both the curious beginner and seasoned outdoors person will benefit. We have classes suitable for adults as well as children, in which we create a strong mentoring experience for participants.

We also offer custom “Deep Nature Connection”



*Earth Tracks Outdoor School offers courses in wildlife tracking, edible plant foraging, bushcraft, and survival skills*

experiences for private groups, schools, family and friends, nature clubs, scout groups, homeschoolers, etc. We work with each group to design programs, classes, wilderness canoe trips, and presentations that fit your specific needs and goals.

*“The Earth is the ultimate provider, and for generations our ancestors knew how to survive and live in harmony with nature. By learning and practising these skills, we begin to experience nature in an ancient and meaningful way.” ~ A. Burnett*

For more information, call (519) 217-4921 or send email to [info@earthtracks.ca](mailto:info@earthtracks.ca). Please visit our websites at: [www.earthtracks.ca](http://www.earthtracks.ca), [www.organigrowcanada.com](http://www.organigrowcanada.com) and [www.rebelrootsherbfarm.com](http://www.rebelrootsherbfarm.com)



*Guests at Northern Edge Algonquin enjoy hiking, paddleboarding, canoeing, as well as yoga and wellness classes*

### NORTHERN EDGE ALGONQUIN

~ Algonquin Park, Ont.

A leader in transformational travel, Northern Edge Algonquin creates and hosts all-inclusive nature retreats for small groups of 10 to 35. Our guests unplug in nature for multi-day experiences that reconnect, recharge, and re-inspire.

Sleep comfortably in eco-cabins designed in harmony with our forest home, nourish yourself with organic and locally-sourced foods crafted with care, and participate in tailored experiences with local storytellers, artists, musicians, naturalists, yoga and/or wellness facilitators, food growers, and chefs.

A welcoming sanctuary and Ontario’s only solar-



*Guests at the Nature Immersion Retreat dine on wild food and luxuriate in the peaceful forest vibe while enjoying their stay on the banks of a winding river*

powered nature retreat, the Edge is located on a quiet lake at the NW corner of Algonquin Park (less than three hours from Toronto). Tailored retreat programs are available for groups of all types, and we also work with facilitators and workshop leaders looking to plan their next successful retreat.

Guests enjoy guided hiking, paddleboarding, and canoeing; as well as facilitated yoga and wellness classes, and workshops on everything from microgreens to drum making. Or guests can rise early to paddle a misty river in search of moose and other wildlife. Visitors can also relax in our sauna before jumping in the lake. At night, we share stories



## GreenPyramid.ca

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*Pollyanna Blanco invites you to join her in Cozumel to dance your heart out, unwind, and dine on fresh local food*

and music in a cosy fire circle under a festival of stars.

For more information visit [www.NorthernEdgeAlgonquin.ca](http://www.NorthernEdgeAlgonquin.ca) or call 1-888-383-8320. The Edge is also the home of the Canadian Centre for Shamanic Studies retreats: for programs visit [www.shamanismcanada.com](http://www.shamanismcanada.com)

**WOMEN'S  
CHAKRADANCE™ RETREAT**  
~ Cozumel, Mexico

Dance your heart out in a series of nine moving meditation workshops in the Chakradance™ Freedom Cycle, July 9 - 12, offered by author and licensed facilitator Pollyanna Blanco.

Enjoy four days and three nights in Cozumel (or stay for a week), on this magical

Mexican-Caribbean island steeped in rich history, ancient wonders, beautiful flora/fauna, and a warm, vibrant culture. Enjoy fresh, healthy, local cuisine with vegan and vegetarian options. Hotel B is a tranquil oceanfront boutique hotel dedicated to wellness and creativity, offering yoga classes, holistic spa services, bicycles, cabana beds, and artisan crafts.

Chakradance™ is a dance therapy practice that gently opens your chakra centres as you move with eyes closed to sound healing music and guided visualization. Just surrender to the music and trust your body to guide you. Return to who you truly are as this uplifting process harmonizes, rebalances, and tunes up your energy.

Give back to Gaia with your soul sisters as Mayan Ceremonial Leader Adrian Salas Xopan leads an ocean blessing to the island's creativity goddess Ix Chel. An active member in the Mayan Nation, Adrian was initiated by the Tlahaica Grandparents into the spiritual ceremonies. As Deputy Director of Muuchxiimbal Maya Ceremonial Center for over 15 years, he has created a self-

sustaining community project, preserving Mesoamerican customs and practices. Participants can give back to the local school children on the island by donating backpacks to the Chrysalis program.

Pollyanna has 22 years as an OCTE educator. A Samhara™ Energy Medicine practitioner with the Canadian Reiki Association,

and a Holistic Practitioner with the City of Toronto, she has been hosting Chakradance™ workshops for five years.

Return home renewed, feeling the inspired ripples!

More information, email: [info@pollyannablanc.com](mailto:info@pollyannablanc.com) or visit: [www.talkofthetowntravel.com/wellness-travel](http://www.talkofthetowntravel.com/wellness-travel), [www.pollyannablanc.com](http://www.pollyannablanc.com) Call (416) 960-1393, ext. 11.



## MEDICINE WALK

**Saturday May 25,  
1:30 to 5:30 pm.  
Midland**

Meet WiseWoman Robin Rose Bennett, renowned New York area herbalist, educator and author.

Join her at the sacred land of White Bear Haven, meandering, meditating and medicine making with wild plants.

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This Resource Directory puts the spotlight on Ontario's health centres, clinics, schools and vacation destinations, and is updated every season.

**Centres, Schools, and Clinics** Page 1

**Retreats, Vacations, and Getaways** Page 2



# RESOURCE DIRECTORY

CENTRES ■ SCHOOLS ■ CLINICS



*Ellen Lewinberg*

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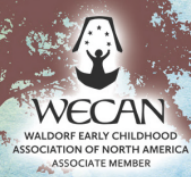
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Detox in the countryside at our technology-free retreat. Gather wild plants and learn to make your own medicine. Connect to Bear Energy and the benefits of the ancient fire of Agnihotra/homa. Discover the innate energy of our human roots.

Visit events page at [www.whitebearhaven.com](http://www.whitebearhaven.com) or call 705-835-7070



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**Women's Chakradance™ Retreat  
July 9-12, 2019, Cozumel, Mexico**

Connect with your divine feminine flow! Experience Chakradance™ workshops, nurture your wellbeing, enjoy healthy local cuisine, and a vibrant culture, as you get in rhythm with your soul.



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Lidia, Owner

## TESLA MEDICINE (PART 2)

# The Miraculous Healing Benefits of Pulsed Electromagnetic Field Therapy

BY ROBERT W. CONNOLLY



During the years spent producing my film, I've documented the testimonials of many people who claim to have recovered from both chronic and acute illnesses with the help of PEMF devices. This ranged from people's vision improving, to infertile couples conceiving a child, to adults becoming clear of arthritis, MS, fibromyalgia, depression, PTSD, and more

Most people connect the name Tesla with an award-winning electric car brand or with the invention of AC electricity. But few people realize that Nikola Tesla (1856 – 1943) was also the father of advanced electromagnetic field frequency therapy.

### My Personal Awakening

I became aware of Tesla's electromagnetic field therapy 10 years ago, when it cured me of depression. In 1995, I had begun to experience a 'phantom ring' sensation in my pants pocket (the sensation of a cell phone vibrating in my pocket even though there was no cell phone present). Over the next 15 years, this odd sensation was followed by aches and pains that moved around my body. I then started to forget things in a haze of brain fog. My appetite was replaced by nausea. Increasing anxiety, depression, and ultimately a nervous breakdown stopped me from working.

After doing some research, I learned that my symptoms were caused by my "electrosensitivity" to high-frequency magnetic fields, and these symptoms could be relieved by minimizing my exposure to cell phones and wireless technology, and taking long walks through the forest to ground my energy. But my low-grade chronic depression persisted. Then 10 years ago, I tried low frequency Pulsed Electromagnetic Field Therapy (PEMF), and after three days of use a tremendous feeling of vitality and wellbeing replaced my depression. I still use it today.



Nikola Tesla reads a book in front of the Tesla Coil he invented

During his research in the 1890s, inventor and electrical engineer Nikola Tesla realized that the body is like a rechargeable battery, constantly under the influence of the sun and the Earth's geomagnetic field. This is why he went for a daily seven-mile walk through New York's Central Park to naturally recharge his body. (Walking puts pressure on bones, which are crystalline in nature. Each step creates a piezoelectric pulse as the bones are bent, which is then amplified by the lines of the Earth's magnetic fields as one moves through.) As a result of his insights, new devices were created that formed the basis of Pulsed Electromagnetic Field Therapy.

Tesla had an intimate understanding of the relationship between the pulse of the earth, electricity, and magnetic fields, and he developed ideas for a huge number of inventions we use to this day. While the classic electrical device is the Tesla Coil which produces streamers of lightning in the air, a lesser-known electrical coil was also invented by Tesla. This is the standard magnetic loop or flat spiral coil seen in all PEMF systems today.

Treatment with PEMF therapy requires that a person lays inside or on top of energized Tesla coils, where a frequency generator pulses, pushes, and pulls magnetic fields through the body. It's like taking a shower, but instead of washing dirt off of the physical body, the device is flushing out electro-smog that is short-circuiting the energy body. More specifically, low frequencies that resemble the pulse of the earth (approximately 10 Hz) work to reset depleted cells, and recharge them. By generating the pulse of nature using PEMF, the body comes back into balance.

After my full recovery, I accepted this miraculous healing from chronic depression as divine intervention. From that day forward, I have devoted myself to understanding Tesla's magnetic field therapy, and went on to travel the world to produce a feature documentary called *Tesla's Medicine: Healing Fields*.<sup>[1]</sup>

### The Search for Tesla's Medicine

During the past eight years, I've documented people who claim to have recovered from a range of chronic and acute illnesses with the help of PEMF devices. These include people's vision improving, infertile couples conceiving, autistic kids becoming stable, and children and adults becoming clear of diabetes,



The Seqex PEMF mat has been used to help treat multiple sclerosis, cancer, arthritis, and broken bones

arthritis, MS, fibromyalgia, depression, PTSD, and more.

During my travels through Eastern and Western Europe, I went to the paraplegic hospital in the Czech Republic to document their treatment approach. The Rehabilitation Center of Kladruby ([www.rehabilitace.cz](http://www.rehabilitace.cz)) treats paraplegic patients for spinal cord injuries using PEMF and lasers to repair bones and nerves by activating neuronal stem cells. Their patient outcomes were impressive.

And the world-famous Paracelsus Clinic ([www.paracelsus.com](http://www.paracelsus.com)) in Switzerland uses PEMF to eliminate pain and speed bone healing after dental surgery. It's also used during chelation, IV ozone, and vitamin therapy to detox heavy metals, eliminate viruses, and support the immune system. Thousands of athletes, such as those on the Swiss Olympic team, use PEMF for performance enhancement. In some Swiss villages, every third home has a PEMF therapy mat in the communal bomb shelter and use it as the "Swiss Secret" fountain of youth.

I also went to a hospital in Italy operated by the Italian Multiple Sclerosis Association, and filmed the process whereby MS patients are wheeled into the hospital to be analyzed with a Seqex MED PEMF device. This analytic process determines the appropriate magnetic fields that each



MS patient being assessed with Seqex MED device at a hospital in Italy

person requires for a therapeutic effect, so they can be programmed into the device. The hospital then sends the MS patient home with a portable Seqex PEMF unit to help clear their symptoms with daily self-administered sessions. In some cases, this health homecare service is subsidized by the Italian government, and some long-term care retirement homes offer Seqex PEMF to their residents.

Seqex PEMF is also used as a complementary therapy in some Italian cancer hospitals because the fields protect weak precancerous cells from being damaged during radiation therapy, and chemotherapy becomes more effective with fewer side effects.

### Meanwhile, Back in Canada

■ **PEMF ACCELERATES PLANT GROWTH:** After numerous trips to Eastern and Western Europe between 2012 and 2016 to acquire PEMF machines, we brought the devices back to test at The Rose Lab in Peterborough, Ont. ([www.TheRoseLab.com](http://www.TheRoseLab.com)) – a private research facility owned by Dr. Magda Havas, PhD, a specialist in the biological effects of magnetic fields. In the lab, we found that Wi-Fi stunted the growth of seedlings while PEMF medical devices accelerated their growth.

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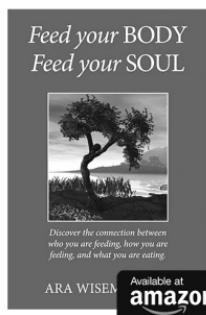
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■ PEMF ALLEVIATES PAIN, SPEEDS HEALING OF ARTHRITIS, BROKEN BONES, INJURIES: Centurion Systems is a Canadian company that first imported Tesla Coils from Germany over 30 years ago. Their devices were embraced by the horse racing industry because of the way PEMF therapy mends broken bones – sometimes in a few weeks. Centurion Systems now manufactures devices that are popular with athletes who suffer injuries that cause pain and arthritis.

The SAAQ, a government entity in Quebec responsible for automobile accidents, is now providing Canadian-made Centurion Tesla Coils free of charge to victims of collisions so that they can have pain-free accelerated recoveries.

Magda Havas personally supervised a pilot study on Centurion’s Tesla Coils that was published in *Novel Techniques in Arthritis & Bone Research*. Her report was titled: “Pulsed Electromagnetic Field Therapy Alleviates Symptoms of Osteoarthritis.” Havas found that this therapy significantly reduced pain and also increased the wellness of the participants. See: <http://tinyurl.com/PEMFArthritisStudy>

In July 2017, Magda Havas supervised a pilot study on Centurion’s Tesla Coils.

Her report was titled: “Pulsed Electromagnetic Field Therapy Alleviates Symptoms of Osteoarthritis.”

Havas found that this therapy significantly reduced pain and also increased the general wellness of the participants

■ ENERGY THERAPY FOR CANCER TREATMENT: The Canadian Cancer Society now recognizes magnetic fields as a complementary “energy therapy.”

In 1920, R. Raymond Rife invented a microscope that could see live cancer viruses. He then used Tesla’s high frequency radio waves to devitalize them.

That invention is now installed inside Oncotherm, a Health Canada-licensed device that uses radio frequencies and thermal heat for treating breast cancer. Fortunately, people seeking this type of cancer treatment don’t have to travel to Switzerland to get it. Instead, they can go to The Nature Medicine Clinic ([www.NatureMedicine.ca](http://www.NatureMedicine.ca)), a facility which offers a

wellness vacation in the Niagara region for a fraction of the (Swiss) price. Patients can explore the nearby attractions after their scheduled PEMF, ozone detox, and Oncothermia cancer treatment regimen.

■ PEMF ENERGY THERAPY AVAILABLE IN LOCAL CLINICS AND FOR HOME USE: While the world rushes onwards to have the latest wireless technology, we must realize that even after 5G, the telecommunication industry will continue to expand. We can remove the electro-smog from our home, but once we step out the door, the water in our body will absorb and store it. Add polluted air, water, pesticides, and processed chemicals in food to the equation, and we set the stage for immune system failure.

Since our healthcare system now officially accepts PEMF “Energy Therapy” but refuses to fund it, a new trend in privatized medicine is emerging which involves “Frequency Therapists” who offer therapeutic sound, vibration, light and magnetic field detox therapy treatment in a clinic setting, or sell the devices for use at home.

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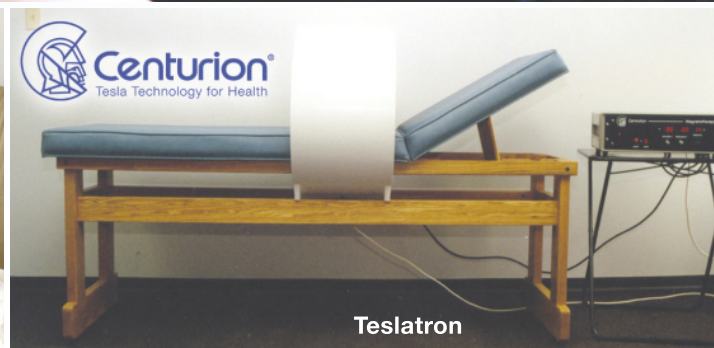
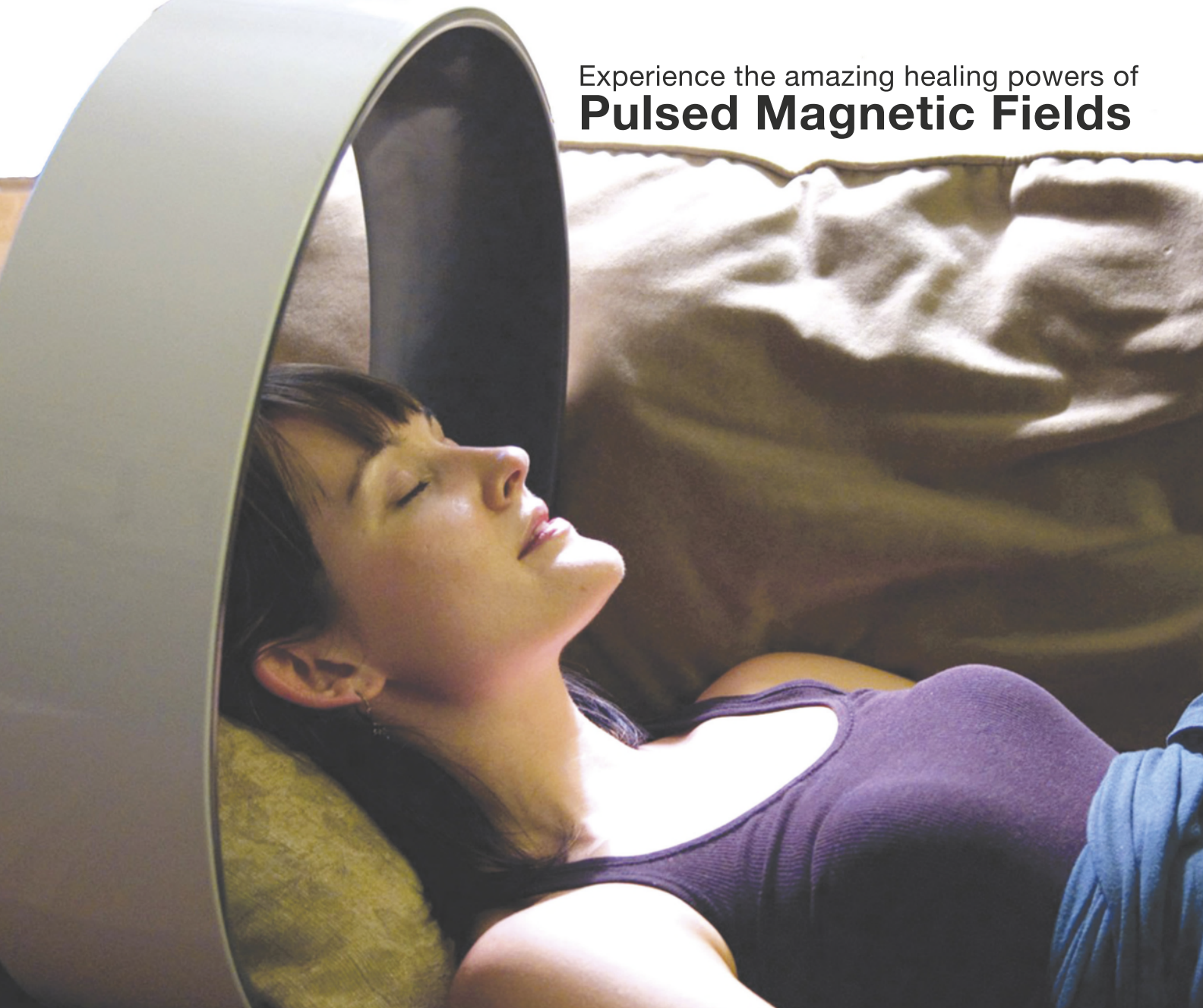
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Centurion Systems ([www.centurion-systems.com](http://www.centurion-systems.com)) is a Health Canada licensed manufacturer of Pulsed Electromagnetic Field Therapy devices. With offices in Toronto and manufacturing facilities in Calgary, they have over 30 years of experience in the production of the original tried and true cylinder Tesla coil design powered by modern analog frequency generators.

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In other words, Tesla's technology is now legal, it performs miracles, but you won't find it in hospitals. You must spend your own money on this type of healthcare.

In today's home, a dining room is used for eating, a living room for reading, a bedroom for sleeping, and a bathroom for washing. To thrive in a future wireless world, I believe we all need to build a healing room in our homes, equip it with Tesla's technology, and use it regularly as Tesla did. He lived to be 86 years old in 1943 – 20 years beyond the average lifespan at that time.

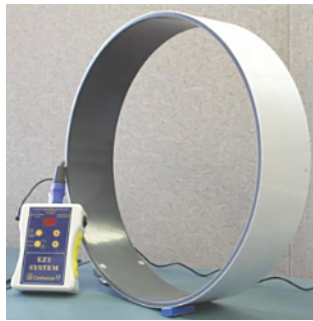
### Tesla Medicine Fame Spreads After Endorsement on Dr. Oz Show

Tesla Motors CEO Elon Musk was recently asked: "Who do you admire more, Thomas Edison or Nikola Tesla." He answered, "Thomas Edison because he brought his inventions to market and made them accessible to the world."

While Tesla's name and medical inventions fell into relative obscurity in the late 1900s, quite the opposite was happening in the Soviet Union and German-speaking countries. There, Tesla's medicine was refined, improved, and purchased by the elite for personal use – and that included Hollywood TV stars.

Then on November 16, 2011, Tesla's invention made a splashy re-entry into North America. This happened when TV host Dr. Mehmet Oz featured the technology at the beginning of his show and boldly declared, with the help of his TV audience, that "today they were going to change the practice of medicine."

During the show, Dr. Oz re-introduced Tesla's magnetic medicine technology as PEMF, which stands for Pulsed Electro Magnetic Fields, and claimed it would take away incurable pain just by laying on top of the energized Tesla coils. At the end of the show, Dr. Oz told his audience to download material about PEMF from his website and show it to their doctors because this miraculous technology was not taught in medical school.



Centurion's Tesla Coils produce Pulsed Electro-magnetic Fields used for pain relief, bone repair, and immune boosting

### Public Demand & Government Regulation

The massive audience of Dr. Oz greeted his PEMF endorsement with enthusiasm across North America. As a result, health professionals in the U.S. and Canada received thousands of letters, emails, and phone calls from their patients, asking how and when they could get access to the PEMF technology.

The U.S. FDA acquiesced to the public demand by creating a new FDA category called "wellness devices." PEMF machines would be allowed into the country, tax-free and duty-free, as long as they were registered with the FDA and made no health claims. The only claim they were allowed to make is that PEMF therapy adds energy "chi" to create wellness in the body. (In reality, the government bypassed Medicaid and wanted the public to spend money from their health savings account and use PEMF as an alternative to addictive pain medications.)

The Canadian government took a different approach and declared that Pulsed Electromagnetic Therapy devices would qualify as full-fledged medical devices, with a percentage of every sale going to fund Health Canada. Instead of publicly funded hospitals, private clinics could rent and sell them to the public. They could be advertised to reduce inflammation, increase microcirculation, and mitigate musculoskeletal disorders, which is quite broad in scope.

The Canadian government took a different approach and declared that Pulsed Electromagnetic Therapy devices would qualify as full-fledged medical devices, with a percentage of every sale going to fund Health Canada. Instead of publicly funded hospitals, private clinics could rent and sell them to the public. They could be advertised to reduce inflammation, increase microcirculation, and mitigate musculoskeletal disorders, which is quite broad in scope.

Spreading the magnetic message to doctors still remains a big problem. How can medical professors honestly teach doctors that the pulsed microwave magnetic fields used by the telecom industry, which are classified as Class-2b carcinogens by the World Health Organization, have no health impact, while low frequency pulsed electromagnetic fields can be used to cure serious diseases? Where is the dividing line between health and harm?

Answer: If the artificially generated frequencies are within the spectrum of nature (earth, sound, and sun), they can be used for healing because their genetic codes are in our DNA. However, like natural medicine, it's about the correct dose.



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The frequency spectrum beyond ultrasound and below the sun is called radio and microwaves. These fields are not natural to earth and are foreign to our DNA. In short durations they can be used for healing too, but chronic overexposures from their use in wireless technology could also produce harmful side effects.

Elon Musk's statement about Tesla's failures to self-market his inventions commercially seems to have merit. However, Tesla was a visionary and perhaps this is the ideal time to bring his healing fields to the world.


*"Let the future tell the truth and evaluate each one according to his work and accomplishments. The present is theirs; the future, for which I have really worked, is mine."*  
~ Nikola Tesla

Catch Robert Connolly at the Total Health Show in Toronto, where he will be presenting "TeslaMania", a live workshop and multimedia version of his film, *Tesla's Medicine: Healing Fields*, on Saturday, April 13, from 6 to 9 pm. Tickets are \$20 and can be purchased at the box office on the day of the workshop. Visit [www.TotalHealthShow.com](http://www.TotalHealthShow.com) For more information, call the Total Health Show 1-877-389-0996, or Bob Connolly (416) 521-7462.

REFERENCES AND RESOURCES

- [https://teslamania.tv/robert\\_connolly\\_the\\_healing\\_field/](https://teslamania.tv/robert_connolly_the_healing_field/)
- PubMed report: PEMF therapy of management of osteoarthritis: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3791961/>
- PubMed report: PEMF therapy improves symptoms of Parkinson's Disease <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4562205/>
- PubMed report: Effects of PEMF on Multiple Sclerosis symptoms <https://www.ncbi.nlm.nih.gov/pubmed/12868251>
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- FDA Wellness device classification: <http://tinyurl.com/FDAonPEMF>
- Government of Canada - Seqex Medical device licence ID number: <http://tinyurl.com/HCLicenseforSeqex>
- Website for Centurion Systems [www.Centurion-Systems.com](http://www.Centurion-Systems.com)
- Rife: <http://science.sciencemag.org/content/76/1965/192>
- Oncotherm website: <https://oncotherm.com/en>
- Canadian Cancer Society listing for Energy Therapies <http://www.cancer.ca/en/cancer-information/diagnosis-and-treatment/complementary-therapies/energy-therapies/>

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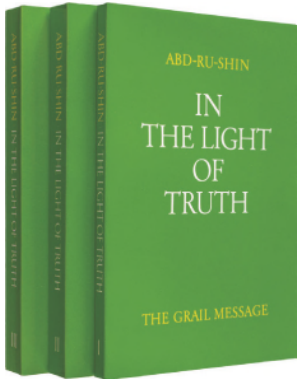
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## TCM FOR LUPUS

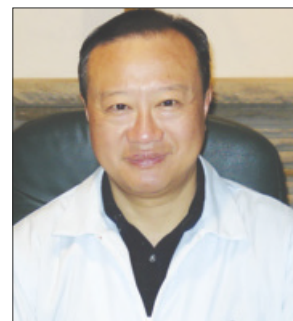
Eastern and Western Medicine Approaches  
Have Different Outcomes

TOM FUNG, R.AC, R.TCMP

Since the protocols and scientific concepts that govern western medicine and traditional Chinese medicine vary greatly, I would like to introduce lupus erythematosus from two different viewpoints.

### WESTERN MEDICINE

Systemic lupus erythematosus, like rheumatoid arthritis, is an autoimmune disease in which the body's disease-fighting mechanisms have somehow gone awry. With this disease, antibodies that should attack disease-causing agents such as viruses, bacteria, and allergens – instead attack the body's own tissues, causing a wide variety of signs and symptoms.



Acupuncture and herbs can be used to treat Lupus with good results, but there is no standard formula; treatment must take into account the fact that each individual's constitution is unique

■ **General Symptoms** – The symptoms of lupus vary greatly from patient to patient, the most common being joint inflammation, usually occurring in the knuckles, wrists, and knees. The arthritis of lupus is less severe than rheumatoid arthritis, and it seldom produces joint damage or deformity. Skin rashes also occur in a majority of patients; the 'butterfly' rash, which covers the nose and cheeks, is a particularly distinguishing sign, but both rashes and joint inflammation may appear in any part of the body.

Other signs and symptoms include low grade fever, fatigue, persistent swollen lymph nodes, unusual sensitivity to sunlight, loss of weight and appetite, loss of hair, and ulceration in the mouth and nose. The kidneys are affected in a majority of cases, but the severity of kidney involvement varies widely, from mild dysfunction apparent only in laboratory tests, to complete kidney failure requiring dialysis or transplant of a healthy kidney.

Lupus also causes pleurisy (inflammation of the pleura, the membrane that covers the lungs) and inflammation of both the inner and outer membranes of the heart (endocarditis and pericarditis). Lupus can affect the central nervous system, causing seizures and psychotic symptoms.

As the most common symptoms of lupus are similar to those of rheumatic fever or rheumatoid arthritis, a doctor will sometimes misdiagnose the condition.

Lupus runs an unpredictable course. In most patients, symptom-free periods alternate with periods when symptoms flare. These symptoms are often mild enough that many patients experience them for years without detecting a pattern or discovering their cause.

■ **Western Medical Treatment** – For mild symptoms, anti-inflammatory drugs such as aspirin are prescribed. Those who find aspirin hard to tolerate will take other non-steroidal anti-inflammatory drugs. Both can reduce inflammation and ease joint pain, but both also have side effects.

If anti-inflammatory drugs fail to relieve symptoms, corticosteroids are used. Oral corticosteroids are often prescribed for arthritis and kidney problems, and corticosteroid ointments are applied topically to rashes. These medications have serious side effects. Antimalarial drugs, derived from quinine, are an alternative to steroids for patients who cannot tolerate or benefit from other anti-inflammatory drugs. Antimalarials are particularly effective against skin rashes, and can also relieve arthritis. Like steroids however, antimalarial drugs have serious side effects and so are reserved for more difficult cases.

Immunosuppressant drugs, which inhibit the immune response, are helpful for some patients. These drugs, which carry a risk of dangerous side effects, are commonly used to prevent rejection of transplanted organs; usually, they are reserved for patients who fail to respond to other treatments or who are experiencing intolerable steroid side effects.

### TRADITIONAL CHINESE MEDICINE

Since the science concepts and special terminology used in Traditional Chinese Medicine are so different from western medicine, some concepts must be introduced. Below are listed the symptoms that show up for all six types of imbalance common to the condition of lupus:

1) **Kidney yin deficiency:** symptoms include night sweats, thinning or loss of hair, sore back, menstrual disorders. There is also ringing in the ears; tongue colour is red; the pulse is fine, hollow and rapid.



**Zheng Chen**  
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**2) Kidney yang deficiency:** symptoms include day sweats or automatic sweats; dislike of cold; weak back; no menstrual period or light period. As well, the tongue colour is light; the tongue shape is enlarged.

In Traditional Chinese Medicine, lupus is mainly viewed as stemming from internal injury, from the seven emotions; a simple term is 'emotional distress.'

**3) Lung yin deficiency:** symptoms include dry cough, sore throat, afternoon fever; tongue and pulse symptoms are similar to kidney yin deficiency. When the disease progresses, it will lead into kidney yin deficiency.

**4) Liver deficiency:** symptoms include headache, joint pain, numbness of the limbs, blurred vision, menstrual period could be light or the colour is light. As well, tongue colour is light; pulse is hollow.

**5) Spleen deficiency:** symptoms include lack of appetite, fullness of stomach, fatigue, swollen face, tongue colour is very light or white, tongue coating is thin, pulse is hollow.

**6) Liver stagnation:** symptoms include irritability, frustration, angers easily, menstrual period is usually heavy, tongue colour is dull, pulse is wiry or tight.

These six types of imbalance can show individually or in combination. For example, the symptoms of kidney yin deficiency can combine with those of spleen deficiency. (Note that people who suffer from lupus present the same general symptoms to both western modern medicine and TCM practitioners, the exception being there is no such term as 'lupus' in Chinese medicine.)

In Traditional Chinese Medicine, lupus is mainly viewed as stemming from internal injury, from the seven emotions; a simple term is 'emotional distress.' I use acupuncture and Chinese herbs to treat this disease with good results, but there is no standard formula. The treatment has

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to be based on which types of imbalance are present and must take into account the fact that a patient's symptoms can change, and that each individual's condition is unique and must be treated accordingly. In some cases the herbal dosage prescribed will be light; in others very heavy.

Caveat

A common misunderstanding is that all herbs are natural and so have no side effects. The truth is that the wrong formula applied to the wrong situation will adversely affect the course of the disease, and may actually harm the patient.

When I was living in California, I had helped a patient who had ties to a pharmaceutical company. After treatment, the patient's parents were so impressed with his recovery that they approached me with a proposal to mass produce what they called my "secret Chinese recipe" and sell it to the public. I refused the offer because it is against both my own personal philosophy and Chinese medical theory.

Tom Fung is a Traditional Chinese Medicine Practitioner and Acupuncturist practising in Ontario. He is also the Founder and Chief Instructor of Self Balance Meditation Association. His office is located at: 179 Main St. N., Markham, Ontario. For more information or an appointment, email: [www.drtofung@gmail.com](mailto:www.drtofung@gmail.com), call his office: (905) 554-8849, or visit: [www.drtofungclinic.ca](http://www.drtofungclinic.ca)

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Dr. Zoltan Rona, MD, MSc, is a board certified gastroenterologist and a board member of the American College of Gastroenterology. He is also a member of the American Society of Gastrointestinal Endoscopy and the American Society of Colon and Rectal Surgeons. Dr. Rona has been practicing medicine for over 20 years and has authored several books on digestive health. He is currently practicing at the University of Toronto and is also a frequent speaker at medical conferences. He is passionate about helping his patients find natural ways to improve their digestive health and overall well-being.

**On EFT / Tapping for Pain Relief**

["My Top 20 Favourite Cures for Pain" by Dr. Zoltan Rona, MD, in the Dec 18/Jan 19 issue. Click on: <http://tinyurl.com/curesforpain>]

I thought Dr. Rona's article on non-pharmaceutical methods to deal with pain was excellent. Though I must say I was surprised that he didn't mention Emotional Freedom Techniques, sometimes known as EFT or Tapping. In my 20 years of studying EFT and using it for myself, my students, and clients, I've only had three instances when applying this modality didn't immediately reduce or eliminate the presented pain.

It's so easy to learn and to apply and so handy to have in one's pain relief kit at all times. With no equipment needed, it's immediately available at home, in the



# Letters to Editor

office, on the playing field, or at the beach. And I've found that children as young as 10 can learn to use it successfully. The Research on EFT for pain can be found at <http://tinyurl.com/EFTcanhelp>, and info on EFT in general in my article published in *Vitality's* April/May 2018 issue posted at: <http://tinyurl.com/CrystalHawkonEFT>

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Dear Dr. Rona,  
Thanks for a wonderful article on "Cures for Pain". Do you know if any of these natural substances could be used during labour for pain relief? Perhaps DMSO and MSM, or Black Seed oil?

*M. Phillips, by email*

*Dr. Rona replies:*  
I would avoid DMSO entirely. And Black Seed oil in small amounts as a food additive is okay but not in amounts used for pain relief. These could adversely affect pregnancy. MSM is safe in just about any amount during pregnancy and there are no reports of any adverse reactions during pregnancy.

*Dr. Zoltan Rona, MD*

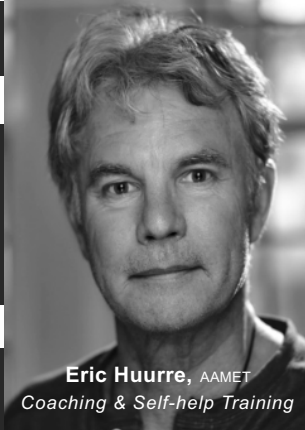
**Reader Seeks Homeopathy for Unwell Cat**  
[Re: Article on Vitality website: "Homeopathy for cats" <http://tinyurl.com/homeoforcats>]

*Dear Dianna Medea,*  
I read your touching article about healing cats with homeopathy. Do you have a recommendation for help with inflammation of the pancreas and/or digestive issues? My cat has stomach noises which become very loud and worse after eating. He does not have loose stools.

Is there anything you might suggest to try to help with this? I have tried several different diets (currently Stella & Chewys frozen chic dinner morsels) and would just like to eliminate any pain/discomfort/inflammation he might be having so that he can eat whatever he wants.

*C. Cody, by email*

*Julia Woodford replies:*  
Hello Cindi, In regards to treating pets with alternative



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medicine, we would recommend you consult with a popular wholistic vet in Newmarket. Here is his bio. that we have posted online: "North-East Newmarket Veterinary Services offers a variety of natural and integrative veterinary services including: Acupuncture, Homeopathy (non-classical), Botanical Medicine, Whole Food Nutrition, Intravenous fluid therapy, Matrix re-patterning, and spinal manipulation. For more information or to make an appointment, visit: [www.holistic-vet.ca](http://www.holistic-vet.ca), or call (905) 830-1030."

### On Getting a Good Night's Sleep

["The Answer to Insomnia" by Patrick Holford; Oct./Nov. 2018; <http://tinyurl.com/healinginsomnia>]

I found 'The Answer to Insomnia' article by Patrick Holford very informative. Of great interest is the chemical transformation of tryptophan into melatonin, a rather large molecule of carbon, hydrogen, nitrogen, and oxygen with a molar mass of 232, in total darkness, without sunlight.

My question is whether this process is continuous through seven hours of sleep? What would happen if one wakes up in the middle of the night and switches on the light? Would the melatonin production stop? If light stops these chemical reactions, is it the green spectrum 450 nm or the red 750 nm of light that does the damage?

Perhaps Mr. Holford can clarify. Knowing this, one can choose the right colour of light for the bedroom.

*Rudolf Manook, Toronto*


### Probiotics for Cats and Dogs

I don't usually get involved with product endorsements, but this time I can't resist. When my dog Benny developed severe diarrhea from eating some bad stuff at the dog park, I asked *Vitality's* editor, Julia Woodford, for advice. She recommended *Probiotic 8 Plus* because she's had good results using it with her cat. Made by Omega Alpha, it's a product that claims to keep the microbiome and bowels of both cats and dogs healthy.

So I went to Global Pet Foods where the product is sold, picked some up, and started feeding it to Benny with meals in hopes of fixing his innards. According to the label, the product contains 2 antioxidants, 3 prebiotics, 6 digestive enzymes, and 9 probiotics. Lucky for us, the product worked like a charm and restored my dog's bowels to their regular functioning (no more diarrhea!).

And now I've started recommending the product to other dog owners whose pets have various bowel disorders caused by poor nutrition, parasites, and bacteria.

*Colleen Palmerston,  
Collingwood., Ont  
(Continued next page)*



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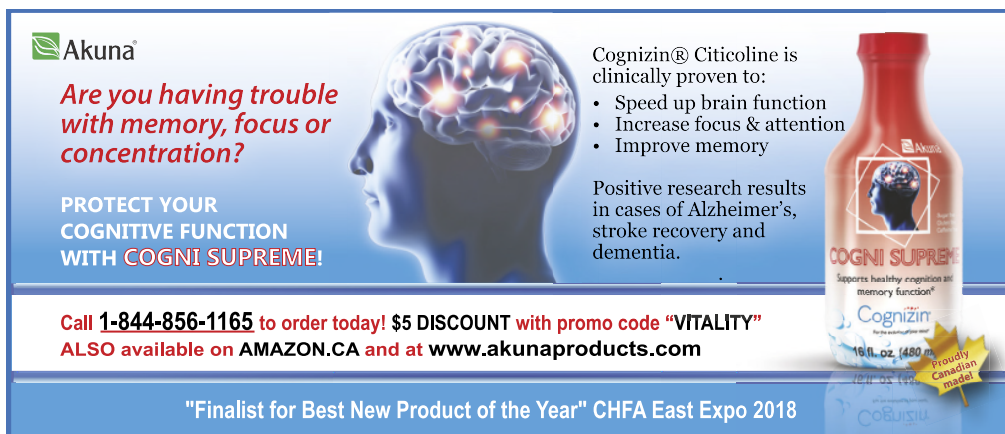
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## Serrapeptase Enzyme Helps Clear Sinus Infection

At the beginning of every other month, I wait for the latest copy of *Vitality* magazine to appear in my health food store. In the Aug/Sept 2018 edition, Dr. Rona wrote about serrapeptase. I was very interested because I have bronchiectasis and my doctor prescribes antibiotics for flare-ups. My flare-ups would usually start with a sinus infection, but by watching my diet and eliminating dairy and wheat products, I have reduced the number of sinus infections from three or four per year, down to one per year.

Then I read about serrapeptase and I decided to try it. So far I have not had any sinus infections this winter! I have been taking

one 120,000 SU capsule a day for almost two months now. My question is: How long can I safely continue to take serrapeptase?

*S. Fernandes, by email*

*Dr. Rona replies:*

Serrapeptase can be taken indefinitely, without any concerns, by most people. If stomach irritation develops, reduce the dose or stop taking it for a few days. Otherwise there are no concerns.

*Dr. Zoltan Rona, MD*

## Reader Enjoys Alternative Views on Arthritis and Diabetes

*Vitality's* February/March 2019 issue is worthy of praise, starting with "Vital Light of Nikola Tesla" by Robert Connolly. The UV portion of light of 300 - 400



nm wavelength used for medical purposes sets bipolar water molecules into a frenzy of oscillations bumping into each other, millions of times per second. This generates heat that turns skin red and kills certain bacteria and targeted cells.

And Michael Vertolli's "Nature's Answer to Arthritis" is a big gift to those who have been living on steroids, not knowing the leading causes of arthritis and the side effects of

steroids.

I brought the interesting and educational "Health Briefs" by Michael Downey to the attention of some neighbours who suffer from diabetes and old age discomforts. Big discussions followed. And finally, regarding Dr. Rona's article on Nattokinase, it made me think about trading in my daily 2 - 2.5 mg Apixaban Eliquis prescription for natto. Overall, a very educational issue!

*Rudolf Manook, Toronto*

Readers: email letters@vitalitymagazine.com to have your say, or mail a letter to: *Vitality* magazine, 356 Dupont St., Toronto, Ontario M5R 1V9.

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Luke has been featured in all forms of media such as *Tone*, *Vitality* magazine, CTV Morning Live, CBC Radio, Huffington post and TED Talks.

Developing an advanced hypnotherapy technique, Luke can turn weak willed smokers into empowered non-smokers in as little as one hour. He says **"This technique is so powerful we are achieving a 95% success rate.** This is incredible when you think that patches are only about 16% successful. This breakthrough technique combines the latest discoveries in hypnosis and the new science of personal achievement known as Neuro Linguistic Programming. This takes the power of hypnosis to a new level in helping people take back control of their lives."

Local doctors are so impressed by the power of hypnosis that they are now referring many of their patients to Luke Michael Howard for his "Accelerated Change" Stop Smoking Programme. Luke says, "I am currently building a Doctors Referral Network to keep local GP's informed of my developments and their patients' progress. Many celebrities, professional business people, nurses and housewives have benefited from stopping smoking with hypnosis, **SO CAN YOU!**

The good news is that this incredible method of stopping smoking is available locally. The bad news there usually is a two or three week waiting list for an appointment – but even the medical profession believes it's worth waiting for.


## "Six months later and I'm still a non-smoker"



"Hi I'm Marc Lamontagne, a financial planner with Ryan Lamontagne Inc. here in Ottawa. I'm a client of Luke Michael Howard, PhD. And I have gone through his hypnosis session to quit smoking. It's been over a month now and I haven't touched a cigarette. I have no desire to ever smoke again. In fact, I am now a graduate off his stop smoking program with the official certificate. I am now a non-smoker for life."

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This is such a delicious time of year. As the snow melts, streams of water cascade along to rinse off the seeds and bulbs under the surface, enabling green shoots to break the surface of the wet ground. This fills our hearts with the promise of renewal.

In my last column, I invited you to think about what you might seed or nourish in yourself in the coming year, and also what you might seed in the world around you. This idea must have been riding the ethers, because I have since witnessed similar urges in others to find new creative ways of participating in community.

At the recent gathering of a circle of friends who meet monthly to do bodywork and/or work with the energy of the seasons, a number of us were feeling a call to open up our circle once a year to those who want to experience and start their own circles. In this way we could offer an experience of how we gather, while sharing what we like to do. Coming into a larger circle increases the energy exponentially which we can use to send healing, or love, into the world, or whatever

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*The more we are kind and loving to ourselves, the more we can shine that same energy back out into the world and bring trust back into our lives*

might feel right. Our own circle would stay the same size, but it could help to create more circles and co-create a sort of flower of life within a larger community.

Similarly, there have been an increasing number of individual people lately who have offered to share 'what they know' with the community. It inspires local people to meet each other, to interact, and to share interests, all in the spirit of meeting a need they felt to share their 'resources' and gifts within a larger community.

In the country, there is often no money exchanged, but farm fresh eggs or home knitted socks turn up by way of thanks. In other words,

the instinct to 'come together' with others and share is not necessarily about money, it is about a deeper calling many are feeling.

Just such an inspired offering happened as we gathered this week at the local yoga studio. A friend's sister, Sue, was visiting and she offered her experience as a facilitator of small groups based on her training through Parker Palmer ([www.innersoulcare.ca](http://www.innersoulcare.ca)).

Palmer's Circle of Trust offers a framework for gathering with others, with no agenda, thereby enabling participants to leave the circle with whatever they were needing when they arrived. The invitation is to have the courage to seek out our soul's unique personality and gifts, and in the process express our soul's perspective in the same way we do our social identity. This can be a challenge because the soul, like a wolf, is hard to find. We have to go into the woods and sit silently by a tree and perhaps we will catch a glimpse; it will change us deeply if we let it come with us into our days.

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Our circle opened with this offering by Polly Berends:

*“Everything that happens to you is your teacher....”*

*“The secret is to learn to sit at the foot of your life and be taught by it.”*

At each Circle of Truth gathering, a poem or story might be shared and you are given some time in silence to journal or draw about what ‘moved you’ or caught your attention. Then you share in groups of three, as the other two listen and then the circle is closed.

The point of focus that Sue offered at this particular gathering was a poem called “Kindness” by Naomi Shihab Nye and it proved to be both triggering and inspiring for me. I realized that what I want to seed in the world this year is kindness and trust, not only toward myself but toward others. Of course, the more we are kind and loving to ourselves, the more we can shine that same energy back out into the world and bring trust back into our lives.

As one of the group participants shared with me, this is not a planet where we can manage on our own; we need to be able to trust in the kindness of each other. This is an absolute truth.

Kindness is the courage to show up, to reach out, to witness the pain and suffering of our neighbours. It gets messy, but it heals the shame and guilt and grief we all hold about how the world is and what it could have been. It is important to experience how wonderful it feels when we are supporting, and are supported.

Part of the healing of our world now involves us shining a light on corruption, unkindness, and untrustworthiness. It’s hard to watch, but vital to our moving forward. One way to mitigate that process is to discover how trust and kindness can express within our communities, and within each other.

*“When we seek for connection, we restore the world to wholeness.”*

*“Our seemingly separate lives become meaningful as we discover how truly necessary, we are to each other.”*


*Margaret J Wheatley*

The joyous creative expression that is Spring reminds us that everything is possible.

*Kim is the co-founder of The Algonquin Tea Co., a line of quality teas made from organic wildcrafted Canadian herbs. Email: spirit.algonquintea@gmail.com*


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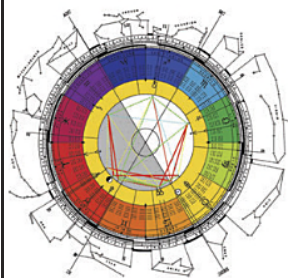
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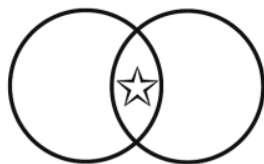
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## April • May

### Sun Sign Predictions

☆☆☆ by Julie Simmons ☆☆☆

#### ARIES: March 20 - April 19



April begins with slow and dreamy energies. The time to get moving comes April 5th. All the opportunities coming your way require effort if you want something to happen. Roll up your sleeves and get to work from the 9th to 15th. You'll be glad you did. Celebrate the renewal of life that spring brings from the 20th – 25th as you consider new ways to offer your gifts to the world. Be careful not to undermine yourself by reacting to gossip from the 26th to 29th. **MAY:** Confrontation on May 1st – 5th might be much ado about nothing. Drop it if you can. Nobody loves you enough from the 6th – 10th. But this is not true. The truth is that to live fully you must live responsibly. Such is the stuff of wisdom. You know and live this from the 11th – 19th. Use your communication talents with confidence from the 21st – 23rd. You may not always be right but you always confront the things that need to be challenged. Lies abound from May 28th – 31st, hopefully not yours. Pick your way through. Nothing is as it seems.

#### TAURUS: April 20 - May 20



Chill, as they say. *Being* opens more possibilities than *doing* from April 1st – 6th. Keep your eyes on the prize from the 9th – 13th. There may be lots of hindrances that you can't control but you have your priorities on straight. Stay focused. Someone you didn't even know you could trust takes your side on the 14th – 16th. Celebrate your Earth on the 20th – 24th because you are the original Earthling. This is your planet. Be vigilant regarding your addictions from the 25th – 30th, be they detrimental to mind or body. What hurts you, hurts us all. **MAY:** The discrepancy between what you value and how you live isn't just about you. It's also about the culture that surrounds you. The complexity of this is troublesome on May 1st – 4th. It's good to question. Radical shift presents itself from May 8th – 14th. Be open to new ways of doing and/or seeing things. Common sense tells you that you are right from the 16th – 20th. Opportunities to learn by experience are available and worth doing from the 22nd – 31st.

#### GEMINI: May 21 - June 20



What will you do with the energy that arrives on April Fool's Day? Don't squander it playing silly cell phone games. Play the bigger game; the chess game of life. Social networking is a good thing starting on the 5th, which doesn't make judgmental people easier to deal with from the 10th – 13th. Celebrate spring from April 19th – 22nd. Join your bio family or possibly the fam-

ily of sentient beings. A wise, wounded, and loving friend shows you something important between the 22nd and 24th. By the 27th it's confusing. Keep breathing even as you feel lost. **MAY:** Introspection in the midst of vigorous change seems contradictory but it is about remembering to breathe even as you dance from May 1st – 5th, even if you are challenged to defend yourself. Circumstances which you cannot control are more difficult if you keep telling yourself it shouldn't be the way it is from the 7th – 14th. Ease comes through acceptance. A friend needs your nurturing and you could learn a lot in the process from the 22nd – 28th, despite a sense that it's not enough. (It's never enough.) Our sense of insufficiency is a mystery. Bow to it from the 28th – 31st.



**CANCER: June 21 - July 21**

Get going on April 5th. You have much to accomplish between the 9th – 15th, no matter what's in your way. Expectations are high and demanding from the 17th – 19th. 'Tis the season to celebrate renewal; it's nothing less than life's majestic ability to keep on keeping on. Do that with family from the 19th – 21st, but do it your way. Honour those who have inspired you on the 22nd – 23rd by demonstrating faith in the future. Confusion is epidemic from April 24th – 30th. Use it as a reminder to meditate. Sit for a while. **MAY:** Don't let your primary other keep you from saying what you must from May 1st – 4th. But don't

ignore them either. They exert significant influence on your life. If your social scene needs a boost, go get it from the 8th – 14th. Nurture the values that feed you and your world, even as you look to embrace newer values for an ever-changing world between the 16th – 18th. Assert yourself with kindness and courage necessary to witness things as they are between the 21st and 26th. Look for the light seeping in through the cracks between the 29th – 31st. Times of great change allow for many new possibilities – inner and outer.



**LEO: July 22 - Aug. 22**

The desire to expand your mind through travel and/or learning is strong from April 5th. All travel is pilgrimage. All learning is initiation. Remember this from the 9th – 13th as your way seems fraught with obligations as well as a fear that you will not do a good enough job in fulfilling them. Fear itself is the obstacle. Simple communication is an edgy thing from the 18th – 22nd. Even so, it could be quite productive if engaged with heartfelt participation. Earth, our home and native planet, needs your care, your way. Celebrate this as a lifelong commitment from the 21st – 23rd. Don't put attention on people and situations that undermine your self-esteem from April 24th – 30th. Love is for everyone. **MAY:** The mission from May 1st – 6th is to look for new structures calling out to be used, rather than using old, familiar ways of doing things.

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This is about using the resources we already have but rearranging them to support the change. Dynamic conversation is a factor in your willingness to step into leadership roles, even as you work side by side with those you lead. This combination of energies enables much to be achieved from the 7th – 14th and beyond. Expectations are high and mighty from May 17th – 19th. The best you can do is good enough.



**VIRGO: Aug. 23 - Sept. 21**

We all dream of love and the perfect partner to share it with, despite our experience. Relax into the dream of love April 1st – 4th. Use your piercing, analytical mind to balance the dream with awareness of the nuts and bolts of how love works and the costs of being intimate between the 9th and 13th. Having looked at love from both sides, you are ready to engage the back-and-forth of relationship from the 14th – 19th. Seek out teachings to encourage real engagement with the crises of our times between April 20th and 24th. They are not going away any time soon. Avoid the pitfalls of projection between the 26th and 30th. MAY: Can you see the difference between perfect in the sense of ‘good enough’ – and perfect as an expression of life in this moment? Contemplate radical truths from May 1st to 4th. Call upon your chosen guardians of wisdom to help. Blocks and frustrations to your creative process challenge you to excellence from 7th through 13th. This becomes obvious as you gain mastery of materials. Share your insights and skills between the 14th and 22nd.



**LIBRA: Sept. 22 - Oct. 22**

There is nothing gained by side-stepping relationship issues in April. From the 5th there is a call to excavate, to reshape what you’ve got, to allow it to breathe and to strengthen awareness. Explore the weaknesses from the 7th – 13th. Network for helpful information from the 14th – 16th. Stand your ground between the 18th and 20th, even though things are changing. Spring requires us to love the Earth even as She shapeshifts around us in her return to growth. Bless the ground and your feet upon it between the 21st and 24th. MAY: By now you might be used to the feeling of undertow, a sense that the world you inhabit is not quite as predictable as you thought, especially concerning your own home and family. Ponder this until May 4th. Ask questions and challenge assumptions from 6th – 14th. As one structure crumbles another arises. Take charge of your life from the 15th – 22nd by leaning only on the ones you trust. Wounded animals can bite. Wounded people too. So don’t meddle between the 23rd and 31st.



**SCORPIO: Oct. 23 - Nov. 21**

There are times to just let it all go, such as April 1st – 4th. Then you can arise, like a brilliant flash of insight and get moving, full steam ahead. Good ideas require extra effort from the 7th – 15th. It’s not about how right or wrong you are. What matters most is

your determination to keep on keeping on. Consider the impossible from the 18th – 20th, and if you can find someone to do the impossible with you between the 21st – 24th, get busy. Love is a tricky fish from the 26th – 30th. Fools rush in but you’re nobody’s fool. MAY: After May 4th, you might need to say what’s on your mind. Facts are more important than opinions until the 16th. Engage with folks who support your goals in practical ways between the 17th – 20th. Airy-fairy will not serve. Even some truly wise ones have clay feet, just because they are human. This may be the most important teaching of all. Look for it between the 21st and 31st. It will make you wiser.



**SAGITTARIUS: Nov. 22 - Dec. 20**


What do you believe about the unseen realms? When it does no harm and encourages creative engagement we call it imagination. When it robs us of resource and energy we call it delusion. Be discriminating with your time from April 1st – 5th. Do the real work of creative manifestation between the 5th – 15th. Celebrate the forces of renewal from the 18th – 22nd. Your way: Share a meal, plant a tree, take a walk, make a work of art. Not one of us creates reality alone. We are here together, like some vast concert, constantly sounding through the days of our lives. Rest easy in this knowledge from 23rd – 30th. MAY: Consider what luck means to you on May 1st – 3rd. On the 4th you might encounter a person or situation requiring real effort and solid values to turn into luck. Keep at it at least until the 14th. Sometimes luck can only come to fruition when we combine it with intention and effort. Someone who has been there for you when you needed them needs your support between 15th – 20th. That which you give returns three times to you on the 21st – 29th.



**CAPRICORN: Dec. 21 - Jan. 19**

Maybe you feel the weight of the world on your shoulders. Truth to tell, this is a time for you to take responsibility to heart. It’s easier after April 5th as it becomes clear that you are the one for the job. Listen to everyone between the 6th – 15th but only do what makes sense for the greater good. If you aren’t sure look for a sign. The woes of the world are its challenges. This is obvious from the 16th – 20th. Roll up your sleeves and get your hands in the dirt between the 21st – 23rd. Avoid spin doctors between the 24th and 30th. MAY: Sort and prepare the stuff you need to get rid of between May 1st and 5th. Offer it to the neighborhood swap or lawn sale from the 6th to 11th. It’s a kind of initiatory experience. Letting go of the past, of things that weigh you down, invites love and/or creativity into your life. Open your heart to love and spontaneity from the 13th – 18th, and on the 22nd even as you respect that everyone, has unfinished business. In life there will always be things that don’t make sense. What matters is how we meet these mysteries, especially between the 23rd and 31st.

*Continued on next page*



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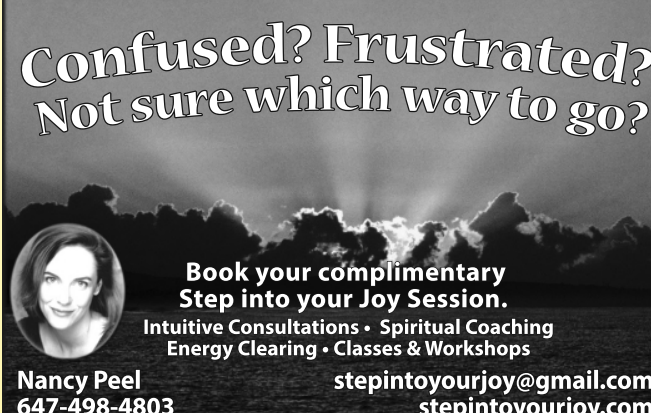
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# COMMUNITY NEWS



## FREE DARSHAN / BLESSING with Mother Meera

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## FREE SESSIONS AT THE BIG CARROT

Every Thursday evening, The Big Carrot natural food market hosts free sessions by wellness experts. Lectures take place above their store at 348 Danforth Ave., Room 212 in Toronto, and provide an opportunity to learn about the latest health topics:

**April 11: Superfoods for Joyous Health with Joy McCarthy** – Most of us know the importance of eating whole, colourful, and organic plant foods for energy and vitality. However, many don't consider how they can amplify their diet by adding superfoods. Joy will discuss powerful superfoods that reduce inflammation, soothe digestion, boost



*On April 11, Joy McCarthy will discuss the superfoods that reduce inflammation and prevent disease*

antioxidants, and also prevent disease.

**April 18: Cancer and The Healing Power of Food with The Living Kitchen** – A cancer diagnosis can be overwhelming, frightening, and uncertain. Learn what to expect from chemotherapy

and radiation, how to navigate the often debilitating side effects that come with treatment, and what you can eat to support your body at a time when eating and cooking may be too challenging. In this session, certified nutritionists Tamara and Sarah will discuss tips from their cookbook, *The Living Kitchen*, and how food can be a great tool to support the body during cancer remission, treatment and recovery.

**April 25: Mindfulness Meditation with Liz Eustace** – During this 90-minute interactive workshop, explore different breathing and meditation styles to become grounded and focused. Gain a clear vision for your life and sup-

## April & May Horoscopes

*Continued from page 66*



### AQUARIUS: Jan. 20 - Feb. 17

Balance the unsettled sense of a world off kilter by honoring the mysteries from April 1st – 9th, in your own quirky way. Between the 10th and 15th what matters most is making room for change, even where it seems impossible. Information overload feeds the feeling of chaos from 18th – 20th. Despite a sense that you are from another planet, this earth is your home. Show some respect for her hospitality on the 22nd – 25th by digging into the soil and planting something. Confusion from the 26th to 30th is best sorted when love is inclusive, which doesn't mean taking just anyone home. Love requires discrimination to flourish. Nothing like a good boundary. **MAY:** What scares you most is the sense that you don't know what's going on. Practice beginner's mind which is the don't-know mind. There is much to learn. From May 1st – 4th the soul is learning. Listen and allow solitude to be the teacher as well as the teaching. Between the 5th and 14th you learn best from those who have experience as well as theory. There is a mandate for change on the 15th regarding your job. Embrace the learning curve from May 21st – 31st. This will keep you from feeling overwhelmed. Likely you are faced with the impossible. Breathe. Wait. Ask for help. Call upon beginner's mind once again.



### PISCES: Feb. 18 - March 19

Consider the three Rs of Pisces: Relaxation. Resilience. Alignment. Your strength comes from your ability to adapt to shifting realities. Practice this from April 1st – 9th. Honour the ancestors from the 10th to the 15th, those who came before, who lived, loved, died and left their traces in this world. This may be those who walked a similar path as you, rather than the ones who gave you birth. Be astounded from the 18th – 21st by the depth of connection you have with someone but don't try to hold on to it. Change is simply inevitable and to be embraced from the 22nd – 24th. It's easy to be overwhelmed on the 27th. Avoid excesses of all sorts, particularly ones that hijack your mind. **MAY:** Disruptions to your plans seem insurmountable from May 1st – 4th. It's easier and less daunting to tackle them from the 5th – 14th. Opportunity along with energy to go after it are strong between 15th – 22nd. Much is possible when you participate with a full and willing heart. Argumentative family members or housemates are irritating beyond measure between the 23rd – 31st. Patience goes a long way toward soothing the energy if and when you overcome your annoyance as well as your scathing judgments, even the ones you think you keep to yourself.

Julie Simmons is a practising astrologer in Toronto. She would like you to understand that Sun Sign astrology has its strengths and its weaknesses. Take it lightly; use it as you will. For consultations call (416) 424-3079. Visit [www.juliesimmons.ca](http://www.juliesimmons.ca)

port this path with actionable goals. There is no time to waste! Join Liz, a health industry expert, author and thought-leader in the mindful and meditation space.

All lectures run from 7 to 8:30 pm (unless otherwise noted). Inquiries, email: outreach@thebigcarrot.ca or call (416) 466-2129.

### TOTAL HEALTH SHOW RETURNS APRIL 12 - 14

The Total Health Show is proud to announce another extraordinary line-up of some of the most respected international experts in the natural health field on April 12 – 14 at the Metro Toronto Convention Centre.

In addition to the packed trade show floor featuring many exhibits devoted to a healthy lifestyle, and a gourmet organic food area, 60 speakers will present up-to-date information on attaining peak health.

Highlights of the speaker program this year include:

- *Dr. Steven Gundry, MD*, cardiac surgeon, medical innovator, and bestselling author of *The Plant Paradox*, describes how to live vibrantly to a ripe old age using information from “the Blue Zones” and his research on lectins.

- *Dr. Marlene Siegel*, DVM, holistic veterinarian, breaks the myths of incurable disease and educates pet parents on the 5 steps to prevent or reverse dis-ease.

- *Dr. Magda Havas, PhD*, presents her research on 5G technology and the effects of increased exposure to radio-frequency electromagnetic fields.

- *Julie Daniluk, RHN*, leading nutritionist and co-

host of *Healthy Gourmet* (OWN) will discuss nutrition secrets for increasing energy and performance.

- *Rachel Parent*, environmentalist and youth social justice activist, on the harms of genetically modified foods and the use of pesticides on GMO crops.

Now in its 42nd year, The Total Health Show brings cutting-edge knowledge to Canadians from the leading innovators in the natural health field. Thousands of visitors each year attend the show to sample exciting new products, participate in debates, and meet leading innovators in the field. For more information, visit: [www.totalhealthshow.com](http://www.totalhealthshow.com) or call (416) 924-9800. (See ad on page 12.)

### YOU CAN IMPROVE YOUR VISION

Improve your vision this spring with an 8-week class series of *Vision Improvement*. Classes run on Wednesdays, from April 24 – June 12, 6:30 to 8:30 pm.

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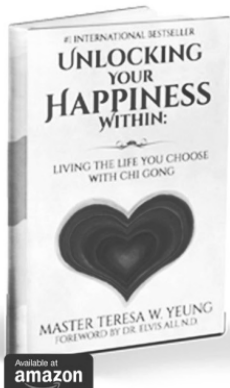
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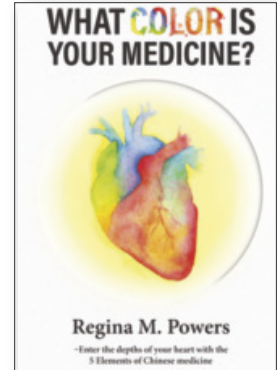
Alexandra has been using and teaching Natural Vision Education since 2002. She is also a Guild Certified Feldenkrais Practitioner, and a psychotherapist.



The artwork on the cover of this month's *Vitality* magazine is entitled "Heart of Healing" by Rita Loyd

### VITALITY'S COVER ART IS BY RITA LOYD

Rita Loyd is a Painter and Writer. Through the message of her work she has helped thousands find a deeper connection with unconditional self-love. You can find her Art and Tools for Nurturing Self-Love at [www.NurturingArt.com](http://www.NurturingArt.com). Also featured there is her interview series featuring her favourite painters of Healing Art and the beautiful artwork that they create. Artists include Rassouli, Elspeth McClean, Josephine Wall, Francene Hart, and many more.



"What Color Is Your Medicine" is a book based on Chinese 5 Element Theory written by an American nurse

### BOOK OF THE MONTH

*Vitality* is starting a new section that brings you books featured on our website every month. This month, the book is titled: *What Color is Your Medicine* by Regina M Powers.

Regina is a Western-trained family nurse practitioner who has worked in both emergency medicine and family practice. After stumbling upon the teachings of the 5 Elements of Chinese medicine (Earth, Metal, Water, Wood and Fire), everything related to how she saw, and treated people began to shift. Then



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came the study of energy medicine which again opened her eyes to the various understandings of how to prevent and avoid illness. If a person tunes into the messages in their body, they can begin to find avenues of healing that may not otherwise been possible.

Regina likes to look at the larger picture of a person – the physical, emotional, and spiritual body – which is where the true art of healing exists. When our heart and soul are able to find peace and balance along our way, we can then find ways to get through even some of the most turbulent times.

What *Color is Your Medicine* came together in under two months' time. It came through after the

author lost everything in a Fire. It turned out that Fire was the element or catalyst she needed to write.

Regina's own healing journey, along with cases and experiences of others for whom she has cared, are shared in the book by way of the 5 Elements. The elements weave through our physical and emotional bodies which help us uncover the places of imbalance, in order to find our way home, home to our spirit. *What Color is Your Medicine* also offers recommendations to take along on your own healing journey, to assist in whatever color medicine you may be dealing with at this time in your life.

The book is available on Amazon. More information, visit [www.soljournes.com](http://www.soljournes.com)

## Vitality's Annual Guide to Organics

Cropping up in our June/July issue

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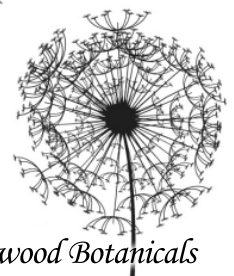
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# CALENDAR OF EVENTS

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## APRIL

**APR 1 & MAY 6 NETWORK FOR SUCCESS:** Meetup, from 9 to 10:30 am Visit [www.marlenegeorge.com](http://www.marlenegeorge.com) or call (905) 796-0101.

**APR 1 - MAY 31 NONPAREIL NATURAL HEALTH:** Organic Juice Fasting, Weight Loss, Yoga and Detox – 3, 5, 7, and 10-day programs (including June, July, August and September). This is The Fountain of Youth for improved health and vitality. For more details, please contact Mano: [nonpareil@sympatico.ca](mailto:nonpareil@sympatico.ca), (613) 395-6332, [www.nonpareilholistic.com](http://www.nonpareilholistic.com) See ad on page 41.

**APR 3, 10, 17, 24 & MAY 1, 8, 15, 22, 29 LAUGHTER YOGA CLASSES:** A fun way to release stress and experience joy. Join us! From 6:30 to 7:30 pm, 662 Pape Ave., Toronto. Please visit [www.laughyourselfhappy.com](http://www.laughyourselfhappy.com) or call (416) 469-2033.

**APR 8, 9, 10 & 11 HEALING TRANSFORMATION CLINIC:** From 7 to 9 pm. Hands-on bioenergy healing that gives remarkable results to a wide variety of conditions. Change everything in just four days a month. Please contact Ellen Lewinberg: (416) 203-2744, [ellen@healingtransformation.ca](mailto:ellen@healingtransformation.ca) or visit [www.healingtransformation.ca](http://www.healingtransformation.ca) See ad on page 59.

### VITALITY MAGAZINE

NEXT ISSUE: JUNE/JULY 2019  
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**APR 9 WORKING WITH YOUR 'GO TO EMOTION':** Exploring ways to move from reaction to response to resolve. From 7:15 to 9:15 pm, 344 Bloor St. West, #610, \$10. Registration required: [www.cpebpsychotherapy.ca](http://www.cpebpsychotherapy.ca) /contact or call (416) 928-9570.

**APR 11 & MAY 9 REIKI SHARE, MEETUP:** From 6:30 to 9 pm. For info, visit [www.marlenegeorge.com](http://www.marlenegeorge.com) or please call (905) 796-0101.

**APR 13 MAKING SUN CARE PRODUCTS** with Monika Ghent, from 10 am to 5 pm. [www.livingearthschool.ca](http://www.livingearthschool.ca)

**APR 13 REIKI I CERTIFICATION:** Learn to treat yourself and others. Includes Principles of Healing, centering, chakras, endocrine glands and more. Illustrated Workbook. Virginia Hart Nelson, 25 years' experience. (416) 960-1690, [virginia@theinnereye.ca](mailto:virginia@theinnereye.ca), [www.theinnereye.ca](http://www.theinnereye.ca)

**APR 13 LEARNING TO MOVE FORWARD:** Meetup, from 9 am to 4 pm. Please visit [www.marlenegeorge.com](http://www.marlenegeorge.com) or call (905) 796-0101.

**APR 13 INTRO TO CANNABIS:** How to Grow your Four Plants, Gamiing Nature Centre, 10 am to 5 pm. This workshop will provide an introduction to the cannabis plant and include the step-by-step growing process. To register or find out about other classes, visit: [www.organigrowcanada.com](http://www.organigrowcanada.com)

**APR 14 CANNABIS MEDICINE MAKING:** Gamiing Nature Centre, 10 am to 5 pm. This workshop will guide you through the process of making many different medicines from the cannabis plant. To register or find out more about other classes, please visit: [www.organigrowcanada.com](http://www.organigrowcanada.com)

**APR 17 & MAY 22 HEALING CIRCLE: MEETUP:** 7:30 to 9 pm. Visit [www.marlenegeorge.com](http://www.marlenegeorge.com) or call (905) 796-0101.

**APR 18 & MAY 13 TAMING YOUR INNER CRITIC** and Nurturing Self-Love. Discover lasting solutions to your most painful issues. Introductory Workshop: 6:30 to 9:30 pm. For info, visit [www.NewDecisionTherapy.info](http://www.NewDecisionTherapy.info) or call (416) 469-2033.

**APRIL 20 REIKI II CERTIFICATION:** Learn more potent healing applications including Symbols and long-distance healing. Illustrated Workbook. Virginia Hart Nelson, 25 years' experience. For info, call (416) 960-1690, email [virginia@theinnereye.ca](mailto:virginia@theinnereye.ca) or visit [www.theinnereye.ca](http://www.theinnereye.ca)

**APR 23 BAD STRESS TO GOOD STRESS:** Effective ways to address stress and anxiety. From 7:15 to 9:15 pm, 344 Bloor St. West, #610, \$10. Advance registration is required, visit: [www.cpebpsychotherapy.ca/contact](http://www.cpebpsychotherapy.ca/contact) or call (416) 928-9570.

**APR 28 REIKI I, MEETUP:** CRA Registered Teacher, teaching all levels, from 9 am to 4 pm. For more info, please visit [www.marlenegeorge.com](http://www.marlenegeorge.com) or call (905) 796-0101.

**APR 29 "FEAR AND ANXIETY"** Teleclass: Meetup, from 8 to 9 pm. For info, visit [www.marlenegeorge.com](http://www.marlenegeorge.com) or call (905) 796-0101.

## MAY

**MAY 1 MEET THE EXPERTS SEMINAR:** From 6 to 10 pm. Featuring Speaker Dr. Andra Campitelli, ND, TV personality, International Educator, and Author. Learn about Bioidentical Hormone Replacement Therapy, Thyroid Optimization and Brain Health for Women. Speaker: Dr. Tim Cook, MD and Founder of P3 Health. Learn about Optimizing Men's Health and Performance with Testosterone Replacement. Event location: 548 Old Dundas Rd., Ancaster, [www.ancastermill.ca](http://www.ancastermill.ca). Tickets in advance are \$15, or at the door \$25. Please call (647) 884-0663 or email [donna@trubalancehealthcare.com](mailto:donna@trubalancehealthcare.com) For full information and doctor biographies, please visit [www.trubalancehealthcare.com/events-1](http://www.trubalancehealthcare.com/events-1)

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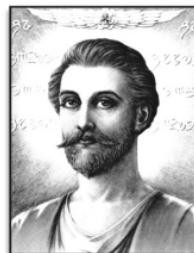
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~ Saint Germain ~

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## MAY

**MAY 4 REIKI II MEETUP:** CRA Registered Teacher, teaching all levels, from 9 am to 4 pm. For more details, please visit [www.marlenegeorge.com](http://www.marlenegeorge.com) or call (905) 796-0101.

**MAY 5 "LOVE YOURSELF" MEDITATION** seminar to find your own light and let it shine. Love yourself, love others. Toronto Reference Library, in Beeton Hall, 789 Yonge St., from 2 to 4 pm, \$10. More info: [www.happy-science.ca](http://www.happy-science.ca) RSVP: (437) 223-5028.

**MAY 7 PROCRASTINATION AND MOOD:** From 7:15 to 9:15 pm, 344 Bloor St. West, #610, \$10. Advance registration is required. For more info, please visit: [www.cpebpsychotherapy.ca/contact/](http://www.cpebpsychotherapy.ca/contact/) or call (416) 928-9570.

**MAY 11 REIKI I CERTIFICATION:** Please see the listing for April 13. Contact Virginia Hart Nelson: (416) 960-1690, [virginia@theinnereye.ca](mailto:virginia@theinnereye.ca)

**MAY 11 WORLD EGO AWARENESS DAY:** Join us and help to raise awareness of egotism. For more details, please visit [www.egoawarenessmovement.org](http://www.egoawarenessmovement.org) or send email to [anonymus@egoawarenessmovement.org](mailto:anonymus@egoawarenessmovement.org)

**MAY 12 FREE DARSHAN BLESSING** with Mother Meera, in downtown Toronto. To reserve your seat, you must register in advance. For more information or registration, please visit <https://registration.mothermeera.com> "For this I came to open your heart to the light." – MM

**MAY 13, 14, 15 & 16 HEALING TRANSFORMATION CLINIC:** From 7 to 9 pm. Hands-on bioenergy healing that gives remarkable results to a wide variety of conditions. Change everything in just four days a month. For more information, please contact Ellen Lewinberg: (416) 203-2744, email [ellen@healingtransformation.ca](mailto:ellen@healingtransformation.ca) or visit [www.healingtransformation.ca](http://www.healingtransformation.ca) See ad on page 59.

**MAY 14 SECRETS, LIES AND ANGER ISSUES:** Is that "little white lie" so bad? From 7:15 to 9:15 pm, 344 Bloor St. West, #610, \$10. Advance registration is required. For more information, visit: [www.cpebpsychotherapy.ca/contact/](http://www.cpebpsychotherapy.ca/contact/) or call (416) 928-9570.

**MAY 18 REIKI II CERTIFICATION:** Please see the listing for April 20. For more information or to register for classes, please contact Virginia Hart Nelson: call (416) 960-1690 or email [virginia@theinnereye.ca](mailto:virginia@theinnereye.ca)

*Continued on next page*

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### 11:30-1:00 pm Psychology of Disease:

Using the Mind Body Connection to Reduce Stress & Optimize Health  
With Kathrin Brunner, BA (Hons), CNP, RYT



### 1:30-3:00 pm Nutrition & Health: The Fundamentals:

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We at *Vitality* would like to express our appreciation to the businesses that carry our magazine and share it with their customers every day. This month, we send our thanks to the following businesses:

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*Noah's Natural Foods*

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THE HEALTH SHOPPE - 1375 Yonge St.

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LITTLE NATURE'S MARKET (TASTE OF NATURE) - 380 Bloor St. W.

HERBS & NUTRITION (QI NATURAL FOOD) - 572 Bloor St. W.

KARMA CO-OP - 739 Palmerston Ave.

TCM SKIN AND INTERNAL CLINIC - 366 Dupont St.

FELDENKRAIS CENTRE - 390 Dupont St.

FIESTA FARMS - 200 Christie St.

TORONTO HEALING ARTS CENTRE - 717 Bloor St. W.

STRICTLY BULK - 924 Bloor St. W.

HEALTH SERVICE CENTRE - 971 Bloor St. W.

HAPPY SOUL - 961 Bloor St. W.

## YORKVILLE

NOAH'S NATURAL FOODS - 667 Yonge St.

PUSATERI'S FINE FOODS - 57 Yorkville Ave.

MARKIE PHARMACY - 1235 Bay St.

NUTRITION HOUSE - Hudson's Bay Centre, 2 Bloor St. E.

VITA PLUS - 2 Bloor St. W.

GINKGO HEALTH SHOP - Holt Renfrew Centre, 50 Bloor St. W.

TORONTO COLONICS - 657 Yonge St., Suite 200

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# CALENDAR OF EVENTS

## MAY

**MAY 18 - 19 AGELESS WISDOM SYMPOSIUM** and Wesak Festival meditation, from 12 noon to 6 pm (Saturday), 11 am to 3 pm (Sunday), 792 Glencarin Ave., near Glencarin subway station. Featured speakers include: Cyrus Ryan author of *Living on the Inner Edge*, *Vitality* magazine astrologer Robin Armstrong, and Patrick Chouinard. Free admission and parking, donations appreciated, veggie snacks included. For more info, call (416) 894-6302 or visit [www.northern.schoolofesotericwisdom.com](http://www.northern.schoolofesotericwisdom.com)

**MAY 21 WORKING WITH THE EMOTIONAL BODY:** Understanding and trusting your body changes everything! From 7:15 to 9:15 pm, 344 Bloor St. West, #610, \$10. Advance registration is required, please visit: [www.cpebpsychotherapy.ca/contact/](http://www.cpebpsychotherapy.ca/contact/) or call (416) 928-9570.

**MAY 25 TREE SPIRIT MEDICINE:** Black Walnut Medicine with Monika Ghent, from 10 am to 5 pm. For info, visit [www.livingearthschool.ca](http://www.livingearthschool.ca)

**MAY 25 EDGE HILL COUNTRY SCHOOL:** May Fair, Open House and Tour. Inspired by Waldorf Education. Wholesome lunch, natural-living market, and kids' activities. By donation. [www.edgehillsschool.org](http://www.edgehillsschool.org)

## JUNE - NOV.

**JUNE 8 PATH TO HEALING** meditation workshop, in Brampton. Molly Sante, Psychic Healer, performs live medical intuitive readings, from 1:30 to 4 pm, \$20, refreshments included. Visit [www.mollysante.com](http://www.mollysante.com)

**JUNE 8 - 9 LAUGHTER YOGA TRAINING AND CERTIFICATION.** Eliminate stress - Spread joy - Change lives... with laughing! To register, please visit: [www.LaughterTraining.ca](http://www.LaughterTraining.ca) or call (416) 469-2033.

**JULY 7 - 12 THE SPIRIT OF HERBS:** A six-day intensive workshop with Michael Vertolli. For more details, visit [www.livingearthschool.ca](http://www.livingearthschool.ca)

**NOV 2 - 3 "A CLOSER WALK WITH SELF" Retreat.** For more details, please visit [www.marlenegeorge.com](http://www.marlenegeorge.com) or call (905) 796-0101.

**NOV 8 - 10 WHOLE LIFE EXPO:** Canada's largest showcase of natural health and green living! For three days, the Metro Toronto Convention Centre goes natural. Enjoy 150+ exhibits and more than 80 lectures. New 1-Day All-Access Pass (\$8 Advance / \$10 at the door), or 3-Day All-Access Pass (\$15 Advance / \$17 at the door). Exhibitor inquiries: leave message on the Expo hotline at (416) 515-1330 or email [info@wholelifeexpo.ca](mailto:info@wholelifeexpo.ca) For more details, visit [www.wholelifeexpo.ca](http://www.wholelifeexpo.ca)

## ONGOING

**BIG CARROT SPEAKER SERIES:** Join us Thursday nights at 7 pm for our Free Speaker Series. Hear experts deliver informative workshops on a diverse range of topics. Limited seating, 348 Danforth Ave., Room 212. For more information, please visit: [www.thebigcarrot.ca/about-us/calendar/](http://www.thebigcarrot.ca/about-us/calendar/) or call (416) 466-2129.

**SHAMANISM WORKSHOPS** offered by The Foundation for Shamanic Studies. Join Glenn Campbell for Basic and Advanced Workshops in Core Shamanism. For dates, locations or registration information, please visit [www.shamanspiritpath.com](http://www.shamanspiritpath.com) or contact Glenn at: [glenn@shamanspiritpath.com](mailto:glenn@shamanspiritpath.com) or call (905) 655-6756. Also, see ad on page 63 for more information on the upcoming prerequisite Basic workshops.

**HERBAL FIELD STUDIES** with Michael Vertolli. Online Introductory Lecture and field workshops, April to October. [www.livingearthschool.ca](http://www.livingearthschool.ca)


**TAI CHI AND QIGONG CLASSES** with Daniel Pikelin: Mondays at 9:15 am, Miles Nadal JCC, 750 Spadina Ave. Wednesdays at 10:15 am, Tai Chi and Meditation Centre, 320 Broadview Ave. Beginners to intermediate students are welcome at both classes. For more information, please contact: [daniel@powerofbalance.com](mailto:daniel@powerofbalance.com)

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**GENTLE YOGA AND HIKE:** 2-night retreat, Apr. 5 to 7, [www.sugarridge.ca](http://www.sugarridge.ca)

**SPRING AYURVEDA:** Yoga and Meditation, 5-night retreat, from Apr. 7 to 12. For info, visit [www.sugarridge.ca](http://www.sugarridge.ca)

**SILENT MEDITATION RETREAT:** 2 or 5 nights, Apr. 18 to 25. For info, visit [www.sugarridge.ca](http://www.sugarridge.ca)

**RECLAIM YOUR SELF REBOOT:** 5 nights, Apr. 28 to May 3. For info, visit [www.sugarridge.ca](http://www.sugarridge.ca)

**MINDFUL EATING:** Yoga and Meditation Retreat, 2 nights, May 10 to 12. For info, visit [www.sugarridge.ca](http://www.sugarridge.ca)

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**MAY LONG WEEKEND:** Yoga and Meditation Retreat, 3 nights, May 17 to 20. For more details or to book, visit [www.sugarridge.ca](http://www.sugarridge.ca)

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**BUTTER TART FESTIVAL:** Yoga and Meditation Retreat, 2 nights, from June 7 to 9. For information, please visit [www.sugarridge.ca](http://www.sugarridge.ca)

**SUMMER CLEANSE:** Juice and Raw Food Retreat, 4 nights, from July 1 to 5. For info, visit [www.sugarridge.ca](http://www.sugarridge.ca)

**HEART BLOSSOM:** July 19 to 21. Step outside to daydream in nature, honouring our ability to create in this time of abundance. Connect deeply with yourself and nature in this Heart Foundations retreat. For more info, visit [www.NorthernEdgeAlgonquin.ca/Shamanism](http://www.NorthernEdgeAlgonquin.ca/Shamanism)

**MINDFULNESS BASED STRESS REDUCTION** Retreat: 5 nights, July 21 to 26. Visit [www.sugarridge.ca](http://www.sugarridge.ca)

**QUEST FOR BALANCE:** Yoga and SUP retreat, Aug. 2 to 5, features delicious meals, cabin accommodation, and our signature August Long Weekend yoga retreat program. For more details, visit [www.NorthernEdgeAlgonquin.ca](http://www.NorthernEdgeAlgonquin.ca)

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