



Tranquility of a Feng Shui Garden

Apply the principles of Feng Shui to your yard and garden to transform the space around your home into a sanctuary for you and your family. Here are just a few of the many techniques to help you to create a beautiful, invigorating and healthy space to live within – a source of peace and harmony.

*“We shape our environment
and thereafter our environment shapes us.”
~ Winston Churchill*

Flowing paths meandering and curving throughout your garden encourages the Chi to move more slowly and freely. Romantic garden alcoves and comfortable seating provides a haven for relaxation and enjoyment of the sunshine and gentle breezes.

Each of us feels drawn to different plants in different ways – rely on your intuition for plant selection. Choose plants and trees that will lift your spirit every time that you see them. Balance is created by mixing different sizes, shapes and colors of plants so that no one species is overwhelmed by another. Create blocks of plants with colors that blend well – not one of a lot of things, but a lot of a few things. Plant scented flowers that you can enjoy in the garden and add plant herbs such as lavender, sage, or thyme. Spring is perfect for flowers such as tulips, daffodils, hyacinths, primroses and pansies.

Healthy plants and trees are a sign of good energy on a property. Select and locate trees to be in scale with your home. Large trees located too close to the home will overwhelm and overshadow its occupants. Open up dark areas by pruning back bushes, adding outdoor lighting or by creating space and additional light with mirrors. It is important to remember that trees and large shrubs blocking the front entry or walkway will affect the flow of Chi into your home. On the other hand, trees or large shrubs at the back of the yard will provide privacy and protection.

Create sound and movement with water or by introducing life (birds or fish) to the garden space to increase energy levels and the flow of Chi. Wind chimes by the door or windows are perfect for adding movement and sound.

Wood, metal, earth, fire and water elements must all be represented, with special attention being paid to adjusting elements for weak points and in consideration of your own particular life circumstances.

Wood (Family; Prosperity)

Wood is considered the beginning of new life. Spring brings new plants and new life; and healthy plants recycle the air we breathe providing a natural filter for the air. Be sure to remove any dead or sick plants.

A lovely way to incorporate the Wood Element is with a bench made of natural materials such as wood or bamboo. Minimize the number of plants here and add a simple focal point such as a gazing stone or sculpture to make this the most serene spot in your garden: Strengthen the Family zone by providing a seat for all family members and the Prosperity zone by adding clear, moving water such as a waterfall or fountain.

Fire (Fame)

The Fire Element is the most "Yang" of the elements. Incorporate the fire element with a barbecue grill or an outdoor hearth (like a chiminea); red plants or plants with red flowers; and lights which also help guide the way on paths.



Draw Chi to the Fame zone with unusual and interesting accessories.

Earth (Skills & Knowledge; Health; Relationships & Love)

Terracotta pots filled with potting soil are wonderful Earth Elements. Large granite boulders or a beautiful clay statue can also be used to add stability and nourishment.

A separate cosy alcove in the Skills & Knowledge zone will inspire thinking and meditation, so this is an excellent spot for a contemplative Zen garden with beautiful rock formations. Bring together positive energies in the Health zone with an open lawn and a bird bath as a focal point. Friendly flowering plants in the Relationships & Love zone can promote equality with your partner.

Metal (Creativity & Children; Helpful People & Travel)

A very practical outdoor solution, Copper, Silver, Gold and Bronze are just a few variations of the Metal Element. Using the Metal Element can encourage all sorts of creative ideas. Ideally, we want to introduce elemental solutions that blend into and create a beautiful environment. Try at every opportunity to include the shape of a circle into the garden. Round flowers, a pond in a circular shape or a flower bed would all work.

Wind chimes, bells or a sand box are natural additions in the Creativity & Children zone. A friendly round seating area in the open air gives strength in Helpful People & Travel zone.

Water (Career & Life Path)

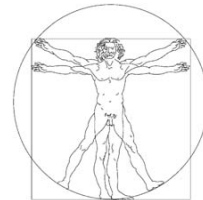
The Water Element is the most "Yin" of the elements and it is an essential element in the garden. Keep the water clear and flowing – stagnant water with dead leaves can stop any flow of energies.



Water features such as pools, ponds and fountains are beautiful and encourage beneficial Chi. Earthen fountains can block water and neutralize the positive effect of the Water, so it is best to use metal features. A bird bath is very soothing and will attract birds which have the added benefit of being the best and most natural form of bug control.

Feng Shui supports that positive energy in conformity with nature is necessary in order to preserve and enable vitality. Enjoy your outdoor living space!

Matters of Health



Part One: The ADD and ADHD Mystery Series Getting to the ROOT of the problem

Happy spring everyone!

ADD (Attention Deficit Disorder) and ADHD (Hyperactivity Disorder) has become a widespread topic of conversation of late with what appears to be continually increasing diagnoses.

I have to say that I'm uncomfortable with labeling of any kind – it disregards so much more about the person and situation than is respectful or appropriate. It is important to ensure that nothing else is causing the behaviour and all nutritional and environmental components have been investigated and ruled out. There are many strategies that can be utilized to influence and channel a child's behavior. Exercise, the natural environment and diet are all good choices to possibly alleviate ADD/ADHD symptoms.

I have worked with many children and have seen some remarkable changes with some well-developed protocols.

Because this is a big discussion...I am going to have to précis some of it and also turn this into another one of my two part – perhaps three parts - article...

Enjoy. And if you need clarification on anything, as always...do get in touch. Excuse my seriousness here though. The health of our little ones is no laughing matter as we strive for beautiful, creative, alive little spirited children with a zest for and interest in life, who absolutely thrive in the right environments.

Here are some questions whose answers might be of interest to our readers (as it relates to children and adults if different):

1. Can allergies cause ADD/ADHD like behaviour?

Yes and yes and yes!!! In fact – we first need to chat a bit about *Candida Albicans* – public enemy number one. Seemingly benign yeast-like fungus this exists naturally in the intestinal tract in small colonies. In a balanced state – it co-exists with beneficial bacteria. When not, it multiplies rapidly.

It is by far the most opportunistic *matter* within us -parasitic in behaviour and destructive in action. It invades tissues, becoming an overgrowth capable of causing and exacerbating chronic conditions – as well as serious disease. This has been studied extensively over the years, and the prevalent belief is - our society is in a candida overgrowth crisis. Because it is now gaining momentum within all health modalities as an actual precursor to various conditions and disease it bears serious attention.

So what does *Candida Albicans* have to do with ADD/ADHD behaviours? Candidiasis is a polysymptomatic disease – which means a person can exhibit a whole list of symptoms –

many of which can be considered unusual, confusing, frustrating, painful, and even bizarre. Symptoms in our nervous system should be noted here: fatigue, mood swings, 'melt downs', feeling 'sick all over' and distraction. Also nose picking, rectal itching, eczema, joint pain and acne.

Candidiasis is strongly associated with children's learning disabilities and hyperactivity. So in addition to understanding how allergy arises – we need to understand *Candida* and its relationship to allergy which, unchecked eventually links up to conditions of ADD and ADHD.

2. What other disorders mimic ADHD? (essentially causing a number of misdiagnoses)

Here it is important to remember that our allopathic system still deals with symptoms and not the whole body at times. As far as other disorders mimicking ADHD, perhaps it should be '*what is the diagnosis of ADHD*' covering up? What other conditions, intolerances, and sensitivities are behind the diagnosis of ADHD? This is where I refer you back to question one. Candidiasis' is insidious. It begins when the yeast gains access to the bloodstream and then to our lymphatic system. This is where it gets a strong hold. It now has the ability to gain what is called a pathological branching fungal form (sounding like something from an Alfred Hitchcock movie), where it multiplies very quickly. Now we have these 'root-like' tentacles reaching out and trying to find purchase on anything more solid than it...

This is when it can literally punch holes through our intestinal walls and damage our cells. Did anyone see *Alien*? Now imagine this. As adults we have mature intestinal walls. Strong. Resilient. And this overgrowth *can still punch through*. Our children have permeable and softer intestines. How much easier can it get for the opportunistic candida there? So – I think some medical doctors jump to the end here as opposed to starting from the beginning. We don't (as I am so fond of saying) catch ADHD...it has its roots firmly planted somewhere else.

It goes something like this. *Candida Albicans* begins to grow and make life supporting substances for itself when our yeast to friendly bacteria is out of balance – due to poor diet and other factors such as our environment.

The condition 'Candidiasis' starts when the yeast gets a foothold to the bloodstream and lymph system. Now it changes from a single 'entity' to an organized system – a pathological branching fungal form which multiplies rapidly. Then it uses these tentacles to punch through intestinal walls and begins damaging cells. So now the organism has broken through the defences, gaining entrance to the blood and lymphatics, and toxins can now travel quickly to other parts of the body.

Tiny abscesses are scattered throughout the body. And worse, a 'fortified fort of sorts' called fibrin (a connective tissue forming a shell around the yeast to protect it), stops the candida from being eliminated by our immune system. Thus – we get symptoms occurring everywhere. Sounds like guerrilla warfare in another world...and in fact it really is

Before I end here till Part Two, I want to sum up with established factors which lead to the growth of this yeast and eventually to ADD and ADHD.

1. Antibiotics, immune suppressors and steroids (inhalers etc...)
2. Mold and off-gassing from materials and furniture and even body care products.
3. Diets loaded with sugar and junk etc. and refined, processed diets.
4. Foods with colors, additives, fillers and so on. Right up there in the junk category.
5. Lowered immunity due to the above and;
6. ...the disturbing fact that overgrowths of this yeast can be acquired at birth from an infected mother.

We can talk about a lot of different things here that can eventually lead to the diagnosis of ADD and ADHD. Avoiding environmental factors such as chemicals is a must. Avoiding the foods and other factors may not always be the answer – it may not be practical and can seriously cramp or limit ones lifestyle. Also important to know is: when conditions inside the body which produced the allergy change, then the allergic symptom's will go away.

The Secret. No – not the movie. When food is *completely* digested – that is, broken down to the smallest particle that it

was designed to break down to, it is basically rendered non-allergic. Pretty cool no? The cardinal rules – chew to fluid and drink and chew. Kids love it when you make it fun to instil these important health components.

Part Two will continue answering more questions. I will also cover why the intestinal barrier is so important, leaky gut syndrome and how it relates to ADD and ADHD, conditions and disease strongly linked now to leaky gut, and how intestinal permeability is corrected.

3. What herbs and vitamins are good for a child with ADD/ADHD to take?
4. What role does diet play in a child with ADD/ADHD?
5. Is Melatonin the best night time calmer, or is there another natural alternative?
6. What are some ways I should deal with impulsive and aggressive behaviour when my child won't listen at all?

So – be sure to catch the sequel Part Two: pathological branching fungal form defeated, conquering ADD and ADHD.

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"The body will always strive for homeostasis. You have inside you what you need for balance...for a powerful and perfected life. It is in the strength of intention, love for self, love for others...an awareness of something more when you draw each breath."
~ Margo

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