



## Dietitians' TOP CHOICES

Looking for a bit of healthy variety in your diet? Let the Choices Dietitians help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices. There will be a number of items featured in every department.

For a complete, current list of our Dietitians' Top Choices ask in store for a copy to take home or go online at [www.choicesmarkets.com/nutrition](http://www.choicesmarkets.com/nutrition)

### Expert:

Katolen Yardley, Medical Herbalist


**Q** What can herbal medicine be used for?

**A** Herbal medicine can be used for almost any condition you might see a doctor for, from acute to chronic conditions. The majority of herbal medicines available to the public are considered very safe, having fewer side effects than prescription medications.

Here are just a few ways to use herbal medicine:

- Apply as a first aid topical treatment
- Prevent ailments while travelling
- Treat stubborn skin conditions
- Balance hormones
- Correct or ease digestive issues
- Support proper sleep
- Enhance energy
- Alleviate symptoms of overwork and exhaustion
- Defend the body against the first signs of a cold or flu
- Strengthen the immune system

Common forms of herbal applications are herbal teas, tinctures (where the active constituents of the plant are in liquid form), creams and topical applications (such as poultices and liniments) and capsules. An example of herbal medicine is chamomile flowers, a gentle relaxing herb traditionally used for soothing digestive upset, treating colic, relaxing the body in times of stress and promoting sleep. Dandelion leaf and root also have medicinal properties: the white milk from the stem is used as a traditional application for stubborn plantar warts; the leaf is a mineral-rich herb that can be eaten in salads and when prepared as a tea is an effective diuretic used for water retention; the root of dandelion is traditionally known as a blood cleanser and is used to support the organs of elimination for cleansing.

Those curious about plant medicine often do not know where to start—as the information available can be overwhelming. If you are first incorporating herbal medicine into your lifestyle, it is best to begin with an initial consultation with someone who is specially trained in herbal medicine such as a medical herbalist. A herbalist can custom blend herbs to suit your personal health history. Alternatively, you could start by taking a general introductory herbal medicine workshop to learn how to incorporate herbal medicine into your life. 

**Katolen Yardley, MNIMH is a Medical Herbalist in private practice at Alchemy & Elixir Health Group in Vancouver, BC For more information, please visit: [www.alchemyelixir.com](http://www.alchemyelixir.com) or [www.katolenyardley.com](http://www.katolenyardley.com).**