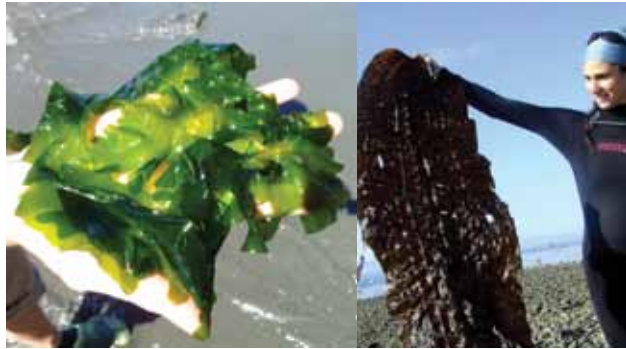


Seaweed Tours & Workshops



Dakini Tidal Wilds offers a unique, hands-on educational experience. Through increased knowledge and awareness, the dire need to preserve the precious kelp forests and seaweed gardens of the Pacific Northwest is brought to light.



Seaweed Tours

During a 90 minute beach walk at low tide, we identify local edible seaweeds, their healing properties, how to cook with them and preservation techniques. Cost: \$35.00/person

Kelp Forest Eco-Tours

During this 3 hour tour, participants gear up in full 5mm wet-suits and enter into the eerie and mystical realm of the Pacific Northwest's Kelp Forests, for a truly awe-inspiring experience. Cost: \$60.00/person (doesn't include wet suit rental)

Seaweed Workshops

Spend a whole day learning in-depth about the power of seaweed. Includes a trip to two beaches at low tide, a wild-seaweed lunch and powerpoint presentations on the healing & nutritional properties of local seaweeds, their specific uses in treating common illnesses and more! Cost: \$85.00/person

CONSULTING & TEACHING ALSO AVAILABLE @ 45.00/hour

Medicinal Herbal Salves

organic & wild-crafted



Dakini Tidal Wilds' medicinal herbal salves are created with herbs that Amanda hand-gathers from the temperate rainforest surrounding her home and from her organic & wild gardens with an intention of healing and respect for the Earth. Their powers are preserved in local beeswax and organic, first cold-pressed extra-virgin olive oil. The essential oils included are either organic or wild-crafted.



Psoriasis & Eczema salve

USES: Apply directly on affected areas for psoriasis & eczema; rashes and fungal infections. • DO NOT USE IF PREGNANT or UNDER 12 YRS OF AGE •

Psoriasis & Eczema salve for kids

USES: Apply directly on affected areas for psoriasis & eczema; rashes and fungal infections. • DO NOT USE IF PREGNANT or UNDER 2 YRS OF AGE •



Fireweed anti-inflammatory healing salve

USES: Inflammation & joint pain; muscle fatigue & pain; arthritis & bruises.

Swordfern & Comfrey healing salve

USES: Apply on old bone related injuries; areas of deep chronic pain; use to nourish skin & soothe babies' bums.

Melissa anti-viral salve

USES: A powerful anti-viral salve that is specific for Herpes simplex I & II, and related viral strains (i.e. shingles & chicken pox).
• SKIN PATCH TEST RECOMMENDED ON NON-INFECTED AREA BEFORE USE •

Usnea & Oregon Grape Root wound salve

USES: Apply on cuts, scrapes, & wounds to prevent bacterial, viral & fungal infections. Helps heal wounds quickly.

Dakini Tidal Wilds

is located on the west coast of Vancouver Island, B.C. In this rarest and most threatened rainforest on our planet, the temperate rainforest, a rich plethora of healing seaweeds, ancient trees, herbs, seeds, lichens and roots grow in an interweaving web of life. Dakini Tidal Wilds is a crafter of these wild gifts, offering Earth's local healers as available medicines.



Wild-Crafted
Seaweed
& Herbal Healers
est. 2003



Amanda Swinimer

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printed on 100% post-consumer recycled paper

Wild Edible Seaweeds

harvested by hand



Winged Kelp

Alaria marginata



Bull Kelp

Nereocystis luetkeana



Dakini Tidal Wilds' Winged Kelp (*Alaria marginata*) and Bull Kelp (*Nereocystis luetkeana*) are harvested by hand on the rugged west coast of Vancouver Island, and tested for their purity. Seaweeds are among the most nutritive and complete foods and are the most concentrated food source of minerals on the planet. They are nature's perfectly balanced mineral supplement.



Kelps in particular are unique in their ability to safely eliminate heavy metals, PCB's and the by-products of radiation from the body, making them one of the most important sources of protection against today's most harmful environmental toxins.

Kelp helps cleanse and tone the kidneys & liver and has been used to enhance beauty & innate healing since ancient times.

Nutrition: One of the highest sources of calcium on the planet, *Alaria* is also rich in B-vitamins (including B12) and vitamins A, C, K and E as well as minerals including Calcium, Magnesium, Manganese (which inhibits tumours) Chromium, Zinc, Iodine, Iron & Phosphorus. It is 1/4 protein, fat free and low in calories.

Health: Purifies heavy metals and radiation from the body, softens hardened tissues/inhibits tumours, treats thyroid disorders, eases coughs and congestion, lowers blood pressure, prevents arteriosclerosis, reduces side effects of chemotherapy & radiation treatment, strengthens liver, supports and balances the female hormonal system, promotes hair growth, and improves skin tone.

Uses: Add to soups to flavour the broth, cut into bite-sized pieces and cook in stir fries, bake like a vegetable in tomato-based pasta dishes, boil with rice & beans or soak and wrap around fish and bake in the oven. *Alaria* has a very deep yet subtle, milky flavour.



Nutrition: Bull Kelp is rich in Calcium, Magnesium, Iodine, Potassium, Bromine, Phosphorus, Iron, fibre, vitamin A, B-complex, C, D, E & K.

Health: Bull Kelp purifies the body of heavy metals & radiation, treats thyroid disorders, digestive problems, eases lymphatic swellings, treats herpes infections, eases inflammation & neuritis, soothes mucus membranes, reduces side effects of chemotherapy & radiation treatments. Bull Kelp is particularly indicated in the treatment of ADD (Attention Deficit Disorder), hyperactivity, insomnia, depression, hostility and Schizophrenia.

Uses: Bull Kelp Flakes can be used instead of salt as a seasoning (safe and beneficial for hypertension), crumbled onto salads or as a zesty flavouring in sauces. Bull Kelp has a very intense, salty flavour, and is a healthful way to lively up any meal!

