



Natural Facts

Enhancing
Your Libido
Naturally

Health Tips
for Travel

Meditation

How it Can Change
your Health

Heal your
Body and
Mind with
Laughter



New Product Announcements, Articles, Recipes, and Information
January/February 2015



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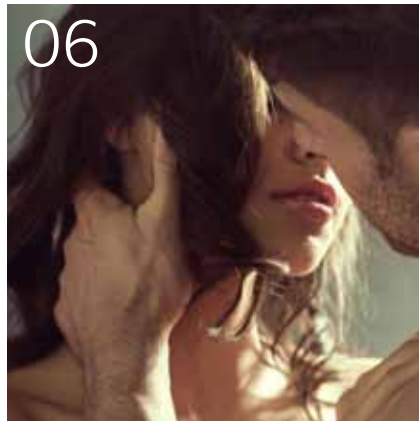


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Editor's Letter



In the beginning of the year 2015, I personally like to look back on the year that just passed while looking straight ahead at the next one with a motivated and hopeful eye. There is so much to learn and explore, and this first issue of Natural Facts goes in this direction. Our magazine has evolved, and the best is yet to come.

We are always pleasantly surprised to realize the interest in the Natural Facts, both in terms of the increasing demand from readers and in new collaborators involved.

For this first edition of 2015, we give the kickoff with tips for travellers, while flirting with the hot topics of February. For a most positive beginning to the year, we present articles showing the benefits of meditation and laughter, for both physical and spiritual well-being.

On behalf of the New Roots Herbal family, thank you for your interest in our bimestrial publication. We hope it will play a role in your health and happiness all through the coming year.

Sonia Lamoureux
Editor-in-Chief

Brought to you by



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Procrasti- Cleanse:

The Act of Procrastinating a Cleanse

Sometimes it's only when you feel the sand between your toes that you realize how much you really needed that break from winter's woes, or how great you feel when the hairstylist spins around the chair to reveal a stunning, refreshed look that you realize that appointment was long overdue.

An information-gathering session for cleanses can be overwhelming, between strict diets with smoothies featuring exotic ingredients and the celebrity-endorsed programs. Many of us will scrap the idea altogether.

EnergyCleanse makes the decision simple; it's an easy-to-follow, 30-day advanced total cleanse.

The program is two-fold:

- **EnergyCleanse I** focuses on the elimination of toxins within the liver. This in turn makes it more efficient in breaking down harmful cholesterol, producing bile for the metabolism of fatty acids, and mobilizing glycogen to meet urgent energy needs.
- **EnergyCleanse II** contains 11 special nutrients and 6 homeopathic salts that target the elimination of stagnant, toxin-laden matter within the intestines. Cleaner intestines lead to improved regularity, better nutrient assimilation, balanced electrolyte levels, and improved vitamin synthesis.

Simply take 2 capsules of **EnergyCleanse I** in the morning and 2 capsules of **EnergyCleanse II** in the evening. Our program requires no drastic changes in

diet; all you need to remember is to drink plenty of water (approximately 3 litres per day), and take 8-10 servings of fruits and vegetables. We recommend supplementing with **FiberUltra Rich Plantago** for ease of toxin elimination and **AcidophilusUltra** to maintain dominance of beneficial intestinal flora during our program.

With an increase in energy and stamina and superior immune system performance, you'll wonder why you didn't try **EnergyCleanse** earlier.



Enhancing Libido Naturally



by Philip Rouchotas,
MSc, ND

It is well-recognized that certain medical conditions, such as diabetes and being overweight, as well as use of certain medications such as antidepressants, can deleteriously affect libido.^[1] In addition to such conditions, the prevalence of high stress levels and long work hours interfere with and diminish libido in both men and women. Specific dietary and supplement strategies have been shown to help enhance

libido and improve sexual function.

The Mediterranean dietary pattern, derived from the traditional diets of Mediterranean cultures, is rich in fruits and vegetables, legumes, fish, and whole grains, and includes moderate intake of dairy products, nuts, lean meat, and red wine. The diet is also characterized by regular use of extra virgin olive oil. In addition to a host of benefits on heart disease, diabetes, and other chronic disease, the Mediterranean dietary pattern has also been shown to benefit libido and sexual function.

A set of large studies investigating men and women with type II diabetes found that higher adherence to the Mediterranean dietary pattern was associated with lower prevalence of erectile dysfunction

in men and of female sexual dysfunction in women.^[2,3]

Another study examined 59 women with metabolic syndrome, a constellation of overweight and borderline elevated cholesterol, blood pressure, and/or blood glucose values.^[4] Approximately 25% of North American adults are affected by metabolic syndrome; many are unaware of this fact. The study found that consumption of the Mediterranean diet for two years improved the Female Sexual Function Index (FSFI) in the intervention group, from a mean baseline value of 19.7 to a mean posttreatment value of 26.1, while there was no change in the control group. In this study, the Mediterranean diet was defined as consuming more fruits, vegetables, nuts, whole grains, and olive oil compared to the control group.

In addition to diet, the South American herb maca (*Lepidium meyenii*) has been shown to enhance sexual function.^[5] In a randomized trial of 56 men with mild erectile dysfunction, supplementation of 2400 mg of maca for 12 weeks resulted in significantly better improvements in erectile dysfunction compared to the placebo group.^[5] Men taking maca also reported significant improvement in their physical and social performance on the Satisfaction Profile score.

In another randomized study, men aged 21–56 were given 1500 mg or 3000 mg of maca or placebo for 12 weeks and evaluated for sexual desire.^[6] After eight weeks, men taking maca reported an improvement in their sexual desire; however, this was not associated with any changes in hormone levels, such as testosterone and estrogen, compared to placebo. This suggests that maca improves sexual function independently of impacting hormone levels. Finally, maca also seems to improve sexual dysfunction secondary to use of antidepressant medications.^[7]

These two simple strategies may help improve desire, sexual function, and quality of life in men and women affected by sexual dysfunction.

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Horny Goat Weed

Get Cozy with Horny Goat Weed

It's interesting how the common name for a therapeutic botanical can be so polarizing. *Epimedium grandiflorum* (horny goat weed) has a name that certainly garnishes attention; however, its benefits have a broader spectrum than its name implies.

This hardy perennial contains the compound icariin, the flavonoid responsible for most of its benefits. Its mechanism of action is direct: it inhibits the activity of an enzyme that limits production of nitric oxide within arterial walls. Higher blood serum levels of nitric oxide allow arteries to relax. The result is increased blood flow, critical for erectile tissue arousal. Despite the fact most marketing initiatives for horny goat weed target men, its systemic effects can also prove beneficial for female sexual arousal.

Horny goat weed is also known to exert additional health benefits. Clinical trials have



shown naturally sourced icariin to improve cell signaling and exert neuroprotective activity that can benefit both mood and memory. Icariin has also been shown to support osteoblast (bone-forming cells) activity critical for bone-cell growth and renewal, making horny goat weed a potential ally for the prevention of osteoporosis.

New Roots Herbal's **HornyGoat Weed** (20% icariin) is a natural, side effect-free alternative to prescription medications for libido enhancement and sexual stamina.

Got cold feet? With better microcirculation, it may even help keep your toes warm and cozy this winter!



Did You Know?

*Magnesium deficiency is a common concern when adopting a gluten free lifestyle. Spinach, almonds, and beans are magnesium rich and can compensate for missing magnesium in bran and germ that have been removed from gluten free foods. **Magnesium Bisglycinate** is also a highly bioavailable form of this critical mineral.*

Reach New Heights with Maca

It's no coincidence that both fauna and flora reflect the environments they thrive in. Maca root is no exception to this rule. Maca, also known as Peruvian ginseng, thrives at altitudes in excess of 4,000 m

in its native habitat high in the Andes mountain range. The robust roots of this prized plant are a rich source of amino acids, vitamins, minerals, fiber, sterols, and beneficial fatty acids. **Maca** also contains up to 22 distinct phenols, naturally occurring organic compounds that exert powerful antioxidant action.

In the same way the cactus plant stores water to survive harsh desert conditions, the mighty maca plant assimilates and

produces a bounty of nutrients to ensure its survival. You can harness this wealth of nutrients for improved energy, resilience, strength, libido, and stamina.

Maca is also recognized as a potent endocrine adaptogen, bringing balance to hormonal levels that influence all organ systems. The complex mosaic of beneficial compounds in **Maca** will give your energy levels a natural thrust free from the caffeine-related “jitters” and sugar-related insulin roller coaster common with many energy products. Its rich, nutty flavour also makes it an excellent addition to smoothies or custom power beverages.



Sleep On It!

A recent study in the journal *Hypertension* determined that men who have a deeper sleep had lower overall blood pressure. Deep sleep triggers signals in the brain that relax blood vessels to lower blood pressure.



Health Tips for Travel



by Heidi Fritz,
MA, ND

During the bitter winter months, some of us like to get away to warmer climates. Unfortunately, it is possible to bring home more than just a tan; infectious gastroenteritis, otherwise known as traveller's diarrhea, is estimated to affect up to 60% of travellers who visit developing countries, "accounting for 40,000 travelers daily or > 15 million travelers annually".^[1] The average duration of diarrhea is four days, but some patients have symptoms for weeks, and there is growing recognition that some patients may later go on to

develop irritable bowel syndrome (IBS).^[1] There are some important natural strategies that can help you prevent traveller's diarrhea.

First and foremost, supplementation with probiotics has been shown to reduce the incidence of infectious gastroenteritis and may help enhance the recovery process. A review paper analyzing data from 31 trials on *Saccharomyces boulardii* found that probiotics containing *S. boulardii* were effective in preventing traveller's diarrhea.^[2] In these studies, probiotics were typically started five days prior to departure and continued for the duration of the trip. We suggest that it may be prudent to start a little earlier, 1-2 weeks in advance of

departure, to ensure adequate intestinal colonization, and to continue for 1-2 weeks upon return, since there is an incubation period that may delay symptoms. A meta-analysis of 12 trials assessing probiotics for traveller's diarrhea found that in addition to *Saccharomyces*, a mixture of *Lactobacillus acidophilus* and *Bifidobacterium bifidum* also had significant efficacy in preventing traveller's diarrhea.^[3]

The mechanisms by which *Saccharomyces* is thought to act include interfering with pathogen attachment to the cells of the intestine, interfering with the activity of toxins produced by pathogens, direct antimicrobial effects, as well as anti-inflammatory effects

on the intestinal mucosa and modulation of immune function.^[2] *S. boulardii* has been shown to block attachment sites used by pathogens, and produces specific proteins that have been shown to degrade toxins produced by *C. difficile*, *E. coli*, and *V. cholera*.^[2] Normal or “good” bacteria also compete with harmful species, preventing their establishment and overgrowth in the digestive system.

Finally, in the event that symptoms occur, the addition of another agent, oil of oregano, may help kill the invading pathogens more aggressively. Oil

of oregano is well-known for its antimicrobial effects. In addition, one study has evaluated its effectiveness in treating parasitic infections, including *Blastocystis hominis*, *Entamoeba hartmanni*, and *Endolimax nana*.^[4] This study, conducted among 14 adults with confirmed parasite infection, found that after six weeks of use, there was complete disappearance of *Entamoeba hartmanni* in four cases, *Endolimax nana* in one case, and *Blastocystis hominis* in eight cases. Gastrointestinal symptoms also improved.

Use of *Saccharomyces boulardii*-containing probiotics has been

well-established as an effective means to prevent traveller’s diarrhea. The addition of oil of oregano in the event of active infection is a secondary consideration for traveller’s who fall ill.

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The potent antioxidant effects of lycopene team up with lutein- and zeaxanthin-rich marigold extracts to defend against the effects of age-related degenerative diseases that include macular degeneration, cardiovascular disease, and diabetes.

Juicy Immune-Energy also delivers protection from colds and flu thanks to a premium astragalus extract (3% astragalosides) and vitamin C. Our formula also contains elderberry powder which has been proven to shorten the duration of flu symptoms from stubborn strains that appear with every season.

The proprietary blend of nine individual organic berries and

fruits forms the foundation of health benefits to be expected with **Juicy Immune-Energy**. The rich source of soluble fiber found in blueberries and strawberries helps the process of digestion. Soluble fibers attract water and expand within the intestines to regulate the pace of digestion and enhance nutrient absorption. It also has a beneficial effect on blood glucose levels and insulin sensitivity. A clinically proven oat extract (22% *beta*-glucans) helps reduce blood serum levels of harmful LDL cholesterol. We've also added two naturally sourced prebiotics, FOS (fructooligosaccharide) and AOS (arabinogalactan). These nutrients fuel probiotic growth for better nutrient absorption and immune system performance.

Therapeutic amounts of ellagic acid are among the powerful bioactive compounds found in blackberries, cranberries, pomegranates, raspberries, and strawberries, responsible for the potent antioxidant action of **Juicy Immune-Energy**. These naturally occurring antioxidants exert health benefits throughout the body. Our formula also contains the potent antioxidants resveratrol and green tea extract (75% EGCG).



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Green tea extract lends a natural energy thrust that doesn't rely upon excessive sugar or caffeine that can lead to an inevitable caffeine and sugar crash, common with many energy drinks. Coenzyme Q₁₀ adds to energy creation within cells throughout the entire body.

Proanthocyanidins found within the skin of dark-skinned berries are additional beneficial compounds that, by means of reducing oxidative stress, help stabilize collagen to strengthen connective tissue. These specific chemo-protective compounds that give berries their robust flavour and pigmentation are the subject of numerous clinical trials and population studies.

Our new formula is also free from maltodextrin, as well as corn- and soy-sourced ingredients. All that at an amazing 17 calories per portion. We also reformulated the sweetness to make it taste so much better.

Juicy Immune-Energy is your destination for great taste, improved immunity, and fuel for sustained energy, strength and stamina.

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Meditation:

How it Can Change your Health in Just Minutes a Day



By Joanna Rosenfeld,
ND

If you have taken an active interest in your own health-care treatment, then you have likely heard about the benefits of meditation and mindfulness. But do you really know *why* regular meditation is so beneficial? Common self-reported benefits include reduced levels of anxiety, depression and pain; data which have been reinforced through many clinical trials.

However, increased scientific research in this field, combined with improved technology, has broadened our perspective on meditation. Practicing mindfulness through meditation improves our brain function and our immune system, reduces our propensity for developing chronic disease, and even slows down the aging process.

Stress and Your Health

An estimated 60–90% of health-care visits are related to mind-body stress-induced conditions. The stress response, also called the “fight-or-flight response”, is the body’s way of managing a threat – real or imagined.



The threat is first recognized by a region of the brain called the amygdala, which creates a downstream release of epinephrine and norepinephrine into the bloodstream. These hormones cause increased heart rate, blood pressure, and breathing rate, as well as increased blood sugar levels. This reflects a general state of increased arousal and metabolic demands, in order to prepare the body to manage the threat.

After this immediate response, another area in the brain, the hypothalamus, kicks into gear to promote increased release of cortisol as a way to keep the body in a hyperalert state for longer periods of time. If the body is exposed to stress for long periods of time, cortisol levels will remain high in the bloodstream. Continuous elevated cortisol levels contribute to increased levels of inflammation in the

body, weight gain, decreased immune function, higher risk of developing cardiovascular disease, and accelerated aging. So what helps us in the short-term to manage stressful conditions that can really hurt us in the long run?

How Meditation Can Help

Research is delving into meditation and mindfulness as a way to counteract the stress response and the ensuing negative health effects. Researchers at the Benson Henry Institute, a division of the Massachusetts Hospital and Harvard Medical School, are devoted to research in the field of mind-body medicine, and specifically the relaxation response.

According to Herbert Benson, director of the Benson Henry Institute, the relaxation response is a countereffect to the fight-or-

flight response. The relaxation response is elicited through repetition of a word or phrase, while dismissing other thoughts. It is accompanied by decreased oxygen consumption, decreased blood pressure, and decreased levels of stress hormones. Further analysis has recently revealed that the effects have also been impressive at the structural, cellular, and genetic levels.

Immune System

Stress decreases the effectiveness of the immune system, which is why people often get sick following periods of stress.

In an animal study looking at the effect of stress on wound healing from a second-degree burn, rats who were kept in isolation, which is a stressful environment for them, experienced much slower healing times than rats who were kept in a social environment. Additionally, when rats in isolation were given a form of stimulation in their cage, time of wound healing significantly improved. This indicates that although stress does downregulate immunity and wound healing, these effects can be mitigated by changing environment and stress levels.

In other good news, meditation can help to counter the immunosuppressive effects of stress, and even provide an immune boost. In a study looking at the effectiveness of the flu vaccine, subjects were divided into an experimental group practicing daily

meditation for eight weeks and a control group. At the end of eight weeks, the experimental group had more antibodies following vaccination when compared to nonmeditators. This increased responsiveness of the immune system is an indication of enhanced immunity in people who regularly practice meditation, and provides an effective strategy to offset stress-induced immune depression. Meditation can also be used in conjunction with other treatments to improve outcomes. Psoriasis is an immune-mediated skin condition often treated with UV light therapy. Patients who listened to a guided meditation while receiving conventional UV treatment had faster time to skin clearing than controls receiving UV treatment but no guided meditation.

Genetic Profile

Meditation has also been shown to have an effect at the level of gene expression. Researchers analyzed gene profiles of subjects who had never practiced meditation, and then again after completing an eight week daily meditation program. After eight weeks, the genetic profile showed upregulation, or increased activity, of certain beneficial genes, and downregulation of harmful ones. The upregulated genes coded for three important functions:

1. Improved mitochondrial efficiency, which is the area of the cell responsible for energy production.

2. Increased insulin production, allowing for better blood glucose control.
3. More stable telomeres, which is a factor in slowing the rate of cell aging.

Genes that became less active included *NF-kappa-B* clusters, which are involved in chronic inflammation and its related conditions such as high blood pressure, inflammatory bowel disease, and certain cancers. These changes were even observed before and after just one session of meditation, demonstrating that meditation changes our genetic profile in just minutes. By comparison, long-term meditators (three or more years) had beneficial genetic profiles at baseline, reflecting long-term changes in gene expression.

Functional and Structural Brain Changes

Meditation practice is able to influence both the structure and function of the brain. Long-term meditators have increased gamma activity, which is associated with peak concentration and higher levels of cognitive functioning. Increases in gamma activity were even seen in people who had only been practicing meditation for one week, demonstrating the plasticity of the brain.

As mentioned earlier, the amygdala is called into action during the initial stress response, but meditation actually decreases activity in this area,

resulting in decreased arousal and self-perceived levels of stress, and an increased sense of well-being. Also, during meditation the paralimbic cortex becomes more active, which is the part of the brain responsible for emotion processing, goal setting, motivation, and self-control. Regular meditation can also offset age-related decline in your reaction time.

In addition to functional changes in the brain, there are also structural differences in the brain of people who meditate. As people age, the brain shrinks and loses grey matter. However, 50-year old meditators have the same amount of grey matter as 25-year old nonmeditators, demonstrating meditation has a protective effect on the aging brain. Areas of the brain responsible for selective attention, concentration, reaction time, memory, empathy, and compassion all showed increased grey matter and size in people who regularly practice mindfulness.

Eliciting the Relaxation Response

So, how can you incorporate meditation and mindfulness into your day so that you can start reaping the multitude of benefits? There are many meditation facilities or online resources and CDs that will help you get started. Herbert Benson recommends something even more simple, and benefits are seen in just 10 minutes a day.



- **Choose an appropriate environment**
Ideally, choose a quiet and calm environment, with as few distractions as possible.
- **Find a Mental Stimulus**
Choose a word, thought, phrase repeated silently or aloud. This is a way to break the train of distracting thoughts that enter your mind. Close your eyes or use a soft gaze. Try to coordinate your inhale and exhale breath as you repeat the sentence or word. Examples of words include “peace,” “one,” “trust,” or sentences such as “I am relaxed” or “I am breathing in calm and breathing out tension”.
- **Adopt an Attitude**
Adopt a passive attitude and when distracting thoughts occur, they should be disregarded and attention redirected to the repetition. Do not worry about the outcome of the exercise, or how well you are performing.

Adopt a “let it happen” attitude. This is the most important part of the process – wandering thoughts are expected, and it is important that you acknowledge them and then return to your repetition.

- **Positioning**
Sit or lie down in a comfortable position to prevent undue muscle tension. This may mean sitting cross-legged or lying down, but be careful not to fall asleep! Swaying or rocking may prevent falling asleep if you have a tendency to do so during this practice.

It’s never too late to start enjoying the physiological, emotional, and spiritual benefits of this rewarding practice – your body and mind will thank you!

For references and other great articles, visit NaturopathicCurrents.com

Good Things Come in Small Packages

The increasing popularity of our Exotic Oils Collection has grown exponentially and organically, resulting from a combination of positive consumer feedback, sharing of countless applications, and people gifting our oils for all occasions.

We've upgraded the packaging for 2015: Each bottle will now come in an elegant box. This will both protect the bottle during shipping and make it convenient to gift-wrap.

Thanks for proving this cliché to be true: A small bottle from any one of our Exotic Oils Collection can lead to a world of potential!



Laughter Yoga

Heal your Body and Mind with Laughter



By Kathryn Kimmins

Laughter yoga is quickly spreading naturally into the corporate world, retirement homes, boards of education, hospitals, and health and wellness events, as people come to realize how the benefits can improve their lives. Its mission is to provide good health, joy, and create a world without pain and illness.

Laughter yoga helps people to deal positively with mental, physical, and emotional stresses that can otherwise lead to a breakdown in the workplace and in their private lives. It seeks to build an international community of like-minded people who come and laugh together and receive multiple health benefits. Laughter heals people, inside and outside. It releases tension, depression, soothes pain, relaxes muscles, clears the mind, and makes the spirit soar.

Laughter yoga is a unique form of exercise that was founded in 1995 by Dr. Madan Kataria, a medical doctor from Mumbai, India; a place anyone can laugh for no reason without the need for jokes or comedy. Dr. Kataria and



his wife, Madhuri, developed a program that combines laughter as a physical and playful body exercise with yoga in the form of deep yogic breathing (no poses). You don't have to bend your ankle behind your head or twist yourself into a pretzel!

Scientific research shows that the body does not know the difference between real or fake laughter. So, while the laughter often is initially forced, it soon becomes real due to eye contact and the contagious nature of laughter in a group. What started as one group of five people in a park in Mumbai on March 13, 1995, has now grown to become a worldwide phenomenon with more than 8000 clubs in over 79 countries.

Laughter yoga is a combination of unique laughter exercises, deep diaphragmatic breathing, singing, and dancing. We conclude our sessions with a laughter meditation and relaxation meditation. It doesn't work, however, until it is actually used! No special equipment

is needed, there are no yogic poses involved, and it's great for all ages. All you need is a willingness to laugh, tap into your child-like spirit, and have fun. Classes are customized to suit the participants.



About the author

Kathryn Kimmins lives in Hamilton, Ontario and travels across Canada promoting laughter yoga. If you'd like to learn more about this worldwide phenomenon, please go to Kathryn's website at LaughYourselfHealthy.ca or contact her at kathryn@LaughYourselfHealthy.ca

Give your Lipid Profile a “High Five”

Cholesterol is the major controllable risk factor against Canada’s number one killer, coronary heart disease. Eating well and staying active help, yet too many people taking prescription statin drugs feel “protected” from this silent killer. New Roots Herbal’s **Cho-less-terin** could be the intangible for your cardiovascular well-being.

Our formula features the benefits of five scientifically proven nutrients, each one with unique therapeutic properties. Collectively, they provide protection from coronary heart disease and the dangers of

atherosclerosis (hardening of the arteries).

Cho-less-terin reduces hepatic production of cholesterol in two ways. A standardized extract of guggul accelerates the breakdown of harmful LDL cholesterol to bile acids for excretion, with red yeast extract interfering with the enzyme that regulates production of cholesterol.

A tandem of nutrients also work throughout the intestines to lower cholesterol. Free plant sterols mimic cholesterol to interfere with their intestinal absorption sites. An oat extract, featuring 22% *beta*-glucans, binds to bile acids produced as a byproduct of cholesterol breakdown by the liver. This process accelerates bile output and excretion.

A potent green tea extract drenches arterial walls with powerful polyphenols that

prevent oxidation of cholesterol, the process that creates harmful plaque.

The full spectrum of synergistic nutrients in **Cho-less-terin** are formulated within a matrix of antioxidant-rich red palm fruit oil for maximum bioavailability, better absorption, and therapeutic benefits.

Cho-less-terin is side effect-free and safe for adjunctive use with prescription medication. Who knows? Our “High Five” may also give you a little peace of mind!



Fats for Fitness?

Fish oil supplementation ranks among the leading therapeutic sources of healthy fats, with benefits spanning cardiovascular well-being to mental health. Add another: antiobesity research has discovered how fish oil and exercise work synergistically to maximize fat loss while training. Docosahexaenoic acid (DHA) has been proven to activate enzymes that burn stored fat. Research at the University of South Australia has also shown exercise to amplify

the fat-burning effects of omega-3 fatty acids. DHA not only promotes the release of stored fat but also increases cellular metabolism within the mitochondria for additional calorie consumption.

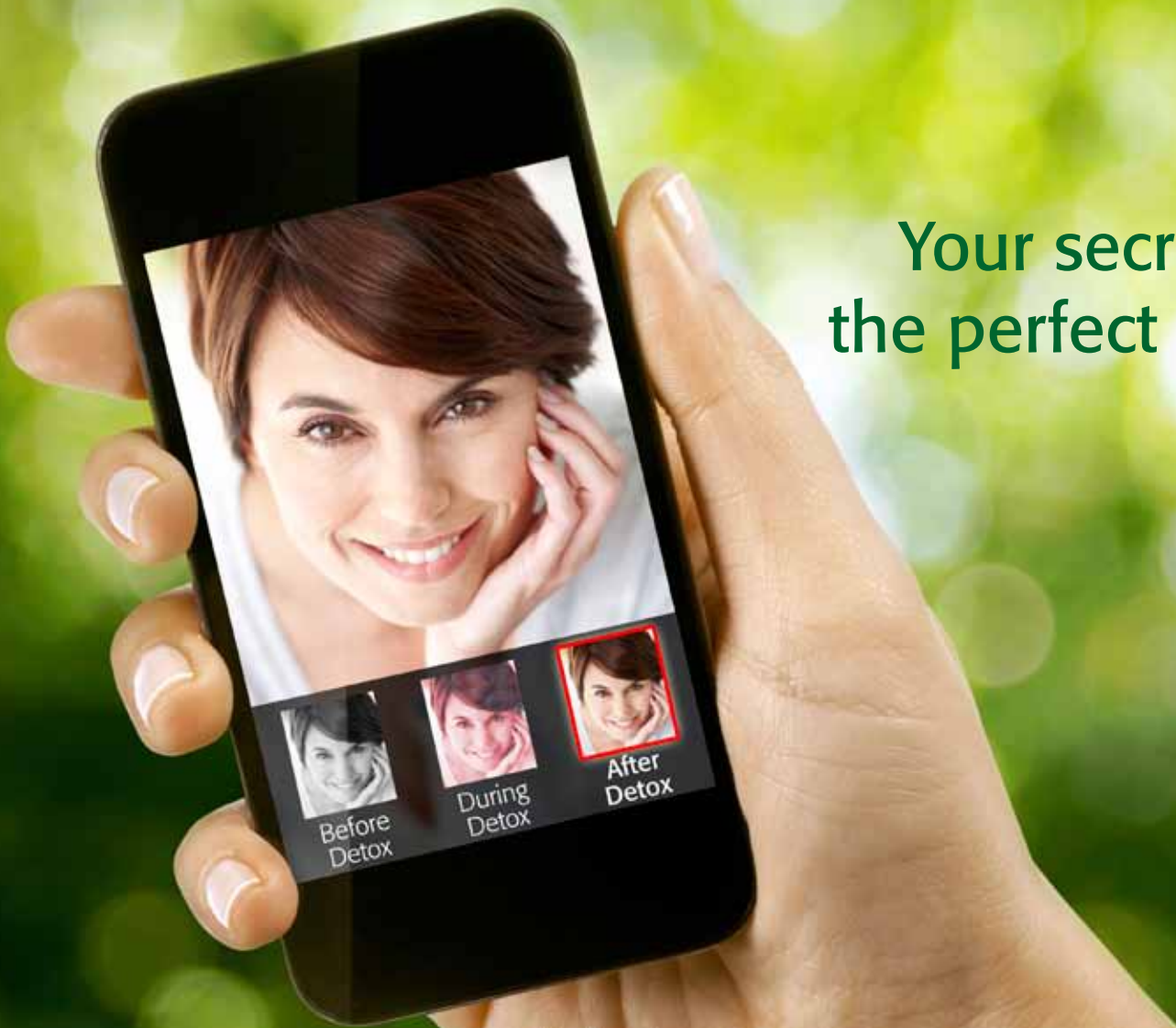
Anti-inflammatory benefits of eicosapentaenoic acid (EPA) help cope with joint pain from increased physical exertion. EPA inhibits the enzyme that triggers joint pain and inflammation. The omega-3 fatty acids in our **WildOmega** supplements also help prevent plaque formation within arterial walls. This preserves arterial elasticity, allowing arteries to expand and deliver more

oxygenated, nutrient-rich blood to muscle tissue for increased growth and stamina.

Try adding **WildOmega 3 EPA 660 mg DHA 330 mg** to your fitness routine this winter. What have you got to lose, other than a little stubborn belly fat?



Your secret for the perfect selfie

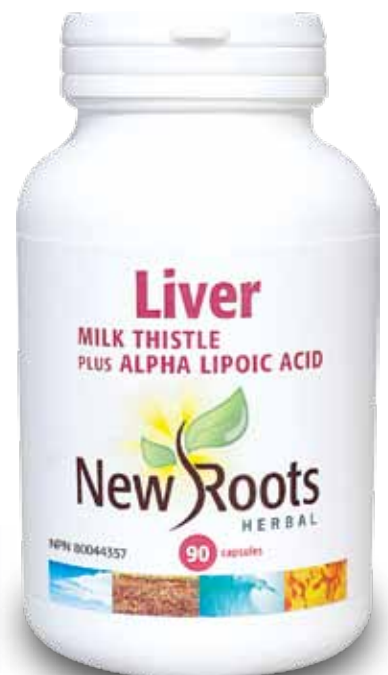


Liver removes the toxins below the skin, resulting in a noticeably healthier and more radiant and younger appearance. With the stress of modern living and the constant exposure to chemicals and pollution, keeping your liver healthy couldn't be more important to your good health.

- Provides the highest-quality, most effective form of milk thistle extract
- Contains 7 premium quality ingredients known for benefiting the liver

Liver also offers the perfect protection for smokers, people who drink alcohol, and those who live or work in highly polluted areas.

For a great look and great health, make **Liver** part of your detox program.



- Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs
- All our products are non-GMO

Chlorella Pineapple Smoothie

Ingredients:

- ¼ pineapple, peeled and chopped
- ¼ tsp. vanilla powder
- A pinch of Smooth Stevia
- 1 tsp. chlorella powder
- Large handful of baby spinach
- Water

Instructions:

Place ingredients in blender. Add filtered water to level of contents then blend for desired thickness.



Chlorella Powder

New Roots Herbal's certified organic **Chlorella** is an excellent source of vitamins, minerals, amino acids, proteins and critical nutrients. Our deep-green, broken-cell *Chlorella pyrenoidosa* is physically milled for maximum digestibility.



Juicy Smoothie

Ingredients:

- 2 heaping teaspoons Juicy Immune-Energy
- 8 oz. cold water
- ½ cup Greek yoghurt
- 1 medium-sized banana

Instructions:

Put the 2 spoonfuls of Juicy Immune-Energy and eight ounces of ice-cold filtered or spring water placed in a blender.

Add half a cup of Greek yoghurt. Then add a medium-sized banana (peel and freeze extra-ripe banana for best flavor, smoothie temperature, and consistency).

Blend until uniform in texture. Decorate if desired with other berries and bananas. Enjoy!



Culinary Corner

Peanut- Butter Coconut Candy Melts

This recipe was inspired by “Delicious Obsessions” Maple Coconut Bars with Coconut Oil (<http://www.deliciousobsessions.com/2010/12/maple-coconut-bars>). With a little experimenting, I was able to transform these bars into a delicious low-glycemic (GI) peanut-butter candy recipe with a delightful texture and depth of flavour. Even better: You can mix together and press these winners into silicone moulds in less than five minutes, with fresh candy effortlessly ready and waiting in just an hour.

Ingredients:

- 2 cups shredded or desiccated unsweetened coconut
- 2/3 cup melted coconut oil
- 1/3-1/2 cup organic peanut butter or other nut or seed butter
- 1 tsp. maple or yacón syrup
- 1 tsp. powdered New Roots Herbal Stevia Sugar Spoonable
- 1/2 tsp. organic blackstrap molasses
- 1/4 tsp. Himalayan salt

Instructions:

Stir all ingredients well in a bowl, then press firmly into candy moulds, ensuring oil is evenly distributed to all candies.



Refrigerate for one hour, or until solid. Serve.

Store in the refrigerator for several days (if they last that long), and for over a month in the freezer in a sealed container.

Makes about 36 candies.

Chocolate- Covered Peanut Butter Cups

Ingredients:

- 1 recipe of Peanut Butter Coconut Candy Melts, chilled in the freezer for at least 30 minutes
- 8-12 oz. sugar-free dark chocolate (sweetened with stevia, xylitol, coconut sugar, or other low-glycemic sweetener of choice)

Instructions:

Fill the bottom of a double boiler (or saucepan) with water, then place chocolate in the top part of the double boiler (or in a bowl that sits above the water level in the saucepan). Very slowly melt chocolate. When melted, take peanut butter melts from the freezer and, one by one, dip each into the melted chocolate to cover all sides of the candy.

Then, place each chocolate-covered candy on a piece of parchment paper and place in the refrigerator until solid (about 15 minutes). If you would prefer a thicker coat of chocolate on the candies, simply remove the chocolates from the refrigerator once solid and cover again with the melted chocolate, return to the parchment paper, and again refrigerate. These chocolates can be served once set (which is almost immediately) and can be stored in the refrigerator for several days, or for over a month in the freezer in a sealed container.

Makes about 36 chocolates.

Culinary Corner



Photo by Alejandra Aguirre

The two previous recipes were provided by Dr. Theresa Nicassio, who is a registered psychologist and mother of two living in Vancouver, BC.

A health, environmental, and humanitarian activist, she is deeply concerned about the growing global food, health, and ecological crises. She is passionate about reducing unnecessary suffering and helping preserve our planet, so that future generations can also enjoy the privilege of inhabiting this great place.

When in her midthirties, Theresa began to experience chronic

health problems that led her to explore how food could heal as well as harm. Her discovery of the role that gluten and lactose intolerance played in her debilitation meant she had to change the way she ate, while still wanting to create delicious meals that her family would enjoy.

She is now a Certified Gourmet Raw-Food Chef and Raw-Food Nutrition Educator.

Feeling younger and more alive at 50 than she did at 35, she wrote a book so that others might also feel more empowered, hopeful, and vitalized: *YUM: Plant-Based Recipes for a Gluten-Free Diet*, available spring 2015 from www.YumFoodForLiving.com. For more information, e-mail Dr. Nicassio at info@YumFoodForLiving.com.

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Blood Sugar Balance

Elevated Blood Sugar: A Tug-of-War You Can Win!

The ebb and flow of blood glucose levels are natural and have a direct impact on everyone's metabolism. It's the state of chronic elevated blood glucose levels, known as type II diabetes, that poses a health risk to a staggering number of Canadians. The Canadian Diabetes Association estimates that one in four Canadians have diabetes, with 90% of those cases being type II. This diabetes is non-insulin-dependent and can be managed by eating well, exercising on a regular basis, and maintaining a healthy body weight.

A prescription drug that suppresses glucose production within the liver is among the most prescribed drugs in North America for treatment of this preventable condition. However, in the same way that a tug-of-war is usually won by the team with more feet on the ground, a diverse and natural approach to this disease can prove more effective than a one-dimensional drug with common side effects that can include nausea, abdominal pain, diarrhea, vomiting, and loss of appetite.

BloodSugar Balance is an excellent therapeutic alternative with a formula featuring 19 nutrients.



These specific ingredients enhance the ability of cells to metabolize glucose, strengthen pancreas and liver function, and protect delicate capillaries from the harmful effects of elevated blood glucose levels.

Key Components of a Complete Formula

An extract of cinnamon (10% polyphenols) teams up with the premium form of chromium (chromium picolinate) to stimulate insulin receptors for cells to absorb and metabolize glucose. This benefits you in two ways: it delivers fuel to cells and lowers glucose levels that can be harmful to arteries and organs alike. A standardized extract of *Gymnema sylvestre* (10% gymnemic acid) moderates glucose absorption within the intestines to ease spiking of blood glucose levels. Extracts of bhui amla (*Phyllanthus niruri*) and the tropical plant *Tinospora cordifolia* strengthen hepatic function. This improves the liver's ability to produce, store, and selectively release glucose to meet metabolic demand.

Our formula also contains a mosaic of nutrients including extracts of bilberry, grape seed, and *Ginkgo biloba*, which help the body cope with complications that arise from high blood glucose levels including diabetic neuropathy, the nerve damage resulting from impaired microcirculation.

BloodSugar Balance is the perfect partner to healthy eating and active lifestyle choices for side effect-free management of day-to-day blood glucose levels. It's also safe for long-term use, and for adjunctive therapy with prescription type II diabetes medications.





A natural sweetener that's safe for your diabetes or hyperglycemia.

- Provides a great-tasting alternative to sugar that's safer than artificial sweeteners
- Balances blood glucose levels, prevents tooth decay, and improves digestion
- Shown to reduce cravings for both sweet and fatty foods – it's a great alternative to sugar for cooking and baking



Choose to Care



Canadian Parks and Wilderness Society (CPAWS) is a Canadian organization that was established in 1963 with a vision of keeping at least half of Canada's public land and water wild – forever.

The organization believes that the health of Canadians cannot be better if we don't protect Canada's wild ecosystem. Through conserving Canada's large landscapes and waterscapes, we can enjoy well-maintained parks, breathe fresher air, protect a vast variety of species, and continue to appreciate the beauty of the natural landscapes in our lives.

New Roots Herbal really appreciate the efforts exerted by



CPAWS along with its supporters and volunteers for the past years, and we are really proud to support such an organization that has succeeded to create over two-thirds of Canada's protected areas.

Since 2009, our Choose to Care program has been participating with CPAWS to fulfill their and our dream to maintain and protect our country's amazing places and wilderness.

New Look for Several Softgels

Our dark-coloured softgels have a fresh look. **VitaminE⁸**, **ProstatePerform**, **Hair&Scalp**, and **Sterols&Sterolins** will now have a deep red colour. We have replaced a carob-based nonmedicinal in the composition of our softgel with annatto extract. This extract, sourced from the seeds of the tropical achiote tree (*Bixa orellana* L.) fruit, is a rich source of tocotrienols, a potent antioxidant, as well as having a history of use as an antimicrobial. It also adds UV protection and stability to the contents of our softgels.

This will help preserve the industry-leading purity and potency of these products.



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Travel tip...

Taking **Travelers' Probiotic** before, during, and after traveling abroad will protect you from intestinal upset and travelers' diarrhea.

The 12 beneficial probiotic strains in **Travelers' Probiotic** crowd out harmful microorganisms that can cause travelers' diarrhea, neutralize their toxins, and populate your intestines with healthy intestinal flora.

Best of all, thanks to the protection of our advanced PH⁵D enteric coating, you can be assured that our 21 billion probiotic cells will safely escape harsh stomach acids and be delivered "alive and active" directly to your intestines for 100% optimal results! **Bon voyage!**

Stay protected with our probiotics:

AcidophilusUltra — Fortifies immune and intestinal health.

IBS Urgency — Relieves irritable bowel syndrome symptoms such as bloating, diarrhea, and constipation.

Probiotics Urgency — Essential after taking antibiotics. 50 billion live cells for fast results. Take at the very first sign of cold or flu.

Probiotic Intensity — Advanced formula of 18 total strains with 10 human, 1 plant, and 7 dairy strains plus colostrum for maximum beneficial effects.



- Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs
- All our products are non-GMO

Prevention & Cure® since 1985