



# Karen Macdonald's Resource List

Klanmother Karen Macdonald is a gifted and talented healer. She weaves together ancient wisdom along with her own ongoing research and observations to bring us excellent concepts for self-care and regeneration. Please use these resources as a way to do your own research and discover what might work best for you. You can reach Karen at klanmother13@gmail.com.

	Why	What to do	What is a good resource?
<b>Alkalizing</b>	<ul style="list-style-type: none"> <li>Alkalizing helps the body to function optimally</li> <li>Enzymes work best at balanced pH</li> <li>Weight loss is easier</li> <li>Cancer cells cannot survive</li> <li>Body is closer to homeostatis</li> </ul>	Use allfalfa, barley grass and more.	<a href="http://suedehills.com">suedehills.com</a> - Excellent natural source of Greens. Tell them you want the Karen Macdonald special on greens! <a href="http://phmiracle.com">phmiracle.com</a> - Dr. Robert O. Young's site. Great education and resources
<b>Essential Oils</b>	<ul style="list-style-type: none"> <li>Essential oils are powerful vibrational healing remedies. Made of very concentrated amounts of plants that they are derived from.</li> <li>They contain powerful plant chemicals called triterpenes that can be healing on a number of levels</li> </ul>	Diffuse or apply essential oils	<a href="https://nevessence.com/">https://nevessence.com/</a> - Excellent resource for high quality essential oils at a reasonable price
<b>Yoni Steams</b>	<ul style="list-style-type: none"> <li>Allows powerful herbs to have a positive impact on the first chakra, vaginal health including infections, fibroids and other conditions</li> <li>Moves energy and reduces stagnation</li> <li>Can clear energetic residue of past trauma</li> </ul>	A steam application through a chair that will allow the herbs to be delivered. Both an herbal and energetic practice	<a href="http://SteamyChick.com">SteamyChick.com</a> - Herbs and supplies for Yoni Steams. Education about this process. <a href="https://www.redtentwellness.com/">https://www.redtentwellness.com/</a> - Herbs and supplies for Yoni Steams. Education about this process. <a href="https://www.amazon.ca/Packs-Pearls-String-Slimming-Firming/dp/B0B87BHYTF/ref=sr_1_3?crid=1LHG0HBDI79LE&amp;keywords=yoni+pearls+set&amp;qj d=1661806073&amp;s=books&amp;sprefix=yoni+pearls%2Cstri pbooks%2C134&amp;sr=1-3">https://www.amazon.ca/Packs-Pearls-String-Slimming-Firming/dp/B0B87BHYTF/ref=sr_1_3?crid=1LHG0HBDI79LE&amp;keywords=yoni+pearls+set&amp;qj d=1661806073&amp;s=books&amp;sprefix=yoni+pearls%2Cstri pbooks%2C134&amp;sr=1-3</a> - Yoni Pearls for natural pH balance and rejuvenation



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<p><b>Spring Water</b></p>	<ul style="list-style-type: none"> <li>• Spring water contains powerful minerals at a proper pH. It is also a vibrationally powerful form of water. Spring water pushes up against gravity and contains an energetic imprint from the sun as it pushes up from the earth.</li> </ul>	<p>Drink real spring water, naturally harvested when possible</p>	<p><a href="http://findaspring.com">findaspring.com</a> - Find a natural spring in your area</p>
<p><b>Grow Your Own Food - Hydroponics</b></p>	<ul style="list-style-type: none"> <li>• Learn about the power of hydroponics in order to grow your food anywhere at anytime</li> <li>• Feed your hydroponics powerful minerals and enhance their nutritive value.</li> </ul>	<p>Use a small amount of space in your home to dedicate to growing your own food with a pre-built hydroponic system</p>	<p>Hydroponic Growing System - <a href="https://www.amazon.ca/VEVOR-Hydroponics-System-Food-Grade-Vegetables/dp/B0B37JH7XD/ref=sr_1_40?crid=LRB40D3UECLY&amp;keywords=hydroponics&amp;qid=1661806211&amp;srefix=hydroponics%2Caps%2C134&amp;sr=8-40">https://www.amazon.ca/VEVOR-Hydroponics-System-Food-Grade-Vegetables/dp/B0B37JH7XD/ref=sr_1_40?crid=LRB40D3UECLY&amp;keywords=hydroponics&amp;qid=1661806211&amp;srefix=hydroponics%2Caps%2C134&amp;sr=8-40</a></p>
<p><b>Use Herbal Medicine to heal yourself</b></p>	<ul style="list-style-type: none"> <li>• Learn about powerful herbs and supplements that can help you to heal.</li> <li>• Activated Charcoal</li> <li>• Ashwagandha</li> <li>• Chaga Mushroom</li> <li>• Fulvic Mineral complex</li> <li>• Iodine - Lugol's Solution</li> <li>• Cat's Claw</li> </ul>	<p>There are many herbal medicines that can help you to boost your immune system, clear parasites and toxins and much more</p>	<p><a href="http://realrawfood.com">realrawfood.com</a> - good quality, reasonably priced herbal remedies as well as dried fruit and superfoods.</p> <p><a href="https://www.omfoods.com/">https://www.omfoods.com/</a> (Canadian)- seeds, nuts, oils, herbs, incredible selection and great prices</p> <p><a href="https://essentialorganicingredients.com/">https://essentialorganicingredients.com/</a> (U.S) - seeds, nuts, oils, herbs, incredible selection and great prices</p> <p><a href="https://www.markusrothkranz.com/">https://www.markusrothkranz.com/</a> - Raw foods education, supplies and more. Another site of his is <a href="https://thehealthylife.com/">https://thehealthylife.com/</a></p>



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<b>Electromagnetic Frequency Protection</b>	<ul style="list-style-type: none"> <li>Learn how to measure EMF's in your home or area</li> <li>Learn various techniques of how to shield yourself and your home from these electrical energies</li> </ul>	Place all items in the Main Hold Tray. Choose "all of the items" and run them from Progressive Insights for 15 minutes.	<a href="https://lessemf.com/">https://lessemf.com/</a> - EMF detectors/ways to measure as well as shielding paint, clothing and more.
<b>Radiation - Learn to check your area for radiation exposure</b>	<ul style="list-style-type: none"> <li>Radiation may be at higher levels in certain areas</li> </ul>	Learn to measure with a Geiger Counter	Nerve issues, eye droop <a href="https://buyersguide.org/geiger-counter/t/best?m=b&amp;d=c&amp;c=602196833893&amp;p=&amp;oid=kwd-10512081&amp;lp=1024403&amp;li=&amp;nw=s&amp;nts=1&amp;tdid=9656787">https://buyersguide.org/geiger-counter/t/best?m=b&amp;d=c&amp;c=602196833893&amp;p=&amp;oid=kwd-10512081&amp;lp=1024403&amp;li=&amp;nw=s&amp;nts=1&amp;tdid=9656787</a>
<b>Keep the air around you pure and safe</b>	<ul style="list-style-type: none"> <li>Get a portable air purifier</li> </ul>	Protect yourself from any air or exposure around you	Airkitty wearable air purifier - <a href="https://www.amazon.com/Wearable-Purifier-Necklace-Portable-Electricity/dp/B092VF22G3/?_encoding=UTF8&amp;pd_rd_w=aehBm&amp;content-id=amzn1.sym.03bef33a-a357-4fe3-9505-7fd4d6236957&amp;pf_rd_p=03bef33a-a357-4fe3-9505-7fd4d6236957&amp;pf_rd_r=F02DX6MWEJXD289EEHKG&amp;pd_rd_wg=wGdX6&amp;pd_rd_r=381a06d3-39e0-48f2-aff4-b7bc11830957&amp;ref=pd_gw_ci_mcx_mr_hp_d">https://www.amazon.com/Wearable-Purifier-Necklace-Portable-Electricity/dp/B092VF22G3/?_encoding=UTF8&amp;pd_rd_w=aehBm&amp;content-id=amzn1.sym.03bef33a-a357-4fe3-9505-7fd4d6236957&amp;pf_rd_p=03bef33a-a357-4fe3-9505-7fd4d6236957&amp;pf_rd_r=F02DX6MWEJXD289EEHKG&amp;pd_rd_wg=wGdX6&amp;pd_rd_r=381a06d3-39e0-48f2-aff4-b7bc11830957&amp;ref=pd_gw_ci_mcx_mr_hp_d</a>
<b>Keep a supply of bottles for herbal mixes and essential oils</b>	<ul style="list-style-type: none"> <li>Glass dropper bottles allow you to store your essential oils or herbal mixes</li> </ul>	Create herbal remedies, essential oil mixes and imprint them with frequencies	Glass Bottle Droppers - <a href="https://www.amazon.com/Wearable-Purifier-Necklace-Portable-Electricity/dp/B092VF22G3/?_encoding=UTF8&amp;pd_rd_w=aehBm&amp;content-id=amzn1.sym.03bef33a-a357-4fe3-9505-7fd4d6236957&amp;pf_rd_p=03bef33a-a357-4fe3-9505-7fd4d6236957&amp;pf_rd_r=F02DX6MWEJXD289EEHKG&amp;pd_rd_wg=wGdX6&amp;pd_rd_r=381a06d3-39e0-48f2-aff4-b7bc11830957&amp;ref=pd_gw_ci_mcx_mr_hp_d">https://www.amazon.com/Wearable-Purifier-Necklace-Portable-Electricity/dp/B092VF22G3/?_encoding=UTF8&amp;pd_rd_w=aehBm&amp;content-id=amzn1.sym.03bef33a-a357-4fe3-9505-7fd4d6236957&amp;pf_rd_p=03bef33a-a357-4fe3-9505-7fd4d6236957&amp;pf_rd_r=F02DX6MWEJXD289EEHKG&amp;pd_rd_wg=wGdX6&amp;pd_rd_r=381a06d3-39e0-48f2-aff4-b7bc11830957&amp;ref=pd_gw_ci_mcx_mr_hp_d</a>
<b>Biomat</b>	<ul style="list-style-type: none"> <li>Amethyst Mat has powerful healing properties</li> </ul>	Seems to be grounding and enhances detoxification	<a href="https://www.thebiomatestore.com/">https://www.thebiomatestore.com/</a>