



Natural Facts

A Primer on
Weight Loss

Nutritional Supplementation
for Kids and Teens

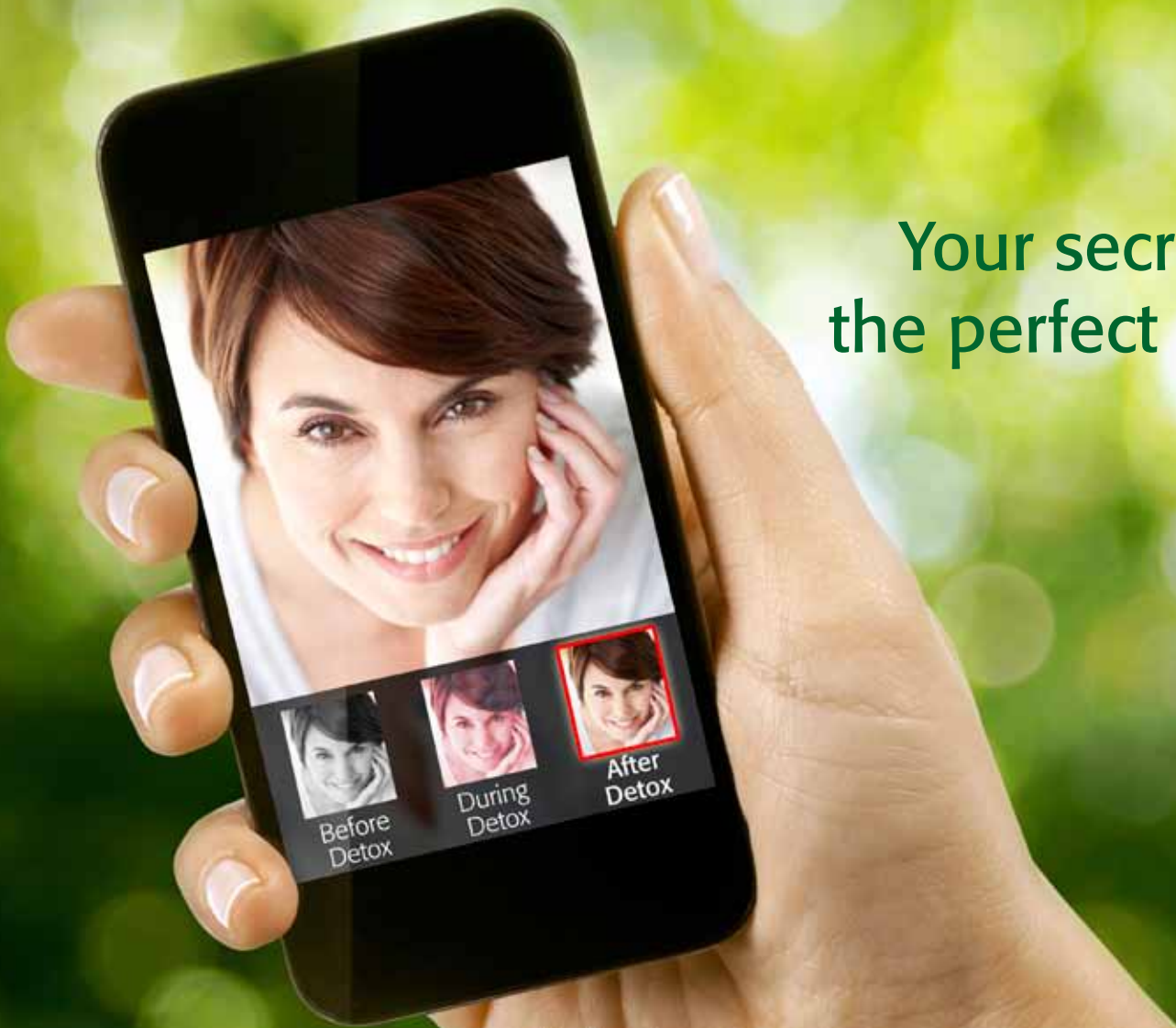
Slimmer System:
**You and This
Formula**

Interview with a
Rising Hockey Star:
Madison Bowey

Articles, Recipes, Information, and New Product Announcements
Free • March/April 2015

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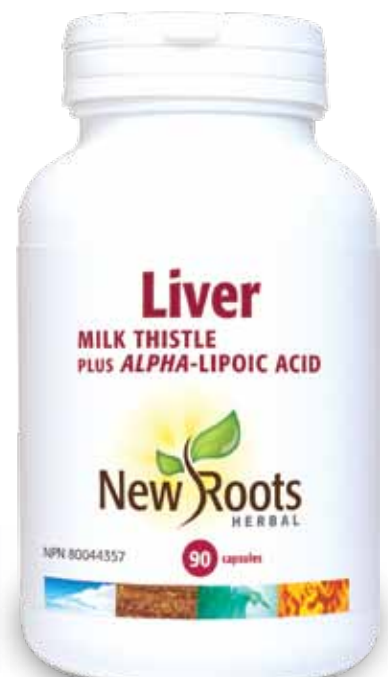


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Editor's Letter



Spring is right around the corner, and not a moment too soon for the majority of Canadians. For those of us that tend to be a little less active over the winter months, the warmer weather signals the return to a more active lifestyle. Even "man's best friend" will enjoy some longer walks with spring's arrival.

Furthermore, with social networking, it's easy to stay in touch with friends and family without leaving home; this is all too often among the causes of inactivity for teenagers.

We're excited to present an interview with a budding star on the Canadian junior hockey scene. Madison Bowey, who won World Junior Gold over the holiday season with Team Canada, will share some tips for success in both sport and life. Our conversation can certainly inspire teenagers to opt for an active and healthy lifestyle.

This issue will also shed some light on nutritional needs of children and adolescents. It features an article that discusses nutritional supplementation to meet both the mental and physical needs of kids and teens.

With the good weather upon us, a spring cleaning is definitely in order for our homes and living environment as well as body and mind. Exposure to environmental toxins is a concern for everyone and affects us more as we age. Fortunately, there are many strategies to limit exposure to toxins which we'll delve into.

Discover many other great tips to be at your best this spring and summer in this edition.

Long live spring!

Sonia Lamoureux
Editor-in-Chief

Brought to you by



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Spring Breaks: Are You at Wrist?

Spring begins officially this March 20, with daylight hours finally eclipsing darkness. For many of us, it's the time of year to trade in treadmills and spinning classes for outdoor activities. The arrival of spring also sees a spike in sports-related injuries and fractures, credited to people overextending themselves coupled with the inevitable slips and falls from training outdoors.

Fractures of the ankle and hip are most common, followed by wrist fractures. Weight-bearing

exercise, even walking, strengthens bone and connective tissue from the waist down; however, the complex network of bones within the wrist easily fractures when suddenly called upon to support the entire weight of the body.

Stronger bones and flexible joints will definitely improve your resilience for fractures. Comprehensive supplementation with New Roots Herbal's **StrongBones** can help. It will nourish the entire skeletal system, cartilage, and connective tissue, for superior strength and flexibility. Strong and flexible joints are also less prone to pain and stiffness, along with having better range of motion. Flexible joints, especially ankles, also play a pivotal role in balance.

Stiff, sore, and weak ankles lack the ability to make critical adjustments when faced with the challenges of uneven terrain, icy patches, or slick surfaces; they're even at work making subtle adjustments to your posture to stand still!

So stay active, keep safe, and let **StrongBones** protect you from within, for a spring and summer filled with fun and adventure.





A Primer on Weight Loss



by Philip Rouchotas,
MSc, ND

Introduction

Atkins, the Zone, South Beach, low-fat... these terms are familiar to all who have struggled with weight. Unfortunately, fad diets typically result in rapid but temporary weight loss; and over time, extreme diets can actually lower your basal metabolic rate, making it harder to lose weight and maintain weight loss in the future. It is important that when trimming down, you do so in a healthy and sustainable manner.

Dietary Guidelines

In 1999, a revolutionary study demonstrated the massive health benefits of a dietary pattern called the Mediterranean diet. This study showed that consuming a diet high in nuts, olive oil, fruits, and vegetables, while low in red meat, saturated fat, and *trans* fat massively reduced the risk of a second heart attack among heart disease patients.^[1] More recently, new data has surfaced showing a similar effect in preventing heart disease altogether, even among healthy individuals.^[2] This basic dietary pattern, in combination with frequent, moderate-intensity exercise, is an excellent template upon which to restrict calories and achieve weight loss.

Consumption of 3500 extra calories equals one pound of fat. In order to lose weight, the first rule is that the number of

calories consumed has to be less than the total number of calories used. For an average adult man, consumption of 2000 calories per day will result in weight loss of 1-2 lb per week. For an average adult woman, this is 1500 calories per day. The benefit of regular exercise is that it increases the number of calories used, and it also prevents loss of lean body mass (muscle), thus accelerating weight loss. At least 30 minutes of aerobic activity (brisk walking, light jogging, etc.) per day is recommended for everyone trying to lose weight.

Caloric Intake for Weight Loss

Men	2000 calories
Women	1500 calories

The second major factor is the relative amounts of macronutrients (carbohydrates, protein, fats) that should be consumed. The average

Canadian consumes 60% of his diet as carbohydrates. By comparison, “low-carb” diets such as Atkins recommend only 5% of calories from carbohydrates, while others such as the Zone recommend 40%. For the purposes of weight loss, an intake of 30–40% is ideal; however, special attention should be paid to the types of carbohydrates consumed. The new Canada Food Guide recommends that fruit and vegetables, not grains, represent the largest portion

of dietary carbohydrate intake with at least four servings of each per day.^[3] Limited intake of whole grains, such as large flake oatmeal, quinoa, and brown rice, is allowable.

The average adult requires at least 0.8 g of protein per kilogram of body weight. This translates into 56 g for a 70 kg male, and 44 g for a 55 kg woman. For the purposes of weight loss, we recommend an intake of approximately 33% total calories as protein. It is important to point

out that cutting calories from any source (protein, carbs) will result in an equivalent amount of weight loss; however, intake of a higher amount of protein ensures that the type of body mass lost is fat tissue rather than muscle. It also increases long-term compliance with the diet, stabilizes blood glucose fluctuations that can happen with high carb intake, and increases satiety (feeling full).^[4]

Macronutrient Intake for Weight Loss

- 33% carbohydrate, mostly from fruit and vegetables. Limited amounts of whole grains are permitted
- 33% protein, from lean meats, eggs, and legumes
- 33% healthy fats: olive oil, flax oil, some canola oil, and fish oil

In conclusion, the major keys to achievable and sustainable weight reduction are 1) following a Mediterranean dietary pattern; 2) restrict caloric intake to 2000 kcal per day for men and 1500 per day for women, as a 33%–33%–33% carbohydrates, proteins, and fats ratio; 3) at least 30 minutes per day of moderate aerobic activity.

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Feel Better



The two following articles have been submitted by Joanna McDonald, a natural health consultant offering her clients education and empowerment for better health choices. Specializing in medical intuition, holistic nutrition, and energy therapy, Joanna is able to offer profound sessions, allowing the body to rebalance itself naturally.

With 14 years in the field of natural health, Joanna started by receiving her Registered Massage Therapy diploma. Afterwards, she studied many modalities to further expand her practice. Joanna is a Reiki Master, natural health specialist, cooking instructor, and public speaker.

joannamcdonald.ca

Mood Food

To easily energize your system, feel better in your clothes, and keep your mood elevated, here are some effortless and affordable ways to rev up your mood with food!

Eat the Rainbow

While comfort foods like potatoes, rice, and cheese may seem like a good mood fix, consider eating bright and beautiful colours for an instant atmosphere boost! Not only will colourful fruit and vegetables be a feast for your eyes, they will keep your attitude sunny during work, rest, and play. Eating fresh produce in a wide variety of colours will help to keep your mind active, your body light, your energy level stable, your concentration sharp and your mood refreshed.

Eat Fresh Frequently

Donuts and coffee on the run may be tempting for a quick energy jolt, however you may find that after consuming wholesome snacks throughout your day, well-being, creativity, and energy will be significantly augmented.

Try adding freshly cut vegetables like cucumbers, carrots, celery, or cherry tomatoes instead of sugary or starchy items. Pair these with a tasty dip like hummus for instant energy!

Seeds, nuts, and dried fruit are also a way to keep your mood light and your body nourished. A healthful trail mix is easy to make, store, and carry. Simply choose 4 or 5 items and blend together! Some examples are coconut, dried papaya, pumpkin seeds, sunflower seeds, raisins, dried banana slices, apple rings, walnuts, or almonds.

Eating light, colourful, and “alive” food choices for snacks throughout your day will boost

your productivity and keep your engine humming!

Stay Hydrated

Did you know that when you are dehydrated, your mood can slump? For a quick burst of vigour, maintain a good regime of fresh water and liquids. Green tea, smoothies made of fresh fruit juice, water with a slice of lemon, or hot water with ginger are just some options to get you started!

Remember that good health starts with you! Even small changes make a big difference, so remember to feed yourself well; you deserve it.





Shrink into Spring

Spring is right around the corner! If you want to look good, feel better, and put your best foot forward, follow these 6 easy steps for spring weight loss; it's easier than you might think.

Ok let's be honest; a good many of us at this time of the year may be feeling a little "snug" in our clothes. Even though the process of some bulking up during the winter months is totally normal, losing the added 'insulation' when the spring months arrive can sometimes be a daunting, if not confusing task. Here are 6 ideas to help you focus on a healthy and lighter spring:

Clean Out Your Closets

Believe it or not, this will help you to shed pounds. Often, over the winter we collect extra items and things in our homes following the holidays. A good spring clean of the closets will also clean out the 'closets of our minds' so to speak, and get you inspired for new

things to come. Try on clothes and donate what doesn't work anymore. Make room for a new you. It is after all, a new year!

Eat Beans and Legumes

Kidney, cannellini, red, white, or black beans, lentils, and green beans are powerhouses to slim down. Beans and legumes are loaded with fiber and help to rid the body of excess fat, hormones, and toxins. Replace bread and pasta with beans for versatile salads, soups, dips, and main courses.

Move

Move your body for good circulation. The human body needs movement to utilize and distribute energy. You will find that your concentration, memory, mood, and patience will dramatically improve. Try yoga, jogging, Tai Chi, brisk walking, or racquet sports to get your heart pumping.

Drink Lemon Water

Drinking 4 8-oz glasses of lemon water daily helps to detoxify and cleanse the body, and curbs the need for the munchies. It flushes the liver and gallbladder,

curbs appetite, keeps colds at bay, makes cells alkaline to fend off disease, improves digestion, keeps the urinary system clean, and calms the nervous system. Try squeezing 1 tbsp of fresh lemon juice into your glass first thing in the morning and before meals. Continue throughout the day.

Eat by Grazing

Instead of 3 larger meals, eat 6 smaller snack-size meals. These may include nuts and seeds, hummus and cut veggies, a boiled egg, or sliced fruit.

Reduce Sugar

Refined sugar reduces immunity by 50% and increases body weight significantly. By eliminating soda, prepackaged desserts, chocolate, and candy, you allow your body to come back to its natural state easily and quickly. Take a load off your pancreas and immune system by replacing sugar with spices like cinnamon or ginger in your meals, by eating fresh fruit, or by using a sugar replacement such as stevia.

Slimmer System

You and This Formula

Safe and effective weight loss distills down to numbers; unfortunately, numbers can also be confusing and intimidating. A quick information-gathering search on the web will steer you to: five foods to avoid, 11 weight-loss mistakes, 12 weight-loss tips, or even 10 weight-loss secrets.

All weight-loss programs share something in common: eating sensibly and increasing physical activity. The recommendations of the Canadian Physical Activity Guidelines are 150 minutes of moderate-intensity exercise per week; this translates roughly to 20 minutes per day. Intensity levels vary per person; however, breaking a sweat is usually a good indicator.

SlimmerSystem allows you to focus on diet and exercise, while our progressive formula of botanical extracts, vitamins,

and minerals accelerates the transition to a healthier you. Our recipe for healthy weight loss features nutrients that will suppress appetite, control food cravings, burn fat deposits, inhibit fat storage, and ignite your metabolism.

Garcinia cambogia has emerged as one of the most popular weight-loss nutrients in recent years. **SlimmerSystem** features a potent extract of this scientifically proven botanical which helps with appetite management as well as inhibiting fat storage. *Coleus forskohlii* (10% forskolin) balances the benefits of *Garcinia cambogia* beautifully as it initiates release of stored fat and signals the sensation of feeling full to the brain.

The specialized compounds choline and inositol within **SlimmerSystem** catalyze the breakdown of accumulated fat within the liver for excretion; fat buildup within the liver is a common trait associated with obesity. **SlimmerSystem** also contains betaine hydrochloride,

which initiates digestion and stimulates bile production. Bile is crucial for the metabolism of fat: if you're not burning fat, you're storing it.

The production and use of insulin is critical for weight management. Our formula contains two complementary nutrients dedicated to healthy blood glucose levels: *Gymnema sylvestre* (25% gymnemic acids) stimulates insulin production, and chromium picolinate improves insulin sensitivity for cells.

A potent trio of thermogenic nutrients – green tea (75% EGCG), ginger, and capsicum – broaden the scope of **SlimmerSystem** as they suppress appetite and accelerate calorie consumption. Kola nut extract lends an energy lift with a 10% concentration of naturally occurring caffeine. We've also included the RDA for several vitamins and minerals required for healthy weight loss.

Losing weight and becoming physically fit is a challenging journey; trust **SlimmerSystem** to assist you in reaching your personal goal.





Quercetin & Smooth Stevia

Prevent Seasonal Allergies

Whether it's ash, alder, birch, box elder, thuja ("cedar"), elm, maple, mulberry, oak, or walnut, these trees kick off the allergy season as early as late March, until mid-June when the torch is passed to the many species

of grass that provoke sensitive immune systems. One look at a lightly dusted dark car gives you an idea of the billions of pollen grains we're exposed to daily.

Once inhaled, tree pollen enters the blood stream and causes white blood cells to produce antibodies called IgE. These antibodies then trigger the release of histamine and serotonin from specialized storage cells (mast cells and basophils) to cause the common symptoms of sneezing, itching, runny nose, and watery eyes.

You can break this chain reaction dead in its tracks with naturally sourced **Quercetin**. This potent compound strengthens the walls (membranes) of mast cells and basophils to prevent

the release of histamine and serotonin, allowing you to enjoy the outdoors free from annoying allergies. Sustainably sourced from seeds and pods of the fava d'anta (*Dimorphandro mollis*) tree in Brazil, New Roots Herbal's **Quercetin** is an excellent therapeutic alternative to antihistamine medications without their many side effects.



C'est mon café

Loosely translated, it says "This is my coffee". The exact way we take our coffee has even spawned different dialects and cryptic codes countrywide. In fact, coffee consumption has become such a part of our social fabric that a road trip can be measured just as easily by the number of stops for Timmy's* as for kilometers driven.

Unfortunately, many of us sacrifice the sweetness of sugar to cut calories, or simply settle for the synthetic taste of artificial sweeteners.

With New Roots Herbal's **SmoothStevia**, you don't have to compromise your precious cup of brew. Our unique formula features the intense flavour of stevia concentrate with the smooth sweetness and finish of sugar sourced from non-GMO sweet beets. A pinch (50 mg, 1/32 of a teaspoon) is all it takes for the equivalent sweetness of a teaspoon of sugar at a diabetic-friendly 0.5 calorie per serving.



*aka Tim Horton's

Health Advice

Nutritional Supplementation for Kids and Teens



by Heidi Fritz,
MA, ND

There is a general understanding that childhood and teen years are a formational time. The importance of good nutrition and health habits during this time cannot be overstated. The brain, immune system, and hormonal systems are some of the key areas that develop during this time, setting the stage for a lifetime of health and/or illness.

Did you know that vitamin D deficiency in childhood and adolescence may increase the risk of chronic diseases such as cardiovascular disease, cancer, and diabetes in adulthood?[1] Similarly, dietary habits such as high intake of processed foods, sugar, and fats over the early parts of one's life have been associated with higher disease risk and medication requirements in old age.[2] Finally, the presence of subtle metabolic disturbances, such as elevated cholesterol, that begin in childhood is associated with other disturbances later in life, such as high blood pressure.[3]

Examples such as these underscore the importance of

instilling good nutrition and exercise habits at a young age. Beginning a basic regime of nutritional supplementation at this age represents an important advantage for children and teens, primarily because it helps them optimally fulfill their growing nutritional needs, promoting healthy development, but also because it instills awareness and a proactive, preventative approach to health that will serve these children well into adulthood and over a lifetime.


There are a number of basic supplements that can help support the health of kids and teens. A good-quality multivitamin helps ensure adequate intake of micronutrients such as the B vitamins, vitamin C, and trace

minerals, which help promote proper immune function, energy metabolism, and oxygen delivery in the body. Since these growing bodies have high nutrient requirements in relation to size, use of a multivitamin delivering a respectable dosage of these nutrients can help ensure optimal nutrient levels. Particularly in a climate like Canada, vitamin D supplementation is important in achieving adequate levels. Vitamin D is involved in bone health and calcium metabolism, as well as mental, immunological, and cardiovascular function.[4, 5] A high-quality omega-3 supplement helps promote brain and immunological development.[6] Finally, probiotics can help support immune health and digestive function.[7]



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change the setting for a teen's internal clock (circadian rhythm), delaying the onset of sleepiness and awakening. With the role reversal of children often outlasting their parent's bedtime, adolescents are "dialed in" to televisions, laptops, tablets, and "big-screen" cell phones later than ever. Unfortunately, the light emitted from these devices further compounds the change in sleep patterns by inhibiting melatonin production critical for falling asleep.

According to the Mayo Clinic, teens require nine hours of sleep per night; a lofty goal for adolescents juggling academics,

part-time jobs, sports, and social lives. Sleep deficits can ultimately lead to difficulty with attention span, concentration, learning, and mental alertness.

A few lifestyle tips for adolescent sleep success include limiting late-night screen time, doing homework away from the bedroom, avoiding lengthy afternoon naps, and steering clear of midnight snacks.

For those looking for a "natural nudge" in establishing a healthy sleep schedule, melatonin, magnesium, and extracts of passionflower, chamomile, hops, and San Qi are some sleep-friendly nutrients worth exploring.

Late Night with...

Fill in the blank for the starring role usually played by the teenager(s) of the average North American household. Truth is that puberty does

Interview: Madison Bowey

Staying in Stride On and Off the Ice

We caught up with Madison Bowey earlier this year for an insight into the life of a budding hockey star. Aside from being the captain of the Kelowna Rockets, he's also a member of Canada's world junior hockey team that ended a five year gold medal drought by capturing gold this past holiday season.

He shared with us some aspects regarding how he stays healthy with his demanding lifestyle. Adolescents are bombarded with marketing campaigns ranging from fast food to video games; unfortunately, healthy lifestyle decisions are often overlooked. We hope you'll enjoy this interview and that it will encourage our kids and teens to go out and play!

NF: What were you thinking of when the anthem was playing after winning world junior gold?

MB: How proud I was to be Canadian and being able to play the sport I love every day. I was also excited that I was able to achieve a goal and a dream of mine that I had since I was a little kid watching the world juniors every Christmas.



NF: Wayne Gretzky first skated on Canada's most famous backyard rink; where did you first hit the ice?

MB: I also hit the ice for the first time on the backyard rink that my dad built every year for my little brother Connor and I.

NF: Hockey legends Gordie Howe and Bobby Orr stress the importance of playing multiple sports growing up. Times have changed; when did you have to give up some of your other favourite sports to focus on hockey, and what were they?

MB: Growing up, my parents wanted me to try every sport during summer, so it wasn't always only hockey. The sport I played the most other than hockey was baseball, which I gave up around the age of 15 to focus strictly on hockey.

NF: In addition to your parents, were there any coaches or teachers that had major positive influences on your personal and hockey lives?

MB: My uncle Bernie had a major positive influence on my hockey career; he would come out and support me at almost every game when I was younger, alongside my dad. Also, my junior high teacher had a big influence on my life outside of hockey and did a great job in helping me mature into the man that I am today.

NF: It must have been a difficult decision, choosing between college and major junior hockey. What would you have studied at college (university), and what are your future academic goals?

MB: I think I would've tried to get a degree in law; I've always thought it would be neat to be a lawyer. In the future, when my hockey career is all said and done, I'd like to stay in the game by hopefully being a player agent. I've always been intrigued with that side of the game and all the things that go on off the ice.

NF: What is your daily routine? Do you sometimes have difficulties to stay focused and disciplined?

MB: Usually, I'll wake up and have a nice breakfast, then head to the rink in the morning for a workout. Once I'm done, I'll head back home to rest and have some lunch, then I'll head back to the rink for an afternoon practice.

I'd say I'm a very disciplined and focused person, so I don't find it hard to stay on track. In order to achieve my goals, I have to be mentally sharp every day.

NF: Would you mind sharing with our readers some of your nutritional tips for achieving excellence in sport and life?

MB: I realized after my rookie season with the Kelowna Rockets how important nutrition really is. I spent a lot of that season battling

colds and flus, which made it difficult to perform at the best of my abilities. I think it's very important that you put the right foods or vitamins in your body, which can give you the nutrients to recover and keep you from catching flus that can potentially hold you back from being the best you can, every day and night, on and off the ice.

NF: In addition to nutrition, are there any supplements you've incorporated into your wellness routine?

MB: I take almost every vitamin such as multivitamins, vitamin C, D, E, B12, fish oils, whey proteins, and I also drink a lot of coconut water to stay hydrated.

NF: Can you share some healthy food ideas or tips for the adolescent on the run?

MB: I like to have an assortment of nuts with me, fruit (oranges, apples, bananas), granola bars, peanut butter and jam sandwiches, and lots of water. Over the years, I've learned which foods give me the energy I need to compete at my best every day. I just think it's always important to make sure you're getting your protein along with carbohydrates every meal or snack.

continued on next page >



Draft Day 2013



NF: You were drafted by the Washington Capitals; what was training camp like, and does Alex Ovechkin live up to the hype?

MB: Training camp was a great experience for myself in maturing as a player on and off the ice. I learned a lot being around great NHL players and great NHL coaching staffs.

Ovi is a tremendous player, who's very fun to watch. He's one of the top players in the NHL and works very hard off the ice to stay at the top.

NF: You've been on a lot of long bus trips; what's your favourite artist or band to listen to?

MB: I really like the artist Miguel; his music is a bit softer, which helps me sleep on the bus.

NF: Best hockey film ever: Slapshot, Youngblood, Miracle, Mighty Ducks, or Les Boys?

MB: For me, it's Miracle all the way! When I was younger, I'd probably watch it once a week for a whole year. It was just awesome to see how quickly they all came together as a team and worked hard every day to win the gold medal.

NF: With your experience and earned success, you're becoming an example for other young people. To conclude, what life advice would you give them?

MB: Just always have FUN, no matter what you are doing and never stop working hard. That's when success starts to happen!

Madison is off to the NHL's Washington Capitals' training camp this summer to embark on his professional ice-hockey career. We wish him all the best in pursuit of his career in professional ice hockey and his journey in life.



Madison & his father, William

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Visit our Facebook page for product updates, event information, original culinary creations, and compelling articles featuring the latest trends in health and wellness. Connect with us, and we'll stream you the latest news in our industry. Facebook is an exciting, modern-day "word-of-mouth" way to communicate, and we're excited to share and grow with you.



We're excited with the return of two of our more popular supplements — **Adrenal** and **Thyrosyn** —, complete with Natural Product Numbers (NPNs). Both of these products contain lyophilized (freeze-dried) glandular ingredients that cater to a very specific therapeutic niche regarding adrenal and thyroid function, respectively.

Adrenal

It is formulated with 200 mg of hormone-free, freeze-dried adrenal concentrate, vitamin C, and naturally sourced peppermint extract. **Adrenal** is tested for freedom from hormones as part of the criteria set forth by the Natural and Non-prescription Health Products Directorate (NNHPD). The freeze-dried form delivers adrenal-specific nutrients in their biologically active state. **Adrenal** is the ideal product for those facing chronic stress and need support for adrenal performance that will benefit both body and mind.

Thyrosyn

It is formulated with a unique selection of glandular nutrients, amino acids, thyroid-specific minerals, coenzyme Q₁₀, and a proprietary blend of botanicals. Our glandular nutrients are hormone-free and feature spleen concentrate sourced from New Zealand pasture-grazed cattle. There is 5 mg per capsule of naturally occurring iodine, critical for hormone production, which comes from wild-crafted Atlantic kelp. It also includes coenzyme Q₁₀ that triggers cellular energy within all cells. Sluggish thyroid function (hypothyroidism) afflicts millions

of Canadians and can contribute to obesity, lack of energy, depression, and compromised immune function. Our formula strengthens thyroid performance that influences virtually every organ, tissue, and cell throughout the entire body. **Thyrosyn** can definitely have a positive impact on your life.

Environmental Toxins



by Sejal Parikh-Shah
BSc, ND, LAc

As naturopathic doctors, we look at all aspects of an individual's health. We consider their current health status, and look at how they can improve it. We also investigate risk factors that could affect their current level of health. We know some of these risk factors: a diet high in processed foods, lack of exercise, stress, smoking, and alcohol consumption, just to name a few. There are hidden items in our environment that can adversely impact our health. Items in our food, in personal care products, and even daily household cleaning supplies, all have

chemicals that increase the toxic load on our bodies.

The following are a list of items that are more highly contaminated with pesticides and are best purchased organic, whereas other produce is relatively less contaminated and can be purchased at conventional standard.

The most contaminated produce:

- Apples
- Pears
- Peaches
- Nectarines
- Berries
- Grapes
- Peppers
- Celery
- Green beans
- Potatoes
- Leafy greens (i.e. spinach, lettuce)
- Cucumbers
- Squash and pumpkin

Additionally, animal products can be a source of relatively elevated

contaminants. How the animal is raised and what the animal eats will influence the nutritional value and toxic load of the products. When consuming meat, it is important to ensure that the animals were raised without the use of antibiotics or growth hormones. When purchasing beef, in addition to being raised without the use of antibiotics and growth hormone, ensure the cattle were grass-fed. There are several organic grass-fed beef products on the market at local supermarkets.

Additives are also important to be aware of, as they add to a person's overall toxic load. Many people find that they have reactions to them, and may not even be aware that these substances are lurking in their everyday diet. Several products contain colouring, which will be listed on the ingredients list as the color itself and a number. However, not all additives are so openly listed. Some ingredients lists may say "natural flavouring": this can indicate the use of MSG or any other synthetic chemicals that have been added in the processing of the product. However, when consuming whole foods, or foods not from a box, we do not have to worry about such additives or processing.

How we make our own food at home can also influence the toxic load in our bodies. For example, the common summer practice of barbecuing can possibly lead to an increase in toxic load if the food is charred. Therefore, it is



best, if we are charring our foods, that the charred part is removed prior to eating.

Food is meant to be enjoyed, and we derive many nutrients needed to optimize our health in addition to having a delicious meal. Some sources to help you achieve that goal include:

- Front Door Organics (delivery company for organic produce and other products)
- Mama Earth Organics (delivery company for organic produce and other products)
- 80twenty.ca (food blog)



Skin Considerations

The skin is the largest and most porous organ of the human body; thus, what you put onto the skin is directly absorbed into the bloodstream. Cosmetic products contain more than 900 chemicals, and the FDA does not require companies to list all the ingredients on the label and do not require FDA premarket approval, with the exception of colour additives.

The most common and concerning chemicals to watch out for and avoid are as listed below:

- Parabens, found in deodorant, mimic estrogen
- Sodium lauryl sulfate: a detergent present in tooth pastes, body washes, facial foundations, nearly all shampoos, and liquid hand soaps. In its manufacturing, this chemical is often contaminated with 1,4-dioxane, a known carcinogen.
- Phthalates are plasticizing ingredients which have been linked with birth defects.
- Fragrances: musks are linked to skin irritation, hormone disruption, and cancer; meanwhile, artificial fragrances are a top-known asthma-inducing allergen.
- Methylisothiazolinone (MIT), a chemical found in shampoos, prevents bacterial colonization, which can affect the nervous system.
- Toluene, derived from coal tar or petroleum, is found in most artificial fragrances and nail polishes. Chronic exposure to this chemical can lead to anemia, decreased blood cell count, liver or kidney damage, and is teratogenic (can harm a growing fetus).
- Mineral oil, paraffin, and petrolatum: these chemicals coat the skin and clog pores, and are a suspected carcinogen and hormone disruptor.

A good resource to have handy is the Environmental Working Group's website and the smartphone app Skin Deep – a cosmetic database that will rank dangerous chemical ingredients within each product, which also includes a barcode-scanning feature. As the skin is highly absorptive, the best recommendation is that if you cannot eat it, then you should not use it on your skin.



Bathroom Items

Many bathroom cleaners have various chemical ingredients that raise not only health concerns, but environmental ones as well. These chemicals, such as ammonia and silicon compounds, can cause both acute and chronic health problems. Acute conditions include skin allergies and irritation with contact, as well as asthma attacks and other respiratory symptoms with inhalation. Developmental problems, reproductive conditions, and cancer can occur with long-term exposure to these chemicals. Wearing gloves to clean the bathroom may not be enough protection; even after using the cleaners, there may be residual chemicals lingering in the air that can be breathed in.

This is especially harmful to children, as they are more vulnerable to toxins due to their larger lung surface area to body weight ratio.

To protect yourself and your family, there are easy alternatives to traditional bathroom cleaners. For the toilet, mix half a cup of vinegar with 1 tbsp. baking soda, and let it sit in for half an hour before scrubbing. To clean the sink, tub, and tiles, combine ½ cup vegetable oil-based liquid soap, 1⅓ cup baking soda, ½ cup water, and 2 tbsp. vinegar in a spray bottle.



Kitchen Items

Many of the cleaning agents we use to wash common surfaces in our kitchen can have a significant impact on our health and well-being. In Canada, manufacturers of household cleaners are not required to display ingredients on their labels; however, common cleaning products may contain such harmful ingredients as bleach, ammonia, phosphates, or strong abrasives.

Ammonia (NH_3) is one of the most commonly produced industrial chemicals, and is found in a variety of household cleaners. Ammonia cleaning solutions are manufactured by adding ammonia gas to water, with a 5–10% concentrate of ammonia. Immediate health effects of ammonia exposure upon inhalation can include coughing as well as nose and throat irritation. Skin or eye contact can result in rapid and severe irritation. Higher concentrations of ammonia may cause severe injury and burns. In addition, sodium hypochlorite (the main ingredient in chlorine-based bleach) can create poisonous chlorine gas if mixed with ammonia (which may be an unlabelled ingredient in some cleaning products) or with vinegar.

Avoid these hazards at home by following safe cleaning measures and by making your own, homemade cleaners. Homemade cleaning options reduce your exposure to unwanted chemical exposure, yet can provide the same results as commercially prepared agents. Try using this all-natural floor wash: mix ¼ cup (60 ml) of white vinegar into 8 litres of warm water and add 10 to 15 drops of lemon or pine essential oil, and clean your floors as usual.

Laundry Items

Commercial laundry detergent has many irritant materials and toxic ingredients like 1,4-dioxane (that is known to



be a carcinogenic agent); in some animal studies, it has been proven to cause breast cancer, in addition to other chemicals that might cause pregnancy complications, birth defects (toluene and phthalates cause hormone disruption), asthma, and allergic reactions (limonene, linalool, eugenol, and coumarin are allergens).

An easy alternative to any brand-name laundry detergent that is borax-free is mixing a finely grated bar of unscented glycerine soap or vegetable soap bar with 1 cup washing soda, ½ cup baking soda, ½ cup citric acid, and ¼ cup coarse salt.

Environmental toxins are all around us and are commonly found in a number of household items. If we are diligent and consider using alternatives at least some of the time, it will decrease our overall burden and exposure to toxins, which may in turn give our bodies a better chance at properly processing and eliminating them.

For references and other great articles, visit NaturopathicCurrents.com

A large sheep in the foreground holds a brown cardboard sign with the words "OUT OF WORK" written in bold, black, hand-painted letters. In the background, a flock of sheep is visible against a dark blue, starry night sky.


OUT OF WORK

Know the ABCs of getting your ZZZs

Lack of sleep is a major contributor to high stress levels and poor health. **SLEEP⁸** restores your body's normal sleep rhythm while promoting the generation of the nerve cells that act as the building blocks of your entire mental and physical nervous system. Best of all, you can sleep easy knowing it's the all-natural, nonaddictive way to get the 8 hours of sleep you need.

Available exclusively at your local health food stores.
To find a retailer near you, visit newrootsherbal.com/store

Prevention & Cure[®] since 1985

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



Vitamin C⁸

A Difference You Can "C"

VitaminC⁸ Immune Antioxidant Complex is a premium supplement that has definitely outgrown the vitamin aisle. **VitaminC⁸** features eight assisted pathways of vitamin C for superior absorption, as well as seven trace minerals and electrolytes in highly bioavailable, buffered form, which won't cause stomach upset. The mineral ascorbate forms of vitamin C are also easily recognized and assimilated for use, as they are the same ascorbate forms that animals produce themselves.

The fact we don't produce our own vitamin C, coupled with its critical role for the growth and repair of virtually all the body's tissues, make **VitaminC⁸ Immune Antioxidant Complex** a great choice for your health. The critical minerals and electrolytes also serve as catalysts for hundreds of biochemical reactions within the body that produce and replenish energy for increased strength and stamina.

Our premium formula also delivers a comprehensive

selection of potent and proven antioxidants that include quercetin, rutin, citrus bioflavonoids (50% hesperidin), Japanese knotweed (50% resveratrol), grape seed extract (95% proanthocyanidins), cranberry 107x, bilberry (25% anthocyanidins), and blend of berry extract (20% multianthocyanidins). Green tea leaf extract (75% EGCG) amplifies the antioxidant action of our formula, for improved disease resistance and energy.

Naturally sourced bromelain and papain help with the digestion of complex proteins. Bromelain also moderates inflammation to shorten recovery rates from damage to muscle and joint tissue that lead to pain and stiffness.

Take a closer look at **VitaminC⁸**, it may be the perfect fit for your healthy, active lifestyle.



Did You Know...

...that eating a fully ripe banana a day can strengthen your immune system? The nutrient content of the banana changes slightly as it ripens. A yellow banana with dark spots will stimulate more efficiently the production of white blood cells in the blood than a green banana.



been battling body hair ever since. Although shaving has become more sophisticated, it still involves running a razor's sharp blade over delicate skin. This unfortunately can strip the skin's outermost layer (*stratum corneum*) and compromise its ability to maintain a soft, supple appearance.

Tamanu oil is renowned as a topical healing oil for accelerated healing from cuts, burns, abrasions, rashes, stretch marks, sores, and more. Its fatty acid profile features levels of oleic acid in excess of 40%, along with linoleic acid levels measuring over 25%. These two fatty acids lead the way as they penetrate the skin, leaving it feeling fit and succulent, with a youthful glow. A few drops of **TamanuOil** massaged into the armpits, legs, or any surface immediately after shaving will ease inflammation and beautify the skin. It's also

excellent for men to avoid that dry feeling of tight skin following a morning shave.

New Roots Herbal's **TamanuOil** is cold-pressed from hand-gathered tamanu nuts from the sun-drenched shores of the islands of the South Pacific. Its remarkable properties as a rescue oil also make it a popular selection for great-feeling, sensational skin on a daily basis.



Northern Exposure

We're rapidly approaching the 100th anniversary of an advertisement in the iconic magazine Harper's Bazaar, which featured the "shocking" image of a woman arms over her head in a sleeveless dress. You guessed it: it was for a powder dedicated to the removal of "unsightly" armpit hair. This ad was followed by wartime images of the sheer, shaven legs of pinup girls, and North American women have

Beautifying All-Natural Homemade Face Scrub



In addition to making your face feel clean and renewed, a good facial scrub can prevent breakouts and eliminate dead skin. Try making this all-natural scrub at home.

All you need is sugar, at least one strawberry (or any other fruit or vegetable, depending on the

properties needed), and an oil of your choice (olive, avocado, grape seed, sweet almond, etc.). Measure your oil; you will need twice as much sugar than oil. Usually, a teaspoon of oil will be enough for your face and upper neck. Combine the oil and sugar in a bowl, and stir. Add the

strawberry chopped as finely as possible, and muddle the mixture together. Scrub, rinse with lukewarm water, and finish with your favorite New Roots Herbal Organic Exotic Oil.

You can preserve the leftovers in the refrigerator for up to two weeks in a container. You may make larger quantities to use as a full-body scrub. Not only will your skin be soft and glowing, but you'll also end up smelling like strawberry shortcake.

Culinary Corner



Green Goddess Dip



submitted by
Joanna McDonald
joannamcdonald.ca

Ingredients

- 1½ cup spinach (rinsed and dried)
- 1 avocado, peeled and pitted
- 1 Roma tomato
- ¼ c. parsley, chopped
- 1 tbsp. Dijon
- 1 tbsp. olive oil
- 1 tsp. lemon juice

- 2 garlic cloves
- Salt and pepper to taste

Instructions

Place all ingredients into a food processor and blend until smooth. This dip is amazing served with fresh veggies or crackers. Makes 2 cups.

Mango & Papaya Salsa

Ingredients

- ½ papaya, diced
- 1 mango, diced
- 1 red pepper, diced
- 1 yellow pepper, diced
- ¼ c. red onion, diced
- 2 limes, juiced
- ½ c. cilantro, finely chopped
- Salt and pepper to taste

Instructions

Combine all ingredients into a bowl and let sit for ½ hour before serving. An excellent choice for an appetizer or as an accompaniment to grilled fish.

Makes 1½ cups.



Zucchini-Carrot Crumb Cake



submitted by
Theresa Nicassio
yumfoodforliving.com

Photo by
Alejandra Aguirre

Perfect for the Easter holiday, an afternoon tea, or any time a delicious crumb cake is in order. Already with a lower glycemic index (GI) than other similar cakes, if you use xylitol and yacon, this dessert has an even lower glycemic level – great for the sugar-sensitive!

I hope you love this creation as much as we do!



Photo by Theresa Nicassio

Wet Ingredients

- 1 cup mashed banana
- ½ cup melted coconut oil
- 2 tbsp. maple syrup
- ¾ tsp. apple cider vinegar or lemon juice (optional)

Dry Ingredients

- 2 cups Bob's Red Mill or favourite gluten-free all-purpose flour
- ⅓ cup coconut sugar, xylitol, or favourite sweetener
- 1 tbsp. New Roots Herbal's Stevia Sugar Spoonable
- 1½ tsp. cinnamon
- ¾ tsp. gluten-free baking powder
- ½ tsp. baking soda
- ½ tsp. Himalayan salt
- ½ cup grated carrots, packed

- 1¼ cup grated zucchini, packed
- ⅔ cup raisins or currants, packed
- ⅔ cup unsweetened shredded coconut
- 1 cup chopped raw nuts (walnuts, pecans, and/or Brazil nuts)

Topping Ingredients

- ½ cup crumbled walnuts (or pecans)
- ½ cup coconut sugar or xylitol
- ¾ tsp. cinnamon
- 2 tbsp. maple or yacon syrup, or favourite sweetening syrup

Instructions

In a large bowl, cream together the wet ingredients with a fork and set aside. In a separate bowl, whisk together all the dry ingredients.

Add the dry mixture to the wet mixture, and stir together with a spatula until well combined. Stir in the zucchini, carrots and nuts. Press the mixture into a lightly greased 8 × 8-inch baking pan, standard-sized Bundt tin, or muffin tin.

In a small bowl, stir all crumble topping ingredients together, then sprinkle evenly over the top of the cake.

Cook in a preheated 350 °F oven for 60-70 minutes (30 minutes for muffins) or until a toothpick comes out clean. Allow to cool.

If desired, serve garnished with an extra sprinkling of shredded coconut.

Makes 1 crumb cake or 12 muffins.

Magnesium Bisglycinate Plus

Marvellous Magnesium

A common term within the health-care industry is “primary indication”: this refers to a disease or condition that can benefit from a particular product. For example, elevated cholesterol (hypercholesteremia) is the “primary indication” for prescription statin drugs. However, the problem with many prescription medications is their narrow therapeutic range and often long list of side effects.

Compare this to magnesium bisglycinate, the highly bioavailable form of the critical mineral that plays a pivotal role in over 350 biochemical reactions throughout the body. Supplementation with

Magnesium Bisglycinate Plus is recommended for a broad range of “primary indications”, including ADHD, fibromyalgia, high blood pressure, hypercholesteremia, migraines, muscle cramps, cardiac arrhythmia, osteoporosis, stress, hypertension, and more. With the majority of North Americans being magnesium-deficient, it’s not surprising magnesium is among the most popular inclusions by natural health-care practitioners for a wide variety of conditions.

Each capsule of New Roots Herbal’s **Magnesium Bisglycinate Plus** contains 150 mg of elemental magnesium chelated (bound) with two glycine molecules. The stability of this bond maximizes intestinal absorption by means of the amino-acid pathway. An additional 30 mg of L-tyrosine further enhances

cellular magnesium absorption. Magnesium bisglycinate is also better tolerated than other forms of magnesium, and less likely to cause side effects including diarrhea.

Choosing New Roots Herbal’s **Magnesium Bisglycinate Plus** could serve to benefit virtually every aspect of your health in a positive way. What have you got to lose, other than a long list of potential health concerns interfering with your health and happiness?





Giving Hope Today

The Salvation Army is an international organization that has been operating to meet human needs worldwide. The values of this organization are based on the faith of Christianity, and their objective is to fight poverty, provide shelter to homeless people, and give hope to people suffering.

Many Canadians have been dealing with the Salvation Army through their thrift

stores that are located in many provinces in Canada. This reputable organization has grown to become the largest nongovernmental direct provider of social services in the country.

New Roots Herbal's continuous support to this organization started back in 2009 with the initiation of our Choose to Care program. Our company truly believes that the

remarkable efforts undertaken by the Salvation Army to help vulnerable Canadians to have better lives deserve the support of all Canadian businesses and individuals.

Furthermore, we really hope that our Choose to Care program will continue to raise the awareness among our customers of the great missions of charitable organizations such as the Salvation Army.

Other supported organizations



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Introducing Junior New Roots

Our new children's line fills in all the nutritional gaps.



Junior New Roots offers the nourishment children need to grow up strong and healthy. Not only does each formula have significant health benefits – **they also taste great!**

- **Children's Probiotic** is an ultraconcentrated formula with 10 billion CFU per serving containing 12 strains, **including the most important probiotics for children**, which are *L. infantis* and *L. reuteri*. It strengthens the immune system and resistance to diarrhea, and maintains healthy digestion.
- For a child to benefit from DHA supplementation, it must be combined to a higher amount of EPA. Our **Children's Omega-3** provides the higher EPA-to-DHA ratio, clinically proven in 10 scientific studies for maximum absorption for development of the brain, which is effective for symptoms of ADHD, and improves mental focus, memory, and concentration.
- **Children's Multi**, formulated by recognized NDs, gives children the ideal selection of vitamins, minerals, and nutrients. This great-tasting, convenient powder can be mixed with water, juice, apple sauce, yogurt, and more!

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


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