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Vol. 14 Issue 54 | FALL 2020

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What's at the root of your illness?

When it comes to illness, how would you truly know what the root cause of your illness is unless you have a complete picture of what is going on inside your body? Until that point, you may just be running from one prescription medication to the next, masking symptom upon symptom, without ever really getting down to what is causing the illness in the first place.

This is where live blood analysis comes in, to provide not just a snapshot, but a complete picture of one's state of health. Live blood analysis can help find the root cause of a health concern, as well as prevent chronic illness from developing. Live blood analysis is a proactive way of approaching one's health.

When Sajid Ali, a Doctor of Natural Medicine who recently opened a practice at Paris Natural Foods in Sudbury, consults with patients, live blood analysis is always the starting point.

If a patient comes in to the clinic with a health condition, Ali is able to show them, through live blood analysis, why the condition is happening in the first place. This can only be achieved by looking at the body as a whole.

Ali has been practicing Natural Medicine for over 20 years, along with Live Blood Analysis. He draws from his experience in Herbalism, Traditional Chinese Medicine, Greek Medicine, Homeopathy and Ayurvedic Medicine to help patients find a healing path.

His long-standing expertise in herbal medicine, in particular, is what sets him apart from other practitioners offering live blood analysis.

Ali has been researching actively for over 20 years with organic products to formulate herbal teas, tablets, capsules, powdered herbs and essential oil blends. He has created hundreds of proven herbal formulations.

Helping patients gain a healthy and balanced lifestyle is always the goal.

His expertise enables him to create a targeted healing path for patients, rather than a one-size-fits-all approach.

After the initial consult, Ali creates a health plan with protocols for the patient based on the complete findings from the live blood analysis.

Those protocols may include anything from foot soaks to



herbal teas, oils, tinctures, proprietary blends formulated by Ali, capsules and nutritional changes. All products are available at Paris Natural Foods, creating easy access for patients.

Within the initial 40-minute consultation patients can expect to discover more about their body than one could imagine. What's more, patients have no confusing reports to contend with – only simple protocols to follow.

After the consultation, the clinic's health team walks the patient through the plan to help them understand the protocols. They also follow up on a regular basis over the course of three months, not just at appointments, to provide support and answer any questions or concerns.

Why live blood analysis?

Typical laboratory blood tests only look at what medical professionals think may be the problem, like testing to quantify the level of a certain component in the blood, such as blood iron levels. Whereas live blood analysis allows Ali to study the functioning and shape of blood cells and blood plasma in order to gather information about the immune system, nutritional status and the terrain.

Live blood analysis can indicate: poor digestion, deficiencies, bowel and liver toxicity, a weak immune system, poor circulation, heavy metal toxicity, parasites, fungi and bacteria, and much more.

Misalignment in the body can come in many forms of acute or chronic diseases, syndromes and mechanical injuries.

Some of the common health concerns include: stress, immune system, blood pressure, diabetes, digestion, allergies, weight management, arthritis and joint care, hormone balancing for both men and women, liver and kidney health, hair/skin/nail health,

Allopathic medicine looks for ways to treat a symptom. Ali, through live blood analysis seeks to find the root cause and, through herbalism and natural medicine, creates a pathway to healing for the individual.

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Contents

- | | |
|--|---|
| 6 ASK A NATUROPATH
SIGNS OF WEAK IMMUNITY | 23 HEALTHY LONGEVITY
DEALING WITH A HEALING CRISIS |
| 8 RECIPES
BUN MAKING MADE EASY, HEALTHY | 24 ASK A NUTRITIONIST
THREE SURPRISING SUPERFOODS |
| 10 HEALING
RADICAL REMISSION | 26 HEALTH TALK
JUST MOVE |
| 14 THE OLD WAYS
COLD AND FLU REMEDIES | 28 ASK QUESTIONS
PONDERING COVID |
| 16 HEALTHWISE
HAPPY DIGESTION HABITS | 30 HEALING
HEALING EMOTIONAL CANCER |
| 20 SUCCESSFUL AGING
NECK EXERCISES FOR THE BRAIN | 32 RIDICULOUSLY EASY RECIPES
EUROPEAN STYLE RYE BREAD |
| 22 SIMPLE LIVING
NO CHEESE NACHO CHEESE SAUCE | 34 ASK A NUTRITIONIST
HAVE CANCER? EAT PLANTS |

Publisher's Message

Did you know, according to the Canadian Cancer Society, a whopping 25 per cent of us are expected to die from cancer? That's a far cry from the COVID-19 death rate of less than 1 per cent. This is why, now in our 15th year, as we publish our final print issue, I decided to gift you two incredible radical remission stories. Both women should have died. What saved them? They stopped following the mainstream medicine narrative, and were cured. Yes, cured. And yes, I know it's not legal to cure cancer in North America, but they cured themselves. There is no other word for it. So yes, there is hope.

This issue wraps up nearly 100 natural healing stories, many radical ones, that I have written for you over the years. But there is more to come as we go 100 per cent digital next issue. Since starting Alive and Fit, I have personally hand-delivered over 850,000 copies of the magazine to hundreds of local businesses out of the hatchback of my car. I never thought I'd say this, but I'm going to miss that (not the winter driving part), but rather sharing smiles with the health heroes who run wellness businesses that support you and I. I am grateful for their presence. I am grateful for the editorial contributors, the peaceful warriors who are making a difference every day, and for all the advertisers who shared my cause, and trusted Alive and Fit to deliver their message. Without advertisers, I would have had to remortgage my house 10 times. I am grateful for Trish, our designer, who has stayed with me from the beginning, and Dee our ad sales manager who has helped make the printing of this magazine possible, and Danny, our ad designer. A new chapter begins. I hope



you subscribe online and continue living the Alive and Fit way with us.

Yours in health,

Sari Huhtala

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... ask a Naturopath

Signs of weak immunity

By Dr. Ashley Nelson, ND, BSc

Since the COVID-19 pandemic, there has been a growing emphasis on the importance of the immune system and staying healthy. Having a good immune system and making healthy choices allows us to be protected against viruses and bacteria. It also enables us to recover faster should we encounter a sudden bout of illness.

When it comes to the immune system, it is simultaneously beautifully complex, yet simple. The complexities involve the cellular interactions between all systems, the link between the brain, the body, and the mind. Psychoneuroimmunology, for instance, is a field dedicated to understanding the complexities of the connection the immune system has with our psychological processes, and neurology.

What does this all mean? It means the brain and the body talk. How we treat our mind and body, how we self-talk, how we fuel ourselves, and how we restore matters to the immune system. While quite complex, the simple part is that small lifestyle changes can greatly improve our immune system and health overall. So, in effort to keep things simple during times that are anything but, let's start with learning about ways to tell if our immune system is weak.

Getting sick often

If you are finding that you are getting sick more and more often, it is a sign that your immune system has weakened. White blood cells that help to fend off infection may be too low to cope. This means your body cannot adequately fight off an illness without showing signs and symptoms, whereas someone with a good immune response may be exposed to a cold virus too, but have a quick targeted immune response and not show symptoms.

Staying sick too long

It is one thing to come down with a bit of a runny nose

and headache once or twice a year for a week or two, but when you're not only getting sick often, but staying sick, your immune system is having trouble mounting the proper response.

Always feeling exhausted

If you're wired but tired, or chronically fatigued and sore, chances are your immune system is also suffering. Sleep is critical for a healthy immune response. If you're not getting enough, you won't be able to make enough white blood cells that support immune response.

Melatonin, the hormone that regulates sleep, also enhances our immunity. A regular sleep cycle and proper sleep hygiene (dark room, same bedtime, limited screen time before bed for example) can support melatonin naturally. It can also be supplemented.

Experiencing depression or grief

It has been shown that both depression and grief increase the inflammation in our bodies, while also lowering our ability to fight off infection. Chances are if you are experiencing these things in your life, you may be more vulnerable to getting sick. When you think about it, this is protective. When in pain, emotional or physical, it is time to retreat and restore in order to heal. It's not a great time to take on more stress or commitments.

High stress

Some stress is normal and helpful, but experiencing a lot of stress, which means a lot of the stress hormone cortisol, means that we'll have more inflammation, and a poor immune system response. Ever notice how after a bout of stress, when you finally have time to relax you wind up getting sick? The hustle and bustle leading up to the holidays for instance – once you have a few days off you get hit with a hardcore cold! This is because when the cortisol finally drops, it allows your body to mount a proper immune response, which means you start fighting off the bugs you should have already been fighting when you were stressed. The immune fight is what creates the fever, chills, aches, fatigue, stuffy nose.

Skin problems

The skin can be a visual signal for what is going on in the body at a deeper level. While we often want to just slab on a cream or lotion when we have a skin concern, digging deeper will be more beneficial. Poor wound healing, eczema or psoriasis, allergic reactions, fungal infections for example can all be signs of immune system weakness.

If you've been experiencing one or more of the above symptoms, the good news is there are many ways to help support the immune system. The better news is that because the immune system is connected to so many other systems in our bodies, if you support one element, you're going to reap the benefits in others too!

Eat well

Aim to get a variety of colours from fruits and vegetables in your diet to ensure the proper nutrients, vitamins and antioxidants the immune system requires. Don't forget to get enough protein either; protein helps to build the immune cells that protect us. Try to incorporate foods with antimicrobial properties during cold and flu season – think garlic, ginger, honey, oregano, onion, cinnamon.

Stick to a sleep routine

We can never underestimate the power of sleep. Limit screen time one to two hours before bed, have a wind down routine (read a book, take a bath, drink a warm tea), keep your room dark and clean and meant for sleep (not working or eating, or texting). Try and go to bed no later than 10 to 11p.m., and wake around the same time daily (6a.m.-8a.m.). This will support our natural sleep-wake cycle and make it easier for your body to wind down.

Exercise

Exercise contributes to a healthy immune system in a number of ways. It can lower stress, improve circulation, and it helps get a good sweat which is one way our body detoxes.

>> Continued on page 7



Dr. Ashley Nelson practices in Barrie, ON. She combines Naturopathic Medicine with Natural Aesthetics to help people look and feel their best on a deeper level. To learn more, visit www.ashleynelsonnd.com

>> Signs of weak immunity

Regular exercise is an important part of staying healthy. That being said, overdoing it without time to restore can wear down the immune system. Take time to restore and fuel properly, and listen to your body.

Breathe

This may seem like an obvious statement, but I think now more than ever, we need to remind ourselves to breathe. I'm talking about deep breathing, not short hunched over breaths at your desk. For those wearing masks and shields all day especially, take time after work to practice deep breathing exercises like belly breathing or alternate nostril breathing. It will allow better oxygenation for our cells, and boost our parasympathetic nervous system response, which means it helps us calm and reset.

Reduce alcohol and sugars

Sugar can result in a lowered immune response for up to four hours after consuming. Alcohol also lowers our immune response, and depletes us of certain key immune supporting nutrients. Reduce both during cold and flu season and try to eliminate completely at the first sign of feeling unwell.

Choose the right supplements

There are a lot of supplements that claim to support the immune system. Some are great for boosting a healthy immune response, or replenishing certain vitamins that get used in higher amounts during a cold or flu. Some supplements may help indirectly by supporting better sleep, or calming the nervous system. It's important to consult your health care provider before starting new supplements.

Vitamin C: Vitamin C is a great antioxidant that offers many benefits. While it may help reduce our frequency of

getting colds and the flu, we know that our cells go through more vitamin C when mounting an immune response to a bug, meaning we need more of it if we start to feel like we're getting sick, or in contact with someone who is.

Vitamin D: Vitamin D is important for a healthy immune response, and being low in vitamin D can put you at greater risk for getting ill, or even developing an autoimmune condition. There are complex ties with vitamin D and the immune system, and given that it can be low in the North American population, especially during cold winter months, it is a vitamin worth considering.

Zinc: Zinc is an important anti-viral and immune-boosting mineral; it is required to make our immune cells that fight infection. It is also anti-inflammatory.

Mushrooms: There are a few powerful mushrooms that do a great job supporting the immune system. They have antimicrobial, anti-inflammatory, anticancer, and cardiovascular protective properties. Reishi and cordyceps are both popular options that have added value of supporting our stress and adrenal health as well.

Wash your hands and social distance

While all of the strategies can be extremely valuable additions to your health and daily routine, we always need the basics. During this time it is more important than ever to promote good hand hygiene. Getting sick and supporting a good immune response is not a bad thing. Keep in mind it's a good thing to expose ourselves to the common bacteria and viruses in nature. Getting sick and getting well are normal; critical to the human experience. There are benefits to encountering various bugs and challenging the immune system to protect us.



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Bun making made easy

By Sari Huhtala

SPELT HAMBURGER BUNS

Makes a dozen (freezes well)

- 4 cups spelt flour (light spelt or whole grain if you prefer a grainier bread)
- 2 tsp active dry yeast
- 1 tsp salt
- 1 ¼ cups warm water
- 2 tbsp organic sugar
- 1/8 cup vegan butter, or butter
- Optional: 1 egg (for brushing before baking)
- Optional: sesame seeds for sprinkling on top of buns

In a bowl combine 3 cups spelt flour, yeast and salt. In a separate bowl whisk together water, melted butter and sugar. Add liquid to flour mixture and blend well. Slowly add the last cup of flour and blend with a spoon to combine well. Knead dough on a floured board for approximately one minute to smooth out dough. Place in a greased bowl, cover and set aside to rise for at least two hours. Dough will triple in size. Place risen dough onto a floured board and knead for a minute until smooth. Divide dough in half and shape into a ball, then roll out lengthwise slightly. Cut into 6 pieces, and place dough with cut side down onto parchment paper-covered cookie sheet or a greased cookie sheet. Repeat with other half of dough. Cover with tea towel and allow to rise for 30 minutes, or until at least doubled in size.

Preheat oven to 350 degrees F. If desired, brush with beaten egg then sprinkle sesame seeds on top. Bake for about 20-22 minutes or until lightly golden. Bake for about 20-22 minutes or until lightly golden..

know for some it's a hard truth to swallow, but that all-beef patty on a white wheat bun is, well, a far cry from healthy, in spite of how many tomatoes you are piling on there. Fact is, conventional wheat not only sets us up for a wheat belly and weight gain, the hard-to-digest gluten wheat protein increases inflammation (which in turn increases pain for those with arthritis or existing chronic pain), and can set us up for a slew of health issues.

This spelt bun recipe is a crowd pleaser, and you needn't even tell a soul that it's healthy. Spelt, an ancient grain, is low in gluten and has a very easy-to-digest protein, so even many gluten sensitive people are able to consume it without incident. What's more, its nutritional profile is so is so much better than white or whole wheat.

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Overcome fertility barriers

One of the world's greatest philosophers, Marshall McLuhan, once said "I wouldn't have seen it if I hadn't believed it."

Could he have been talking about overcoming fertility challenges? Likely not, but even when it comes to infertility, sometimes the only thing standing between you and a successful pregnancy is your mind, according to Karen Stillman, a certified Dreambuilder™ coach with over 12 years' experience as an Obstetrician and Gynaecologist.

While running her successful medical practice in the Ottawa Valley, Stillman would often sit and listen to couple's stories and struggles around becoming pregnant, and frequently the fertility issues were overcome once the woman stopped struggling, she says.

"What if I told you it was easy? Can you allow in your mind that it's going to be easy?" Stillman says.

"I would tell them, 'Really, there's nothing wrong with you. Until I have a test that tells me something's wrong, I see no reason why you can't have a baby. I will do the required tests. In the meantime stop doing the LH kits and temperature charts. Have some fun. Enjoy your sex.' It's just another layer of stress."

In many cases, the couple would become pregnant while on the waiting list for the fertility clinic.

Just the pressure of working with tight timelines when using ovulation kits creates stress that leads to a cascade of physiological shifts that impact the fertilization of an egg, Stillman explains.

Add to that the 21st century rat race many people live in and it's a small wonder that infertility has become a modern day concern, she says.

"When you're stressed the first thing to shut down is your reproductive system."

What you think about, and what you talk about, expands, so choose words and thoughts wisely, Stillman stresses.

"What I see commonly in my practice is a huge fear factor," Stillman says.

The attention tends to be on the all the possible what ifs, rather than leaning into what it is they would really love.

"If you're fearful, you're putting attention on all of the things you



don't want in your life, rather than drawing what you would like into your life.

"Where your attention goes is where your energy flows," she explains.

"We are repetitive thinking people. 95 per cent of our thoughts are repetitive and 85 per cent of thoughts are negative thoughts."

Considering there's a large, unexplained category of pregnancy loss or infertility, it makes sense to consider what else is standing in the way of a successful pregnancy, she notes. Twenty-five to 30 per cent of infertility is unexplained. Is it possible that focusing on the problem is the actual root cause of the problem?

This is where the Dreambuilder™ transformational program can help. Stillman guides couples to help them find the right language that will best serve them and the desired outcome, while at the same time helps them look at what is going on in their outer world that may be standing in the way of a successful childbirth. This applied to both infertility and pregnancy loss.

Women who have faced fertility challenges often come to believe they are going to have a difficult time becoming pregnant, she says. This is particularly true for women of advanced maternal age because the medical system has set timelines, yet when a woman's reproductive system stops is not an exact science, she says.

Again, if the focus is on inability to conceive due to age, then that is where the energy flows, she says.

Couples also don't allow themselves realistic timelines, she says, often trying to fit in the birth of a child with how it coincides with maternity leave timelines, school and other factors.

"What's your end game?" Stillman questions. "To have a baby, a family? Or a timeline?"

Want to have a family? Lean into the dream. Visualize what life is like with a baby. If you and your partner enjoy hiking, have you envisioned hiking with the baby? Or a baby seat on your bike? How about imagining what life is like with a three year old, or a five year old?

"Regardless of what it is you would like to manifest in your life, you have to have a burning desire for it. If you have a lukewarm desire then you have lukewarm results."

"Lean into the dream of what you would love; lean into the dream of what your life would look like with a child."

Contact Stillman at 613-314-9802 to explore what is really at the root of your fertility challenges.



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Radical remission: 45 days to being cancer free

By Sari Huhtala

Healing

What if tomorrow you were told by a medical doctor you are going to die? That the cancer cells you were trying so hard to destroy through chemotherapy had now made their way to your brain, your neck and your armpit, and that there was no hope for survival. Would you believe it? Would the nocebo effect take hold and become your destiny?

Perhaps, but Sasha Reid, a Markham, ON holistic practitioner, decided to write her own script and change the course of her life forever. She became strong in her conviction that if her children were going to stand over her grave, she wanted them to know she did everything in her power to survive. She wanted them to know that she did everything possible to live to see the day they graduate, or they marry or have children of their own. Truth is, up until that point, she hadn't. She had only tried conventional medical treatments, but there was an entire world of natural approaches at her fingertips that she had not even considered back then, she admits.

And so the day that the doctor sent her home to begin palliative care, her father gave her sage advice.

"He said, 'Sasha, man does not determine your fate. They just study like you and I so you cannot put all of your faith in the (medical system). You're going to overcome this, then you're going to go on to help others.'"

And she did.

But in order to arrive at a place of such strong conviction and fortitude one must know their "why," she says, their reason to fight to live.

"What's your why?" Reid asks. "If you know why, even if there are bumps in the road, if you're solid on your why you can stick with it. My 'why' was my children. If I'm going to die, then I'm going to die knowing that I did everything possible so they know."

At those crossroads, at the darkest of times, one has two choices:

"Lie down and crumble or tap into that mamma bear." Reid says. "This is the time to stand up and be responsible for your own life. Stop pushing it into the hands of doctors and scientists. There is so much more."

Her first glimpse at the power and healing potential of alternative medicine, including energy therapies, came at one of her darkest moments during cancer treatments.

When she was "extremely sick" a natural practitioner, who volunteered at the hospital to provide reiki and reflexology treatments to patients, came in to see her and asked if she would like a treatment.

"I remember her touching my feet," Reid says. "I was breathing and the next thing I know I was asleep and when I woke up she wasn't there and I was pain free."

"That's when I realized there was something to this."

Still, it was not enough to shift her beyond the mainstream narrative for overcoming cancer and she continued to look at the medical options.

"In the UK I didn't grow up knowing about holistic health. We only knew that if you are sick you go to the doctor."

At the time of her cancer diagnosis she was only 31 years old and living in the UK.

Her symptoms began as a rash and a lesion in 2012. Doctors had said it was a cyst, perhaps a fungal infection or ingrown hair.

"I knew something was wrong," Reid says. "I had lumps on the left side of my groin."

She experienced no fatigue, only rashes and small bumps popping up on her face, arms and legs, that let out lymph-like fluid, she recalls.

Yet she continued her high-stress lifestyle as a human resources manager in a "very stressed out job," commuting 25 miles to work each day. Couple that with the "heartbreak," she says, of facing the reality her husband had been sent to jail, and the juggle of three children under the age of eight, along with an unhealthy penchant for Dominos pizza, white rice crackers with Nutella, white pasta and loads of dairy, cheese and eggs, sugary foods, and corn and broccoli as her sole source of plant-based nutrition, and it was a recipe for illness waiting to happen, she notes.

>> Continued on page 11

>> Radical remission: 45 days to cancer free

"I was living life without health as a factor. I didn't even think about it. But my body was basically at the breaking point."

Besides, she points out, she exercised and did zumba three times a week.

A sign her system was not functioning optimally, she now realizes, was the fact she had coped with chronic constipation since age 14.

In early 2013 she found a lump, and was diagnosed in March 2013 with non-Hodgkins lymphoma - Anaplastic Large T Cell Lymphoma – a rare and aggressive form of cancer.

She expended much of her energy initially searching for people who had that form of cancer, and realized then that few survive it.

"I realized I was scared to be vulnerable. It was a very painful, traumatic time in my life."

She began a protocol of four months of chemotherapy. The cancer went into metabolic remission, but six weeks later came back. She started another four months of chemotherapy, and cycled into remission, then the cancer came back a third time. She decided to have a stem cell transplant, and yet, the cancer metastasized.

The trigger that allowed cancer to take hold, she realized much later, was when her husband, a business man, went to jail.

"I was heartbroken," she says. "I think that heartbreak I masked with a gigantic smile and by doing that I internalized it."

Add to that the "horrible terrain inside" her body, and the

environment was ripe for cancer, she says.

She and her husband had been together for eight years. She stood by his side throughout it all, and today celebrates 19 years together. He made a mistake and was paying for it, she says. Despite the shame she says she felt, she reached out to family and they welcomed her with open arms, she remembers.

"There's an emotional aspect (to cancer)," she says.

"You walk around with a hat that says shame Transformation occurs through doing – to be unapologetically you."

People would ask, after her husband went to jail, "Don't you feel embarrassed?"

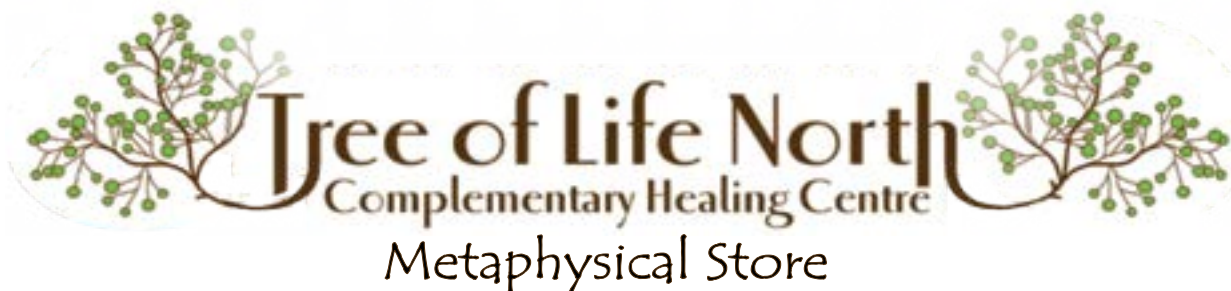
"That's how my transformation occurred, by me being vulnerable and honest with what was happening. It requires some tenacity. It requires some resilience."

The nudge to consider alternative medicine happened quite serendipitously while at a conference in the UK in 2013, where a family member was receiving an award.

As she sat in her wheelchair, a chemo kit on her back, skin grey, no hair, no eyebrows and no energy, a man came up to her, a nutritional microposist, and said he could help her.

"I'm just here to have a good time and not worry about my illness," she had said to the man, brushing him off. She had already received the results from her PET scan, showing the cancer had metastasized to her brain, armpit and neck.

At the time that her father provided the wisdom to look beyond conventional medicine, he urged her to contact the nutritional microposist. >> Continued on page 12



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>>Radical remission: 45 days to cancer free

That was in October 2013. She made an appointment for live blood analysis.

"I went to see him and he explained everything about my internal environment and how pathogens work."

He explained how she had no cell wall membrane, making it ripe for bacteria, fungus and parasites to take hold.

He had said, "This is a sewer system. You have a swamp. No beautiful plants will grow out of a swamp. How's it capable of healing until you clean up the environment they're living in?"

He introduced a 120-day diet consisting mainly of vegetables, and minimal fruit. She followed a strict alkaline no sugar, no dairy plant-based program for 90 days. She changed her diet from a starch-a-tarian to a plant-based vegan, she says. Healing doesn't occur overnight, she says. It takes 120 days for the red blood cells in the body to turn over. It would be very difficult to clean up sludge if one continues consuming all types of foods, she explains.

Detox is important to "get the terrain clear." She also added colon hydrotherapy sessions, enemas and bioresonance therapy to her regime.

Forty-five days later, after following the diet, she went for a follow up PET scan and there were no active cancer cells.

"The doctors kept saying it's unbelievable. We could call it a radical remission."

"It takes 90 days for hormones to get under control with nutrition and it's not a one-size-fits-all approach. But that's how I was treated with allopathic medicine. At the end of the day there is no one size fits all approach in holistic care."

Even when it comes to vegetables, some may be problematic for an individual and others not, she explains.

A telltale sign of food sensitivities is cravings. The body craves the food it is sensitive to, she says.

"We let off a natural histamine when we eat something that doesn't agree with our bodies," she says. "When you're releasing something constantly, like histamine, it affects the hormones."

Hormone regulation becomes dysfunctional, resulting in a cascade of symptoms, she says.

She has been cancer free since December 2014. Reid went on to study nutrition and complementary therapies, and created what she calls the tenacious butterfly community in Markham.

The journey to heal and release emotional attachments, even childhood traumas, still continues, she says. The layers of emotional attachments are not necessarily within the consciousness, so turning inward, learning to meditate and seeking spiritual connections is part of the healing journey.

Last year she attended a yoga retreat - a new moon ceremony and guided meditation. She was asked to write her intention for the ceremony before beginning. During the Shamanic drumming, she says, she felt like she was choking. At the end of the ceremony, the facilitator asked everyone to open up and talk about how they felt.

"When it got to me I just burst into tears and couldn't stop crying. I'm sitting with 10 women here and everybody said great things and I couldn't stop crying. When I opened up the paper to read my intention out loud, I had realized I had written "To be able to feel again."

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-Annie

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The Old Ways

Traditional remedies for cold and flu season

By Evelyn Wolff, MD

What favorite go-to remedies do you use when a cold or a flu-like illness threatens?

Where did you acquire this knowledge? From your grandmother? From a holistic practitioner?

First, remember that the purpose of a cold or flu is to help the body DETOX - removing accumulated chemicals and excess mucus from the body. Research shows that people who have a cold once or twice per year have a lower incidence of cancer. However, it is also true that dietary changes can decrease the number and intensity of colds. Reducing white sugar intake, eating cleaner foods, less red meat, more vegetables, and eliminating dairy have a tangible effect. Since I stopped dairy, I stopped having regular sore throats, earaches, and having bronchitis or pneumonia every winter. Many others report the same.

Prevention

- 1) If you already have a post-nasal drip and a chronic productive cough, consider reducing mucus-producing food—bread, pasta, and especially milk and cheese. You may have thought these symptoms were from allergies. In my experience, even if the symptoms are partially caused by allergies, reducing mucus load helps. Also, eat lightly, after 6 p.m. That gives the liver time to clean itself during the night. I recommend stopping all dairy other than butter at the first sign of a cold. Many people recall having binged on

a double cheese pizza the night before cold symptoms appear.

- 2) Get enough rest and sleep.
- 3) Keep the bowels moving by drinking enough water. A mug of hot water with a squeezed lemon first thing in the morning is a good detoxifier and keeps the bowels moving. Brisk daily walks reduce stress, increase circulation, detox through sweating, and are crucial for bowel regularity, and quality sleep.
- 4) Mucococcinum and Ocillio-cocinum are two homeopathic flu and cold preventative measures at a dosage of one tablet per week, or as a treatment once symptoms appear at two to three tablets per day for up to three days.

Remedies for flu symptoms

- 1) The first thing I do is gargle deeply with saltwater. Washing the membrane in the throat and sinuses reduces the number of viruses that are causing the scratchiness in the back of my throat and my runny nose. A brine flush works without undermining the integrity of the mucous membrane. Antihistamine cold medicine, on the other hand, dries the mucus, making it easier for viruses and bacteria to penetrate the membrane and get into the bloodstream. Research shows these drugs also reduce the production of

IgA, the immune antibody that kills invaders before they get through. These bugs can then move from the bloodstream into the cells, and once inside, can even change the genetic material, so it is easier for them to reproduce and undermine the immune system to their advantage.

- 2) Oregano oil: One to two drops in a bit of juice two to three times per day. My mother used to send us to school after melting a bud or two of garlic onto some buttered toast. As a child, I thought it worked by making us smell so bad it guaranteed that no one wanted to come close enough to spread anything. However, research has confirmed that both garlic and oregano oil have potent antiviral, anti-bacterial, and even anti-fungal properties.
- 3) Next, I take an extra high dose of vitamin D. It's no accident that cold and flu season happens in fall and winter when the sun is weak. Grandmother lined up all the kids for their spoonful of cod liver oil for its vitamin D2. However, today we know the body uses vitamin D3 more easily. D3 needs K2, the vitamin, rich in dark green leafy vegetables, to work effectively. During the SARS epidemic (SARS was also a coronavirus), I read a lot of research showing that both the young and old who died were extremely low in both vitamin D and

>> Continued on page 19

Vitamin C in 2020

2020 has been a year that has drastically increased the need for vitamin C for a few reasons. Vitamin C is an integral part of the stress response, as well as immunity. Stress inherently reduces immune function, and this is in part due to the reduction of vitamin C in the body seen during periods of high stress.

We see Vitamin C production sky-rocket in mammals who can internally produce it when they experience a period of stress.

The body uses Vitamin C when it produces stress hormones, and this happens whether we perceive internal stress, or when the body is under physical stress. Chronic stress, which can last for weeks or months, depletes vitamin C.

Signs of inadequate vitamin C levels present as additional and deepened wrinkles, decreased immunity which manifests as increased incidence of bacterial and viral infections, sensitive and bleeding gums and increased perception of stress. Chronically low levels of vitamin C can predispose the body to pathological states down the line.

In these unprecedented times, increased vitamin C is beneficial through two avenues. Vitamin C has at least 20 functions in the immune system. A review published in 2020, titled "The Antiviral Properties of Vitamin C", discusses how Vitamin C can modulate viral replication. This is not a new concept, and studies as far back as 1999 showcase the role in Vitamin C preventing upper respiratory tract infections. Researchers and doctors, used IV Vitamin C throughout the Polio epidemic with much success, and there is promising evidence for the use of Vitamin C in the treatment of sepsis.

Psychology researchers showed that those who supplemented with Vitamin C had an increased ability to tolerate stress on both a physical and mental level better than the control group who didn't supplement with vitamin C.

When it comes to Vitamin C in a regular supplement, the body cannot absorb large doses.

This is because the same proteins that transport glucose in the body are needed to bring vitamin C from the digestive system into the bloodstream. Oftentimes these proteins are in short supply, making the overall absorption of vitamin C low. A large percent of conventional supplementation in the form of pills,

powders and liquids gets excreted in the urine due to this transport mechanism, yielding only a 10-15% absorption rate. Additionally, too much vitamin C in the intestine, draws water into the colon causing loose bowel movements. This is

another reason it's difficult for the body to absorb the doses of Vitamin C needed for optimal health.

Vitamin C is a necessary and foundational nutrient for health and wellbeing. Vitamin C is an essential nutrient, meaning the body cannot synthesize it and therefore it must be obtained from the diet or supplementation.

Traditionally, Vitamin C is known for the prevention of scurvy and for reducing symptoms of the common cold. It has

also been used by medical professionals for conditions ranging from cancer to autoimmunity and viral infections. Vitamin C isn't only beneficial in pathological processes but it has indications in preventative and optimal health as well as in longevity.

Vitamin C's main mechanism of action is through its antioxidant capacity. It is used by the body for myriad functions and has implications in immunity, cardiovascular health, collagen production and negating the stress response.

The versatile nature of vitamin C means that there are several factors that affect how much vitamin C is needed. The amount of Vitamin C required by the body has increased in recent years due to the drastic change in the collective environment, and is subjected to changes in the individual and immediate environment as well. We see this increase because we are exposed to a higher amount of chemicals, toxins, pollution through our food and water supply, personal care products and the air. Human physiology has not had a chance to adapt to these environmental changes, and therefore extra nutrients are often needed.

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The body needs adequate Vitamin C for basic metabolic processes, and the need increases with stress. 2020 is a year marked by an increased stress in proportions that many of us have never experienced before. Inadequate levels of vitamin C can have long-term consequences, especially if levels are chronically affected by stress.

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Happy digestion habits

By Mercedes Kay Gold, CNP, CPT

Healthwise

The process of digestion is a complex system, often taken for granted and overlooked until symptoms indicate something is less than perfect. Digestion starts in the mouth with salivation, followed by the action of breaking down morsels and the body assimilating nutrients to our cells. From chewing to evacuation, the five steps of digestion take between 24 to 72 hours to complete. The amount and type of food, rate of metabolism, gender and a laundry list of reasons all impact the rate of digestion. One thing is for sure, poor digestion equals poor health. For optimal health, its imperative key nutrients from food, vitamins and supplements are being absorbed.

Whether you eat to live or live to eat, no one should experience scary symptoms after a snack or meal. Countless clues point us to defective digestion.

Bloating, belching, cramping, flatulence and pain are not a compliment to the chef and should not be a regular occurrence. They are a red flag, indicating an issue and adjustments are of the essence for avoidance long term.

Heartburn or acid reflux is an uncomfortable burning sensation in the throat or chest. Overeating, especially the wrong foods, can result in indigestion, ultimately leading to gases creeping back up, causing a burning sensation. Reaching for antacids to combat incredible discomfort becomes commonplace for many people and not a longterm solution.

Food intolerances left undiagnosed result in daily digestive distress. Allergies causing

anaphylactic reactions are impossible to ignore, while food sensitivities may fly under the radar for years. Persistent belly-bothering symptoms are a sure sign to start looking at typical bad guys, wheat and dairy.

Bad breath and body odour can be blamed on more than onions and garlic. Sleepless nights can also be linked to digestive drama. Surprising fun fact: serotonin, the happy hormone and precursor to the sleep hormone melatonin is made in the gut. A happy gut equals holistic slumber.

Skin conditions such as acne, eczema, rosacea and psoriasis can worsen with tummy troubles tied to food sensitivities and allergies. Supporting the inside, just may address the outside!

Constipation is the result of a failed digestive system. Passing waste daily is paramount to rid the body of toxins and ward off a future of hemorrhoids and anal fissures.

Diarrhea is a sign the body is moving food through digestive stages too fast. Over time, nutrient deficiencies can result. Pale coloured greasy floating stools or undigested particles, pus or blood in stools is not the bowel movement you want to see in the toilet. The perfect poop should be easy to pass, without straining. It should be well-formed, even S-shaped and in one caramel-colored piece. Pellets or mushy movements highlight digestive imbalances. The Bristol Stool Chart is a great tool, helping highlight healthy bowel movements. It is worth Googling it.

Ridges on fingernails or nails that take forever to grow are more than manicure moments, but an indicator of issues worth investigating.

Vitamin deficiencies can arise in the healthiest well-rounded meal plans when the digestive route is not in tip-top form.

Nausea and vomiting should not be an after-eating norm and taking a deeper dive into the cause is vital.

Eating a rainbow of colors is crucial for supreme nutrition, providing energy for fuel and holistic happiness. Digestive discomfort negatively impacts us mentally and physically, affecting all parts of our daily life. There are heaps of natural ways to take care of tummy troubles, ensuring your digestive system is of a high standard.

Diet

Say so long to a high-sugar, high-fat and highly processed diet. Banish bloat by saying goodbye to carbonated drinks. A diet containing white sugar, white flour, white rice and table salt offers bupkis for the body. Focusing on fresh nutrient-dense fruits and vegetables also acts as a prebiotic, not to be confused with probiotics. Prebiotics are a special form of dietary fibre found in the plant kingdom, helping fertilize the good gut bacteria. Improving regularity, addressing leaky gut and dysbiosis are monumental on the road to improved digestion. Chicory root contains powerful prebiotics in high amounts, making them a great go-to for many ketogenic meal replacement bars and high-fibre breads. A good-for-the-gut daily menu should include a variety. Top picks for bacteria building are bananas, apple skin, garlic, onions, asparagus, barley, wheat, yams, leeks and beans. On top of smooth sailing in the bathroom, prebiotics boost energy, immune system, vitamin production and help support healthy weight management.

>> Continued on page 17

Probiotics

Taking a probiotic without a diet rich in prebiotics is like painting a wall without first priming. Probiotics are the living good bacteria thriving in a healthy colon. Lifestyle choices directly impact the bacteria. Stress, alcohol, diet, smoking and prescription drugs such as a round of antibiotics can wipe out the gut-friendly bacteria. A nutritionally dense diet and supplements all help strengthen the bowel wall, reduce constipation and improve digestion. Fermented foods are Mother Nature's probiotics. Miso paste, kimchi, tempeh, kefir, raw cheeses, unpasteurised sauerkraut and dill pickles, plus stupendous soda replacement kombucha all promote a healthy gut flora. Probiotics can also be added in capsule form and liquids in dairy and gluten-free versions.

Fabulous food fare

On top of first-class fermentation, fibre is your friend, fueling glorious gut health. Aim for a minimum of 25 grams per day, everyday without fail. Ground flax, chia and psyllium are outstanding choices and a snap to add to smoothies and yogurt. Fruit is a wonderful way to start the day. Pineapple contains the enzyme bromelain and papaya contains papain, both awesome additions for digestive-easing food fare. Both exotic fruits can also be found in stomach supporting supplements. Bone broth is another first-class choice. A favorite of keto-diet fans, chicken or beef bone broth are rich in glutamine and glycine goodness, two amino acids, helping heal a leaky gut.

Bitters

Go for groovy ginger. Whether you grate, chop or steep, ginger is a first-class bitter herb. In the herbal world, ginger


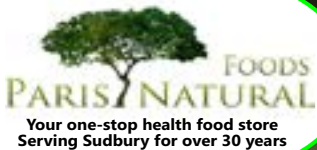
is a famed sialagogue, stimulating salvia and starting the digestion party. Ginger is also a carminative, in other words, a dream for digestion. Ginger, a huge holistic helper, relaxes stomach muscles, aids in the action of peristalsis, decreases inflammation in the intestinal lining and also increases bile production. Other celebrity bitters are salad sensations. Jazz up romaine lettuce with the addition of arugula, endive, radicchio, kale and dandelion leaves. One surprising bitter sure to please is 85 per cent minimum dark chocolate. Burdock root, dandelion and ginger tea throughout the day are top picks. If the thought of eating bitter foods has you down in the dumps, liquid bitters are available at your local health store.

Celtic sea salt and apple cider vinegar

An underactive stomach does not produce enough hydrochloric acid (HCL). It's impossible to ignore symptoms, ranging from gas, bloating and heartburn to bad breath and even parasites. A not-so-fabulous diet, especially one high in red meat, dairy and on-the-go junk, are start-up factors for low stomach acid. Factor in dehydration, aging, stress and low salt intake and a full-blown issue is sure to follow. Food will digest in the absence of HCL, but low bile causes the food to stay acidic and damaging wastes proceed to pass through the digestive tract. Adding Celtic salt to food helps produce much needed HCL.

Start with ½ teaspoon sprinkled on steamed vegetables. Salt is an essential electrolyte lost during sweating and stressful times, making it crucial to adjust according to your lifestyle. Another great holistic habit is the addition of a teaspoon of apple cider vinegar to water before each meal.

>> Continued on page 18



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>> Happy digestion habits

Apple cider vinegar plus olive oil and herbs is an easy and affordable salad dressing delight. Unpasteurised is the key word. Apple cider vinegar must contain a murky residue at the bottom known as “the mother” to be effective.

Stress, anxiety, guilt and self-hate are emotional factors and key contributors to digestive dilemmas. Living life in a fight or flight mode has the body on high alert, answering to the threat of danger with a surge of cortisol. The body switches to survival mode, putting digestion on hold. Chronic stress is linked to chronic constipation. Magnesium is a super supplement, supporting regular bowel movements.

Undiagnosed food sensitivities

Overeating is not uncommon in a super-sized world, but bloating, belching and flatulence with bouts of constipation and diarrhea is far from normal. Keeping a food journal and documenting feelings post-meals can lead to unlocking whether your portion is simply too big or certain foods are problematic. Elimination diets, food combining, food testing are all options to discuss with your preferred practitioner.

Fibre and water are your best friends. The effects of a diet low in fibre can be seen in a wide range of issues including constipation and flora imbalance. Over time, a sluggish digestive system can lead to hemorrhoids, rectal fissures, diverticulitis, varicose veins, appendicitis and even gallstones. The premier transit time from eating to evacuation is between 12 and 24 hours. To make sure you are on track, eat some beets, peek for pink and your transit time magically appears. Anything longer than 24 hours is cause for concern. Your daily diet should include

an array of fruits, vegetables, legumes, raw nuts and seeds adding up to a minimum of 25 grams of fiber a day. Fibre bulks the stool and increases transit time. Water is vital to the digestive process. Water supports salivation, base of digestive juices and an adequate intake ensures the intestines and colon are hydrated, allowing wastes easy passage along the digestive route. Dehydration equals constipation. A flow of water in and a quick call to nature is sure to follow. Aim to drink 30ml of water or herbal tea per kg of bodyweight daily. Keep in mind, exercise, caffeine, hot weather, stress and medication all increase your daily need.

Digestive enzymes are present in saliva, a few key organs and even found in cells on the surface of the intestines. A deficient diet and low production hinder the breakdown of food and simply adding supplements supports an array of symptoms associated with digestive issues. To breakdown carbohydrates and starches, look for enzymes containing amylase. Protease is the key enzyme associated with protein while lipase with fats.

Exercise supports stomping stress and often forgotten, but a best friend aiding digestion. Movement of any kind gets things moving! Living by the mantra “Rest and Digest” is a sure way to achieve dreamy digestion.

*Mercedes Kay Gold is a Certified Holistic Practitioner and Certified Mobile Trainer living and working in Toronto. Her writing has been featured in various publications and has appeared on Daytime with Jacqueline Bettegton. She spends her spare time blogging all things healthy and enjoying time with her sons.
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>>The old ways: remedies for cold and flu

vitamin K. This caused the inflammatory cycle to spiral out of control. Early COVID-19 research is also showing that the trouble breathing is not just from pneumonia. Many are experiencing tiny disseminated blood clots in the lung tissue that looks like pneumonia on x-ray. Vitamin K is a natural blood thinner, and that's why people on blood thinners like Heparin or Coumadin, are told not to eat green leafy vegetables. So, folks, when a cold threatens, adults can take an extra 5000 IU Vit D3 caplets, and kids one or two drops (1-2000IU) as an emergency measure. People with diabetes may need up to 10,000IU. Though it sounds like a lot, remember that a full-body suntan for an hour on a bright day can produce up to 100,000IU. The body stores the extra for winter. K2 can be supplemented at 150 mcg per day if you do not or cannot get yourself to eat regular dark leafy greens. The D3-K2 combos are handy, but pricey.

- 4) I do take extra vitamin C. My maintenance dose is 500mg 2x per day, and I raise it to 1000mg two or three times per day. Vitamin C is a powerful detoxing antioxidant, but also acts as a blood thinner.
- 5) And remember, chicken soup is good for more than the soul.
- 6) Taking some immune boosters can strengthen the body's defense!

Zinc helps stop cold sores, and also colds; zinc tabs (or chewables) 25-50mg is the normal adult daily dose. Zinc is often low in vegetarians and the poor on low protein diets.

Echinacea can kickstart the immune system. However, it must not be used by people with autoimmune problems

because it can over-stimulate their already overactive system. For longterm immune support, astragalus is safer, with the added benefit of clearing mucus from the lungs if taken at 400-500mg twice per day dose. COLDFx, popularized by massive advertising, is also ginseng, but half the dose. An expensive way to go. Their new combos can also contain zinc, ginger, echinacea, and even melatonin.

- 7) Finally, Mucococcinum and Ocilliooccinum can also serve as treatment. They work best if started as early as possible once symptoms begin. One tablet immediately, and if symptoms persist, repeat two to three times per day for up to three days.

Let's all open our hearts with lovingkindness to ourselves, our families, each other, and Mother Earth. Choose loving action, not fear, so we can play a part in transforming society and healing our planet.

None of the above should minimize, especially during COVID-19, the importance of regular handwashing, masks, appropriate social distancing, COVID testing, and consulting a health professional, especially for people at high risk. This information is intended as education, not as a prescription! We are all responsible for our choices! Be well.

Evelyn Wolff, MD, is a retired Holistic Physician, Writer and Artist. She is the author of Calming Dr. Twitch-A-Lot, V1 and 2, an approximate autobiography, as well as Moments of Wonder, an art book of her stained-glass images with magical stories about the epiphanies that inspired each piece. Her books are available on FriesenPress.com/Bookstore and Amazon. Contact her at wellwolf@cogeco.ca. www.wolffglass.ca





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Neck exercises for a better brain

by Heather Wallingford

There is much more to movement than most of us think and we don't have to belong to a group or join a gym or be very specific about what we do to get the benefits. But we do have to move often throughout the day to reap the benefits. If you were active when you were younger and are still as active as you were when you were 50 this article may not be as important for you.

We have an amazing body/brain. It is a major pharmacy that produces well over 200 chemicals, which in turn are responsible for over 2000 chemical interactions. Everything we do, think or feel is due to chemical reactions. There are over 100 trillion cells in our body and about 6 trillion reactions take place in these cells every second. This chemistry is continually changing and is very complex and fast acting. Everything we eat, think and do, and our sleep, has a major impact on these chemicals. Today we're going to discuss the magic of movement on this process and simple things that we can do on a daily basis to maintain and improve these interactions.

Effects of movement on the brain

Overall alertness

The nerves to the muscles are the largest in the body so with the starting and stopping of any movement there is a blast to the brain, which stimulates the reticular arousal system of the brain, which makes us more alert generally. If we are dozing off or want to concentrate a few simple movements will make us more alert.

Specific stimulation

Whenever we move there are several specific parts of the brain that are stimulated. If we pay attention to what we are doing then a certain amount of brain training is also taking place and our movement's effect on the brain is increased.

Movement stimulates the prefrontal cortex, which is responsible for the executive function of the brain. This includes, planning, problem solving, decision making, empathy and self control. Messages from the prefrontal lobe override the emotional, impulsive, primitive amygdala, decreasing anxiety, depression and stress.

Chronic Stress

Stress or challenge that doesn't last long is essential for wellness, but chronic stress produces harmful hormones, especially cortisol, that are decreased with movement.

Circulation

Even the simplest movement will increase our circulation which is essential for transporting oxygen and nutrients and getting rid of waste products to the whole body, but especially the brain that needs more oxygen. This in turn will make the brain more alert.

I have purposely mentioned movement not exercise. If we go to a gym or belong to an exercise group and we are retired it is good, but still not enough to duplicate all the movement that we did when we were 50. We need to move all our long muscles and challenge our short stability muscles throughout the day from the time we open our eyes in the morning until we go to bed.

Making any movement more effective

The effects of movement are increased if: we do several repetitions close together; we hold the position for several seconds and then relax for a few seconds; we focus our attention on what we are actually doing when we are doing the movement. Make up your exercise program as you go.

Neck Exercises are almost magical

Every time we stop and start a neck movement we get a blast to our brain's overall arousal system. We stimulate the semicircular canals of the inner ear, which send a blast to the cerebellum which controls overall muscle tone and makes the antigravity muscles ready to work. A good idea is to do a few before you get up from sitting or lying down.

There are a few 'do not do's' with neck exercises. These include circling the head, which is hard on the small facet joints, and leaning the head backwards which can pinch the vertebral artery that supplies the base of the brain. The exercises are ear to shoulder, chin to shoulder and forward and straight, not back.

Neck exercises also play a major role in balance. Neck exercises stimulate the sensory part of the balance system. They also increase the overall tone in the muscles, especially the antigravity muscles. But coordination of the long muscles and the short stability muscles of the legs and trunk must work together to keep your balance so a well balanced movement program throughout the day is usually required.

Start your day with a few simple movements.

Sitting is being called the new smoking because too much of it is so bad for our health. When we have things that are engaging we tend to sit too long at one time. Using a timer is a must. Set it for under an hour and then do a few movements, get up and do a few more and walk around the house. During TV commercials is a great time to do this.

Keep in mind that any movement is good and can be made better by doing repetitions, holding the position and paying attention to what we are doing. We are not only strengthening our long and short stability muscles, but improving our mental and emotional health and helping ourselves to grow old successfully.

Heather Wallingford is a retired Physical and Occupational Therapist who has worked for nearly 60 years with children, adults, the elderly and workers in heavy industry. She has had an interest in neurophysiology for the last 45 years. For successful aging, she emphasizes the importance of including movement in one's lifestyle throughout the day. For a free exercise booklet send name and address to hjwallingford@gmail.com

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Simple Living

FOR A WHOLESOME LIFE

By Sari Huhtala

Enjoy healthier living with back-to-basics ideas and do-it-yourself projects.

DIAPER RASH REMEDY AND MORE

I came from a generation where petroleum jelly was the name of the game when it came to preventing and healing diaper rashes. Hindsight is always 20/20. Who knew back then that petroleum jelly, touted for its healing properties, is merely a byproduct of the oil industry, originally discovered on the bottom of oil rigs in the 1800s. Ok, so now you know. Toss it, and use the easiest, and likely healthiest, not to mention cheapest, alternative – coconut oil. A little goes a long way for prevention and treatment.

STAVE OFF A COLD

Ok, mom was right again. Wearing a scarf during cold climes helps defend against coming down with a common cold or flu. This would be why she sent us to school in frigid temperatures with a ten-foot scarf wrapped around our head. A study published in the Proceedings of the National Academy of Sciences found when the core temperature inside your nose falls by five degrees C, your immune

system does not work as well to fight off the cold virus. Who knew?

NO CHEESE NACHO CHEESE SAUCE

This one's for all the nacho-lovers who are still eating jarred cheese sauce made with genetically modified canola oil, preservatives, stabilizers and about 20 other ingredients. This sauce could be used for mac and cheese, and as a cheese topping on broccoli and other veggies. It's super easy to make. Plus, it's made with nutritional yeast - one quarter cup of nutritional yeast gives you 8g of protein, 3 g of fibre, B vitamins, potassium, calcium and iron.

Simply add 1/4 cup of spelt flour, or gluten-free baking flour, 1/4 cup of nutritional yeast, and 1/2 tsp salt into a pot. Turn the stove on to medium high, and pour in 1 cup of cold water. Whisk to blend, bring to a boil and turn heat to medium, and continue whisking while boiling it for one minute. Remove from heat. Add about 3 tbsp of olive oil, and 1/4 tsp of dry mustard powder. Stir and serve.

PS. Add a 1/4 tsp of turmeric for a nice anti-inflammatory boost.



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Healthy longevity

by Darwin Marquardt



As readers of my column may remember I've come to know and believe that we are currently living under a "worldwide engineered health and economic crisis" designed to seriously impact the health of humanity, at the individual level.

The last challenge I'd ever personally imagined I'd have to deal with during this period of awakening is 'a personal health and healing crisis,' but that's where I'm at, as I write this story.

Besides what's going on around me, I function with a full daily agenda with many projects in my life that are demanding and ongoing. In the early years of my 9th decade of life, I have little interest in slowing down. So what happened that put me into the position of dealing with "a healing crisis"?

A number of unforeseen challenges had began to take place in my life with the return of my daughters to Canada in mid-August, from foreign jurisdictions, where they had been foreign residents for more than a decade. I was excited and delighted, and somehow did not see their returns as events that would cause additional stress in my busy work life, but that seems to have been the spillover stress that forced my body into a health crisis, that I did not foresee. This is a first for me, in 32 years...me become ill? It just could not happen. So, what happened?

My health crisis began on September 7 with an up and down sleepless night, after working a long day. The next morning, and for the next two days, my body started to literally shut down. I could not urinate or have a bowel evacuation for over 36 hours. The stress in my lower body, at times, was, let's just say, very, very stressful. I knew I was on my own because during these crisis times the last place for me was a hospital, for many reasons.

I contacted a friend (a former health professional) and after a chat, we figured out I was dealing with stress issues that were causing my lower body shut down, that I had not thought of as factors that could shock my lower body into shutdown. Stress and shock can have unique internal effects, as we are all unique human creations.

I took control and put in place my own relief plan, starting with flushing my lymphatic system on my rebounder, two or three times an hour, deep breathing, while I bounced gently. I drank a cup of senna (a mild laxative) herbal tea, before bed for several nights. I began consciously hydrating my body. This all began to help. I started taking two hot baths a day, adding a litre and a half of three per cent food grade hydrogen peroxide to each bath (read The One Minute Cure). I went to liquid nutrition, ensuring that my body received small amounts of all the essential nutrients. I practiced deep breathing consciously. All this helped and lower body relief began to return Friday morning, slowly and continued to improve daily.

It is now 12 days since the ordeal began. The unexpected can be very challenging, but it can be conquered. It requires taking responsibility in your self and a firm belief in the body's self healing capabilities. This experience has re-enforced my belief in my self and the natural healing power of my body.

Darwin is a Certified Rebound/Vertical Motion Exercise trainer who focuses on 'the art of lymphasizing' at the cellular level of human health and well-being. He is a private freelance consultant, writer, speaker, mentor, researcher, student. He can be reached at blackjk1@sympatico.ca, or call (613) 628-2744.

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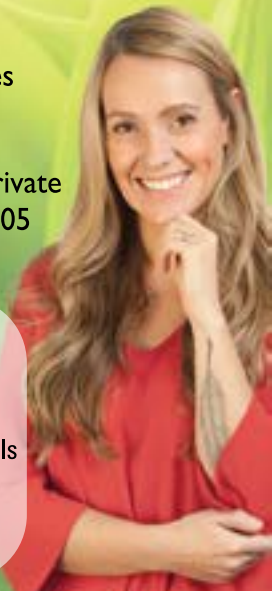


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Three surprising superfoods

By Nonie De Long, ROHP, CNP

Superfoods are indeed real. "Superfood" is a term used to refer to foods that are known to have a greater than average beneficial impact on health. I say known to have, because, as research pumps out new data on food compounds our understanding grows. Today I'll discuss what I believe to be the top three.

Liver

Liver is, hands down, one of the most nutrient dense foods we know of. Why? A serving contains roughly 3,460 per cent of RDA of B12 for adults. (RDA is recommended daily allowance from Canada's Dietary Reference Tables). It contains over 200 per cent of the RDA of riboflavin and over 65 per cent the RDA of folate. Other B vitamins it contains include: thiamine, niacin, pantothenic acid, B6 and biotin. In addition, it contains 80 per cent of the iron an adult needs, as well as over 1,600 per cent of the RDA of copper and 100 per cent of the RDA of choline. And, it's full of fat soluble vitamins: A (53,400 IU), D (19 IU), K (60 per cent of the RDA), and E (.63mg). It's also a perfect protein.

The healthiest source is obviously pastured animals that have been raised with best farming practices.

It's at the absolute top of my list due to these particular nutrients: the Bs, the fat soluble vitamins, and choline are all brain and nervous system foods. And that is what I see people missing today. After one serving of liver I saw a client lifted from horrible fatigue and depression she had been suffering. One serving. That is the power of superfoods!

Bone broth

Bone broth is second on my list of superfoods because of its mineral density. In my estimation, after the fat soluble

vitamins, minerals are the most important determinant of health. They are extremely important for a number of processes in the body and sugars, processed foods, and alcohol all deplete them.

It's well documented that the soil has been depleted of many of the essential minerals we need, which are taken up by the plant roots into the plant matter. When the soil is depleted, so too are our bodies. So even if we eat plentiful vegetables we are likely to be deficient in many of the minerals or to have imbalances in them. Natural ways of getting minerals are



through spring or alkaline water; through bone broth or bone marrow; or through plants that take up minerals from fertile soil. Sea salt and plants from the sea are also full of minerals, with a dominance of sodium and iodine.

Bone broth frees the minerals and collagen from bones to render them in a very easily digested form. With other nutrients, if you are deficient you can simply supplement with them. But with minerals it's tricky because minerals come from rocks and bones, which are notably hard to chew on, digest, and absorb. Supplement formulations of minerals are composed of rock minerals (inorganic) wrapped in a protein to try to 'trick' the body into absorbing them. This is called a chelate. There's good question about whether this works exactly as organic (natural) minerals do in the body.

You might think broth is just a liquid, but in a cool state you can see it is very dense and gelatinous, rather like jello. This gelatin is formed when the collagen from the cartilage and skin break down, which is why you want knuckle, foot, wing, neck, or tail bones. More cartilage, more better. Collagen is great for repairing cartilage in the body and can help with joint pain, skin elasticity, digestive inflammation, sleep issues, bone density issues, and nervous system and brain health.

The finished broth contains a number of amino acids (building blocks of proteins), some of which are lacking in modern diets: most notably glycine, proline, and valine. It contains about 2g of protein per half cup. It's easy to make and quite delicious and filling. It's also an excellent diet food (remember, fat triggers satiety hormones in the brain).

Coconut oil

There are over 15,000 studies showing the health benefits of the oil alone!

Did you know organic, virgin coconut oil is the healthiest oil you can cook with? It has a high smoke point (~350) and the type of fat it contains – medium chain triglycerides (MCTs) give incredible, lasting energy to the body in a way that largely bypasses the work the liver has to do to break other fats down. So it's processed into energy almost immediately! This type of fatty acid is also more stable, easier to digest, and not as easy to store as body fat.

Coconut oil is known to be anti-inflammatory, anti-fungal, and antimicrobial. It's liver protective and has been shown to be of benefit in digestive inflammatory disorders, including treating H-pylori, stomach ulcers, UTIs, kidney infections, and yeast infections. It's also been shown to improve brain function. It can help normalize insulin in people who are diabetic/prediabetic. It can be used for oil pulling to strengthen teeth and gums. It's also great for skin, hair, and nails, both taken orally and used topically.



Nonie De Long is a licensed orthomolecular nutritionist (ROHP, CNP Hons.1st), currently finishing a degree in homeopathy. She has a clinic, dispensary/ apothecary in Bradford, ON. She has a special interest in holistic mental healthcare and serves clients in person and online. www.hopenotdope.ca



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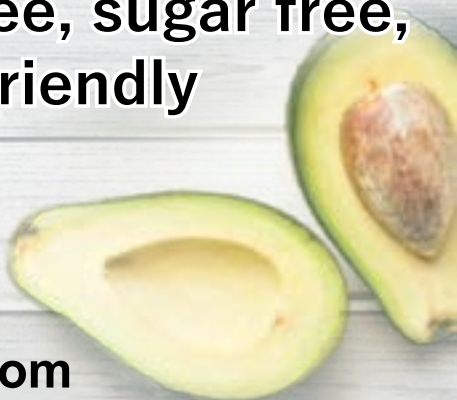
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Just move

by Dr. Nathalie Beauchamp,
B.Sc., D.C.



It is no secret that the events taken place this year have posed a significant challenge and have called for drastic modifications to the way we normally do things. From our work, businesses, childcare, schooling, social gatherings and even accessing basic necessities, we have all been subject to lifestyle “pivots” to a certain extent. With the great deal of changes sprung upon us as a consequence of the pandemic, it is no wonder why so many of us have struggled to get into a new, more adaptive structure and routine of doing things.

During these unprecedented times, the importance of being proactive with our health and well-being has been reinforced now more than ever, and although much of the global health developments seemed out of our control, it became very evident that taking our own precautions by adopting a healthy lifestyle is imperative to our physical wellbeing and mental health.

One such factor being is able to maintain adequate activity levels while at home. While gyms, team sports, training facilities and many other recreational outlets for physical activity were forced to close their doors in accordance to public health guidelines, the tendency towards a more sedentary lifestyle has increased, so to has the number of people now working from home or having little reason to leave. This poses the risk for increased metabolic conditions and other lifestyle-related ailments to surge as our healthy patterns have been disrupted.

In light of this, many took this as an opportunity to become creative with their means of staying active. Staying fit helps handle both physical and mental challenges, says exercise physiologist Tom Holland. “That ‘live longer’ part is really hitting home now.” Living rooms, hallways and basements are doing double duty as exercise space. And furniture, countertops, water jugs are subbing as apparatus amid shortages of equipment both in stores and online.

With this sudden shift in how and where we exercise, comes also the need to shift our paradigm about the

purpose of exercise as a whole; no longer are we working out to slim down for travel, social events, or for other purely aesthetic reasons—we are working out for health, longevity and a more resilient body. With this in mind, it’s time to start taking a more functional approach to our fitness regimes.

No longer are we bound to the single pre- or post-work gym session, yet with our more flexible work hours and increased time at home, we now have the option to spread our workouts to a series of movement bouts throughout the day. No longer do we need to isolate a single hour or two dedicated to movement amidst our sedentary work and commutes, but we now can choose to be more mindfully active between tasks and commitments.

It’s time for us to start thinking of exercise as a medicinal means to improve the way your body and mind function and perform each day. By instilling bouts of intense cardio, bodyweight or resistance training, stretching and mobility in-between zoom calls, hours on your laptop or evening Netflix binges, we are providing our bodies with the energy and movement it needs to stay sharp, flexible and strong.

The types of exercise you do should mimic the functional movements you perform every day. These include movements like bending over to pick up something relatively heavy, reaching overhead, squatting to sit, or twisting. These types of exercises are known as functional fitness exercises—exercises that require you to use muscles in multiple areas of the body simultaneously to engage the core and move in natural patterns. They also train your muscles to work together, simulating common movements you do at home, work, or while playing sports, helping you develop more strength, mobility and decrease chances of injury or strains.

As mentioned, this type of training, when done properly, can make everyday activities easier, reduce your risk of injury, and improve your quality of life. Functional training may be especially beneficial for older adults to improve balance, agility, and muscle

>> Continued on page 27

>> Just move

strength, as well as reduce the risk of falls. Multifaceted physical movements found in activities such as tai chi and yoga involve varying combinations of flexibility training and resistance that can help build functional fitness.

It's a good idea to start with exercises that use only your own body weight as resistance when beginning an exercise program. As you become more fit and ready for more difficult movements, you can add more resistance in the form of weights, resistance bands, or performing movements in the water. As your workouts become more functional, you should see improvements in your ability to perform your everyday activities. That's quite a return on your exercise investment!

Remember, the goal is to become functional before we get into more complex exercises, and to get back to moving our bodies the way they were meant to be used. Although the pressures and rapid changes posed this year have created unforeseeable obstacles to our regular modes of operation, we can take back control by prioritizing the foundational pillars of wellbeing right from our home.

To eat right, sleep well and move often, great health sometimes lies within the simplest of habits. As the great author and motivational speaker, Jim Rohn said: "Take good care of your body. It's the only place you have to live."

Dr. Nathalie Beauchamp, B.Sc., D.C. is the owner of Santé Chiropractic & Wellness Center in Orléans, founder of the Ottawa Health & Wellness Expo and author of Hack Your Health Habit: Deciphering The Code to Your Body's Limitless Powers of Awesomeness.



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COVID-19 Ask questions



by Joanne Stevens

Healthwise

“We’ll know our disinformation program is complete when everything the American public believes is false.” (William Casey, CIA, 1981)

Why is it that one of the top scientists at the World Health Organization announced back in June that it was extremely unlikely that asymptomatic people could spread the virus only to retract her statement the next day? Why were death certificates being falsified to increase the number of Covid deaths? A high profile European doctor and pathologist, Dr. Stoian Alexov, referred to the WHO as a “criminal medical organization” for creating worldwide fear and chaos without providing objectively verifiable proof of a pandemic. He and his colleagues across Europe have not found any evidence of any deaths from the novel coronavirus on that continent, also revealing that European pathologists haven’t identified any antibodies that are specific for SARS-CovV2.

Before being tempted to label him a conspiracy theorist, keep in mind that he has an unimpeachable record and reputation. Although whistle blowers stand alone because the vast majority are afraid to speak out, Dr. Alexov has the support of other well respected European doctors. The director of the Institute of Forensic Medicine at the University Medical Centre in Hamburg, Germany, pointed out the “striking dearth of solid evidence for Covid-19’s lethality” stating that it was, for the most part, a harmless infection. He also noted that the virus had nothing to do with fatal outcomes because other causes of death were present. The virus itself has never been isolated and it does not fulfill the German federal agency responsible for diseases control’s postulates.

These are scientific steps used to prove the existence of a virus. Following a webinar in May, a group of pathologists reporting on the results of autopsies that had been conducted in Germany, Italy, Spain, France and Sweden concluded that no one had died of Covid-19. Dr. Alexov made the following powerful and deeply significant statement: “We need to see exactly how the law will deal with immunization and that vaccine that we’re all talking about, because I’m certain it’s (currently) not possible to create a vaccine against COVID. I’m not sure what exactly Bill Gates is doing with his laboratories - is it really a vaccine he’s producing, or something else?” (global.research.ca/no-one-has-died-coronavirus/577668).

There is a race to develop a vaccine at warp speed and Bill Gates is heavily invested in its creation. He wants to vaccinate the entire world. A couple of months ago I watched a video of Bill and Melinda Gates discussing the fact that the promised “second

wave” would get everyone’s attention.

They must know something that we don’t.

In June, 2020, around the time that lockdown restrictions were being lifted around the world, Oxitec, a biochemical company owned by the Bill and Melinda Gates Foundation, released millions of genetically engineered mosquitoes in Florida and Texas. The male *Aedes aegypti* mosquitoes, which are known as OX503, are known to spread deadly diseases to humans such as dengue, Zika, chikungunya and yellow fever. They had been nick-named “flying syringes” as speculation grew that GMO mosquitoes could be weaponized. Is it a coincidence that these two states were hit the hardest with Covid-19 in the heat of the summer, given that is the least likely time for the virus to be active.

As the Gates’ foundation invest untold millions into a vaccine for Covid, legislative acts (such as PREPA in the U.S.) and EUAs (Emergency Use Authorization) allow vaccine makers to bypass animal studies with complete liability protection. Let that sink in. The narrative has been so controlled that most of the world knows nothing about the dangers of these vaccines. Since 2002 there has been a concerted effort to develop a vaccine for Corona viruses, but they have never gotten past the animal studies due to severe reactions. One study in 2012 concluded that extreme caution must be exercised because of the fear of an accelerated autoimmune response, as well as the danger of reverse antibodies in which a re-exposure to the virus would make people even sicker. (Dr. Sherry Tenpenny, O.D. Interview with Brian Rose).

These efforts have been ongoing for 18 years, but somehow they are now confident that one will be developed in approximately 18 months or less. In fact, human testing has already begun.

There also seems to be legitimate concern that a Covid vaccine will alter our DNA. Nobel Laureate in Physiology/Medicine and past president of the American Association for the Advancement of Science (1997-2015), Dr. David Baltimore, admitted to the New York Times that DNA vaccines do alter genetic make-up. What I find very concerning is the threat of mandating this vaccine, especially keeping in mind that, despite the concerted effort to discredit it, Hydroxychloroquine with zinc given in the early stages has proven to cure the virus. Also, the PCR testing for Covid is notoriously inaccurate. In fact, the estimated numbers of false positives could be as high as 95 per cent. The vetting of the PCR test has never been done. Dr. Malcolm Kendrick in his article, “Fauci’s Folly,” discusses why terminology “really, really matters.” As more and more tests are being conducted worldwide, there are more and

>> Continued on page 29

>> Ask questions

more positive results and these are being labelled as “cases.” A symptomless or even mildly positive swab does not constitute a “case.” Unfortunately there is an almost universal acceptance that a positive swab represents a “case” of Covid. This is then parroted all over the media as if it were gospel. This continuous feeding frenzy of fear on the part of the media is the real epidemic. The rapidly increasing number of “cases” as more and more people are tested is becoming the promised “second wave,” paving the way for a second lockdown. This will continue until there is a vaccine! In his article, Dr. Kendricks points out that both Covid and the flu have approximately the same infection fatality rate of 0.1 per cent. The vast majority of deaths were the elderly suffering with chronic illness. The consequences of the previous lockdown were so far reaching and devastating that it is difficult to fathom. To put things in perspective, most of us have seen the continuous ongoing scrolling of the number of Covid deaths and “cases” across our television screens day after day. Perhaps they might also scroll the very real numbers, the collateral damage of the lockdown. The deaths from suicides, overdoses, domestic violence, child abuse. Add to that the lost livelihoods, the homelessness, the hungry children, the stress, the depression, the violence, the loneliness and isolation, the despair. We are just seeing the tip of the iceberg. Ask yourself, who benefited? The brain washed majority will say we “flattened the curve.” We need to ask, who really benefitted from the lockdown? Dr. Zach Bush, an internationally recognized educator, internist and palliative care doctor, stated, “We’ve got this whole paradigm ass backwards, upside down, flipped over and used to create an economic shift. And so we are seeing the biggest consolidation of wealth in human history into just a few hands and it’s over nothing.” (Humanity, Consciousness and Covid-19)

Joanne Stevens graduated from the Institute of Integrative Nutrition as a board certified holistic health coach and has a Master's degree in counselling.
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Healing emotional cancer

by Sari Huhtala

With the wind brushing against her face, the sound of leaves dancing in the trees and the warmth of the sun shining down on her, Dr. Antonietta Francini's legs carried her through the winding path of the park she had just run to. It is here she has come to seek refuge from her thoughts and to become one with the power of nature. She has just been handed a death sentence – three months to live. The invasive cancer of her thyroid has spread into her lymphatic system. With the sound of the doctor's prognosis a distant murmuring in her thoughts, she has decided not to die.

That was 45 years ago. Now, she is 95 years old, and still enjoying yoga classes and the self-care path she embarked on after her diagnosis.

"Something very powerful inside of me said 'no,'" Francini, a North Bay resident, remembers. "The very first moment I received the diagnosis I phoned my husband, then went outside and then went running into a big park to be in nature; to be with the trees and I felt the power of nature helping me and decided I was going to fight for my children because they needed their mother. I call it a 'living eternity' – a power that comes to you when you need it. You only have to ask for it with the right intention, passion and commitment. Living eternity is a request for life."

Somewhere, in the scattered hurriedness of life as a mother and a family physician with a private practice, putting in long hours working in the local hospital and medical teaching, she had forgotten about the very practice that had saved her life as a young child at the age of nine. The time had arrived to bring it all back into her life.

She began a daily ritual of one hour of yoga in the morning and evening, daily meditation and yoga breathing exercises and visualization.

"I went to look in a book at my cancer cells and visualized I was killing it," she recalls. "I visualized the cancer cells going away."

"I went on a macrobiotic diet of fresh fruit and vegetables and changed my lifestyle to avoid stress and I did it for 18 years, because then you get used to it," she says with a smile.

That was in 1965.

She is not the least bit reticent about revealing what she believes was the root cause of her thyroid cancer in 1965. Born in November of 1925 in Rome, Francini remembers what life was like for her as a teenager during five years of upheaval during the Battle of Monte Cassino.

Surviving on dandelion and scrounging for water daily, always with the imminent danger of being kidnapped by the Germans, life for civilians at that time was extremely difficult, she says.

"There was bombing almost every night," she says. "We were so used to it, and we just didn't ever try to sleep. Our mother had us all up in one room because she said then we would all die together."

The war ended when she was 19, and at the age of 21 she left Europe and traveled to South America, then studied and graduated in medicine, training at the Women's College Hospital in Toronto.

"I left it all behind when I left Rome," she says. "I suppressed all of the anger and resentment. I had post-traumatic stress disorder after the war and I had pushed all of the emotions down and ignored it for many years, but you cannot ignore something so traumatic. In order to heal, you must have forgiveness. You cannot be healed unless you forgive – forgive yourself first because at a certain moment you had hatred in your heart."

Everything was perfect in her life in 1965. Her two boys were born in 1962 and 1963, she had a loving husband and a career in medicine, and because everything was perfect "I released the suppression and the cancer came up," she says.

"The thyroid is very much the point of emotion. My cancer was definitely emotional. I needed to find forgiveness."

So many people are unable to forgive and move on, she says. Moving through the stages of forgiveness one must first come to a resolve to the question "Is it right or wrong to forgive?" she says. "You have to convince yourself it is right to forgive."

"We often believe that to forgive is to delete somehow the evil that has been done, so you have to overcome this questioning inside yourself and then you realize that evil exists in you only because you were offended or suffering or stressed because of something that someone else did. Once you overcome this questioning the point changes and you are no longer dealing with the evil that was done. Instead you are dealing with your reaction with your feelings and no longer questioning if it was right or wrong."

"People hang on because they think that if they forgive they're doing some good to that person, but that's not true. You then ask yourself 'Why am I suffering hatred because someone else misbehaved? And you realize there is no reason or rationale for you to suffer.'"

>> Continued on page 31

>> Healing emotional cancer

While she believes her cancer was tied to an emotion, with so much “poison in the environment we live in,” cancer is not always linked to an emotion, she points out.

“Cancer is definitely due to contamination of the environment, the food we eat, genetically modified foods and pesticides” and so many other environmental factors.”

Her brush with cancer in 1965 wasn't the first time she had confronted death. At the age of nine she had contracted a severe infection of the kidneys and with no antibiotics available at the time, her family had little hope she would survive. She remembers getting up out of bed and asking her mother if she was going to die, and her mother simply patted her on the head.

Alone at home, while her parents were at work, she crept into a room where her mother had kept a library of books and came across a typed manuscript: *Science of Breath*, which states that life is absolutely dependent on the act of breathing, that breathe is life and life is breathe. And so she had a starting point – conscious breathing. She discovered a second manuscript - *Fourteen Lessons in Yogi Philosophy* – a New Age philosophy built on principles of mind over matter.

Both manuscripts were written by William Walker Atkinson (aka Yogi Ramacharaka), an American lawyer who had built up a successful law practice before professional burnout led him to a religious New Thought movement.

“I read both of them and I started to do breathing exercises in the morning and got in touch with yoga at the age of nine,” she remembers. “I started to eat an apple twice a day and I visualized I was absorbing the power of the sun and the earth in the apple, that I was receiving

prana – life force energy – from the apple.”

Within a month she was out of bed and had healed herself.

A strong believer in the link between emotion and wellness, and the capacity inside of ourselves to connect to a higher consciousness that is healing, Francini preaches spirituality as a pathway to a peaceful and compassionate life. She has authored a book: *Seeking Freedom and Joy in the Winding Path of Life*, as well as a second book: *Seeking Health and Joy in the Winding Path of Life*, which is a book about forgiveness because “you can't have health and joy unless you forgive,” she says.

“We have to forgive ourselves and others and see things with love” and in order to do that we need to recognize the beauty that exists around us, she says.

Society does not encourage oneness, but rather division and separation, with little emphasis placed on finding a spiritual meaning to life.

In essence, we are condemned to live life as a “machine, and to be a machine, our life is meaningless,” she says. “Have a spiritual meaning to your life. You have to develop the connection with your own divinity in such a way that it becomes a reality and certainty.

“The system teaches us you have to study so you have a career and you get your pay cheque and you pay your taxes. We pay a very high price if we only look at the paycheque coming in.”

She will be co-hosting a Zoom show called “A Walk in the Woods” this fall. Contact info@ohanawellness.ca for info.

Visit www.antoniettafrancini.ca for links to her books.

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RIDICULOUSLY EASY

European style rye bread

By Sari Huhtala

This recipe is a spin off of my easy artisan bread recipe. I've simplified it even more in my quest for time-saving.

Family members tell me it's the best bread ever – it has a European feel to it, for sure, and I never let on that I didn't slave for hours in the kitchen to make it. Truth is, usually I remember I meant to make bread just as my head hits the pillow. Since it literally only takes one minute to mix up the bread dough, and then walk away till morning without ever having to knead it, I don't hesitate to jump out of bed to get it done.

Rye bread, made with an ancient grain like spelt or kamut flour, is a good alternative for anyone looking for healthier alternatives to wheat bread. Although not gluten free, these flours are very low in gluten, and an easy-to-digest gluten, compared to wheat flour.

[Find more recipes at aliveandfit.ca](https://www.aliveandfit.ca)

TIME-SAVING RYE BREAD

- 2 cups rye flour, light or dark*
- 1 cup spelt flour (a gluten-free flour blend, or kamut flour may be substituted)
- 1/2 tsp salt (Himalayan salt is a healthy alternative to table salt)
- 1 tsp active dry yeast
- 2 cups warm water
- Oats, flax seeds, sunflower seeds, sesame seeds for sprinkling on top

* Feel free to experiment with flours for this bread, using rye flour as the base flour. It also works with 1 cup rye flour and 2 cups spelt flour - as long as the flour quantity is 3 cups.

Combine rye flour, spelt flour and salt in a medium size bowl. Fill measuring cup with warm water and add the dry yeast. Stir to dissolve. Pour into flour mixture, stir, then add one more cup of water. Mix the dough until well combined. It will be gloppy. Cover and set aside on counter for at least four hours - overnight is best, up to 12 hours, but giving it a few hours to ferment on the counter is okay too. Once fermented, place bowl in refrigerator for a couple of hours. You can leave it in the fridge for the day, until it is a convenient time to bake it.

Preheat oven to 400 degrees F. Remove dough from fridge. Don't stir it. Cover a cookie sheet, or I like to use a stone pizza pan, with parchment paper (you can grease a pan instead, but parchment paper never sticks when baking). Pour the bread dough onto the pan. It may be gloppy, but that's okay. Sprinkle seeds and oats on top if desired. Bake for approximately 60-70 minutes. It should be quite firm when you tap on top.

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Have cancer? Eat plants

by Alisa Herriman RNCP, ROHP, CHCP

The nutritional protocols used to support an individual going through the cancer process, I believe, can also be considered preventative as well. You do not need to have a cancer diagnosis to want to prevent one. Nothing is killing more Canadians than cancer, and until we take responsibility to support our body's natural ability to heal, repair and clean itself, and or learn how to participate in a preventative approach, this disease will continue to tear families apart and burden our health care system.

Most diseases are not a card you are dealt so to speak, but more of an opportunistic disease process. The way I look at nutrition from a natural health perspective is the environment (your body), has to be conducive to disease development and its progression in order for it to exist in the environment (your body). For example I truly believe cardiovascular disease is entirely preventable, it exists only if the diet and lifestyle allow it to exist.

I strongly encourage you to read the book called "*The China Study*" by Doctors Colin Campbell and Thomas Campbell. I also strongly encourage you to watch the documentary *Forks Over Knives*.

Looking specifically at cancer, not all cancers are totally diet and lifestyle related, there are genetic cancers, however we have a saying in natural health that goes like this "Genetics may load the gun, but lifestyle pulls the trigger." In the world of epigenetics, we understand that good and bad genes are turned on or off based on your diet, lifestyle and environmental exposure. Having a high family risk factor does not mean you are guaranteed a cancer diagnosis. It means you need to be more diligent about living a healthy preventative lifestyle.

That being said, what can you do if you are currently navigating a cancer diagnosis, or if you want to take prevention seriously? Well firstly, you have to get your diet right. Very little impacts your overall wellness more than the foods you put into your body on a daily basis.

The equation is super simple; eat the wrong foods, suffer from negative consequences. Eat the right foods, benefit from positive and potentially preventative outcomes.

There is no one-size-fits-all approach to preventative

nutrition, or nutritional therapy during cancer. That's where nutritionists can help create programs for individuals. But there are some foundational nutrition principles that are proven to have a positive outcome and support not only an active cancer journey, but also offer a preventative approach.

Cancer support/prevention nutrition principles

1) Principle one - Eat Plants. Eat lots and lots of plants! In fact the more fruits and vegetables you consume, the lower your risks for many diseases, including some cancers like colon, prostate and breast, as well as cardiovascular disease and autoimmune conditions. Eating a variety of unprocessed whole plant foods provide much of the essential nutrients our body's need to be healthy. I encourage clients to consume a minimum of 80 per cent of their calories from plant kingdom.

2) Principle two: Avoid processed foods. Processed foods have taken over our grocery stores and our homes. Most of what the average family purchases is pre-packaged foods, which are, highly processed resulting in minimal to no original nutrition left in those foods products. Combine this lack of naturally occurring nutrients with flavour enhancers, added sodium, added sugar, food colourings, artificial sweeteners, preservatives and now you have the perfect recipe for destruction of your health. I don't eat perfect 100 per cent of the time; I am not aware of anyone who does. It's really not about being perfect and avoiding processed foods all the time (unless of course you are navigating a cancer diagnosis, where you need to consider that a little bit of poison is still poison). It's about being "awake" and realizing that consuming processed foods every day offers no nutritional benefits and is in fact harmful to your health.

3) Principle three – You cannot out supplement a bad diet. I believe in the use of good quality whole food-based health products, but only when combined with healthier dietary habits do I believe they offer their full benefits. The foods you fuel your body with matter most, second is what you use to fill the gaps in your diet that might occur due to a busy schedule, periodic stress or when fighting illness. If adding health products to your regime, ensure they are whole food sourced third-party tested for purity and cleanliness of the product, and human clinical evidence of their efficacy.

4) Principle four – Choose local organic. Organic vegetation grows in a much higher soil quality and has the added benefits of not being sprayed with chemicals during the growing process. Choosing organic foods not only reduces blood pesticide levels, but also decreases the amounts of genetically modified foods, antibiotics, pesticides, fungicides, and herbicides that are applied to commercially grown produce.

If you are currently navigating a cancer diagnosis these above principles can have a tremendously positive impact on how you feel, heal and recover. Nothing in your body happens without nutrients being present, and the better quality of your food choices, the more nutrients that are available to support overall health and healing. Nutrition does not heal disease, your body does that, but you need to give it the building blocks of health in order for healing to happen.

Alisa Herriman has been teaching nutrition for over 15 years, and co-facilitates the Holistic Nutrition for cancer program at Edison Institute of Nutrition. She has 12 years experience specializing in nutritional protocols for those with cancer. www.AlisaHerriman.com



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