

Health Action

THE VOICE OF NATURAL WELLNESS

Immune-
boosting
Recipes

Tamanu Oil –
A Skin Indulgence

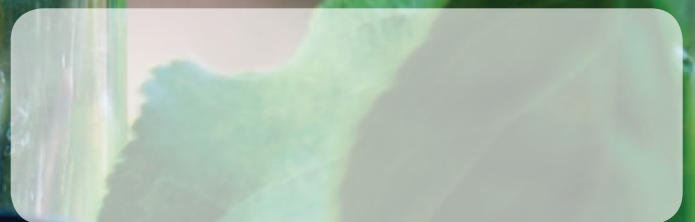
Breaking the
Fluoride
Cycle

The
“B” Happy
Vitamin

GMO Apple
Campaign
Update



Compliments of



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GM “Arctic Apple” Update

An apple a day keeps the doctor away. It may also keep consumers away, if it's genetically modified. The Arctic non-browning apple may be approved for sale as early as this year, but some B.C. retailers, 18 so far, have committed to not selling it. Find out who.

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Geopathic Stress: Investigating Earth Energies

We're surrounded by earth energies that impact our health and well-being. Geopathic consultant Vlasty Senovsky shares his decades of expertise in recognizing these invisible yet powerful energy fields.

12



Feed Life, Starve Cancer

Discover the power of nutrition against cancer and other degenerative diseases with registered holistic nutritionist and culinary artist, Eden Elizabeth. Her Vancouver-based company, Feed Life, is positively changing lives, plate by plate. Here, she shares her tips for health.

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The Power of the Old-fashioned Petition

No time to stop and sign? In this era of online communication, the old-fashioned petition nevertheless still holds power over politics. Read about the petition for the Charter of Health Freedom, which is rivalling the largest petition in Canadian history and is still growing.

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Virtually none of this information is presently known to consumers, physicians, manufacturers or the U.S. Food and Drug Administration and Health Canada. The important point here is: each individual needs to know what to feed their genes.

The mutant gene

Research by Ben Lynch, ND, on mutations in the gene called MTHFR is groundbreaking. This MTHFR gene is crucial because it controls methylation. When methylation is meddled with, we get a mess or what I call “messylation.” Messed-up methylation can cause at least

64 known diseases denoted in Medline (a database of biomedical articles). Some of these diseases are incurable.

How many people actually have MTHFR mutations? Dr. Lynch says about 50 percent of the population have a minor form of MTHFR mutation, while another 25 percent have a severe form. This means 75 percent of the population can have diseases caused by disturbed methylation. If methylation is fixed, these diseases may be cured and prevented. That is one goal of nutrigenomics: feed the genes the foods that cure.

What do genes do with the food we feed them? According to Dr. Lynch, MTHFR mu-

tants can't process food the way non-mutants do. What makes MTHFR mutants sick makes MTHFR non-mutants healthy. That is why no one diet fits all and why the fundamentals of nutritional science have to change with the times.

We are beginning to know the gene menu, what nutrients mutant genes need to restore methylation and make people well, but it is going to take time before the solution is practical. Doctors have to be trained, patients educated, and manufacturers informed that no longer can natural health supplements be “taken as directed on the label,” because there may have to be lines of supplements exclu-

sively for MTHFR mutants and another line for non-mutants.

The new paradigm presents a challenge and an opportunity for tailored nutritional supplements and diets based on consumers' gene profiles determined by genomic testing and practitioner diagnosis. 🌱

David Dressler is a registered massage therapist and has a separate practice as a health coach/consultant for people overweight, fatigued or stressed who want to increase energy and slow their aging process. He is also a published health and medical writer and an editor in mainstream and alternative journals. He has consumed health supplements for 50 years.

Honouring Who You Are and Who You Become

by Trish Lim-O'Donnell, CCP

Life is a journey of self-expression, which simply means the body of work and dedication you took to become everything you could be within your capacity and talent. Deep down inside, more than what anybody thinks or knows about you, you long to be “this”—if you could just brave your own fears.

This life is yours to inscribe with your own brand of humour, grace, fearlessness, idiosyncrasies, funniness, wisdom and mindfulness. And even if you set yourself up with the many roles you needed to be in order to be fulfilled, you need to appreciate your own

successes when you overcome your fear. Whatever label you wear in your respected field, whatever role you have, small or mighty as tagged by you or society, it will be how you respond as a human being that ultimately makes an impact on your fellow men.

Your relationships matter and we leave an indelible mark on each other till the day we leave the earth. In my work, I have learned from many driven and special personalities the importance of serving in a manner that connects you with your world.

Once upon a time in New York City, just before I got ready for a class with my incredible dance coach and friend, Andrew Phillips, I was conscious of my 40-something

“Each man is meant to represent humanity in his own way, continuing its elements uniquely so that it may reveal itself in every mode.”

— SCHLEIERMACHER

body feeling sore and strained. In that moment I wished I was so much more. Then a question came to me to save my day: How would you be if this was your last day on earth? Let me tell you no lightning ever worked faster magic. I bucked right up, counting my blessings; me and my tired body started to strut as if I owned the whole of downtown Manhattan!

No one will ever take those moments from me—till the day I die I will experience that voluminous joy. Even sweeter is the comfort of knowing that

my family and husband wished they were there with me to witness my “becoming.” I had to learn the long way, sweetly and humbly, that when you are loved, in all your human mutations, those you love and hold sacred will always want to understand all you need to be in your humanity. 🌱

Trish Lim-O'Donnell, CCP, is a certified life coach practitioner and E.Q. Music recording artist with 28 years of personal and professional life coaching experience. More at www.trishlimodonnell.com