

# **Gems to Healthy Living**



Dedicated to all my clients that keep me  
exploring new ways to better health

**Karen Barker**

# Index

Consume Spring Water

Arnica Cream and Homeopathics

Essential Oils: Oregano, Lavender, Peppermint,  
Sandalwood, Rose

Natural Anti-Inflammatories

Acid versus Alkalinity

Positive Thoughts

Breath Work

Qi Gong

Balance in your Lifestyle

Rescue Remedy- Bach Flower Remedies

Gentle Detoxing- Castor Oil Packs, Epson Salt  
Baths, Dandelion Extract, Sauna, Mineral Springs

Ingredients to Healthy Skin

Simple Diet

Living the Art in the Law of Attraction

Toxic Estrogen

Body Products need to be Pure

Laundry detergent

Natural atomizers, Benefect

Toothpaste and the Fluoride

Mercury Amalgam Fillings

Vaccinations

Appliances: Microwaves, Televisions and the  
random waves of energy around us.

Exercises that have been simple and a favorite of  
clients

Favorite Websites



### **Consume Spring Water**

Many doctors of natural medicine will encourage all their patients to drink spring water. The amount varies on how much you can get into your system. The deposits or minerals unusable by the body will get trapped in tissue and may cause inflammatory response or act as irritants.

### **Arnica Montana 200CH**

This is a homeopathic to take when there is any kind of shock to the body, emotionally or physically. It is a neural anti-inflammatory. It is also indigenous to the area that we live in. Herbs that are seem to work with our biochemistry a lot more successfully.

**Arnica Cream as Traumel** on aching tissue

## **Essential Oils**

This is a wide category. I am going to mention a few essential oils that I keep at home. Please explore others as they all have their own specific healing abilities. Such gifts from nature should be explored and used in the healing process.

**Oregano Oil** is a natural anti-biotic, anti viral, anti bacterial and anti parasitical oil. 3 drops under the tongue three times a day for three days is the acute dosage for infection or parasites. It is the morphine for the teeth. Massage it into the gums for any tooth ache or minor infection especially after a visit to the dentist. One can not go to the dentist without some infection at some level occurring. The instruments and puncturing creates this response in our bodies. It is a preventative. The brand I recommend is the Joy of the Mountains made in B.C. The translation of Oregano is Joy of the mountains. It has a high percentage of Caranivol which is the active ingredient.

**Lavender** essential oil is great in any burn or settling the nervous system in sleep disorders.

**Peppermint** essential Oil is good for stomach aches. You can apply it over top of the stomach. For headaches, I would apply it at the base of the neck or temples keeping it away from the eyes. This would help me to fall asleep easier.



**Rose oil** I use to help me through situations that are tough emotionally. It opens the heart and is one of the oils that are profound in its properties and very expensive.

**Sandalwood** is important for those that are opening to their spiritual path. It helps them connect with clearing some emotions that get stuck in the way or blocks this process. There is always a peaceful feeling in inhaling this oil.

I touch the top of the bottle to my nose and that is enough to affect the neurons in the brain. The lavender I put a few drops in my hand and rub them together then bring my hands to my nose and inhale.

**Natural Anti Inflammatories** are **Ginger root** boiled or eaten. Any oils: Coconut virgin organic oil, flax oil, hemp seed oil and ostrich oil. These all mylenate the nerves which aid those who are 35 plus. In the deterioration process of the body the mylenation surrounding the nerves act as lubrication. These oils coat and create a new buffer.



**Acid versus Alkalinity** A topic that adults over 35 need to address as well. You can purchase ph paper from Greens Plus that tests and gives you tangible results regarding your acidity in your body. The more acid the more deterioration and eating away of the joints, synovial fluid especially.

The foods that promote a test regarding your acid balance is to cut out the night shades vegetables. These are tomatoes, potatoes, any peppers and eggplant. If you are craving these or eating them in abundance you know they are ruling you. The options to potatoes are yams. Please also consider excluding red meat from your diet. Fish and chicken or turkey is fine. Tea and coffee as well as cheese are harsh on your digestion meaning that it takes a lot of acid to digest those foods. Remember it is bio chemically what happens in your stomach that determines the acid created. Water and lemon juice in the morning first before you eat anything is great. It creates a bed of alkaline ash in the stomach. Our taste buds may tell us it is sour but what happens bio chemically in the stomach is different.

In two weeks if you are feeling less pain in your joints or body then keep it up. Guaranteed your cravings for the night shades or other food items will decrease as you feel better.

When you are balanced in alkalinity then you can incorporate the other food items you have excluded. Remember nothing is permanent. We are biological organic beings always in transition from one moment to the next.

**Choose Positive thoughts and connecting with nature** will always reduce stress. Stress creates acid in your system.



**Breath Work** will oxygenate your tissues providing more food for the muscle tissue. It will also affect the nervous system. **Qi Gong** taught by Dr. Steven Aung is Chinese medical breathing. I have been practicing its basics since 1996 and it has been one of the foundations of my self care.

**Balance in your lifestyle.** Our society has inbred within us the pressure of go, go, go. Perform until we break. Less than one hundred years ago we had to travel three days to the nearest town for food. We would have the time to connect with nature on our journey, breathe fresh air, and surrender to time. Now there is no surrendering unless our physical or emotional bodies cry out for help. I can't say how often I relate this story to those I treat. Please make healthier choices for our children will then learn to make healthier



choices. If you have a hard time doing it for yourself resign yourself to cultivate these new choices for your children.

**Rescue Remedy** is a great remedy for some stressful situations. It is one of the **Bach Flower Remedies** that children respond to so wonderfully. I used to give my daughter her own bottle to take to school in her backpack. She learnt to take it when situations felt uncomfortable at school.



## **Gentle Detoxing**

**Castor Oil Packs** can be used any where on the body. Palma Di Christi is the given name for this oil. It has healing properties as well as drawing out toxicity from the tissues. Placing it over the liver or abdomen for a gently yearly cleansing is always a great idea for prevention. I would do it at night for three days. Regarding scars from surgeries, it is a good start towards softening the area and drawing out the toxicity.

**Epson Salt Baths** are relaxing but also draws out the lactic acid from the muscles after heavy or stressful activity. Salt has the property to clear our energy fields as well. If I am feeling confused about making a decision I go into an Epson salt bath. Try it. You may feel clearer and centered so you

make a decision that serves your highest good rather than out of emotional upheaval.

**Dandelion Extract** by St. Francis taken at night and in the morning or before you eat will help support the liver, kidneys and the colon. It is a gentle way to cleanse the liver. Whenever I am not digesting very well meaning my symptoms are bloating I take this before I eat. Its bitterness helps the stomach create the enzymes for digesting that will occur as you eat.

Utilizing a **dry sauna** or the **mineral hot springs** are great ways to detoxifying. Make sure you bring in a litre of spring water.



### **How come your skin is so healthy?**

I think DNA has something to do with this question but I will share with you what I do that I feel contributes to the integrity of the skin.

**Organic Virgin Coconut Oil** is incorporated in my diet.

**Rose Hip Essential oil** in a carrier is wonderful on the face and throat. It is high in vitamin C which helps tissue regenerate and well as being a natural anti oxidant. This is all I use on my face. No soaps or toners or masks.

**Lots of Spring Water** I feel also contributes to overall skin health. Toxicity will come out from the pores of the skin in pimples etc. Once a week I will do a Water Fast for the day until supper to flush out my liver and overall general toxicity.

Adding **Lemon** to the water helps with the Alkalinity in the body.



### **Simple Diet**

Eating a lot of fresh veggies, fruits before noon, goat cheese, and nuts I have found makes digestion easier. I do not use butter or margarine anymore. Hummus, a chick pea spread, is good in protein support is used for any sandwiches. Salsa is also a good taste treat to add to eggs, chicken or turkey.

Apparently I have heard that 5 almonds give you your calcium per day. I soak the raw whole almonds. It releases an acid from the almond in the soaking process that makes it more digestible for the body. As one of my younger clients, 4 years of age says, “these are mushy almonds.” They also are easier on the aging teeth.

As I said in the Acid/Alkaline section: red meat, cheeses are difficult for a system that is already suffering to assimilate or digest. I suggest cutting back on them or completely out for a month will tell you whether you feel better or not. Once your system is balanced then you can bring these favorites back into your eating habits with moderation.

### **Living the Art in the Law of Attraction.**

Seeing the beauty, perfection and abundance in all and everyone, this is truly an art. It takes a daily reprogramming and diligence to kick start a change of habit in how we see the world and those around us.

In this photo what do you see? What are your initial thoughts about the subject in this photo?



I see the sun. The dandelion helps our liver. It is truly a gift from nature to detoxify and keep our digestive system working with ease and grace. Animals will go to eat this herb when they need it. Many organic green combinations have quite a lot of dandelion leaves in the mixture though you may have not known. Its bitterness starts the digestive enzymes secreting in the stomach. So those of you that take digestive enzymes and see great results try the dandelion.

**Toxic Estrogen** is a subject I am presently exploring. I am on a herbal detox to cleanse my system of toxic estrogen that can be from environmental pollution, plastics or hormonal. It will cause the female to produce fibroids and cysts. Bloating is also part of the body's response to estrogen toxicity. The natural formula I am taking is designed by Lorna Vanderhaeghe. Estro sense is the name of the product. Green tea, rosemary, tumeric, and milk thistle are some of the natural ingredients. In Aryvedic medicine, tumeric is a powerful herb used frequently in Indian food for cleansing.

I am on my third bottle and feel like I have more energy. The bloating I experienced is minimal. It also affects cataracts and eye weakness. Let's face it a sign of aging is the eyes start to go. I question could it be from a lifetime of estrogen toxicity? Some days my eyes feel like they can read. I count that as a positive. The product is expensive but I am worth it. For more information on this topic access the following website address at the back page.

Myelination surrounding nerve tissue can get depleted. Essential fatty acids like Flax Oil, Hemp seed oil, coconut oil are all great assets to take daily to restore and support this buffer for the nerves. They also help in the tone and elasticity of tissue.



**Body products please be Pure.** Teach your children that the essential oils are great perfumes, deodorants and bath products. Sodium Lauryl Sulfate may make more suds but it is toxic to your skin.

There are many options for deodorants that are natural.

I know the media has a huge influence on what they will buy meaning our children and ourselves. Please choose wisely as it is being absorbed into your body.

**Toothpaste** is another example. Fluoride is a neural toxin. Many clients that experience unknown pain or headaches it is best to start integrating natural toothpaste. Just think it was only a handful of years ago where our ancestors were using baking soda. Our young children who are using toothpaste just think how many tubes they have swallowed because they tasted good. Many of the natural toothpastes are out of licorice and peppermint. Uncle Tom's is an example. This substance gets absorbed so close to the brain tissue.

**Mercury in dental Fillings** This is a topic to research on [www.mercola.com](http://www.mercola.com). Please take the time to do this before choosing mercury over porcelain fillings.

## **Vaccinations**

This topic is quite controversial. It needs to be researched as well to arrive at a decision that you and your partner feel comfortable with. My daughter only was vaccinated until 2 years of age. Why? Because I didn't know any better until then. She is healthy. Many professionals in asking them whether their children have been vaccinated will give you a researched reflection. There are other alternatives one I know of is Homeopathy.

If you know of a child whose behavior has changed after an immunization there is an antidote homeopathy offers.

My daughter in Grade 5 when the whole class was undergoing a vaccination, questioned and intimidated my daughter into thinking I didn't love her. This was the perfect time to sit down and educate her regarding my acquired knowledge. I choose to treat her homeopathically.

The immune system does not mature until the age of 7.

Chinese Medicine and the way the body fights infection is a tiered system. Injecting a serum or virus directly into the body surpassing those layers, which is the natural way the immune system would protect itself from infection, is harmful for some.

Please refer to some of sites at the back of this booklet or google for more information. "The Medical Mafia" written by a Canadian Doctor that went into hiding after writing it has interesting information.

## **Appliances**

I abandoned my microwave at a recycling depot 8 years ago. After microwaving food the food has lost all its goodness. I was at a post graduate class when one of the teachers described the feeling in his tissue when standing by a microwave that was on. I started to become more aware of its destructive tendencies to us. I will attach a few articles addressing its effect on food.

Research has been done where nothing will grow on food that has been micro waved. This means all good food value meaning nutrients, positive bacteria, cultures, proteins have been destroyed.

I know it is convenient. I urge you to re evaluate this appliance for yourself and choose to take the few minutes needed to heat it up on the stove.

I don't have a television or cable TV in my home. I compact my entertainment unit into my computer. We rent movies that have integrity and watch them on the flat screen computer screen.

I found that exposing my daughter to the various ads on television was harmful to her. The consumerism nature of a 13 year old subsided. Also the active waves that travel unconsciously through all our homes with cell phone service and wireless internet is profound.

## **Laundry Detergent**

This is another chemical that we consciously put into our clothing and our water systems. I liberated myself in 2007 to try using the concept of Laundry Discs invented by a Canadian company. It works on the principle of negative ionization. Trust me if your clothes aren't riddles with oil and deep dirt then this is for you. Very often our clothes need freshening up from the sweat from the day's work.

It is 3 laundry discs that last about 5 years. They cost \$50.00. The clothes unless incredibly soiled or oiled come



very clean and fresh. The more detergent, softening agents we add in the washing and drying process this adds smell to the clothes but also chemicals and toxicity to the water leaving our homes to the sewage. [www.alphahealth.ca](http://www.alphahealth.ca)

I also use the ECO Balls. They soften water magnetically as well. I moved into a dwelling that had hard water. I place one in the dishwasher and the shower head. It has softened the water so no spots are left on the dishes and the showers are sublime.

**Atomizers** I go to the dollar store and buy a spray bottle or use one I have in the home that is empty. For the bathroom I fill it with spring water and add drops of geranium and lavender. I spritz the bathroom.

**Benefect** is a fabulous anti bacterial anti fungal combination of essential oils created by a Montreal family wanting more safe products in their home. It has clove oil, lemongrass, and a few others. I started using it when my daughter was very young. I found she got stuffy or congested from her stuffed animals. She learned that when she sprayed her toys her stuffiness disappeared. Due to the oils used that have strong properties it is a natural disinfectant as well. It can be used around the sinks and in the kitchen.



## **Exercises**

These are simple favorites of my clients.

### **Jaw Traction**

Place fingers on either side of the ear. The palm of the hand caressing the jaw. Allow the weight of the arms with the contact of the hands to gently traction the jaw from the joints. You may feel a yawn coming on. That is a great sign that the cerebrospinal fluid is being affected.

### **Ear Pull Technique**

Place your index finger deep into the ear canal. With thumbs get a good grip on the tissue behind the ear. Gently traction out laterally and on a 45 degree angle. If you were lying on a pillow it would be towards the top pillow ends. i

### **Shake Shake**

Clasp hands at the heart level, let the head bend forward a little, jaw open and initiate the shaking from the hands and see what moves. You may let it fall onto sound as well.

### **Blow through the lips**

The facial muscles which are our expression get tighter than you think during a busy day. Take the time to release in the washroom or on a walk at lunch. If you are having difficulty with this allow the head to bend forward slightly and jaw open.

### **Dance when you can**

**This oxygenates and frees up the mind and body connection. Bringing joy into the body is always a good thing.**

### **Siatica Stretch**

We will work with the right leg in this explanation. Keeping the left leg as our guide rail, bend the right leg. Let it fall open to the side as far as you can before there is pain or restriction. Place the foot along the left leg and extend the right leg following the line of the left leg. When the right leg is straight roll it inwards. This opens the joint at the back of the sacrum.

### **Bowing to the table**

Face a desk or table. Place your elbows on the surface, with feet apart shoulder width, about a foot. Bend you knees, flex you torso forward and allow the head to fall gently between your arms.

The weight of the head is significant to be used as a weight to stretch out the back and neck muscles. In this position breathe in to the lower back. The areas that you feel tight or strained breathe into them.

In finishing, let the arms fall forward off the surface and roll up through your spine. The head is the last to arrive at the top of the spine. Close your eyes and feel the difference.

### **Foot Ball Work**

You can frequent the dollar store again for this item or check around the house if you have children for a small rubber ball.

I say rubber because it is nice if the ball some give to it rather than a golf ball which would be too painful.

You can sit or stand for this. If you choose to stand make sure your weight is supported by placing one hand on the wall or table surface.

Place the ball on the floor and with your feet shoulder width apart gently connect with the ball on the bottom of your foot. Do slow focused circles with the foot finding those spaces that need opening. The metatarsals, bones in the feet can be splayed open like a stretch. If you wear orthotics and your arches are dropping this is wonderful to help soften and re program the tissue for what it is meant to do, support our bodies in an upright position.

In acupuncture, the feet and hands house many important points for the body. The feet are the farthest away from the heart so circulation and lymphatic fluid need to be stimulated to make its journey back to the chest where the blood gets re oxygenated and the lymphatics drain into the thoracic inlet.

**When in doubt drink water and make sure you are breathing.**



**Be in the moment with any Pain or Ill emotion.**

If we are in the moment then we can take a few minutes to address it rather than ignoring what the body, mind and heart is trying to tell you.

## My Favorite Websites

[www.kitchendoctor.com/healthconditions/excessestrogen.html](http://www.kitchendoctor.com/healthconditions/excessestrogen.html)

[www.alphahealth.ca](http://www.alphahealth.ca) is for the coconut oil and laundry discs.

[www.mercola.com](http://www.mercola.com) for any health information ie. regarding Fluoride in toothpaste or Mercury in dental fillings.

[www.bioethika.com](http://www.bioethika.com) is a great site

[www.aung.com](http://www.aung.com) for Qi Gong classes and gatherings

[www.greensplus.com](http://www.greensplus.com) for urine Ph testing litmus paper or your nearest health food store.

[www.sensiblelifeproducts.com](http://www.sensiblelifeproducts.com) for “Benefect”

Available as an **ebooklet** for a small fee off my website

[www.karenbarker.ca](http://www.karenbarker.ca)

Office: 201D 749 Railway Ave. Canmore, AB

[kbarker0@telus.net](mailto:kbarker0@telus.net)

403 609 3323 or 403 609 7020