

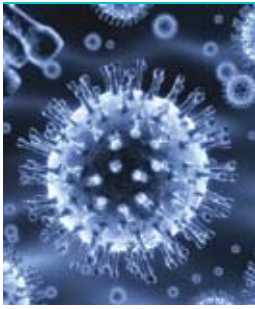
Health Action

THE VOICE OF NATURAL WELLNESS

Compliments of



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Beneficial Bacteria—A Macro Look at Microbes

What have you done for your gut microbiome lately? Dr. Richard Calland makes a compelling argument for appreciating these many essential microorganisms, which are key players in the dynamics of health and disease.

8



Get Feisty with Fermented Foods

One of the most inexpensive and powerful nutritional tools that you can use to improve your detoxification, digestion and immune processes is fermented foods. Learn to incorporate them into your diet with these vibrant recipes from nutritionist and culinary artist Eden Elizabeth.

30

The Zero Waste Kitchen: Making Fruits and Veggies Last

North American households allow an estimated 30 to 40 percent of their food to go to waste. Turn your kitchen into a zero-waste cookery, courtesy of these tips from registered holistic nutritionist Christina Peressini.

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Can Homeopathy Prevent Disease during Epidemics or Pandemics?

You be the judge after reading this comprehensive review of homeopathic use during actual epidemics, along with comments and suggestions from classical homeopath Elena Cecchetto on what's needed to improve research and public understanding of this natural health discipline.

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Taking Antioxidants with Chemotherapy and Radiation



If your oncologist, pharmacist or other members of your oncology team advises you to stop taking antioxidants during chemotherapy and radiation, please show them this review article by naturopathic oncologist Dr. Walter Lemmo.

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BioSil™ generates collagen by activating the collagen producing cells in your body known as fibroblasts. It is clinically proven to increase collagen formation. In fact, in the clinical trial the women taking BioSil™ reduced wrinkles by 30%, increased skin elasticity by 89% and thickened and strengthened their hair by 13% compared to women not taking BioSil™. So when you want genuine visible results from collagen, generate it, don't eat it. Experience the beautiful difference for yourself!



Dr. Marita Schauch, BSc ND debunks myths about collagen “creams,” beauty industry promises and plastic surgery to show you how and why *building* and *generating* collagen is an essential component to true health and beauty in her newest book **Collagen Myths & Misconceptions.**



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Preferred Nutrition For more information go to: PNO.CA

How to Fight ...

by Trish Lim-O'Donnell

The safety and security of a long-term loving relationship is, for many, a journey of fighting to be heard, recognized, understood, accepted and respected. It stands to reason that our work on this earth is also to perfect the art of fighting with one another in a manner that is truthful, grounded in spirit and loving as a result.

Come from an honest place

Fighting is tough for most people because it takes a lot of energy. To fight with integrity and courage takes heart, patience, perseverance and awareness. To enter into fighting requires you speak honestly

in places where you could not or did not before. Using your emotional anger energy in this context to help you push through your fear of speaking would be a worthwhile venture. When you love someone, you will be able to pay attention to how your truth telling (same thing as criticism) is hurting your partner. Pain goes both ways, so be clear you are not “attacking” to cause hurt. If you are fighting to hurt another, it is a very different place from fighting to be heard or standing your ground.

Listen with love

For both parties to be heard, you have to work on the listening no matter how raw and hurt you feel. You do your best to listen to the charge



Lovingly

against you and to address it directly when you disagree. Be OK when you have to redo your explanations to make it clearer. Calm your emotional energy by exhaling from your tummy to reduce the fright and distress you feel at the confrontation. You will find your partner slowing down as well. This is your leading and pacing.

When your partner can feel your loving, pure energy of wanting to be closer as a couple as well as your need to be understood and heard, he or she who loves you will meet your heart. Be aware your partner is hurting, too, while this is going on. Keeping this in mind will help you be mindful and watchful over your partner's facial expressions of pain, tension and sorrow. Feel free to go

into softness and vulnerability at any time—it is worth it and worth your love.

To fight with a spirit that is honest and loving is a special gift of grace. These encounters are defining moments for the rest of your life together. We all want to be loved, understood and accepted. Couples who achieve the sweet ability to make up after they fight discover hidden continents in their partners and the depth of love and commitment they share. You fight because both are worth it. 🌱

Trish Lim-O'Donnell, CCP, is a relationship coach and spiritual guide, ISMT teacher and E.Q. Music recording artist with 28 years of personal and professional life coaching experience. www.trishlimodonnell.com



"I recommend Vitamin C and Lysine for Heart Health"

W. Gifford-Jones, MD



Sixteen years ago following my own coronary attack I decided to follow the research of Dr. Linus Pauling, Professor Williams Stehbens and Dr. Sydney Bush and take high doses of vitamin C plus lysine.

Dr. Linus Pauling, two-time Noble Prize winner, was ignored for reporting that large amounts of vitamin C and lysine are needed to prevent coronary attacks. Twenty-five years ago Pauling reported that animals make vitamin C but humans do not and must supplement this important vitamin. Lysine must also be supplemented.

Vitamin C is required to manufacture healthy collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. Lysine, like steel rods in cement, makes collagen stronger. Pauling claimed it takes a mere 10 milligrams of vitamin C to prevent scurvy, but several thousand to prevent heart attack.

Williams Stehbens, Professor of Anatomy at Wellington University in New Zealand, proved Pauling was right. Stehbens' research showed that coronary arteries closest to the heart are under the greatest pressure. This causes collagen to fracture resulting in the formation of a blood clot and death.

Dr. Sydney Bush, an English researcher, has now proven that vitamin C can reverse atherosclerosis. Bush took retinal photographs, then started his patients on high doses of vitamin C and lysine. One year later additional pictures showed atherosclerosis had regressed in retinal arteries.

Now you can take the right combination of Vitamin C and Lysine in a powder form I developed called **Medi-C Plus™**. The dosage for **Medi-C Plus** is one flat scoop with breakfast and the evening meal, mixed in water or juice.

Ask for **Medi-C Plus™**
at your local **Health Food Store**
and **Select Natural Pharmacy.**

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