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## THE GM'S *Message*

As we begin a new year, and our Vaughan location is turning one, I would like to extend our warmest thanks to all our customers new and old that have allowed us to serve them and share our knowledge with them. In 2015 we will continue our focus on whole foods, organic foods, foods and supplements that nourish, heal, energize our lives.

Through out this new year we will have seminars, demos, workshops that focus on these foods and supplements at both locations. Stay connected with us through our social media, website, or instore for upcoming events.

Lets make it a healthy year with informed choices.

Take care, see you soon

*Teresa*



## CONTENTS

- |    |   |    |   |    |   |
|----|---|----|---|----|---|
| 4  | Flower Essences for Depression and Anxiety              | 11 | Better Sleep with Naturopathic Medicine!        | 28 | Is Your Immune System Strong Enough?                  |
| 5  | Staying Warm and Healthy in Winter                      | 12 | Prevention before Intervention                  | 29 | 10 Tips For Lowering Cholesterol                      |
| 6  | Homeopathy and Your Wellness Plan                       | 14 | A New Take on the New Years Resolution          | 30 | Eight Ways to Decrease the Risk of Heart Attack       |
| 7  | Healthy Proteins & Carbs: Setting the Record Straight   | 16 | Managing Your Stress                            | 31 | The Webster Technique: A Technique for Pregnant Women |
| 8  | What is "Leaky Gut"                                     | 17 | Motivate Yourself to Get Healthier              | 32 | Shaping up for the New Year                           |
| 9  | Preventing Boredom and Encouraging Childhood Creativity | 20 | Boost Your Immune System                        | 33 | How to Become a Fitness Millionaire                   |
| 10 | Don't Miss a Great Opportunity                          | 23 | 3 Super Immune-boosting Herbs                   | 34 | Milk Thistle Improves Liver Health and Detoxification |
|    |   | 24 | Food of the Ancient Kings                       |    |   |
|    |   | 25 | 6 Simple Steps to Health That You Can Start Now |    |   |

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# Flower Essences for Depression and Anxiety

By Marie Ryckman



Flower essences were made to help people restore the balance between mind and body by casting out negative emotions such as fear, worry, hatred and indecision. This system of healing created by Dr. Edward Bach was originally

composed of 38 flowers. Since being discovered in the 1930s there have been many new additions to the original group of 38. More people are becoming aware of and adopting the flower essence therapy approach. For those not familiar with flower essences, these remedies are made from flowers, with their healing properties derived from

the life force, vibration, of the flowers. Flower essences address negative emotions/states (and sometimes physical ailments). By thus dissolving and alleviating negative emotions, one's overall health and wellbeing is strengthened and enhanced.

There are several methods one can use to select which essences to use: reading flower essence descriptions and deciding which is/are appropriate, muscle testing (kinesiology), dowsing, intuition, a consult with a Flower Essence Practitioner, etc.

## Flower essences used for Depression:

**Borage** - Discouragement, especially grief or heavy-heartedness. Encourages quality of: Courage and optimism.

**Chrysanthemum** - Deep soul angst about one's own life and death; inability of soul to accept death and dying as a larger spiritual process. Encourages: Soul expression.

**Gorse** - Hopelessness; expectation of suffering. Encourages: Hope.

**Milkweed** - Deeply depressed state, inability to cope with daily affairs, desire to obliterate consciousness. Encourages: Self reliance.

**Olive** - Depression stemming from physical exhaustion. Encourages: Renewal of life force

**Scotch Broom** - Discouragement in the face of obstacles, especially feelings of world doom. Encourages: Positive, optimistic world connection.

**Wild Oat** - Dissatisfaction with one's word, despair over finding life's work or direction. Encourages: Clear life direction.

**Yerba Santa** - Internalized sadness, especially when held in the chest region; emotional pain. Encourages: Ability to express emotion.

## Flower essences used for Anxiety:

**Aspen** - Anxiety that has no known reason. Encourages: Faith in life.

**Cerato** - Excessive anxiety about failure, thus depending on others for advice. Encourages: Trusting self.

**Elm** - Over-striving for perfection; fear that you will let down or disappoint others. Encourages: Confidence to handle one's responsibilities.

**Golden Yarrow** - Performance anxiety, especially when felt in solar plexus. Encourages: Remaining open.

**Larch** - Fear of failure, paralyzed by anxiety. Encourages: Self-confidence.

**Mimulus** - Excessive anxiety and nervousness about daily life; everyday fears; fretful, timid attitude. Encourages: Act with courage.

**Mustard** - Free-floating anxiety, especially when accompanied by depression. Encourages: Filled with joy.

**Pink Monkeyflower** - Inability to trust that others will accept you; shame or guilt. Encourages: Courage in emotional transparency.

It is also helpful to recognize that at times depression and anxiety may be masking other deeper emotions. For example, someone with melancholy may, on a deep level, still be experiencing shock from an old trauma. Such a person would also benefit from Psychotherapy (or similar forms of assistance) to deal with the shock and trauma.

Flower remedies are very easy to use. Simply take them straight from the bottle, or place a dose in a cup of water. I have even put a few drops directly on the back of my neck or wrist. Directions for using the essences can usually be found on the label or accompanying literature or as directed by your practitioner.

Flower essences are safe to use with prescription medication.

Today many people seeking a convenient, natural, and cost effective way to ease and overcome their depression and anxiety are embracing flower essence therapy—with their many wonderful healing qualities they can provide support. And for many sufferers, that is indeed welcome and cheering news!

*Marie Ryckman is a Psychotherapist who offers Psychotherapy, Body Psychotherapy, and Intuitive Supplement Guidance. She is a Flower Essence Practitioner, an experiential workshop facilitator, and author. She is also a consultant at the Nature Emporium Newmarket store.*

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# Staying warm and healthy in winter according to Chinese Medicine

By Kelly Linstead, RTCMP, RAC, RHN, PTS, HYI, Reflexologist



Chinese Medicine and Acupuncture not only treat dis-ease but aim to prevent it. We should live in harmony with the natural cycles of their environment. The cold and darkness of winter urges us to slow down, reflect on our health, replenish our energy and conserve our strength through the season and prepare for growth in spring.

According to TCM theory, the balance of yin (cool, calming) and yang (hot, stimulating) energy in the body plays a vital role to ensure good health. Balance between emotions, diet, work, sleep, exercise and social life is key.

Winter is the season related to the water element and the organs associated are the Kidneys and Bladder, both of which are sensitive to cold. The Kidneys are considered to be the gate of life, storing our essence, regulating reproduction and development, fluid distribution and our longevity is directly related to the health of our Kidneys. Supporting them becomes increasingly important as we get older. In our lives, the health of our Kidneys can be seen in our hair, sense of our hearing, bone marrow, problems with the feet, knees, lower back and teeth, reproduction and libido.

Winter is the season of retreat and rest, when the Yin (night) is now dominant and Yang (day) energy moves inward. It is important to sleep with the sun, to bed earlier and to sleep in a little later. It is best to get 9 to 10 hours of sleep during Winter.

Winter is a time of stillness and quiet. The ability to listen clearly at this time of year is sharpest...listening to your own body and comprehending its needs, as well as having a deeper understanding of yourself and your interactions with others. Fear is the emotion of the Kidney. Practice setting goals for the upcoming year so we can be less threatened of what's ahead and replace it with strength and courage.

Recollect your thoughts, do sitting meditation, rest more, and cut down on very stimulating entertainment. Connect more with family.

Keep warm but not hot. As the pores of the skin open, yang qi is easily lost and pathogens can enter. Exercise until you are warm but stop before you sweat too much. Practice of qi gong, yoga or walking meditation is especially valuable in winter.

Keep the feet warm. Footbaths just before bed help with proper fluid and energy movement in the body.

Take 30 seconds to a minute throughout the day to rub your hands together to generate warmth in your palms. Then place your warm palms on your lower back into your kidneys. Gently massage your back. This simple exercise is an enjoyable way to invigorate your kidneys.

The cold from winter can easily leech into our bodies. Cold causes things to slow down and contract, leading to poor circulation, aches and pains, and worsen asthma, arthritis or colitis.

Over 70% of our immune system cells reside within our digestive system, it's important to eat foods that will boost your immunity, are easier to digest and promote warmth. Chinese herbals may also be

**CONTINUED ON P.13**

## TIRED OF BEING TIRED? YOU MAY BE IRON-DEFICIENT

### IRON-DEFICIENCY CHECKLIST:

- Do you often feel weak?
- Do you look pale, lack appetite or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron-deficient. Iron-deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test, the most sensitive measurement of iron stores in your blood.

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# Homeopathy and Your Wellness Plan

By Nicholas Mazzoli DSHomMed, RCSHom

As most of you know I have the pleasure of running a weekly walk in homeopathic program at Nature's Emporium every Thursday from 10am-4pm. Having a wellness plan is important, and it should cover everything from exercise and diet to various levels of medical intervention. The hardest part about having a wellness plan is knowing how and when to blend alternative medicine with conventional medicine. The purpose of this article is to educate you on how homeopathy can fit into your wellness plan.

I have written many articles, and read just as many, discussing the efficacy of homeopathy in treating specific diseases. I want to discuss homeopathy in the broader sense, what is the potential of homeopathy and where should it fit in to your wellness plan?

**First Aid** – homeopathy can help speed recovery, prevent infection, manage pain (even post operatively) and help in threatening conditions such as hemorrhage, stroke, heart attack, and anaphylaxis. Of course you still treat it like a medical emergency and go to the hospital! In cases of insect bites, injury, frostbite, burns, heat exhaustion, poison ivy, etc.... homeopathy is very effective.

**Acute Disease** – In this category we are talking about colds, flus and other infectious diseases such as bronchitis, sinusitis, pneumonia, measles, mumps, sexually transmitted disease, shingles, chicken pox, food poisoning, fevers, croup, tonsillitis, ear infections, mastitis, whooping cough, stomach flus, etc.... In these types of conditions homeopathy works great as a drug free, low risk form of therapy.

**Chronic Disease** – By definition these are conditions which despite the best living practices continue to get worse over time. It is in this area of illness that homeopathy has the most to offer people. I often tell people if you have been told that they do not know what is wrong with you or cannot help you chances are homeopathy has something to offer you. Here is a short list of conditions that cover the spectrum of this category. arthritis – both osteo and rheumatoid, lupus, malaria, epilepsy, Crohn's, colitis, Meniere's disease, gout, MS, chronic fatigue and fibromyalgia, migraine, cluster headaches, sciatica, back pain, add-adhd,

autism spectrum disorder, eczema, psoriasis, alopecia, hypo and hyper thyroid diseases, prostate disease, erectile dysfunction, etc....

**Mental Emotional Disorders** – my personal experience with this particular area of disease is rather extensive. I have seen many cases of phobia, anxiety disorder, depression and other psychiatric illnesses. It has been truly amazing to witness the profound effect homeopathy can have in cases of this nature. In this case particularly, I feel homeopathy should be your first option.

*...homeopathy provides you with an effective, gentle, non-toxic option.*

Pregnancy, delivery and postpartum – homeopathy is ideal in these situations, because of its gentle, non toxic nature it is safe to use during this wonderful time. Many homeopaths have dealt with the difficulties associated with every aspect of bringing a child into this world. Here is a short list to illustrate the point: heartburn, back pain, mood changes, morning sickness, hemorrhage, colds and flus, labor pains, recovery – even after cesarian, mastitis, postpartum depression, hypo or hyper thyroid, milk issues, etc....

Many of the conditions listed in the various categories I have personal experience with and I can tell you that with good homeopathic prescribing people get better. In many cases that aren't life threatening homeopathy provides you with an effective, gentle, non-toxic option. Other more invasive interventions will be there, but wouldn't it be wonderful if you could manage, resolve, or palliate your health condition in a way that doesn't cause the body harm, or come with side effects?

If you have a health issue and are looking for alternatives please drop in on a Thursday to discuss it with me. I will do my best to steer you in the right direction and tell you if homeopathy is something you should consider. All the best to you and yours this holiday season and may 2015 be a year of good health!

*Nicholas Mazzoli DSHomMed, RCSHom  
Homeopathic Practitioner*

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# Healthy proteins & carbohydrates: setting the record straight

By Alexis Kelk B.A. Hons



We hear the word carbohydrate and think, "Evil!", "Fattening!" and "Keep that away from me!" This is especially true around the holidays with a cornucopia of temptuous treats, testing our wills and waistlines. This is why we blame it for our weight gain and lag in energy, but I'm telling you it doesn't have to be that way. Carbohydrates otherwise known as carbs, are essential for our bodies in order

to produce glucose which is a common fuel or energy. The key however, is to stick with healthy carbs which are found naturally in foods. In moderation, healthy carbs include those found in fruits, vegetables, whole grains, legumes and dairy products. Each of these contain healthy fiber that our bodies require. As for the carbs we should all limit those found in breads, cakes, cookies and other foods with "added sugar" listed in the ingredients. The American Department of Health & Human Services says a grown adult who consumes a diet of 2,000 calories-per-day should include 2 to 2 1/2 cups of fruit, 2 to 2 1/2 cups of vegetables and 6 to 8 oz of grains. So instead of reaching for that cookie, snack on a couple of strawberries to curb that sweet tooth.

Proteins on the other hand are a nutrient that our body requires to build muscles, tissue and cells. The Centre for Disease Control and Prevention (CDC), recognizes that proteins are found in meats, poultry, fish, eggs, dairy products, grains, legumes, tofu and some fruits or vegetables. On average 10 to 35 percent of our daily calorie intake should come from proteins. Women ages 19 and up require 46 grams of protein daily, whereas men of the same age range require 56 grams daily. To give you a visual, 1 cup of milk = 8 grams of protein, 3 oz piece of meat = 21 grams of protein and eggs have 6 grams of protein. It is important to keep a mental note of the amount of protein we consume as to meet our daily requirements. If you workout or have an active lifestyle it is important to increase your protein intake. To get the full benefit of the protein, the BBC has reported that you should consume 15 to 25 grams within 30 minutes of exercising. Your muscles are more responsive to the protein as it helps in your post-workout recovery.

I am a strong advocate of everything in moderation. Know your limits, exercise regularly, drink lots of water and eat healthy. Also, it is important to see your doctor for regular checkups and talk about your diet before you make any major changes to your eating habits. You will want to ensure that it will not cause any medical problems in the future. Popular diets advertised on television or in magazines may be successful for some but not for others. Your doctor can best tell you what specific diet is right for you.

*Alexis graduated from U of T with her Bachelor's degree with Honours. She and her family live a healthy lifestyle and she enjoys research and writing.*

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# WHAT IS "LEAKY GUT" & How Do I Know if This is Causing My Health Concerns?

By Dr. Michael Morsillo, B.Sc., N.D.



It was Hippocrates who said “all disease begins in the gut”; and with that said, I believe that all healing begins in the gut as well. Our intestinal health is so important for our overall health, and research is proving this more and more. Our intestinal tract has many important functions: it acts as part of our nutrient delivery system, it is a vital part of our immune system, and it is a

very important protective barrier. When the intestinal lining becomes inflamed or damaged, it can result in what is known as Intestinal Hyperpermeability (or Leaky Gut Syndrome).

As you can imagine, leaky gut syndrome can contribute to irritable bowel syndrome, crohn's disease, ulcerative colitis, and any other digestive concerns such as gas, bloating, diarrhea, or constipation. However, leaky gut syndrome can also play a large role in the development of many other conditions: hypothyroidism, psoriasis, eczema, rheumatoid arthritis, urticaria (hives), seasonal/food allergies, depression, chronic fatigue, autism spectrum disorder, and more.

When the intestinal barrier becomes permeable or “leaky”, protein molecules that should not be moving out of the digestive tract, begin to escape into the bloodstream. Studies are showing that the body will then mount an immune response to this, and this attack may play a role in the development of autoimmune diseases. Leaky gut syndrome occurs long before these conditions are diagnosed; therefore, many people may have leaky gut, without any symptoms at all.

## Below are some of the factors that can contribute to leaky gut syndrome.

- Imbalance of healthy bacteria in the gut
- Food allergies/sensitivities
- Antibiotics and other medications
- Low fiber intake
- Alcohol and toxins
- Chronic stress
- High sugar intake and refined carbohydrates
- The intestinal microflora (bacteria) plays a big role in intestinal health and leaky gut, and it's no surprise that imbalances in intestinal bacteria (dysbiosis), has also been linked to many of the health conditions mentioned above. Intestinal bacteria promotes normal gastrointestinal function, provides protection from infection, regulates metabolism and comprises more than 75% of our immune system.

## If you have encountered some of these factors, you can still take steps to restore intestinal health:

- Eat as many organic foods as you can and avoid refined sugars/ carbohydrates

- Eat plenty of fermentable fibers (starches like sweet potato, yam, yucca, etc.)
- Eat fermented foods like kefir, yogurt, sauerkraut, kim chi.
- Take a high-quality, multi-species probiotic
- Take steps to manage your stress
- Have a food allergy/sensitivity test done (see below for details)

At our naturopathic clinic, when patients present with digestive symptoms or conditions that stem from poor intestinal health, we will often perform testing for leaky gut (intestinal permeability), bacterial overgrowth (dysbiosis), and food allergies (food sensitivities). These tests will help us to identify the underlying causes for your symptoms or chronic health conditions, and we can then develop a comprehensive treatment plan.

Once food sensitivities have been identified, they can be removed to prevent further intestinal damage and inflammation. We can then use a combination of herbal medicines, supplements, and dietary changes to help repair the intestinal lining, decrease inflammation, improve bacterial balance and nutrient status.

*Dr. Michael Morsillo is a naturopathic doctor who is passionate about helping others achieve their optimal level of health. Michael maintains a clinical practice in Newmarket within Nature's Emporium, where he focuses on cancer, anxiety, depression, thyroid disorders, detoxification, and weight loss. For more information or to schedule an appointment, please call 905-898-1844 (ext. 135).*



## Preventing Boredom and Encouraging Childhood Creativity

By Stefanie Morra, Register Early Childhood Educator



Let's face it, the winter months can get fairly boring with extremely cold temperatures keeping us stuck inside for days at a time. A great way to avoid symptoms of cabin fever is to find ways to prevent your children from becoming bored.

Most parents have heard the phrase "I'm bored" too many times to count.

As an educator of preschool children I have learned to recognize body language and behaviours that indicate being bored. In times of boredom, all sorts of unfavourable behaviours occur. In order to avoid boredom provide your children with a variety of outlets to release energy that inspire their natural childish curiosity. Let me be clear, by outlet I do not mean provide your child with an outlet to plug an iPad into.

Here are some easy, inexpensive and fun ways to beat boredom when stuck indoors this winter.

**Create Sensory Bins:** find a large, deep empty container lying around the house or garage. Fill it up with clean sand, snow, water, rice, salt, or anything that would be fun to fill, pour and empty scoops and buckets with. Add accessories to the bin such as sea shells, pinecones, toy cars, magnetic alphabet letters or numbers, jelly beans or anything colourful. These bins will hold your child's attention for awhile as well as provide a quiet and relaxing activity with little clean up.

**Make Homemade Modeling Clay:** there are so many different recipes for homemade modeling clay available online that involve a wide range of household ingredients that are easy to make, cost next to nothing and provide your child with two activities in one: making the clay and playing with it for days.

### Baking and Cooking

**Simple Recipes:** you would be surprised to see how much your children know about the kitchen just from observing you create meals for them. Try making a few simple recipes with your children and encourage them to taste the final product. Smoothies and milk shakes are always a hit as well as salads, salsas, pancakes and muffins.



### Visit the Local Library or

### Ontario Early Years Center:

the local government offers a wide range of programs for little ones and school aged children that are based on play based curriculums. Libraries have story times, crafts and activities. Don't forget to get your children their own library

card to encourage them to choose their own library books and take good care of them.

**Photography:** most children are well versed in how to use smart phones including the camera and video functions. Why not teach your child how to take photographs of things that are silly, fun, important and meaningful to them. Include them in taking the photos, making edits, printing, framing and displaying their photos. Nature photos are a lot of fun in the snowy winter.

**Dance Party:** everyone has a few songs in their family that gets everyone up dancing and smiling. Create a winter dance party playlist and turn it on whenever the mood in the house starts to get low. Dancing is a great way to increase your heart rate and burn off some energy.

Enjoy as much time outdoors this winter. When you are stuck inside, get unstuck with these suggested boredom busting activities.

Happy Winter!

Derived from fresh European source milk thistle plants, Milk Thistle provides liver detoxification and support in a convenient standardized extract capsule. Milk thistle has been clinically proven to cleanse the liver of toxins, regenerate damaged liver cells, and optimize the production of bile. Milk thistle can be used for daily cleansing in a moderate dose, or for more intensive cleansing in a higher dose.

Milk thistle was used historically as a digestive aid, to promote the flow of digestive juices, and as a tonic for nursing mothers, to increase milk supply. Nowadays it's popularity stems from its ability to detoxify and protect a very important organ, the liver. Our liver is responsible for filtering out most everything that should not be in our body and processing it so that it doesn't cause damage to other cells. It also metabolizes hormones and fats, and makes sure that the transportation system for fats (cholesterol) is working properly. The liver's secretions, called bile, carry metabolized waste products out into the intestine where they can be excreted. The medicinal activity of milk thistle is in a molecule called silymarin. It causes liver cells, hepatocytes, to resist toxic compounds and regenerate themselves. It also increases glutathione in the liver. Glutathione is an antioxidant that the liver uses to catch damaging free radicals that are created when the liver changes toxins into harmless chemicals. Silymarin also blocks the toxic effects of drug overdoses and poisoning. Milk thistle is a bitter herb that causes the release of digestive juices and bile, thus helping with indigestion and intestinal cleansing. Natural health practitioners recommend milk thistle for liver toxicity, indigestion, poisoning, drug overdoses, hepatitis, jaundice, gallbladder dysfunction and high cholesterol.



# Don't Miss a Great Opportunity

By Sandra Wells Sandra Wells RHN, RYT



We all know that water is essential for human life. It carries important nutrients throughout our bodies and into the cells. It removes toxins and aids in digestion. Simply supplying the body with adequate amounts of water to function properly can eliminate many common complaints, including constipation. Even the aches and pain of everyday living can be

improved with water. It acts as a shock absorber and a lubricant throughout our bodies.

The importance of this simple substance can't be over stated but is it a missed opportunity?

I'm always looking for easy ways to increase nutrients and improve upon my food choices. Every decision is an opportunity. My daily water consumption is no exception.

Question: How can I make water better?

Answer: Simply infuse it with nutrient rich, healing herbs. For centuries, herbs were and still are used to help support, nourish and heal the body.

Start making your tea work harder for you.

Instead of drinking a tea purely for the taste, consider its ability to improve your health.

There is a herb or combination of herbs to support every aspect of the human condition. They are rich in vitamins, minerals, antioxidants, phytonutrients and compounds yet to be discovered. And although a single herb has a multitude of healing properties, it tends to develop a reputation for its most commonly known ability.

Here are a few of my favorites but I encourage you to explore and include herbal teas as part of your healthy choices.

Digestive issues are a common complaint. Fennel tea can be used to relieve nausea, anti-flatulence, relieve stomach cramps, and help indigestion and bloating. It's perfect after any meal.

Holy Basil (or Tulsi ) is one of my 'go-to' herbs to manage daily stress. It's been known to have the ability to uplift the spirit and who doesn't need a bit of that this time of year.

For some people a good night sleep is an on-going challenge. Passionflower and Lemon balm (Melissa) are two of my personal favourites when a good night's rest is needed. They are used both for anxiety during the day and insomnia in the evening.

*Even the aches and pain of everyday living can be improved with water.*

Don't rely solely on a calcium supplement to support bone health. Herbs can be a rich source of essential vitamins and minerals too. Oat straw, rich in calcium, nettle, a source of vitamin D and horsetail, loaded with minerals such as silica are all supportive of healthy bones.

Whether it's preventative or dealing with a chronic condition consider including a herbal tea, hot or cold, into your day. Don't like tea? No problem. Get creative and use your chilled brew as the liquid in your morning smoothie or as part of the stock next time you're making soups, sauces or gravy.

Herbs can support the body's ability to detoxify, balance a nutrient deficiency, help manage an on-going condition and so much more. The body responds to slow, steady, consistent support and herbs are a perfect addition to your daily food choices. So don't be intimidated at your local health food store by the rows of glass jars filled with interesting looking ingredients. Explore and discover for yourself.

Some herbs may have side effects and interact with other drugs, consult your healthcare practitioner before using them.

Sandra Wells is a Registered Holistic Nutritionist and Yoga and Meditation Instructor. You can contact Sandra at the Nature's Emporium Newmarket store at the Vitamin and Supplement section where she is available for consultation

# Better sleep with *naturopathic medicine*

By: Dr. Michael Morsillo, B.Sc., N.D.



A good night's rest is so important for your overall health! We all know this to be true; however, for many of us, we easily lose sight of how valuable sleep really is. Unless, of course, we begin to have trouble sleeping. I remember a time when sleep was just "getting in the way" of what I wanted to do, and something that I would just "catch up on" on the weekends. This quickly changed for me, and I value sleep as an key contributor to one's overall health, energy, vitality and well-being. For some, your schedule has become so hectic and busy, that sleep starts to take a back seat to other activities. For others, you can't seem to get a good solid sleep no matter how hard you try.

**Sleep issues are one of the most common concerns that we treat at our naturopathic clinic, and patients will typically present with the following:**

- Difficulty falling asleep
- Difficulty staying asleep
- Insufficient total amount/quantity of sleep
- Poor sleep quality or not feeling refreshed upon waking

If you experience these concerns sporadically, this will likely not impact your overall health; however, if any of these sleep issues occurs more often, over time this can impair your immune function, cognitive ability, mood, stress response, metabolism, hormonal balance, energy level, focus, and more.

Typically, the root cause for sleep issues never gets addressed, as patients are referred for a sleep apnea study and/or prescribed sedative medications. There are many different factors that can contribute to sleep issues, and at our naturopathic clinic, it is our aim to detect these root causes, and address them using natural treatment options.

After a comprehensive assessment to evaluate each patient's unique sleep concerns, we will often measure a combination of hormones and neurotransmitter levels. Hormone or neurotransmitter imbalances commonly cause chronic sleep issues, and these tests help us detect which imbalances exist, and point us in the right direction for treatment.

One of the other main areas that we will evaluate with patients is stress. Stress can seriously prevent us from having a good night's rest, and it is incredibly important for us to work together with patients to develop a plan for how they can minimize stress, cope with stressors more effectively, and help them to become physiologically more resilient to chronic stress.

Once we can identify the underlying causes for your sleep concerns, we can use herbal medicines, supplements, stress management, and dietary changes to help bring your body back into a balanced and healthy state again. Intravenous vitamin & nutrient therapy will be used for concerns that involve nutrient deficiencies, and acupuncture can also be incorporated to improve sleep, decrease stress, and balance hormones.

*Dr. Michael Morsillo is a naturopathic doctor who maintains a clinical practice in Newmarket within Nature's Emporium. For more information or an appointment, please call 905-898-1844 (ext. 135).*



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# Prevention before intervention:

## DIGITAL PULSEWAVE ANALYZER

### QUICK - PAIN FREE - RELIABLE - AFFORDABLE

By Alicia Gonzalez, Classical Homeopath - Heart Specialist, DPA Technician, NLP Master P. Ku Nye Tibetan Massage Therapist, Author

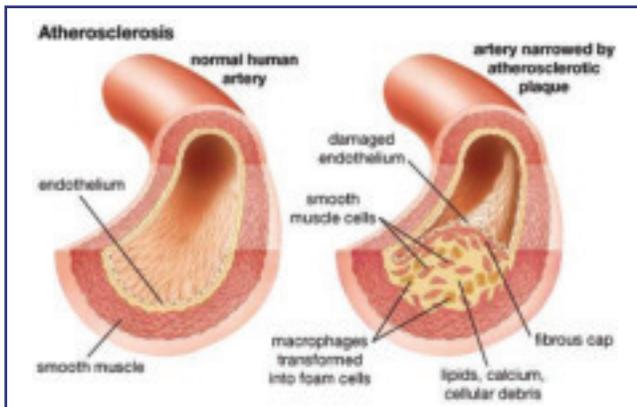


The DPA provides information on arterial wall stiffness and elasticity, and determines the corresponding biological age of arteries in less than 5 minutes. This FDA and, Health Canada approved device, is user-friendly and non-invasive. There is no taking of blood or discomfort. The device uses a simple probe attached to the finger to observe the changes in pressure, blood flow, velocity and profile throughout the whole pulse wave.

#### The DPA provides the following indicators:

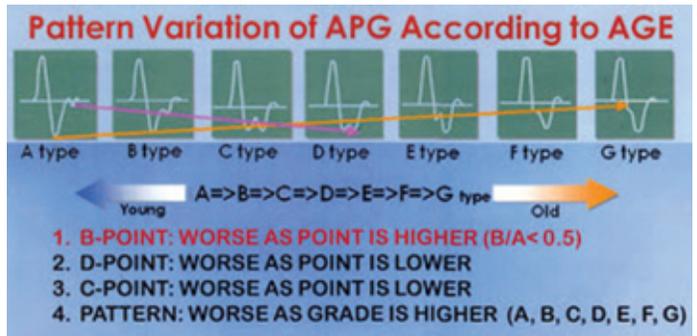
- Heart Beat Recognition (similar to electrocardiogram) checks for steady, consistent heartbeat free of irregularities
- ETC - Ejection Time (similar to echocardiogram) duration of aortic valve opening and closing; checks for normal range
- Pulse Rate - checks for normal range
- Pulse Height - pulse amplitude, similar to stroke volume; checks for pressure/volume of each heart beat
- PTG (Plethysmogram) Waveform - arterial pulse wave form shows pulse pattern, arterial elasticity
- APG (Accelerated Plethysmograph) - measures potential hardening of the arteries and provides their 'biological age'
- Circulation Analysis - measures potential atherosclerosis or plaque build up; checks for constriction in large, small and peripheral arteries
- Final Grade (from A to G) - Overall state of the large and small arteries
- Biological Age - based on APG and other indicators determines a biological age of the arterial system

#### LOOK INSIDE YOUR ARTERIES



#### A EARLY DETECTION IS VITAL

In most cases, with early detection, vascular disease can be treated effectively. The DPA test is a simple screening test that may detect these potential problems. How often have we wondered about what's really going on as our heart pumps, and blood circulates about our body? What is the overall state of this system, the condition of our heart and arteries at rest, at play, under stress? Now a simple, comfortable, quick and easy test can provide you a window with a good view into that system.



#### PREVENTION

One purpose of this screening is to prevent disease before symptoms occur, and to provide a path for corrective action.

Our belief is that the use of the DPA can help reduce cardiovascular disease through early detection and prevention, patient awareness, and ultimately the knowledge to care for your heart and circulatory system.

#### RISK FACTORS ARE:

- High blood pressure
- Diabetes
- Family History
- Obesity
- Ethnicity
- High Cholesterol
- Cigarette Smoking
- Age

#### ARE YOU AT RISK?

Now a simple test will let you know!

For most accurate results, please ensure that for at least 4 hours prior to being tested, participants do not have a heavy meal, heavy exercise, caffeine, nicotine, alcohol, medications, or nail polish.

Alicia is a consultant at the Nature's Emporium Newmarket store and can be contacted at 905-751-4240 or [www.walking-together.info](http://www.walking-together.info)

## Staying warm and healthy in winter according to Chinese Medicine

CONTINUED FROM P.5

prescribed based on your individual symptoms to achieve optimal health.

Enjoy carrots, onions, leeks, cabbage, potatoes, beets, mushrooms, beans, lentils, anchovies, lamb, mussels, millet, barley, Winter squash, sweet potatoes, pumpkin soup, warm fruit compote, Miso soup, nutrient-dense soups, bone broths and stews, Pine nuts, walnuts, chestnuts, black sesame seeds, fennel seeds, nutmeg, cinnamon, ginger, cloves, bay leaves, rosemary, cardamom, coriander, anise, horseradish and garlic.

The salty flavor is associated with the Kidneys and the water element. It is important not to stress the Kidneys with too much salt in winter. The best salty foods are seaweeds, pickles and sauerkraut as they do not dry the body and can be very beneficial.

Always chew very well. Eat less. We are typically less active during Winter, so we require less food.

The crisp, cold air has much less humidity. Our skin and mucus membranes which act as a first line of defense hate being dry, keep them hydrated. Sufficient water throughout the day, use a humidifier in your home or office, flush your sinuses with a neti pot, enjoy healthy fats (wild, cold water fish, flax seeds, walnuts), and using a natural moisturizer.

Restorative bodywork such as acupuncture, and tuina massage are the perfect complements to the season to allow your body and immune system to function at its best and keep you strong and healthy with just a few needles inserted into key points along the body's energy pathways known for strengthening the circulation of blood and energy and for building up the immune system.

Acupuncture does not interfere with Western medical treatment. It provides a welcome complement to it and with its emphasis on treating the whole person, recovery time for illness is often shortened. Acupuncture is regulated in Ontario and covered through most employee benefit plans.

Acupuncture and Chinese medicine is an art and a science, look for an acupuncturist with experience.

Enjoy the winter!

*Kelly Linstead brings over 10 years experience in TCM. Talk to Kelly directly at Lifestyles Wellness Spa & Fitness Centre in Newmarket. [www.lifestylesspafitness.com](http://www.lifestylesspafitness.com) Call: 905-953-8088, text 905-252-7087, email [info@lifestylesspafitness.com](mailto:info@lifestylesspafitness.com). Kelly is a Registered Traditional Chinese Medicine Practitioner, Registered Acupuncturist, Herbalist, TuiNa Massage, Registered Holistic Nutritionist, Yoga Instructor, Personal Trainer and Reflexologist. A New Take on the New Years Resolution, by Patty Stalteri, BSc, RHN*

*The New Year has a magical quality about it, as it provides us the opportunity for a fresh start. Many see the New Year as a chance to do everything better, from losing weight to quitting smoking. Unfortunately, the New Years Resolution has a very poor survival rate after January. This year, let's put away the resolutions and instead plan to gradually make healthy lifestyle changes that will have resolve throughout the year.*

*Time management experts tell us that when we want to ensure that something gets done, we need to make an appointment for it. So, with that sound advice in mind, let's grab our day planners and plan a years worth of lasting healthy changes.*

*On the first day of each month, mark a reminder of a healthy lifestyle change that you will focus on for that month. With each new month, you'll continue the previous month's healthy changes and add in the new change. Here are some healthy lifestyle changes to make in 2015. Feel free to change or add accordingly.*

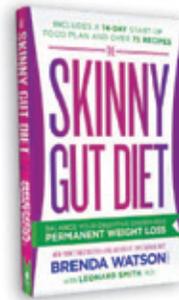
*Patty Stalteri, B.Sc., Registered Holistic Nutritionist, offers nutritional counseling for family nutrition and stress and anxiety-related issues. To contact Patty call at 905-898-1844 or at [patty.stalteri@gmail.com](mailto:patty.stalteri@gmail.com).*

## Are your gut bacteria making you fat?



By New York Times best-selling author  
Brenda Watson, CNC

Inside your digestive tract are trillions of bacteria that play a crucial role in not only your digestive and immune health, but also your overall health - and most notably, your weight. Each of us has a unique balance of bacteria that either protects us and keeps us healthy or leaves us susceptible to disease. That same balance can either contribute to weight gain or to weight loss. When your gut bacteria are out of balance, you gain weight. Conversely, when you balance your gut by eating the right foods (and by **avoiding** the wrong foods) you lose weight, reduce cravings, ditch digestive upsets, boost immunity, reduce inflammation, and feel great. This emerging area of research is the reason I wrote *The Skinny Gut Diet*.



With *The Skinny Gut Diet*, you are going to implement a lifestyle that balances your gut. You will eat delicious foods that feed beneficial bacteria and reduce harmful bacteria. You will take supplements that help maintain that balance and support your core health, mainly high potency probiotics. By correcting your imbalance, you will reach a new state of wellness that reaches deep within you to bring about overall wellness.

As featured on



**YOUR SOURCE FOR SKINNY GUT  
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# A NEW TAKE ON THE New Years Resolution

By Patty Stalteri, BSc, RHN



The New Year has a magical quality about it, as it provides us the opportunity for a fresh start. Many see the New Year as a chance to do everything better, from losing weight to quitting smoking. Unfortunately, the New Years Resolution has a very poor survival rate after January. This year, let's put away the resolutions and instead plan to gradually make healthy lifestyle changes that will have resolve throughout the year.

Time management experts tell us that when we want to ensure that something gets done, we need to make an appointment for it. So, with that sound advice in mind, let's grab our day planners and plan a years worth of lasting healthy changes.

On the first day of each month, mark a reminder of a healthy lifestyle change that you will focus on for that month. With each new month, you'll continue the previous month's healthy changes and add in the new change. Here are some healthy lifestyle changes to make in 2015. Feel free to change or add accordingly.

JAN

Add cardiovascular exercise to your day. Ideally, try to raise your heart rate 30 minutes every day of the week, but make a concerted effort to move your body for 30 minutes – 1 hour at least 3 times per week.

FEB

Add a daily multiple vitamin-mineral supplement to your daily routine. It provides insurance for those days that you can't quite get enough healthy food into your body.

MAR

Add servings of fruits and vegetables to your daily diet. They are loaded with vitamins, minerals, and antioxidants. Try adding a simple green salad to your lunch and some baby carrots with your afternoon snack.

APR

Get ready for summer by adding some strength training exercises to your routine, 3 times per week. Simple exercises can be found on the internet – try the fitness section on prevention.com.

MAY

Oxygenate your body by taking deep breaths daily. This habit will help you feel less stressed and more energetic. Make it a habit to take several deep breaths at every red traffic light, while you wash the dinner dishes or while you are checking your emails.

JUN

With the warm weather of summer coming, time to increase your daily water intake to 8-10 glasses per day. Try the following tips to increase your daily water intake:

Keep a jug filled with your daily water quotient near you and sip throughout the day.

Have a glass of water every hour on the hour during your work day.

Drink a glass of water after every trip to the bathroom.

JUL

Add a source of protein to your breakfast. Proteins are the building blocks of our muscles, blood, hormones, enzymes, and is crucial to our immune system. When eaten at breakfast, protein helps curb our appetite until lunch. Try adding eggs, protein powder smoothies, leftover chicken, or protein-enriched cereals with milk.

AUG

Add omega-3 fatty acids, those "good fats", to your diet with omega 3 enriched eggs, cold-water fish and/or fish oils.

SEP

Think positive thoughts to attract positive things to your life. Make an intention for this month to change as many negative thoughts to positive ones. Have a positive mantra to say during times of stress.

OCT

Switch from refined grains to fibre- and nutrient-rich whole grains. Substitute brown rice for white and try whole grain pastas.

NOV

Add some gentle stretching to your daily routine. Try prevention.com for some stretching routines or, if you like a group atmosphere, join a yoga class.

DEC

This month, focus on reducing stress through meditation, prayer or merely by allowing yourself to experience a few moments of silence each day. Practice deep breathing and to calm your mind, focus on a calming word or picture.

*Patty Stalteri, B.Sc., Registered Holistic Nutritionist, offers nutritional counseling for family nutrition and stress and anxiety-related issues. She is also a consultant at the Nature's Emporium Newmarket store. To contact Patty call at 905-898-1844 or at patty.stalteri1@gmail.com.*

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## Managing Your Stress

BY Marina Silverio



For many of us, things can sometimes get crazy busy with a "to do" list that keeps growing. So here is the million dollar question: with regard to our health, is it good to be busy and have so much to do all the time? Consider this: it's not how much we have to do that affects our health, it's how we feel about it that makes a difference. Feeling overwhelmed and stressed can have a negative impact on our body chemistry and ultimately our health; on the other hand, if we thrive, are exhilarated by, and love what we are doing, then it can actually have a positive impact on our health.

Our central nervous system is made up of two parts, they are called the parasympathetic and the sympathetic systems. When we are relaxed, our body is in a parasympathetic state and can metabolize optimally. On the other hand, when we are stressed or dealing with a crisis, our body is in a sympathetic state and this puts stress on our adrenal glands to release hormones, like cortisol, epinephrine, and norepinephrine, which create many chemical reactions in our body; those reactions include an increase in heart rate, respiration, and blood sugar to give us energy so we can deal with the crisis at hand. Those reactions are part of the body's natural defense system.

This is all great, our bodies are truly wondrous; however, the problem is when we have chronic stress leading to prolonged release of cortisol, this can often lead to many health problems like bone loss, certain types of cancer, thyroid

dysfunction, memory loss, decreased immunity, increase in belly fat, and inflammation all of which have been linked to many other serious health issues. In addition to all that when our sympathetic system is triggered, our digestive system shuts down and we may not assimilate or digest food properly, leading to poor absorption of the nutrients we need to maintain our health.

It's important to realize that our body doesn't differentiate between a true crisis and a perceived one; our perceptions and feelings tell our body we are dealing with a crisis whether we are or not; so if we are watching a scary movie or we are about to be attacked by a bear, our body will have the same chemical reaction.

### Tips that can help you reduce stress and stay healthy:

Deep breathing helps to trigger the parasympathetic system and improve digestion.

Eating a healthy nutrient dense diet is essential for supporting all your body systems.

Regular exercise helps to reduce stress, detoxify your body, and maintain a healthy weight.

Getting enough sleep is important because that is the time your body heals and repairs.

Drinking chamomile tea is good for stress, this herb supports the adrenal glands.

Practising yoga is excellent for reducing stress.

Have fun, laughter helps to release stress and tone abdominal muscles.

Be kind to yourself.



#### About the Author

*Marina Silverio is a Registered Holistic Nutritionist (RHN) and a member in good standing with CAHN-Pro (Canadian Association of Holistic Nutrition Professionals). She graduated with honours from the CSNN (Canadian School of Natural Nutrition). She is also a consultant at the Nature Emporium Vaughan store. Marina has a private practice in Toronto. Using an individualized approach that looks at the body, mind, and spirit and how they interconnect, she assesses body systems and how they impact each other to find a plan that suits her client's lifestyle, to help optimize their health.*

Phone: 647-960-2853; Email: [nutrition@marinaRHN.ca](mailto:nutrition@marinaRHN.ca); Web: [www.marinaRHN.ca](http://www.marinaRHN.ca)

# Motivate Yourself to Get Healthier

By Cleveland Clinic Wellness Editors

## Body & Mind Cleansing

**# 1 Aim for a target** Need a reason to get off the couch and to the gym? Get motivated by signing up for a 5K. Or book a trip to a bikini destination. Wake up your desire to exercise by setting a tangible goal with a deadline. If you're motivated by personal achievement, sign up for a race. Pay your entrance fee and mark it on your calendar. Or, if you're more motivated by your physique, book a trip to the beach and buy yourself a cute new swimsuit that you want to look good in. If rewards speak more loudly to you, promise yourself a vacation only if you make it to the gym three times a week. Either way, you'll have something to look forward to and work toward — and you'll feel better in the process.

**# 2 Dine with healthy friends** Can't stop eating until you're stuffed? Dine with people who practice portion control. Group behavior sets the standards for what's normal. You might think that eating alone is the best way to cut back on your calories. After all, if you're not distracted by good conversation, you'll be more mindful of how much food you're shoveling into your mouth. But that isn't always the case. While it's true that some people eat less when dining solo, others chow down when no one is watching.

If you frequently overeat, your best bet is to dine with people who practice portion control. Because we unconsciously mirror others' habits, we eat less when others at the table are doing the same. Likewise, if you choose a salad over mozzarella sticks, your dining partner may opt for something more healthful too.

**# 3 Visualize healthy eating** Having a tough time getting all your fruits and vegetables? Visualize yourself eating them — it will help you to actually do it. A study at McGill University found that people ate more fruit when they pictured themselves doing it. The reason? Using visualization techniques that allow you to see yourself carrying out your plan can help you accomplish it. Athletes have long utilized these kinds of mental strategies to help them visualize their success. Picturing your performance helps solidify the idea and makes it feel more doable. Come up with a concrete plan — like adding an extra helping of fruit or veggies to each meal — write it down and then envision yourself shopping for, preparing and eating them.

**# 4 Grow a vegetable garden** If visualization isn't your thing, try this: develop a green thumb! Gardeners consume more vegetables than people without gardens. Focus on getting you and your family to eat more vegetables. How? Plant a garden this year. It's probably no surprise that researchers at Texas A&M University and Texas State University found gardeners, compared to people without green thumbs, are more likely to eat their veggies. Other benefits of getting dirty: The survey also found that gardening increased life satisfaction and self-esteem in older adults. But it's not just seniors who reap the rewards. Previous research

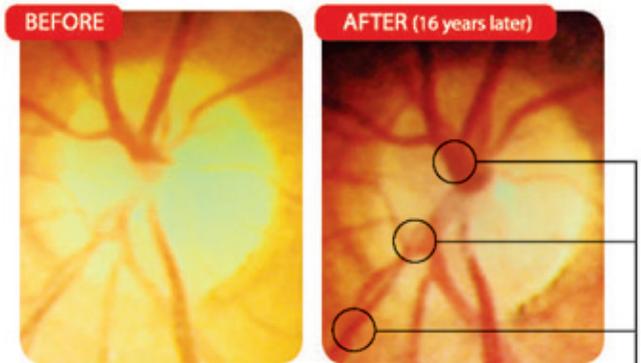
CONTINUED ON P.27

# Vitamin C and Lysine



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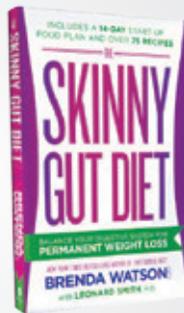
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# Boost Your Immune System in 30 Days

By Lorna R. Vanderhaeghe, M.S.



Your immune system is a highly specialized front-line defense army that identifies, remembers, attacks and destroys disease-causing invaders and transformed or infected cells. The immune system seeks, recognizes and destroys the body's enemies. When functioning optimally, the immune system is a powerful protector.

Few viruses, bacteria, fungi, cancer cells and parasites are allowed to set up

house and wreak havoc if the immune system is operating at peak performance. So determined to destroy invaders that the immune system can often go awry and start damaging the body itself. We see this with autoimmune diseases like lupus and rheumatoid arthritis. Boosting the immune system is not the answer as that can worsen allergies and autoimmune diseases. Creating a strong and healthy immune system that keeps you protected and does not become overactive is the answer.

## Symptoms of Immune Dysfunction

- Frequent colds and flu
- Herpes (cold sore) outbreaks
- Allergies
- Painful joints and muscles
- HPV and abnormal PAP smears
- Psoriasis, eczema, hives or rashes
- Rhinitis or constant runny nose
- Autoimmune disorders
- Candida overgrowth
- Parasite infections
- Bowel disorders

## 3 Super Immune Nutrients

To ensure a healthy immune system that protects us from colds, flu, viruses, bacteria, cancers and other invaders we can take immune nutrients that keep our immune system strong. Immune boosters are not the answer as they can cause the immune system to become overactive promoting inflammation and autoimmune disease. Daily immune support is the answer. The following immune nutrients to be taken on a daily basis should ensure you make it through flu season unscathed. Beta 1,3/1,6 glucans are a natural gluco polysaccharide derived from the cell walls of a highly purified, proprietary strain of *Saccharomyces cerevisiae*. Beta glucans support a healthy and strong immune system. Several peer-reviewed research studies have shown that when beta 1,3/1,6 glucan are swallowed the immune cells in the digestive tract transport them to the immune system throughout the body. One double-blind, placebo-controlled trial lasting 90 days in 100 healthy people given 250mg of beta 1,3/1,6 glucans who had developed upper respiratory infections had the total number of days they were sick and symptoms reduce significantly. We know that those who exercise strenuously are more prone to colds and flu due to the stress on the body. In one study it was found that those who took beta 1,3/1,6 glucans had improved immune response and less colds and flu post work out. Experts don't recommend immune boosters be taken as

they can have a negative effect in the body. Several conditions like allergies are associated with an already overactive immune system and immune boosters can make symptoms much worse. Beta 1,3/1,6 glucans are not immune boosters but balance and normalize the immune response making for a strong immune system. One study that allergy sufferers taking beta 1,3/1,6 glucans the severity of their allergy symptoms, runny nose and itchy eyes reduced and quality of life improved.

## Vitamin C Super Nutrient

Vitamin C aka ascorbate and ascorbic acid is the most important immune vitamin. It is antiviral, antibacterial and anticancer. Vitamin C has been found to increase antibodies, which are produced to teach your immune system to recognize a virus and kill it quickly if you are exposed to that same virus in the future. Only 9 percent of North American's are getting enough vitamin C in their diet. Vitamin C protects against viral infections by causing the immune system to send out special immune cells (phagocytes) that engulf and destroy invaders. In the elderly simply taking 500mg of vitamin C per day for 10 days before a flu vaccine will cause the immune system to make more antibodies to the vaccine thereby improving the benefit of the vaccine. Many older individuals do not benefit from vaccines because their immune system is too weak to make antibodies. Vitamin C also enhances glutathione, a powerful antioxidant that aids the immune system. Vitamin C also dramatically enhances natural killer cells, the cells that destroy malignant cells. Buffered vitamin C - magnesium ascorbate, potassium ascorbate, calcium ascorbate which are far more absorbable forms and much easier on the stomach than straight ascorbic acid or ascorbate.

## Zinc: The Thymus Booster

The thymus gland is like the commanding officer of a very large army. Without a healthy thymus, the immune system can't do its job. Zinc is the most important mineral to the thymus gland. It is so important that if you have an undersized or malfunctioning thymus just simply taking zinc citrate can reverse or rejuvenate the thymus. Over 300 enzyme systems in the body require zinc. As little as 10mg of elemental zinc per day given to the elderly was found to improve the action of T-cells, immune cells that attack invaders. Zinc's antiviral activity was looked at in 37 cold-infected people in a double-blind, placebo controlled study where zinc citrate was given over 7 days. After 1 week over 85% of the participants were symptom free compared to half the group not taking zinc. Zinc deficiency causes a reduction in T-cells, natural killer cells and thymic hormone which are all important components of a healthy immune system. Remember to wash your hands with soap and water often throughout the day as most viruses and bacteria enter the body because we touch our eyes, nose and mouth with infected fingers. Do not use antibacterial soaps as Tuft's University researchers found that over time these anti-bacterial agents are making super-bug strains of bacteria. Drink several glasses of water to stay well hydrated. The fluid around your eyes, nose and mouth are rich in immune army cells that destroy invaders but if we are dehydrated they can't do their job of protecting us. And reduce your consumption of sugar. One teaspoon of white sugar will turn off your immune army for 6 to 8 hours.

*Lorna Vanderhaeghe is the author of 11 books. With degrees in biochemistry and nutrition she is a nutritional medicine expert. Her first two books were written on the immune system including *The Immune System Cure and Healthy Immunity*. Visit her website at [www.healthymunity.com](http://www.healthymunity.com) for more information.*

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Cheese Expert John

# It's Our Celebration of *Cheese*

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# 3 super immune-boosting herbs

by Dr. David Jockers

(NaturalNews) Life on Earth is a stressful endeavor for all living things. This stress provides an adaptive stimulus for plant and animal life to become stronger and more resilient. Certain herbs have adapted over centuries to have incredible immune-enhancing properties. Garlic, oregano and ginger are a few powerful immune-enhancing herbs.

All life in nature must protect itself continually from the elements and environmental stressors. This includes dramatic shifts in weather, microorganisms, UV light, etc. Herbs and plants have adapted with powerful antimicrobial and antioxidant capabilities to give them a survival advantage. When we consume these herbs, we benefit from the immune-enhancing adaptations.

## Garlic

Garlic is a pungent herb and one of nature's natural antibiotics. Due to the powerful sulfur-containing nutrients and immune stimulators within garlic, it is classified as a superfood herb. Consumption of garlic daily may be one of the best defenses against infection and inflammatory-based disease. Garlic contains over 100 biologically active components including alliin, alliinase and unique sulfur compounds. When garlic is crushed or chewed, it forces the allin and allinase enzyme together and causes a chemical reaction to produce allicin. Allicin and sulfur-based compounds act as powerful antibiotic, antiviral and antifungal agents that have an incredible immune-stimulating effect.(1) Additionally, garlic is also used to lower blood pressure, cholesterol, and help prevent/reverse cancer.(2, 3) Researchers have found garlic to be more powerful at destroying pathogenic bacteria than the popular antibiotics penicillin and tetracycline. It is also very effective against viruses and yeasts like Candida. Garlic is also very potent at destroying tumor cells in the stomach, colon, breast and prostate among other regions.(4) The sulfur compounds are also effective at detoxifying heavy metals such as mercury, lead and aluminum.(5)



## Oregano

Oregano oil is an extraordinarily powerful natural antibiotic. Oregano has been found in a recent study to be significantly better than all of the 18 currently used antibiotics in the treatment of MRSA staph infections.(6)The strong phenol antioxidants destroy pathogenic bacteria, viruses and yeasts. The USDA ranks oregano's antioxidant capacity anywhere from 3 to 20 times higher than any other herb. Oregano has four times the antioxidant power of blueberries, 12 times that of oranges and 42 times greater than apples. Oregano oil has been classically used as a disinfectant, an aid for ear, nose and throat/respiratory infections, candidiasis and any sort of bacterial or viral condition.

Additionally, it works to suppress inflammatory mediators and cancer cell production.(7) Oregano oil is more potent than the dried herb; however, the dried version still contains many powerful health benefits. Studies have shown that carvacrol, a phenol



antioxidant within oregano, has powerful anti-inflammatory and antimicrobial activity when applied to food or taken in supplement form. Oregano also contains rosmarinic acid which has very strong cancer-fighting properties.

## Ginger

This incredible superfood herb is 13th on the antioxidant list. Ginger is composed of several volatile oils that give it its characteristic flavor and odor: zingerone, shogaols and gingerols. These oils are powerful antibacterial, antiviral, antifungal, antiparasitic agents. In addition, it inhibits cancer cell formation while firing up our body's own inborn ability to destroy the cancer cells formerly present.(8) Ginger is classified as a carminative (reducing intestinal gas) and an intestinal spasmolytic (soothes intestinal tract) while inducing gut motility. Ginger is known to reduce fever-related nausea, motion sickness and feelings of "morning sickness." Additionally, it helps aid in the production of bile, making it particularly helpful in digesting fats.(9) Ginger is also an important part of a de-inflaming, natural pain-relief program. One compound called 6-gingerol has been shown to significantly inhibit the production of a highly reactive nitrogen molecule, nitric oxide, that quickly forms a dangerous free radical peroxynitrite. Additionally, ginger helps protect the body's stores of glutathione, which is a potent antioxidant and free radical destroyer.(10)



### About the author:

Dr. David Jockers is a Maximized Living doctor and owns and operates Exodus Health Center in Kennesaw, Georgia where he specializes in functional nutrition, functional medicine and corrective chiropractic care to get to the underlying cause of major health problems. For more info go to [www.drjockers.com](http://www.drjockers.com)

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# Food of the Ancient Kings

By S. D. Wells

(NaturalNews) The following compilation describes a long list of the most valuable foods on the planet, which were sought by kings of ancient civilizations. Olive oil was used to anoint kings; chia seeds were used as an energy source by Aztec warriors, and only the emperors of ancient China's Ming Dynasty were allowed to eat of the "forbidden rice" (black rice). The Romans fed their gladiators barley. And the "New World" discovery of America by Europeans was nothing more than an attempt to find a new path to the spices of India. Little did Columbus and his crews know that the Native Americans already figured out natural remedies long, long before that. These ancient cultures traded too.

## Question

Do you really "eat healthy" or do you just think that you do? How much do you really know about what the ancient kings knew back then, that you could be making your very own staple diet?

## Answer

It doesn't really matter if you "think" you eat healthy, if you don't. You can eat salad every day, but if that salad has been sprayed with pesticides and watered and washed with fluoridated water, it's more than useless to your body -- it's downright damaging. And you can eat your "apple a day" to keep the doctor away, but the doctor's office is exactly where you will go if that apple, along with all your other fruit, is doused with pesticides. Plus, many of the herbs and tinctures used for several millennia aren't even for sale in typical grocery stores, nor are they served up in commonplace, franchises and corporate-owned and -run restaurants. No wonder so many million people have compromised immune systems and allergies to so many foods, medicines and skin care products!

Your "average" diet (or lack thereof) is usually chock-full of GMOs and cooked, processed foods. These foods are grown in soil that is VOID of nutrients, and that means that the foods are lacking in nutrition, if not completely devoid of any. Nutrition needs to be absorbable by the human body, so your billions of enzymes can "turn on" and do their job protecting you. It's time to TURN ON your enzymes with the foods of the ancient kings.

## Presenting three-millennium-old food for thought ...

**The Roman Kings:** Herbs, garlic, rosemary, thyme, basil and cucumbers were basic Roman staple. Some of these they imported from Asia and Africa. Their beets, cumin and mustard came from Mesopotamia.

**Chinese Emperors:** Invaluable crops like cabbage, peas and beans were grown in China. Recent archaeological finds include Chinese culinary cultures using bronze for cooking utensils and tableware from as far back as 1600 BC during the Shang Dynasty. During the Western Zhou Dynasty, more than 2,000 staff of the imperial palace prepared these foods for the emperor and his family. Historians believe that the Shang people mastered steaming and stir frying 3,000 years ago.

**Egyptian Pharaohs:** Fresh apples, apricots, cherries, grapes, figs, dates, melons, pomegranates, pears, and plums were consumed in Egypt, Greece, Mesopotamia, Rome and China.

**The Aztecs:** Their diet included corn, avocados, tomatoes, squash, beans and peppers. Chocolate was reserved for warriors and nobility.

**Incan Royalty:** The food of Incan royalty was similar to the Aztecs but also included quinoa, mushrooms and exotic fruits.

Herbs, tinctures, root tonics and superfoods for your royal highness

First, start off with some medicinal mushrooms like chaga, reishi and lion's mane. Plus, build immunity with bioavailable supplements. Then check out parsley root tonics, herbal teas, marine phytoplankton, the world's cleanest chlorella, spirulina, raw and organic turmeric, raw and organic coconut oil, probiotics, digestive enzymes, diatomaceous earth, vitamin D3, the "good" kind of calcium, goji, acai and noni berries, maca powder, and of course mucuna (legume) powder (helps smokers quit smoking naturally).

So don't get caught up in your "average" diet. Eat superfoods and fill your days with energy, vitality, intelligence, creativity and immunity. Be smart. Read the labels on everything that you eat, drink and put on your skin. Herbs, tinctures and root tonics have been around Earth forever, but most Americans don't even try them because they've never known where to find quality nutrition.



# 6 SIMPLE STEPS

## To Health That You Can Start Now

By Michael Edwards

(NaturalNews) We have just passed New Year's Day and the annual accounting that accompanies it. Did you keep your New Year's resolutions last year? The year before? Most of the time, resolutions focus on health issues. I will lose weight. I will get healthy. I will completely change the way I eat. Within weeks we give up, defeated. If you're not healthy, if you continue to say to yourself, "I wish I could take care of myself that well," then do it. If the change is radical, approach it with a project plan - one step at a time.

### Step 1

One of the reasons change is hard is because it usually starts with taking away something. Instead, start the other way around. Every day, drink a smoothie. It doesn't matter if you have it for breakfast, lunch, dinner, or a snack. Just drink a nutrient dense smoothie. There are two important ingredients: a high quality nutrition powder and, depending on the diet, a balanced oil supplement. In a blender, start with fresh or frozen fruit, cover with juice (not always necessary when using fresh fruit), add two tablespoons of nutrition powder, a tablespoon of flaxseed oil or an omega oil blend, and as much kale or spinach or other greens you can handle.

### Step 2

Your enthusiasm for this project will grow as each step makes a significant difference in the way you feel. Step two is to eat a large salad every day. No, I am not talking about a bowl of lettuce, tomatoes, and cucumbers. I am talking about an incredibly nutritious salad filled with lots of raw veggies. Make it with at least 12 different vegetables, and throw in some herbs and seeds as well. Be sure to add fresh garlic, turmeric, and pepper for synergistic health benefits. Make it big and munch on it all day if you can't finish it in one sitting.

### Step 3

Between your daily smoothie and your daily salad, you are going to be feeling so much better. Your body is getting the nutrition it needs to repair damage and to thrive on a cellular level. Now that you are feeling

better, are you ready to feel a whole lot better? If it's time, move on to step three. Clean out your kitchen. Get rid of all the crappy processed food filled with artificial colors, flavors, preservatives, MSG, high fructose corn syrup, GMOs, trans fats, and other disgusting chemicals. You want to eat whole foods, real foods, organic foods. But while we're taking something away, let's add something else. One of the most amazing things you can do for your body is to take up drinking a gallon of cranberry stevia lemonade a day.

### Step 4

Increase the amount of raw foods you eat. Aim for 80% raw - more vegetables than fruit.

### Step 5

It's time to detox, and balance the gut's eco-system (though the aforementioned salads have made a huge difference already). True health is achieved by providing the body with the nutrition it needs and ridding it of the parasites, yeast, heavy metals, chemicals, and other garbage that doesn't belong. You have the choice to take each of these steps fast or slow. The point is, be sure each step is ingrained before moving on. If it takes you a month per step, in six months you will be eating the healthiest diet possible. If it takes you two months per step, it will take a year. But if it does, a year from now you will have totally changed your health.

### Step 6

Do squats. Start with a few, and do a few more every day. Get up to 100 every day. Take your time, and work your way up. Can you imagine making such a radical change and how it will impact your life? If you can imagine it, you can do it. Just start with step one.

#### About the author:

Michael Edwards is the founder, owner, editor-in-chief, and janitor for Organic Lifestyle Magazine and Green Lifestyle Market. At age 17, Michael weighed more than 360 pounds. He suffered from ADHD, allergies, frequent bouts of illness, and chronic, debilitating insomnia. Conventional medicine wasn't working. While he restored his health through alternative medicine he studied natural health and became immersed in it.

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## Motivate Yourself to Get Healthier

CONTINUED FROM P.17

at Texas A&M found that kids who got involved in gardening programs were more willing to try new fruits and vegetables. And you don't need a big plot of land to grow your favorite crops. If you have a sunny outdoor spot, pot a few herbs or vegetable plants in a small container garden.

### # 5 Make willpower work for you!

Tempted to give up? Don't. Your beliefs about willpower determine how long and how well you're able to work on a tough mental exercise. Think you don't have what it takes to finish a difficult project? According to researchers at Stanford University, your beliefs about willpower greatly influence how long and how well you're able to perform a difficult task. If you think of willpower as something that's limited, you're more likely to tire out when working on a challenge. Believing self-discipline is not easily depleted, on the other hand, will allow you to persevere for longer. The same holds true for procrastinating and taking breaks. Thinking that your brain needs a few minutes to recharge determines how long you'll be able to stick with a task before losing focus. According to procrastination expert Piers Steel, willpower has enormous reserves, and trusting in your ability will help you accomplish your goals.

### # 6 Give yourself a break

Go easy on yourself. Self-compassion may be more effective than drill sergeant techniques. It's also linked to greater happiness. Don't beat yourself up for eating that piece of cake or missing a day (or 12) at

the gym. Instead, be encouraging and supportive, as you would be to a friend. Having compassion for yourself and your perceived failures may be more effective than tough love when it comes to motivation. Berating yourself can make you feel worse and less inclined to change. On the other hand, treating your shortcomings with kindness and understanding can help protect you from negativity and make you feel more optimistic about your ability to change. The next time you feel discouraged, give yourself a pep talk instead of a lecture. Think of what you might say to encourage a child or a close friend, and treat yourself to that same kindness.

New Year's resolution: Improve your eating habits by being kind to yourself just as you are.

Amid all the giving you're doing this season, don't forget to keep a little love and understanding for yourself. Tell your inner drill sergeant to take a hike! Cultivating self-compassion in his place may do more to improve your eating habits than the most ambitious New Year's resolutions. New research shows that women who accept their "imperfections" and who are kind to themselves — about all sorts of things — have a more positive body image and a better relationship with food. And it's just this kind of attitude that can help you form lasting good habits. If self-compassion is a foreign concept, don't worry. You can learn it! Think about how you'd comfort a child who just scraped her knee, or a close friend who's having a hard time. Self-compassion amounts to treating yourself with that same TLC. Begin practicing "loving-kindness", and start noticing when your inner bully is afoot. Your eating habits aren't the only thing that will benefit: Self-compassion has even been shown to protect against stress-induced inflammation. It's time to turn that tough love into a kinder variety.

## Steps to Beautiful Skin, Hair & Nails by Lorna Vanderhaeghe, MS



**1** Youthful skin has abundant collagen making the skin **smooth** and **wrinkle free**. Active Collagen has been shown to reduce the depth of **deep wrinkles** in 28 days. Start taking **Active Collagen** today for **beautiful skin**.

**2** Beautiful glowing skin comes from within. A very special fatty acid called **GLA** is required to maintain healthy skin. Skin disorders like **eczema, psoriasis, rosacea, dermatitis, wrinkles, acne** and **dry skin** occur when we do not have enough GLA. **GLA** makes your skin **luminous, dewy** and **glowing**. The main reason our skin becomes **dull and thick** after **menopause** is due to the inability to make **GLA**. It is essential that we take a daily dose of **GLA** to ensure **beautiful skin**. GLA is not found in fish or flax oil. **GLA SKIN OIL** is a highly concentrated organic **GLA** supplement. After 3 weeks of taking **GLA SKIN OIL** your friends will be asking if you have had "work" done.

**3** Your **hair, nails and bones** need **Collagen Plus** with biotin. For **strong nails** and **bones** and **thick, fast growing hair** in 60 days take **Collagen Plus**.

**4** **Hyaluronic acid, squalene** and **celadrin** will **transform** the appearance of your skin. A 60 day study showed **Celadrin Super Rich Skin Therapy Cream** applied twice a day **reduced wrinkles dramatically**.



### Lorna's Beautiful Skin Program:

- 2000 mg of Active Collagen
- 2 tsp. of GLA Skin Oil or 4 GLA soft gels
- 10 drops of Collagen Plus
- Apply Celadrin Super Rich Skin Therapy Cream morning and night

# Is Your Immune System Strong Enough?

By Bahar Mahmoudi, IPC, NHP, RI



Inside your body there is a protection mechanism called the immune system. It is designed to defend you against millions of bacteria, microbes, viruses, toxins and parasites.

## Immune system organs include:

### Bone Marrow

While bone marrow isn't considered an organ, it is vital to the immune system and shouldn't go unmentioned. Some cells of the immune system mature in the bone marrow, and some travel to other areas of the body to complete their maturation.

### Thymus

The thymus is a small, butterfly-shaped organ that lies between your breastplate and your heart. During its most active time, the thymus is responsible for directing the maturation of immature thymocytes into T cells. T cells are the managers of the immune system, instructing other cells how to react to foreign substances.

### Spleen

The spleen performs several functions; it filters the blood, destroying old or damaged blood vessels. It also contains many specialized cells (e.g. T cells) of the immune system that look for foreign particles as blood circulates. T cells ingest foreign microorganisms and present their pieces to T cells. If a T cell recognizes a presented particle as foreign, it instructs a B cell (which also recognizes the particle) to create antibodies against it.

### Lymph Nodes

Lymph nodes are a bit like the spleen, but instead of filtering blood, they filter lymph. Lymph is composed of fluids which drain from tissues. It is collected at various locations throughout the body and circulates through a series of lymph nodes, eventually returning to the blood for circulation. Unwelcome microorganisms enter the lymph nodes either by circulating with lymph or by ingestion by a cell that then travels to the lymph node. These important organs make up the framework of the immune system, providing meeting locations for specialized cells to communicate.

## What causes low immune function?

The health of the immune system is greatly impacted by a person's emotional state, level of stress, lifestyle, dietary habits and nutritional status. Nutrient deficiency is the most frequent cause of a depressed immune system. An overwhelming number of clinical and experimental studies indicate that any single nutrient deficiency can profoundly impair the immune system.

## Immune boosting foods:

Chicken noodle soup, onion and garlic, shitake and maitake mushrooms, citrus fruits, yogurt, hot Tea, ginger, honey, black Pepper.

## Immune boosting supplements:

### Astragalus membranes

The astragalus product, which is derived from the root of the plant, is an immune-system stimulant.

### Echinacea

Echinacea is an "immune stimulant," usually in terms of its purported ability to prevent or limit the severity of colds.

### Garlic

Garlic may have some infection-fighting capability. In laboratory tests, researchers have seen garlic work against bacteria, viruses, and fungi.

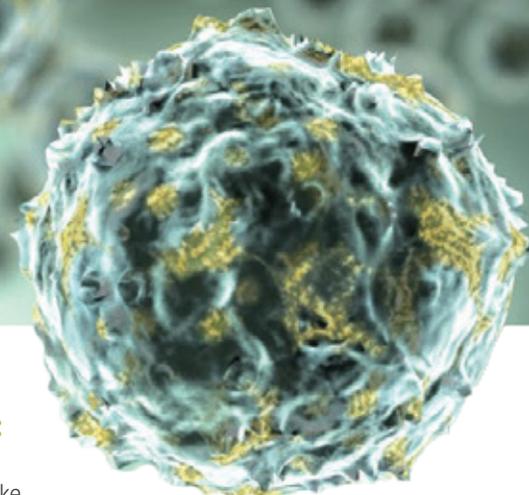
### Probiotics

There are hundreds of different species of bacteria in your digestive tract, which are helping to digest your food as well as boosting your immunity. For instance, it is now known that certain bacteria in the gut influence the development of aspects of the immune system, such as correcting deficiencies and increasing the numbers of certain T cells.

### Mushrooms

Shiitake, Cordyceps, Maitake, these medicinal mushrooms have anticancer, antiviral, and immune-system enhancing effects.

*Bahar Mahmoudi is an International Pharmacy Graduate with a diploma in Nutrition, a Natural Health Practitioner and a registered Iridologist. She is also a consultant at the Nature Emporium Newmarket store. Contact her at (905) 898-1844.*



# 10 Tips for Lowering Your Cholesterol

By Cleveland Clinic Heart & Vascular Team

We all want to be heart-healthy, and ensuring healthy levels of cholesterol — a fat, or lipid, carried through the bloodstream — is the first step.

Low-density lipoprotein or LDL (bad) cholesterol contributes to plaque buildup along with triglycerides, another lipid. High-density lipoprotein or HDL (good) cholesterol discourages plaque buildup. Plaque can threaten the blood supply to the heart, brain, legs or kidneys, leading to heart attack, stroke or even death.

The preventive cardiology team in Cleveland Clinic's Sydell and Arnold Miller Family Heart & Vascular Institute is dedicated to making sure these medical emergencies never occur.

Registered dietitian Kate Patton, MEd, RD, CCSD, LD, and exercise physiologist Michael Crawford, MS, cardiac rehabilitation supervisor, share these ten tips — five for lowering cholesterol through diet and five for making the most of exercise:

**1. Cut back on animal fat** Forgo fatty meats, like processed meats such as bologna, salami, pepperoni and hot dogs; and fatty red meats, such as ribs and prime cuts of beef, pork, veal or lamb. Also, skip skin on chicken or turkey. Avoid full-fat dairy products such as whole milk, cheese, cream, sour cream, cream cheese and butter. These foods contain saturated fat as well as cholesterol — both associated with higher blood cholesterol and plaque buildup.

**2. Make friends with fiber** Specifically, get friendly with foods high in soluble fiber. In the gut, soluble fiber can bind to bile (which is made up of cholesterol) and remove it. Look for soluble fiber in oats, oat bran, ground flaxseed, psyllium, barley, dried beans and legumes, fruits and root vegetables, as well as some whole-grain cereals.

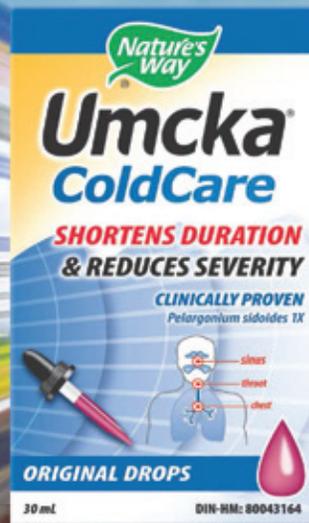
**3. Go veggie** Choose at least one meatless meal per week. Substitute animal protein (meat, poultry, fish, eggs, cheese) for plant based protein such as beans, lentils, tofu or quinoa. Try these plant based proteins in salad, soup, stir fry, or a burrito to decrease your saturated fat intake and increase your fiber intake. If you enjoy meatless meals, try to go meatless for one day per week!

**4. Be mindful of carbs** Research shows that following a low-carb eating plan can help you lose weight and reduce cardiovascular risk factors. Choose high fiber carbohydrates like oatmeal, whole grain starches, beans, lentils, and fruit which will provide the



CONTINUED ON P.35

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## Eight Ways to Decrease the Risk of Heart Attack

By W. Gifford-Jones M.D.

Why is it that every 20 seconds in North America someone suffers a coronary attack? It's because the heart is under huge stress beating every day 100,000 times, or 2.52 billions times by age 70. Unfortunately we can't give our heart two weeks vacation every year. But there are ways to increase the chance your heart will beat longer than 2.52 billion beats.

**ONE: Get hooked on fish** Harvard School of Public Health Researchers believes the magic ingredient in fish is omega-3 fatty acids. Fatty acids, like Aspirin, add oil to the blood making it less likely that blood platelets will stick together forming a fatal clot. They also decrease the chance of ventricular fibrillation causing cardiac arrest.

**TWO: Then get hooked on an anti-inflammatory diet** We know something is wrong when we develop an inflamed throat. Researchers believe that inflammation also increases the risk of coronary attack and can be predicted by a test called, C-reactive protein (CRP). Dr. Ernst Schaefer, chief of the Lipid Metabolism Laboratory at Tufts University in Boston, says the best way to lower CRP is to lose weight. And to keep away from processed foods, cookies, frozen foods and many dessert items that are high in pro-inflammatory omega - 6 fatty acids.

**THREE: What about cholesterol-lowering drugs?** Readers of my columns know I question the role blood cholesterol plays in causing coronary attack and that 99 percent of doctors disagree with me. But if you're attempting to lower blood cholesterol try natural methods first. Be physically active, have a handful of almonds daily and increase dietary fiber such as oat bran, beans, peas, whole grains, vegetables and fruits.

**FOUR: Coenzyme Q10 to fight congestive heart failure** It's important to take Coenzyme Q10 if you're taking a cholesterol lowering drug (CLD). CLDs can decrease levels of this enzyme in the heart's muscle by as much as 40 percent. Some authorities worry that this could lead to heart failure later in life as Coenzyme Q10 is the gas that provides energy to the heart.

**FIVE: Aspirin** New evidence shows that taking an enteric-coated Aspirin is not recommended for those who have not suffered a heart attack. But for those who have had a coronary attack a daily 81 milligram Aspirin decreases the risk of another one.

**SIX: Nitric Oxide** Nitric oxide (NO) is produced in the endothelial (inner lining) of blood vessels and triggers dilatation of arteries. Dr. Nathan Bryan, at the University of Texas, a world authority on NO says that after age 40 the production of NO decreases. This increases the risk of hypertension and this constant pressure causes injury to the inner wall of coronary arteries resulting in an inflammatory reaction that kills one North American every 37 seconds.

**SEVEN: High doses of vitamin C & lysine** High doses of vitamin C and lysine prevent atherosclerosis (narrowing of arteries). Dr. Linus Pauling reported years ago that a lack of vitamin C and lysine caused cracks in coronary vessels resulting in a blood clot and death. Since then Dr. Sydney Bush, an English researcher, has shown by taking before and after photographs of arteries that this combination not only prevents heart attack, but unblocks coronary arteries restoring them to normal. Photos do not lie. Bush should receive the Nobel Prize for this monumental discovery. This is why I've been taking high doses of vitamin C and lysine for the last 16 years following a heart attack. I believe it saved my life.

**EIGHT: Alcohol in moderation is one of the best medicines** If you have never abused alcohol, an alcoholic drink before dinner helps to relax coronary arteries. It also increases the good cholesterol. As Sir William Osler remarked, "Alcohol is for the elderly what milk is for the young." I'm not going to debate this advice!

*As published in Natural News Newsletter*

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# The Webster Technique:

A technique for pregnant women

By Danielle Warner



You have seen the Webster Technique—that technique to help pregnant women with breech babies—featured on the Learning Channels’s hit series “A Baby Story”. You have read it in Mothering magazine and Midwifery Today. You have seen it on the onternet. You have heard it talked about by birthing professionals. Perhaps potential patients have asked you about it. But what is it?

The Webster Tecjnique is a chiropractic technique designed to relieve the causes of intrauterine constraint. Intrauterine constraint is defined as any forces external to the developing fetus that obstructs normal movement of the fetus. Intrauterine constraint can prevent the developing fetus from attaining a head down vertex position and acheiving a vaginal birth, resulting in cesarean section delivery. Today, nearly 13% of all cesarean deliveries performed are due to breech presentation.

Currently, approximately 4.6% of all singleton pregnancies develop into breech presentaion and the incidence of perinatal mortality with breech presentaion is approximately four times that of a vertex presentation. While many infants in breech presentation before 34 weeks will convert spontaneously, few will do so afterwards.

Performance of the Webster Technique involves analysis of the relationship of the bones of the pelvis, and correction of aberrant biomechanics through the use of a light chiropractic adjustment og teh sacrum (step 1). It also involves analysis and relief of specific abdominal muscle tension or spasm (Step 2). Both steps are intended to relieve the musculoskeletal casues of intrauterine constraint that may lead to c-section delivery.

It is important to stress that the Webster Technique is not to be miscontrued as the practice of obstetrics. This is a specific chiropractoc technique intended to relieve constraining tension. The chiropractor does not attempt to change the psotion of the fetus as is doen in external cephalic version (ECV).

Beacuse of its ability to facilitate easier, safer delievries for both mother and baby, many birth care providers are actively seeking doctors of chiropractic with skills in this technique.

Many local practioner are proficient in the Webster Technique.

*For more information please do not hesitate to ask us at fosterchiropractic.com. 905-898-8098. You can also get additional information @ www.icpa4kids.org references upon request.*



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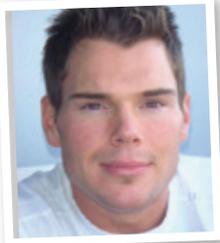


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# Shaping up for the New Year

BY: Ryan Foley B.Sc



When people mention weight-loss there are always countless opinions on what works and what doesn't. Unfortunately many of the opinions you will hear are simply not based on science.

Weight loss really isn't rocket science but boils down to 5 fundamentals which I will cover in this article.

- 1 Goal setting
- 2 Proper nutrition
- 3 Exercise
- 4 Science-based nutritional supplementation
- 5 Consistency

The best way to begin anything in life is with a goal. Whether your goal is weight loss, building a business or improving a relationship with a loved one, goals setting is a critical success factor. For example, if you were to write down the following words with absolute conviction you would be off to a great start, "I (enter your name) will lose 10 pounds per month for 5 months beginning January 1, 2014 by using a combination of proper nutrition, exercise and science based nutritional supplementation." It is this simple act of writing down your goal that subconsciously programs your mind and body for goal achievement.

Proper nutrition is a critical component to any weight loss strategy. One way I have found to be extremely effective for losing body fat fast is following a zig-zag diet approach. This approach involves eating quality and protein and fat during the week while moderating carbohydrate intake to less than 100 grams per day Monday to Friday. On Saturday and Sunday you can be more lenient and go back to eating more freely. This approach is excellent at ensuring you lose weight and maintain muscle mass without shutting down your metabolism which tends to decline when calorie intake is reduced for too long. By taking the week-end off dieting you maintain your sanity, reset your metabolism, and by Monday you can begin again.

Exercise is a key stimulant required for weight loss and should be done in the form of both weight training and cardiovascular activity. If you are looking to get results faster while also investing less time try what is called, "High Intensity Interval Training" (also known as HIIT). Basically you will cycle between high and low intensity for 15-20 minutes. For example, 2 minutes of sprinting on a treadmill followed by 2 minutes of brisk walking. You will cycle back and forth between these two intensities for 15-20 minutes. This is clinically proven to help you burn more calories, and most importantly, more calories from fat in less time.

Science based nutritional supplementation should always be an essential part of your weight loss strategy! Why? Because using the right supplements makes it easier to reach your goals! The key is to use ONLY supplements that are backed by a tremendous

amount of research. In other words, what's in the product should be what was used in the study.

There are few supplement brands that follow this approach but two brands that always follow

this approach are SlimCentials® ([www.SlimCentials.com](http://www.SlimCentials.com)) and WeighthOFF® ([www.MyWeighthOff.com](http://www.MyWeighthOff.com)) from NuvoCare Health Sciences Inc. SlimCentials delivers the world's 5 best clinically proven weight loss nutrients and can make a big difference in helping you reach your weight loss goals! WeightOff is the strongest weight loss formula available today and tackles all 5 physiological obesity factors (POF's) and should be a staple in any weight loss program. Last but not least is 'consistency'! If you can't be consistent with the 5 fundamentals of weight loss it will be very difficult to achieve success. So commit to being consistent with your approach and those abs you're craving to have will start popping before you know it!



## ABOUT RYAN FOLEY:

Driven by a passion in health, fitness and bodybuilding Ryan J. Foley began his career working at a health food store at the tender age of 13 and was a bodybuilding champion by the age of 18. By the age of 21 Ryan had developed a sports nutrition company for Sunny Crunch Foods for the late-great Willy Pelzer (the inventor of granola cereal and former president of the CHFA) and completed his schooling in food and drug technology and food sciences. In 2000, Ryan made the tough decision to resign from Sunny Crunch to take on a new challenge by joining Muscletech Research & Development (now Iovate Health Sciences Inc.) as a research analyst. By the time Ryan left Iovate in 2005 he had managed product development for numerous years and spent a year as a brand manager. Ryan left to join a smaller up-and-coming sports nutrition company called Allmax Nutrition as Director of Research & Development and Brand Management. During his 1 year tenure there, he quickly developed some of their most successful sports nutrition brands from concept to shelf including Quickmass® and Rapidcuts® to name just a few. In December 2006 Ryan left Allmax to begin building NuvoCare Health Sciences Inc. with an exclusive focus on developing and launching science-based weight loss and anti-aging supplements with larger formulation budgets that had previously held him back when working for previous employers. Ryan indicates, "I was dedicated to launching ONLY the world's best formulations driven by science, nature, quality, and results." With this approach NuvoCare has quickly become North America's #1 research-based supplement brand and in 2011, Ryan Foley took on the dragons on CBC's Dragons' Den where he successfully landed a large investment in the company.



## HOW TO BECOME A Fitness\$ Millionaire

By Paul Attia



An excellent book on personal finance is *The Millionaire Next Door*, by Thomas Stanley and William Danko. These two, Ph.D economists, spent years researching and interviewing the wealthiest people in the U.S., seeking to find out who they were and what they did. What they learned was surprising to most. The wealthiest people were not necessarily the highest income earners. Rather, the authors found that wealth is determined by money preserved, not money earned. The same principle is true of fitness.

Fitness Millionaires, as I shall refer to them, are people, who after the age of 60 continue to enjoy the equivalent of financial freedom - let's call it, fitness freedom. Namely, after the age of 60, they can continue to be free to partake in the activities they wish to. Injury has not defeated them.

Similar to the world's financial millionaires, these Fitness Millionaires are not necessarily the highest income earners (i.e the most physically gifted); rather they are people who made investments into their fitness banks - consistently

and wisely - over a long period of time. And, on the other side of the ledger, they avoided major purchases that forced them into debt.

Aside from a genetic predisposition or accident, most physical injuries, distilled to their root, arrive from one of two things: overuse or underuse. The 40 year old who dives into serial triathlons and cross-training will undoubtedly suffer injuries of overuse. Conversely, that same person, sitting idly at a desk for 12 hours a day with no exercise will eventually suffer injuries of underuse.

Again, in the financial world, spending too much money leads to bankruptcy. Not investing any money prevents the creation of wealth.

The million dollar question then (forgive me, I couldn't resist the pun) of course, is how much is too much? And how little is too little?

The answer, not surprisingly, is not a static one; but rather a dynamic one. It is different for each of us. In fact, it will even change during the course of our ever-changing life circumstances.

We must ensure that we are asking the right questions and then letting the answers be our guide. Begin the process by asking yourself, 'what is my end goal?' Once determined, ask the right questions in order to facilitate attaining that goal.

A 21 year old varsity athlete vying to win the championship game, should be asking, 'what must I do today, in order to win on Saturday?' The 40 year old, parent of 3, with a busy day job, should be asking, 'what must I do today, so that I'll be healthy enough to be able to run around with my grandkids, when I'm 75?' Of course, at all stages, we should be asking, 'what do I love to do?'

An fine example of this principle at play is a friend and colleague of mine, James. He's over 60 and living the fullest of lives. Ask him how, and you'll learn that every day, for years, he heads out for a run, bike or skate. His runs are never shorter than 20 minutes ~ but he also ensures they are never longer than 40 minutes. He tracks his weekly 'time on the run' and ensures he's always somewhere above 100 minutes per week, but never above 200 minutes. When not on the run, he's doing push-ups and pull-ups. A little bit every day. Always something.

More importantly though, ask him why, and he'll tell you. Its simple, life is a game of attrition and James doesn't want to be just standing at the end, he wants to be running... just a little bit ahead of everyone else.

*Paul Attia is a lawyer, businessman, husband and father. He writes articles about Fatherhood, Fitness and Finance. He can be reached at: [pa@paulattia.com](mailto:pa@paulattia.com)*

# Milk Thistle Improves Liver Health and Detoxification

By Don Brown, N.D.

Our bodies face immense detoxification challenges in modern society. Auto exhaust, secondary cigarette smoke, alcohol, drugs, industrial solvents, pesticides, and even some of the water and food we consume are a constant burden on the organs that cleanse and detoxify our bodies (i.e., liver, kidneys, lungs, colon, etc.) Positive lifestyle choices, such as exercise and a healthy diet, certainly contribute to strengthening these systems. However, when pushed to the limit and beyond, these organs of detoxification require support.

The liver is our primary organ of detoxification helping remove toxins that can damage other organ systems, including the heart, blood vessels, eyes, and skin. Acting as an important filter and through a complex set of steps, the liver either neutralizes toxins and removes them from the bloodstream or converts them into water-soluble forms that can be excreted by the kidneys or fat-soluble forms that can be excreted by the bowels.

Proper liver function is critical to healthy cholesterol metabolism and even has an influence on the way a woman's body metabolizes estrogen.

While alcohol and diseases such as hepatitis are among the more obvious deterrents to healthy liver function, its performance can become sluggish and compromised even in those without diagnosed liver disease. Toxic build-up can lead to fatigue, headaches, poor digestion, skin problems, and even impaired immune function.

Milk thistle extract, with its active component silymarin, is nature's own liver supporter and protector. Already an established herbal treatment for conditions such as alcohol-related liver disease and chronic hepatitis, it has proved itself to optimize the function and maximize the detoxifying and cleansing potential of the liver.

Milk thistle (*Silybum marianum*) produces small hard fruits (sometimes referred to as seeds) from which highly concentrated extracts in herbal supplements are made today. While milk thistle seeds were used to promote liver health as far back as 2,000 years ago, modern use of the herb began in 1968 with the discovery of the bioflavonoid complex silymarin.

Researchers discovered that its health benefits largely reside in this complex and has led to the development of highly concentrated extracts that are standardized to 80% silymarin.

## Milk thistle extracts and silymarin exert their benefits in the following ways:

**Cell Protection:** Directly aids liver cells by binding to the outside of cells and blocking the entrance of certain toxins. In addition, toxins that are already in liver cells are neutralized by silymarin. These actions also help protect against dangerous chemicals, such as carbon tetrachloride, alcohol, acetaminophen, and some commonly prescribed medications.

**Boosts Antioxidant Activity:** It is particularly useful for increasing production of glutathione—a powerful antioxidant produced by the body, as well as increasing the levels of other antioxidants, such as superoxide dismutase.

**Cell Regeneration:** Alcohol abuse, chronic hepatitis, and even commonly prescribed drugs, such as cholesterol-lowering medications and antidepressants, can injure liver cells. Silymarin has the unique ability to help regenerate damaged liver cells.

**Anti-fibrotic Actions:** Fibrosis is a process that occurs in the liver cells due to inflammation. The most common contributors to this process are alcohol abuse and chronic viral hepatitis (both B and C). By acting as a blocker, silymarin not only helps maintain liver health, but slows the progression of irreversible liver damage, also known as cirrhosis.

The best news is that studies show standardized milk thistle extracts are supportive of the primary treatment of liver diseases. I've been recommending milk thistle extract for years as a leading therapy for patients with alcohol abuse and/or alcohol related liver disease.

Another group of patients benefiting from on-going milk thistle extract treatment are chronic hepatitis B or C sufferers. While powerful antiviral and immune-stimulating drugs have become the standard in successful hepatitis C treatment, milk thistle extract provides a gentle insurance policy to stave off further liver injury and assist in the eventual return to more optimal liver function.

Use of milk thistle extract is not just limited to those with liver disease. It may help prevent the potential liver-damaging effects of certain medications, such as acetaminophen, nonsteroidal anti-inflammatory drugs (NSAIDs), antidepressants, and cholesterol-lowering medications. Those with multiple chemical sensitivities, as well as those exposed to chemical toxins on the job, would also benefit from long-term use of milk thistle extract.

Finally, milk thistle extract is a safe focal point of any cleansing program. By increasing bile production (important for carrying toxins to the intestines for elimination) and increasing antioxidant activity, milk thistle extract helps promote liver cleansing and insures the best possible detoxifying action.



# 10 Tips for Lowering Your Cholesterol

CONTINUED FROM P.29

energy you need, but also keep you feeling full. The key is to watch your portions, aim for no more than about 1 cup of starch and/or fruit with meals. Also, fill up on vegetables which are low in calories and high in fiber.

**5. Be a loser** If you're overweight or obese, shed the extra pounds. Weight loss helps lower bad (LDL) cholesterol. Even a small-to-moderate weight loss – just 10 to 20 pounds – can make an impact.

**6. Move more** Work up to 90 minutes of cardiovascular exercise per day for optimum heart health and weight loss. Cardiovascular exercise means any activity that uses large muscles repetitively and increases the heart rate. Think walking, cycling, rowing, using the elliptical and swimming. If you find 90 minutes daunting, start with 30 minutes and work your way up a little at a time. For some people, 45 to 60 minutes of cardiovascular exercise is enough.

**7. Pick the right tempo** Aim for a moderate level of exercise. You'll know you've reached it when you are able to carry on a conversation when you exercise, but can't sing. Higher-intensity (more difficult) exercise is better at raising good (HDL) cholesterol. However, it also increases your risk of injuries, making it harder to continue exercising. Moderate intensity is preferable.

**8. Make a habit of it** Consistency is the key. Work out regularly and you'll watch your triglyceride levels drop. Triglycerides are the only lipid in the cholesterol profile used for energy. They decrease an average of 24 percent with regular cardiovascular exercise.

**9. Change it up** Variety is the spice of life, so try different exercises to stay motivated, to challenge other muscle groups, to reduce the risk of overuse injuries and to enjoy physical activity.

**10. Get technical** There are many great technology tools that can give you feedback on your exercise. Many Smartphone apps have exercise tracking, motivation techniques, calorie trackers and tips. Other devices such as heart rate monitors, pedometers and other biofeedback devices can help guide your exercise plan or help with motivation.

Note: If you have heart disease, check with your doctor before beginning an exercise program. A cardiac rehab program is a great way to learn the right exercises for you and jump-start your diet and exercise program. If you experience chest pain, pressure, tightness, excessive shortness of breath, lightheadedness or palpitations, stop exercising and consult a doctor.

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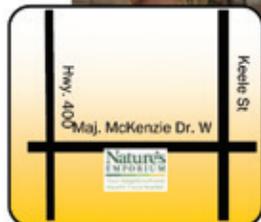


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