

Understanding Coastal Erosion

Coastlines are dynamic ecosystems that transform naturally through the processes of erosion, sediment transport and deposition. Erosion describes sediment movement caused by the forces of water and wind. It's a natural process that maintains ecosystems like beaches, salt marshes and estuaries, but also changes your coastal landscape.



RE-NATURALIZE UPLAND MEADOWS & FORESTS

- Prevents overland flow
- Reduces soil compaction
- Acts as a flood plain



ADD BIOMASS TO BANK

- Absorbs waves and wind
- Builds soil quality
- Protects seedlings



ESTABLISH PLANT COVER

- Holds soil on bank
- Intercepts waves, wind and rain
- Creates habitats



REDUCE SLOPE GRADE

- Decreases run off and soil loss
- Promotes plant establishment
- Increases bank stability

A Living Shoreline

Erosion can be tempered. A living shoreline uses nature's own materials, advanced principles of science and ecosystem restoration expertise to restore vegetation and stabilize coastal slopes. Once established, a living shoreline will mitigate erosion, provide natural habitats, self-strengthen and endure. Living shorelines improve the health of the coastal ecosystem at the same time they protect your shoreline property.

LIVING SHORELINES

A natural way to manage coastal erosion



Helping Nature Heal
ECOLOGICAL RESTORATION

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Your shoreline can be restored by human hand

Thriving, rugged coastlines define Atlantic Canada, and pull on the soul of most Atlantic Canadians. That may be why we experience a special kind of sorrow at seeing our waterfront wash away.

We want our coastlines to remain breathtakingly beautiful for generations to come. When humans come into the riparian zone as healers, we encourage natural processes of remediation and restoration that take nature decades to achieve.

Living Shorelines are a soft engineering approach to mitigate the effects of erosion on waterfront property without endangering the coastal ecosystems.

The approach has been used extensively, and successfully, along the Eastern Seaboard of the United States and beyond. Helping Nature Heal has developed and refined various Living Shorelines techniques for Nova Scotia's climate and the challenges associated with coastal erosion in the North Atlantic Ocean.

Living Shorelines by Helping Nature Heal

- A resilient and sustainable solution for any waterfront property: river, lake or ocean.
- Mitigates and manages erosion
- Keeps shorelines beautiful, healthy and accessible
- Creates and protects shorebird habitats
- Combines natural materials to enhance their protective and stabilizing functions
- Applies heritage skills, science and appropriate technology
- Maximizes people-power to minimize fossil fuel use and soil compaction
- Sources local, sustainable products

Helping Nature Heal Ecological Restoration services include:

- Living Shoreline design, installation and maintenance
- Ecosystem consultation, design and creation
- Environmental assessments
- Ecosystem stewardship (post-storm restoration, revolving organic gardens, forest trail management and more.)

Heritage skills teamed with advanced science

Helping Nature Heal embraces a holistic, ecosystem-based approach to environmental restoration and client education. Our work is rooted in the knowledge that all parts of an ecosystem are vital to its health and resilience, and that people are integral to safeguarding these ecosystems. Nature has an amazing capacity for healing herself and us. By using scientific knowledge to enhance nature's own solutions, we've created an economical and sustainable restoration approach that accelerates nature's own healing processes.



Rosmarie Lohnes founded Helping Nature Heal in 2001, in response to the stress and sadness her coastal property clients felt when faced with the pressures of climate change and accelerated erosion of their land. Cultivating her

team's expertise in living shorelines fulfills Rosmarie's optimistic and eco-conscious nature.

WINNER of the HB NICHOLS AWARD for Coastal Zone Management, from the CZC International Conference.

"In recognition of her significant and continuing contribution to integrated coastal and ocean management in Atlantic Canada."

Proud Partners with the Ecology Action Centre

We are proud Sustainability Allies of the Ecology Action Centre and partner in their work towards healthy coasts and watersheds in Nova Scotia. You can read more about the Centre and how you can get involved at www.ecologyaction.ca

If you'd like to know more about protecting your shoreline property, talk with a Helping Nature Heal expert at 902.543.7416.