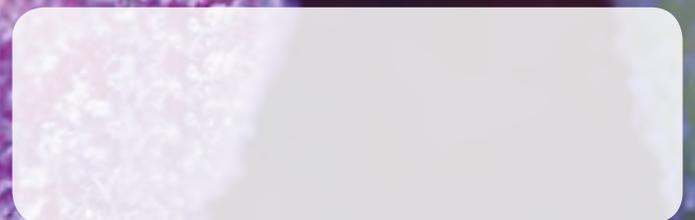


Health Action

THE VOICE OF NATURAL WELLNESS

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Guidance Counselling— Canada's Food Guide

For decades, Canada's government-promoted Food Guide for Healthy Eating has provided us with advice on how to eat. But, given rising rates of obesity and diabetes, is it meeting modern nutrition and health needs? In short, no. Alexis Costello takes a look at where Health Canada misses the opportunity

to make relevant changes to Canadian's eating patterns.

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Powerhouse Herbs and Spices

Herbs and spices not only add intrigue and unique taste to a dish, but they also can be a powerful asset in increasing nutritive value in any meal. Here, holistic nutritionist Eden Elizabeth presents mouth-watering recipes not to be missed for both their flavour and nutritional value.

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Natural Cold and Flu Remedies

At this time of year, it's a hot topic—preventing nasty bugs from snagging you and your loved ones. But what makes this article special? Well, these tips by naturopathic doctor Kali Maclsaac are clinically proven ways to prevent and treat cold and flu this season.

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A Cancer Breakthrough from Traditional Chinese Medicine

The sweet wormwood compound artemisinin has undergone promising cancer research at the University of Washington. To further understand this, HANS director of operations Michael Volker went down to Seattle to do an exclusive interview with Dr. Tomikazu Sasaki.

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Emotional Freedom Technique to Overcome Five Blocks to Love



Intimate relationships are often a source of stress. Enter emotional freedom technique (EFT), which is an exceptional way to transform stress and set us up for healthy relationships. Author and EFT advisor Heather Donaldson investigates the five blocks to love and asks some essential questions about how to develop and maintain a loving connection.

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Free Yourself of Jealousy and Envy

by Trish Lim-O'Donnell,
CCP

In our life of personality struggles, constant strife and extending toward perfection, competition with another is one sure way of pushing us to attain the next horizon. Competition invariably conditions you to think that you are better or less than somebody else and, as such, jealousy and envy becomes the daily diet of everyday life.

Jealousy, a human emotion, is the experience of loss—the loss of love, importance, significance, territory you once had before. Envy, the accompanying sister emotion, is the experience of coveting something you have yet to possess, whether it be someone else's financial position or place of recognition, their physical attributes, their qualities, their intelligence, their place in the world.

When you give in to jealousy or envy regularly, you are carving out an existence that is filled with untold tension, a constant managing mode, misinterpretation of others' motives and intentions. Your brain dialogue will be filled with imagined scenarios that just drain your fine life force that's reserved for constructive acts on earth. Unless you stop this downward spiral, you will be unable to experience true joy and liberty in yourself.

If you are one of those high achievers who actually know what a good life comprises of, then you will have the capacity to practice the following:



“In everything I felt there was a not easily comprehensible but very subtle joy ... the joy of liberation from oneself and the joy of feeling the incredible richness of life.”

— OUSPENSKY

1. When you meet your sacred other or whoever you are jealous or envious of, pay attention to what they have done to get them to where they are. You may have to ask questions if you have no idea how they got what they got!
2. Ascertain if what they have is truly for you in terms of the work they have done. Are you willing to do that to get there?
3. If not, you have pure liberty and pleasure, generosity of heart and spirit, to rejoice

for them that what they have right now gives them so much happiness and fulfillment. You have the capacity to be happy for them—it is within your power to give that.

4. Practice getting this down: until you live in a man's or a woman's life, there is so much you don't know and you won't have the energy to find out—so leave it alone.

Being open and ready to cease your jealousy or envy gives immeasurable space to the earth and to yourself. Meaning there is more heart, intelligence,

wisdom, energy, commitment and spirit to enlarge our world's consciousness to play the part you are meant to play. You will inevitably experience this richness of life, the joy and peace and liberation as you disentangle yourself from our collective ego-personality. 🌱

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