

Expert:

Katolen Yardley, MNIMH, Medical Herbalist


Q I eat well and exercise regularly but want to look at other ways to really boost my health in 2014. What are some of your recommendations as a medical herbalist?

A There are countless ways to boost your health naturally. Here are some of my favourite recommendations:

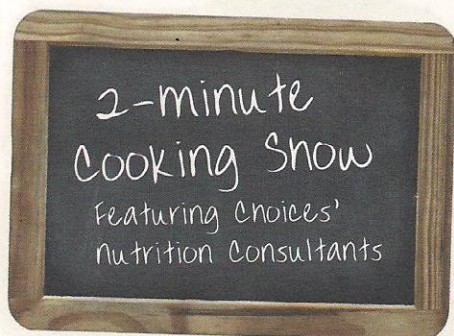
- Incorporate tonics including maca, Siberian ginseng, astragalus, rhodiola and ashwagandha into your routine. They help the body build endurance and stamina, offering resistance from stressful conditions and support for immune system function.



- Boost your body's detoxification ability by drinking herbal infusion teas daily. Nettles, burdock, dandelion and cleavers all support the cleansing and elimination organs in the body.
- Rebuild and restore immunity with mushrooms such as shitake, maitake, oyster, reishi, enokitake and chaga mushrooms. You can cook with them for their health benefits or take in supplement form.
- Reduce exposure to xenoestrogens, chemicals found in cosmetics, plastics, pharmaceuticals, food and personal care products that mimic effects of estrogen and disrupt normal hormone function. Whenever possible avoid phthalates, parabens, plastics (BPA, PETA), polychlorinated biphenyls (PCBs) and butylates hydroxyanisole (BHA).
- Remove chemical toxins from your home by choosing biodegradable cleaning products. Or better yet, create your own home cleaning products by using vinegar, baking soda and pure essential oils.
- Improve circulation and stimulate drainage from the lymphatic system with daily skin brushing. Use a dry vegetable-bristle brush to do so.

- Choose organic foods in whole (not over processed) forms. This will help to decrease the amount of chemicals, pesticides, herbicides and fertilizers that you ingest.
- Finally, cultivate gratitude and focus on the good in your life: community, family, friends, sunshine, an abundance of accessible healthy food and our right to a variety of educated health care choices. 

Katolen Yardley, MNIMH is a Medical Herbalist in private practice in British Columbia. Katolyn is now accepting new clients. For information visit, www.katolenyardley.com.



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