

naturally

Spring Issue 2014

SPRING DETOX CLEANSE

*A Healthy
Woman's Herbal*

Men's
Hormonal Health:
Navigating Andropause

Natural Remedies

**ALLERGY
Season**

Much more...

Nutritional Supplements Make A Difference To Overall Health

Great news for those of us that regularly take nutritional supplements: In a 2012 consumer survey by the U.S. Council For Responsible Nutrition, supplement users were found to make overall healthier lifestyle choices compared to non-users. The survey revealed that supplement users were 16 percent more likely to eat a balanced diet, 10

“70% of Canadians rely on Natural Health products”

—Canadian Health Food Association

percent more likely to maintain a healthy weight, and 27 percent more likely to regularly exercise. Supplement users also got a better night's sleep, didn't smoke, and had a more positive outlook!

But what the survey revealed was not so much about nutritional supplements as it was about those who take them. It revealed that a healthy lifestyle is a combination of healthy habits and not just about isolated practices. Supplement users get that! It's a person's total lifestyle that makes a difference; and for many health-conscious adults that includes, among other practices, a daily nutritional supplement program.

If you're someone looking to start a healthier lifestyle, the best place to start is with a nutritional supplement program. It's an easy, inexpensive first step towards a healthier, happier you. With Spring and Summer on the way, why not make a change yourself—take that first step towards a daily habit of health and make nutritional supplements part of your healthy lifestyle choices. Not only will it benefit you, but studies have shown that your children, friends and family are likely to join in as they see the difference your choices are making in your own health.



“Supplement users were found to make overall healthier lifestyle choices compared to non-users.”



Get serious about your daily nutrition.



Find the nutritional supplement that suits your needs.

The Springtime Ritual of a Herbal Cleanse

Ancient Eastern cultures recognized that a change in season always brought with it a corresponding change in health practice. Spring is the time to cleanse and detoxify. Traditional cultures around the world believe that nature itself teaches this, by ensuring that many of the first plants to emerge from Winter's sleep have cleansing and detoxifying properties. Completing a comprehensive springtime herbal cleanse is an excellent way to renew your health and get you feeling rejuvenated once again. Today herbalists have formulated combinations of the best cleansing and detoxifying herbs and combined with targeted nutrients to activate the body's detoxification systems.

An effective herbal cleanse seeks to

accomplish the following:

- Transport toxins to the liver and kidneys.
- Process toxins for elimination.
- Protect the liver, brain, and other organs from circulating toxins.
- Release toxin-laden bile fluid into the intestines.
- Bind toxins in the intestines to avoid reabsorption.
- Eliminate bound toxins through the stool and urine.
- Restore function to eliminative organs.

Aside from ridding the body of disease-causing toxic build up, an herbal cleanse increases energy, improves the immune system, reverses constipation, helps in weight loss, and improves the complexion. Bring on Spring!

Source: Albert Zehr, Ph.D., *Healthy Steps to Maintain or Regain Natural Good Health*, Abundant Health Publishers, Burnaby, BC, Canada, 1990

Spring Has Sprung And you know what that means



Your body is crying out for some Spring cleaning. NSP Cleansing Paks are the answer to winter's buildup.
Cleanse • Strengthen • Build • Energize
Ask your NSP distributor which Pak is right for you.

#1 Best Seller For Those Who Know The Power Of Green

**Green
Inside
Clean
Inside**



Jump start your weight loss efforts with a liver detox

Years of poor diet and sluggish digestion can stall your best attempts at losing weight. Doing a cleanse at the beginning of a weight loss program primes the organs for fat elimination, removes toxins that may be blocking fat loss, and stimulates adipose tissue to release stored fat.

One organ in particular that benefits from a cleanse is the liver, and research has concluded a healthy liver — one not overloaded with toxins — can be the body's most efficient fat burning organ because it is so highly metabolic. Many studies have demonstrated a direct link between obesity, liver health and weight loss. To determine liver health researchers measure the levels of certain enzymes within the liver. Elevated liver enzymes usually indicate poor liver function, and in many cases, are associated with excess body fat. Here are some research findings on liver health and weight loss:

- In an assessment of liver health in 534 moderately obese non-drinkers, 24 percent had abnormal liver enzyme levels and 47 percent had fatty livers (hepatic steatosis). This study suggests that moderately obese people frequently suffer from liver dysfunction and don't know it.
- At the Occupational and Environmental Health Research Group at Stirling University in Scotland researchers found evidence that the body's metabolism does not function properly in obese people. They went on to conclude that human exposure to synthetic, organic and inorganic chemicals were damaging many of the body's weight-control mechanisms, especially the liver.
- Research from the University of Occupational and Environmental Health in Kitakyushu, Japan studied liver function and obesity in 1,591 people over a 10-year period. Their conclusion was that "obesity is more closely related to liver dysfunction than to any other abnormalities."
- Researchers from the University of Rochester School of Medicine and Dentistry in New York discovered that elevated liver enzymes are frequently found in healthy obese people.



A Healthy Woman's Herbal

Women have long embraced herbal medicines more than their male counterparts, partly due to their traditional role as caregiver and partly because herbal medicine for the female re-

productive and hormonal systems have generally been quite effective. A woman's need to balance her hormones is more pronounced than in men since it can greatly affect her fertility and wellbeing. Of particular consideration is a balanced progesterone-to-estrogen ratio. Nurturing the hormones can have a regulating effect on menstrual cycles and prepare her body for the changes that occur with menopause. Common menstrual problems, such as cramping, sore breasts, bloating, and PMS respond well to herbal treatments. Herbs have played a role in easing a woman through the premenopausal and menopausal life changes, successfully lessening the emotional and physical transitions. Here is a description of traditional herbs women have come to rely on throughout the hormonal stages of life.



Black Cohosh:

A Native American remedy for rheumatism and female complaints, the

herb has become

popular and valued as a muscle relaxant, nervous system tonic, and normalizer of the female reproductive system. As a relaxant it has traditionally been used to treat premenstrual symptoms (PMS) or delayed menstruation. In premenopausal and menopausal women, black cohosh helps ease the uncomfortable symptoms associated with the change of life, such as hot flashes, mood changes, and sleep disruption.



Red Raspberry:

Historically herbal practitioners used red raspberry tea to tone the uterus in preparation for pregnancy and to ease

and hasten childbirth. Red raspberry leaf tea was drunk as a general female reproductive system tonic for a myriad of female complaints. As an external remedy, the herb has been used as an astringent for wounds, eyewash, and for excessive vaginal discharge. A concoction made from the leaves was used to relieve diarrhoea.



Chaste Tree:

Chaste tree is used in herbal medicine to influence female hormone production, to normalize menstrual-cycle irregularities, and relieve premenopausal and menopausal symptoms. Some studies suggest that compounds in chaste tree berries influence the pituitary-hypothalamus axis, thus indirectly normalizing the estrogen-to-progesterone ratio, and helping with overall female hormone balance.



Wild Yam:

Wild yam is a source of a steroid-like substance called *diosgenin*, from which Japanese scientists synthesized progesterone hormones. Diosgenin in wild yam mildly mimics progesterone's effect in the body and is used to balance the ratio of progesterone-to-estrogen. In traditional herbal medicine wild yam is used to treat PMS, premenopausal and menopausal symptoms. Progesterone buffers the negative effects of elevated estrogen levels.



Cramp Bark:

Also known as highbush cranberry, traditionally herbalists have relied on cramp bark to relieve cramping and spasms of all kinds. Specifically for women, the traditional herbal remedy is thought to relieve menstrual cramps and pains associated with PMS and give tone to the uterus.



Evening Primrose:

A source of omega 6 essential fatty acids and a rich source of preformed gamma-linolenic acid (GLA). The body requires GLA to make its own prostaglandins—a hormone-like substance that helps keep inflammation in check and reduces levels of prolactin. Prolactin is found in high levels in women with PMS and can cause levels of progesterone to drop. Women for centuries have believed that evening primrose oil helped symptoms of PMS (breast tenderness, heavy bleeding, cramps, irritability, swelling).

According to population projections by the government of Canada, one in six women (a total of 2.4 million women) will enter menopause within the next decade.



Sources: Andrew Chevallier, *Encyclopedia of Herbal Medicine*, Dorling Kindersley Book, NY, 2000; David Hoffmann, *Medical Herbalism*, Healing Arts Press, Rochester, Vermont, 2003; Nasha Jackson, Ph.D., *The Hormone Survival Guide for Perimenopause*, Larkfield Publishing, Santa Rosa, CA, 2004; and Richard A. Passwater, Ph.D., *Evening Primrose Oil*, Keats Publishing, New Canaan, 1981



Are you balancing everything but your hormones?

As a woman you know it's all about balance. So when your hormonal balance is off your body lets you know. That's why there are supplements made just for a women. To help restore hormonal balance to your glandular system, trust the time-honoured herbal combinations of Traditional Herbal Medicine.



MACA

Ancient Incas' Secret to Strength and Virility for both Men and Women.

Also called Peruvian Ginseng, Maca was first used by the Incas more than 2000 years ago as a medicine, food, and trading commodity. Harvested at heights of 14,000 ft. in the Andes, the plant's tuberous root was thought to bestow strength, stamina and endurance on people and animals. Today, science has validated many of the Incas' claims.

While there have not been a lot of clinical studies performed on Maca, the anecdotal evidence and its long history of use have made it popular among open-minded medical practitioners who claim they and their patients are experiencing excellent results.

What are those results? Heightened sexual desire and function; increased stamina and energy; reduced symptoms of menopause and premenopause; reduced symptoms of PMS; less moodiness and a better sense of well-being; stronger athletic performance and enhanced muscle development.

According to Arizona physician Gary Gordon, M.D., former president of the American College for Advancements in Medicine, and Maca supporter, the benefits are real: "We all hear rumors about various products like Maca. But using this Peruvian root myself, I personally experienced a significant improvement in erectile tissue response. I call it Nature's answer to Viagra®. What we see in Maca is a means for normalizing our steroid hormones like testosterone, progesterone and estrogen. Therefore it has the facility to forestall the hormonal changes of aging. It acts on men to restore them to a healthy functional status in which they experience a more active libido."

The herb is also reported to have the

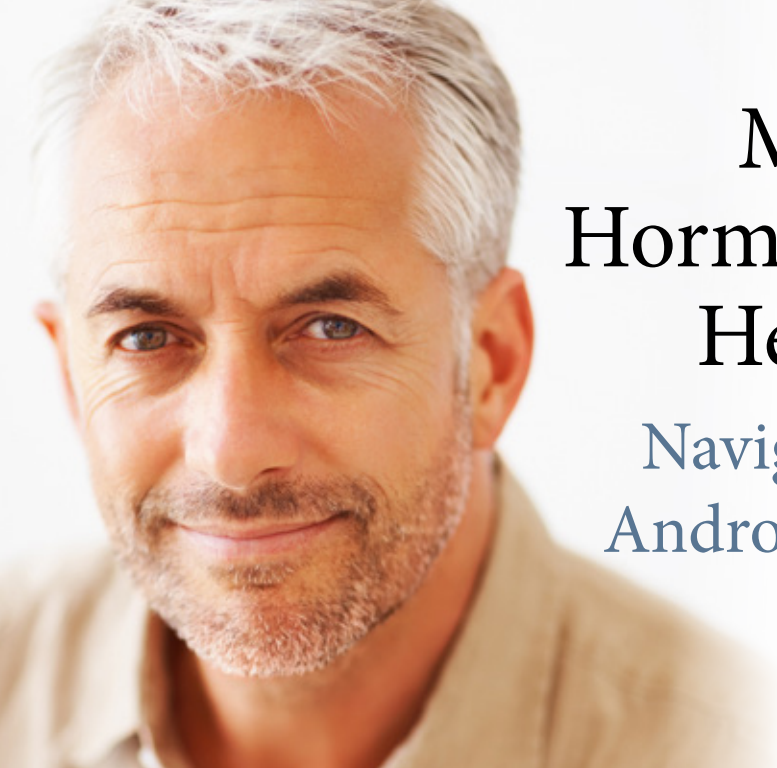
same effect on women.

Researchers believe that Maca promotes optimal functioning of the hypothalamus and the pituitary glands, thus improving the function of the entire endocrine system.

"Maca alkaloids act on the body's hypothalamus and pituitary glands and on the adrenal glands. These areas of the body produce hormones and energizing substances including adrenaline. The end result is an increase in energy, vitality and virility. There are numerous physicians' claims that Maca positively affects ovarian function in women, and sperm count and quality in men."

Dr. Luis Jáuregui, M.D., in a recent article, summed up Maca's benefits: "Space does not allow the review of all the studies about the reported beneficial effects of Maca. However, their results can be summarized as follows: increased energy, endurance and stamina; increased libido and sexual function; promotion of hormonal balance in both men and women; relief from the symptoms of menopause; reduction in stress and improvement in sleep quality; increased resistance to disease; increased wound healing."

Sources: *Vista Magazine*, Issue 33 & 63. Discover Health, Chris Kilham; *Peruvian MACA*, *The Ultimate Nutritional*, by Brad King



Men's Hormonal Health

Navigating Andropause

"75 percent of men over 50 years have measurable enlargement of their prostate gland."

The assault on healthy testosterone levels as men age

Estrogen Dominance

One risk factor for enlarged prostate (benign prostatic hyperplasia [BPH]) is the hormonal condition of estrogen dominance.

Estrogen dominance strikes men during mid-life and at the expense of testosterone levels. Says nutrition researcher Brad King, "As a matter of fact, it is not uncommon for a man of retirement age to have higher estrogen levels in his body than a woman of the same age..."

Xenoestrogens can also contribute to the level of estrogen a man has. These are environmental toxins that behave just like estrogen in the body. They are found in pesticides, herbicides, food containers, building materials, plastic water bottles, packaging, cosmetics and personal care products. These toxins are virtually found everywhere and are responsible for hormonal disruptions that can trigger cell mutation.

Testosterone Conversion *plus* Testosterone Binding

High testosterone has traditionally been blamed for causing benign prostatic hyperplasia (BPH), also known as enlarged prostate, and troublesome and frequent urinating. However, the culprit is really a converted testosterone called dihydrotestosterone (DHT), and the binding of testosterone to a protein known as sex hormone binding globulin (SHBG). When testosterone is converted or bound it binds to receptor sites on the prostate gland and causes prostate cells to multiply, and thus enlarging the prostate. Usually, the first symptom is reduced urine flow and frequent trips to urinate.

About 75 percent of men over 50 years have measurable enlargement of their prostate gland.

For men nothing beats testosterone—it defines masculinity. It even goes beyond that and touches every aspect of male health. But as a man ages his testosterone levels can begin to dwindle.

Lower testosterone levels are related to weight gain, loss of muscle mass, lack of energy, loss of strength, depression, and decreased sexual desire and function, heart disease and prostate problems.

At the centre of dwindling testosterone levels in middle-age men are several factors: 1) There is a rise in the female hormone estrogen; 2) His own testosterone is itself being converted into even more estrogen; 3) His testosterone is susceptible to conversion into a transformed type known as dihydrotestosterone (DHT), and; 4) Testosterone is being bound-up by a protein called sex hormone binding globulin (SHBG).

The result is too much female hormone competing with testosterone for sex hormone receptor sites, and not enough quality testosterone in broad circulation where it can work its male magic.

Both estrogen dominance and testosterone conversion and/or binding make up a double whammy that's responsible for declining masculinity and, for many men, the start of a prostate problem—a condition known as benign prostatic hyperplasia (BPH).



A return to male hormonal balance equals masculinity

Men need to take hormonal imbalance seriously if they ever expect to enjoy robust health after middle age. A return to hormonal balance for a man means a return to the masculine qualities he relished in his youth.

See the next page for an action plan men can take to balance estrogen and testosterone and preserve adequate levels of quality, healthy testosterone.

Guide To Hormonal Balance For Men

Preserving Health and Masculinity

Lose abdominal fat:

Of all body fat abdominal fat is the most stubborn and problematic. According to nutrition researcher, Brad King, “a major area of research over the last few years has concentrated on the fact that our sex hormones (estrogen and testosterone) play a large role in the way we look, feel and perform—not to mention how much belly fat we accumulate with each advancing year.” Abdominal fat cells churn out an enzyme called aromatase, which is responsible for converting testosterone into estrogen, a process aptly called aromatization. Lose the abdominal fat and you lose a source of estrogen production.

Avoid xenoestrogens:

Xenoestrogens are estrogen mimickers that disrupt the natural hormonal balance by increasing estrogen-like activity in the body. They are primarily found in envi-

ronmental pollutants and plastics—even those used in food storage and packaging. Being fat soluble, they lodge in fat cells and are very difficult to get rid of. Steps to minimize exposure to xenoestrogens are to not heat or store food in plastic containers, use xenoestrogen-free personal care products and cosmetics, and avoid pesticides, herbicides and many industrial chemicals as much as possible.

Resistance exercises:

Because of the precious and desirable nature of testosterone to all that is masculine, over the years many have sought to discover ways to increase its supply in the body. Yet there is a natural method of stimulating the body to secrete more of its own testosterone, albeit without the convenience of a pill. Science has discovered that even moderate weight lifting, at any age, stimulates the secretion of

testosterone. This is because weight lifting builds lean muscle, and to build muscle the body requires testosterone.

Free up your natural testosterone with these three supplements:

Saw Palmetto: According to Dr. Whitaker M.D., this herb is an effective testosterone helper and aid to the prostate gland, for three reasons: 1) It inhibits the enzyme 5-alpha-reductase, which means less testosterone is converted to dihydrotestosterone (DHT); 2) It inhibits the enzyme 3-alpha-reductase, which plays a role in inhibiting prostate enlargement; and, 3) It keeps DHT from binding to the cell receptors in the prostate gland.

Stinging Nettle: Stinging nettle extract has been found to inhibit the binding of testosterone to sex hormone binding globulin (SHBG). By inhibiting the binding of testosterone to SHBG, there is more free testosterone to carry out its positive influence on male health.

Zinc: The mineral zinc is a natural aromatase enzyme inhibitor. An adequate intake of zinc can halt the conversion of testosterone into estrogen. Zinc also has an affinity to the prostate gland, where its antioxidant potency helps prevent prostate enlargement.

Sources: Dr. Alexander Mostovoy, “Hormonal Imbalance and the Decline of Masculinity,” *Vitality Magazine*, October 2006
Dr. Julian Whitaker, M.D., *New Treatments of Prostate Problems*, Phillips Publishing, Inc, Potomac, MD, 1999
Brad J. King, *Awaken Your Metabolism*, Health Venture Publishing, Hillsburg, ON, 2005
Brad J. King and Dr. Michael A. Schmidt, *Bio-Age, 10 Steps to a Younger You*, Macmillan Canada, Toronto, ON, 2001



Independently tested for Antioxidant Potency

Mangosteen • Goji Berry

Red & Concord Grapes

Blueberries • Red Raspberry

Sea Buckthorn • Green Tea

Grape Seed Extract • Apple

Açaí Fruit • Pomegranate





Visit this room less often



If you're over 40 and experiencing difficulty urinating or are bothered by the frequent need to urinate, you may be experiencing symptoms of Benign Prostate Hyperplasia (BPH). After all, some 75 percent of us men will experience symptoms of BPH as we reach our senior years. That's why there's Men's Formula for men aged 40 plus. It has been specifically formulated to reduce symptoms of BPH. Standardized extracts of saw palmetto, stinging nettle, plus zinc have been found helpful in relieving symptoms of enlarged prostate.



The mighty Flaxseed: The little seed with huge health benefits



Flaxseed is one of the most ancient of foods, medicines and commodities. Its use goes as far back as the Egyptians with seeds found in the pharaohs' tombs within the great pyramids. Every component of the flaxseed possesses unique qualities, including its fibre, lignans and fatty acids, and throughout time these components have been put to good use for humankind.

Over the past decade, literally hundreds of studies have been performed on flaxseed and its various parts, revealing multiple health benefits. The following is a breakdown of flaxseed components and some of their health benefits:

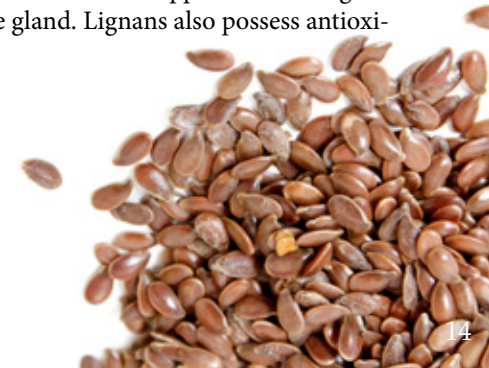
Flaxseed Oil: Alpha-linolenic acid (ALA) is a short-chain fatty acid derived from plants. In the body ALA is converted into the more biologically active long-chain omega 3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). In order for this conversion to take place an ample supply of nutrient co-factors of vitamin B3, B6 and C, and minerals magnesium, selenium and zinc need to be present.

However, ALA from flaxseed has impressive health benefits in its own right. Research has found flax oil to benefit cardiovascular health, reduce inflammation, and play a role in calcium metabolism, improved skin and connective tissue health, and to maintain healthy breasts and prostate gland.

Fibre: Ground flaxseed has a high fibre content and a gummy material called mucilage, which expands when it comes in contact with water. Both fibre and mucilage add bulk to the stool and help it move more quickly through the intestines. Traditionally flaxseed was used as a laxative to help relieve constipation.

Lignans: The hulls of the flaxseed contain a compound called lignans. Lignans contain hormone-like properties that have demonstrated specific hormone-related activity in the body. Flax hulls contain the most powerful and bioavailable SDG lignan. Health benefits of plant lignans include menopausal relief, immune support, and estrogen binding to support healthy breasts and prostate gland. Lignans also possess antioxidants for the maintenance of good health.

Sources: Flaxseed | University of Maryland Medical Center <http://umm.edu/health/medical/altmed/herb/flaxseed#ixzz2v0RYNi5I> University of Maryland Medical Center; Sam Graci, *The Path To Phenomenal Health*, John Wiley & Sons Canada, Ltd., 2005.



Don't Let Stress Knock You Off

BALANCE

Without warning stress can knock you off balance and disrupt your natural harmony.

Nature's Sunshine's Mineral-Chi Tonic is a potassium- and trace mineral-rich supplement containing a blend of adaptogen herbs, including Siberian ginseng, astragalus and schizandra.

Nourish your body daily to stay balanced and to maintain harmony.



Sweat it out for healthy skin and to detox

While abhorred by many, sweating actually has numerous health- and beauty-related benefits. Your skin is the largest organ of your body, and serves important roles just like any other bodily organ. The act of sweating has been found to help the body in several ways:

- Maintain proper temperature and keep you from overheating.
- Expel toxins, which supports proper immune function and helps prevent diseases related to toxic overload.
- Kill viruses and bacteria that cannot survive in temperatures above 98.6 degrees Fahrenheit.
- Clean the pores, which will help eliminate blackheads and acne.

Interestingly, we're born with anywhere between two to four million sweat glands, and the number of such glands you have will determine, in part, how much you sweat. While women generally have more sweat glands than men, men's glands tend to be more active and produce more sweat.

As your body temperature rises, your body will automatically perspire to release salty liquid from your sweat glands to help cool you down.

This is controlled by your autonomic nervous system, which you cannot consciously control. However, certain emotions, such as anxiety, anger, embarrassment, or fear, can prompt you to sweat more.

Exercise, of course, raises the body temperature thus causing sweating.

Sweating as a form of detoxification has been valued as a form of cleansing since ancient times.



A review of the history and benefits of sweating in the *Journal of Environmental and Public Health* found: "Sweating has long been perceived to promote health, not only accompanying exercise but also with heat. Worldwide traditions and customs include Roman baths, Aboriginal sweat lodges, Scandinavian saunas, and Turkish baths."

In 2012, researchers with the Children's Hospital of Eastern Ontario Research Institute provided a meta-analysis on 24 studies and found that arsenic, lead, mercury, and cadmium weren't only present in sweat but often present in greater concentrations than within urine or blood (where such toxins are usually measured). They determined, quite simply, that "sweating deserves consideration for toxic element detoxification."

Sources Elizabeth Renter, naturalsociety.com/ *Simply Sweating Helps to Detox the Body of Heavy Metals and More*, July 27th, 2013

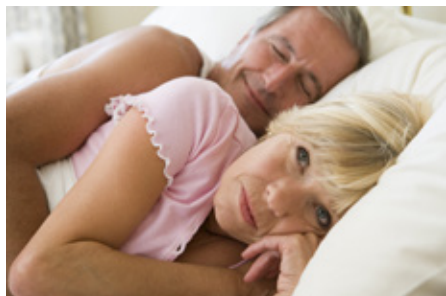
Crystal Clear Deodorant

Go Natural Deodorant And Body Spray Allows Natural Perspiration While Providing All-Day Odour Protection

Crystal Clear is free of synthetic oils, alcohol, emulsifiers and solvents, perfumes (which can cause allergic reactions), and other chemical additives (such as propellants) which can harm the ozone layer.



Can't Sleep? The Macro-mineral connection to a good night's sleep



According to the National Sleep Foundation (NSF), almost six out of ten report having insomnia and sleep problems at least a few nights a week. Insomnia is defined as "An inability to fall asleep or remain asleep long enough to feel rested, especially when the problem continues over time."

Alcohol and caffeinated beverage consumption should be stopped several hours before bedtime. Exercise and some exposure to the sun can reset the sleep-wake cycle. For those who need a little more help, the use of vitamins and minerals may be all that's needed.

From a nutritional perspective, several research studies have shown certain minerals to be effective natural sleep aids that help people fall asleep and stay asleep through the night. James F. Balch, M.D., author of *Prescription for Natural Cures*, writes: "A lack of the nutrients calcium and magnesium will cause you to wake up after a few hours and not be able to return to sleep."

Calcium is directly related to our cycles of sleep. In one study, published in the *European Neurology Journal*, researchers found that calcium levels in the body are higher during some of the deepest levels of sleep, such as the rapid eye movement (REM) phase. The study concluded that

disturbances in sleep, especially the absence of REM deep sleep or disturbed REM sleep, are related to a calcium deficiency. Restoration to the normal course of sleep was achieved following the normalization of the blood calcium level.

William Sears, M.D. writes: "Calcium helps the brain use the amino acid tryptophan to manufacture the sleep-inducing hormone melatonin. This explains why dairy products, which contain both tryptophan and calcium, are one of the top sleep-inducing foods."

In magnesium deficiency, chronic insomnia is one of the main, central symptoms. Sleep is usually agitated with frequent nighttime awakenings. Adequate magnesium has been found to be associated with deeper, less interrupted sleep. This was demonstrated in a study done by James Penland at the Human Nutrition Research Center in North Dakota, titled *Effects of trace element nutrition on sleep patterns in adult women*. It's important to note that a balanced ratio of calcium and magnesium is important to overall health, and these two minerals should be taken together for best results.



Sources: James Balch, M.D. and Mark Sten-gler, N.D., *Prescription for Natural Cures*, John Wiley & Sons, Inc, Hoboken, N.J., 2004; T.S. Wiley, *Lights Out*, Simin & Schuster, Inc., New York, NY, 2000; Jobee Knight, <http://ezinearticles.com/Sleep-Inducing-Foods>.

The many faces of yeast overgrowth



Everyone has candida living in their body, a form of yeast (*Candida albicans*) normally confined to the lower bowel, skin and vagina. In healthy individuals with strong immune systems and balanced gut flora, it is harmless and poses no threat to one's health. But should this yeast overpopulate the body, a host of health problems can arise with symptoms that closely mimic those of other conditions. This makes the overgrowth of yeast (called candidiasis) difficult to diagnose and can be easily overlooked. Could health conditions you struggle with be yeast related? Candidiasis symptoms include but are not limited to:

- Chronic fatigue, especially after eating
- Depression
- Inability to lose weight
- Gastrointestinal problems such as: bloating, gas, intestinal cramps, chronic diarrhoea, constipation, or heartburn
- Rectal itching
- Allergies (both food and airborne)
- Premenstrual syndrome (PMS)
- Impotence
- Memory loss, severe mood swings, and feeling mentally 'disturbed'
- Recurrent fungal infections such as jock itch, athlete's foot or ringworm
- Extreme sensitivity to chemicals, perfumes, smoke, or other odours
- Recurrent vaginal or urinary infections
- Enlarged prostate gland
- Craving of alcohol or lightheaded or drunk after minimal alcohol and certain foods.

(Note: Symptoms can worsen in mouldy places or in damp climates, and after eating or drinking simple carbohydrate foods, foods containing yeast, sugar, or alcohol.)

Sources: *Alternative Medicine: The Definitive Guide*, The Burton Goldberg Group, Future Medicine Publishing, Inc., Puyallup, Washington, 1993; Karl Johan Bergman, "A Treatment Plan for Candida," *Healthy Directions*, Oct/Nov 2006

Spring is here and so is Allergy Season

More than one in six Canadians suffer from hay fever, or seasonal allergic rhinitis. One nation-wide survey suggests as many as 10 million Canadians may suffer allergy symptoms and that more women than men admit to symptoms. The survey also found that 55 percent of Canadians claim their allergies cut into their productivity and more than a quarter say they'll limit their outdoor activities to prevent the onset of symptoms. And that's nothing to sneeze at!

Why Me...Why?

Many an allergy sufferer has uttered this sign through a kleenex.

If you suffer from hay fever you can blame your immune system, and in all likelihood, your parents, too.

If both your parents suffered from allergies, there's a 66 percent chance you will. If one parent had allergies, your risk drops — but only to 60 percent. Allergies are a result of the immune system misidentifying a non-threatening substance—in this case pollen—for a harmful invader like a virus or bacteria. Once targeted, the immune system creates an antibody specific to the species of pollen and unleashes immune defenses whenever the pollen is detected. Histamine, one component of the immune response, is released at the detection site and causes a cascade reaction of swelling, irritation, mucous secretion, etc. It's like the immune system is shadow boxing with an imaginary virus or bacterial invader—it's an over reaction.

Seasonal Allergy Symptoms

You can be pretty sure your itchy eyes and sneezing are the result of an allergy if (one or more symptoms may occur simultaneously):

- There is no fever and no muscle ache.
- Mucous secretions are clear and runny.
- Sneezes occur in multiple, rapid sequences.
- Your nose, ears and throat (especially the roof of the mouth) are itchy.
- Eyes are red, irritated and weepy.
- Sinus congestion and pressure.
- Slight wheezing or asthma.
- Tiredness.
- Symptoms last longer than seven to 10 days.

(See next page for Natural Remedies)

The 4 Hay Fever Seasons in Canada

April/May

For people with tree allergies, the culprits are the varieties that shed airborne pollen. Trees produce great quantities of pollen because they have to rely on the wind to get it to the intended target, and the odds are that it won't reach its goal.

Among the worst offenders are ash, alder, birch, box-elder, cedar, elm, maple, mulberry, oak and walnut. "The oaks shed copious amounts of pollen, more than all other plants," according to Aerobiology Research Laboratories in Nepean, ON.

June/July

Pollens from grasses take over from trees in June and July. The grasses that most often cause allergic reactions include Bermuda, Johnson, Kentucky bluegrass, timothy, fescue, orchard and sweet vernal.

Lower pollen counts for grasses usually mean the symptoms are not as severe as they would be with trees or ragweed. However, pollination generally lasts longer with grasses, so the symptoms may be present for a longer period.

Itchy, watery eyes are more common for grass allergy sufferers than for those with tree or ragweed allergies.

Mid-Summer

In mid-July, as allergy season for grasses is tapering off, there is a big bloom of certain types of moulds. Moulds that cause allergic reactions may be growing on rotting vegetation, in soil, on grasses and grains and indoors on moist surfaces, carpets and window frames. If indoor humidity is above 50 percent, risks of fungus growth rises steeply.

Airborne mould spores can end up inside the mouth, nose, throat, and lungs producing hay fever symptoms.

Two of the most common moulds to cause hay fever symptoms are *alternaria* and *cladosporium*.

Late-Summer/Autumn

From late summer until the frost, ragweed is the chief culprit for allergy symptoms. It is not the only weed that causes allergic reactions, but ragweed is the worst at this time.

Ragweed is a fast grower and large plant. It produces copious amounts of minute pollen and releases them quickly into the atmosphere.

Ragweed likes to grow in disturbed soil, vacant lots and roadsides in urban and rural areas.

Due to rotting leaves and other decaying vegetation, mould allergies also continue during this season until the frost.

Stop your hay fever symptoms with Natural Remedies



Over the counter (OTC) cough, cold and allergy (hay fever) medications' Canadian market was \$748 million in 2012. That's a lot of people trying to find relief. Natural products have been used traditionally to also provide effective relief, but without the side effects often associated with medications. Here are a few popular natural solutions to help you find relief of your seasonal allergy symptoms:

Vitamin C: This well-known antioxidant has been found to possess antihistamine effects and may inhibit the amount of histamine released due to allergen exposure.

Quercetin: Found in most fruits and vegetables, quercetin is an antioxidant-flavonoid that is included in many natural hay fever formulas. It has been clinically shown to inhibit inflammation. This may account for its reported popularity in helping relieve allergy symptoms, since the release of histamine due to hay fever causes inflammation of the mucous membranes.

Bitter Orange: Bitter orange contains compounds called synephrine, which are

similar in action to ephedrine yet milder. Ephedrine is similar in molecular structure to pseudoephedrine used in OTC decongestant medicines.

Stinging Nettle: Commonly used to relieve allergy symptoms, nettle relieves inflammation of the mucous membrane due to seasonal allergic rhinitis. Interestingly, the minute hairs covering the stocks of the nettle plant cause an irritating allergic rash when they come in contact with the skin, of which nettle leaves are an antidote.

Mullein: Originally native to Europe and Asia, mullein has spread throughout North America. The herb is prized in traditional herbal medicine for coughs and congestion and to expel mucous. It contains soothing mucilage, flavonoids, and saponins. Some Native American tribes would smoke dried mullein leaves to relieve wheezing.

Fenugreek: Traditionally used in Herbal Medicine as an expectorant to help relieve excess mucous of the upper respiratory passages (anti-catarrhal).

Sources: Andrew Chevallier, *Encyclopedia of Herbal Medicine*, Dorling Kindersley Book, NY, 2000; David Hoffmann, *Medical Herbalism*, Healing Arts Press, Rochester, Vermont, 2003

NO FEAR



Stinging Nettle
Bitter Orange
Quercetin

Natural, Effective Allergy Relief



Garlic: Your Heart's Best Friend

Garlic, that smelly little bulb, more than any other herb, has played a major role in all cuisines of the world, and in the medicines of every great civilization. With such a reputation it's not surprising that this humble vegetable continues to astound modern researchers.

Although small in size, a clove of garlic is a source of over 100 health-promoting compounds: 75 different organosulfur compounds (allicin being one of them), saponins, polyphenols, selenium, arginine, vitamin C, potassium and zinc, to name but a few. As with most whole foods, garlic's health-promoting abilities are probably due to the sum of the whole, rather than a single component.

With that said, science has discovered some compounds are more abundant than others, and the sulfur-containing compounds in garlic appear to be responsible for many of its powers.

Sulfur plays a major part in the produc-



tion of the body's 'master antioxidant' called glutathione. Present in every cell, glutathione helps other antioxidants perform at peak levels and protects the body against the ravages of free radicals. Free radical particles are damaging to every cell they touch by destabilizing the cell's structure. Garlic's many sulfur compounds help protect the cardiovascular system, which is highly susceptible to free radical damage.

Sources: Nutrition Journal 2002, 1:4, *Effect of garlic on cardiovascular disorders: a review* by Sanjay K Banerjee and Subir K Maulik; Dr. Mercola, *The Vanishing Nutrient That Your Skin, Muscle and Bones Depend On*.

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Joints were meant to last a lifetime and be pain-free



Joints were meant to move and last a lifetime, according to renowned Canadian orthopaedic surgeon, Dr. Robert Salter. Your body is a mechanical miracle and marvel with 206 different bones and 143 different joints that keep you erect, hold your structure, and enable you to stand and move. They also act as protectors, levers, shock absorbers and hinges. Bones, joints, muscles and connective tissues throughout your body perform thousands of movements every day with you barely giving them a thought. That is of course, until something goes wrong. Pain of the skeletal system can be life altering.

The president of the Canadian Pain Society, Dr. Mary Lynch, says pain is misunderstood and under treated, and can be a lifelong struggle. "Chronic pain is among the most disabling and costly medical conditions in North America," says Dr. Lynch.

Diet, lifestyle, obesity, and injury can turn your once happy bones and muscles into centres of pain and inflammation. The skeletal system is meant to last you a lifetime, and with the right care will carry you to the finish line.

Sources: The Canadian Press, *Almost 1 in 10 Canadians has Chronic Pain*, The Canadian Pain Society; Canadian Pain Coalition.

"Chronic pain is among the most disabling and costly medical conditions in North America."



Your intestinal System: Where health begins and ends

A healthy intestinal environment is the very foundation of good health. And one of the best ways to keep your intestines in good health is to ensure a proper balance of gut flora (friendly bacteria).

Having a healthy population of gut flora alleviates several uncomfortable conditions like gas and bloating, diarrhea, constipation, Irritable Bowel Syndrome, yeast overgrowth and general intestinal discomfort.

But that's just the beginning. The benefits of maintaining good intestinal bacteria levels go far beyond easing intestinal discomforts. Friendly gut flora produce certain B vitamins, improve digestion and nutrient assimilation, and control harmful levels of yeast and protozoa. They're also responsible for producing digestive enzymes like lactase, and powerful immune factors.

But this critical ecosystem is fragile and easily disturbed. Some antibiotics can completely kill off the beneficial bacteria in the gut. Steroid drugs like cortisone and prednisone, as well as birth control pills and chemotherapy can also upset your gut flora. In addition, poor nutrition

and weak digestion can impair the efficiency of intestinal bacteria, as can stress, trauma, surgery, or parasitic infestation.

When the number or activity level of your good bacteria drops too low, it opens the door for harmful bacteria and yeast to proliferate, allowing the opportunity for diseases to develop.

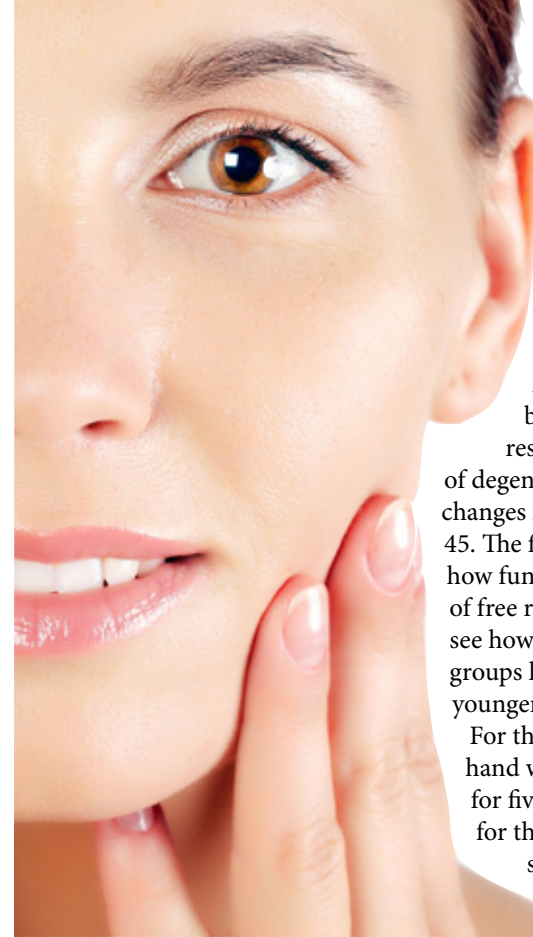
Keeping your population of friendly bacteria up is an important step to good health. To restore friendly bacteria make fermented foods part of your diet and take probiotic supplements and you'll soon be back in balance.

Did you Know: Your intestines are lined with villi— tiny, finger-like branches that increase the surface area and help the intestine to absorb nutrients. They have a very high turnover rate and can be replaced every two to three days, explains Tom MacDonald, professor of immunology at Barts and the London Medical School.

A protective layer of mucous membrane also lines the intestine, which renews itself every three to five days.



Sources: Nora T. Gedgaudas, CNS, CNT, *Primal Body, Primal Mind*, Healing Arts Press, Rochester, Vermont, 2011; Larissa Long, "Digestive Disorders and Fermented Foods," *Well Being Journal*, Vol. 22 No. 1, January/February, 2013; A.J. Keillor, "Add Probiotics To Your Spring Cleanse," *Vista Magazine*, Issue 58, May/June, 2008.



How youthful is the skin you're in? Do the skin elasticity pinch test

As we age, our skin loses its elasticity, becoming leathery and wrinkled. This is the result of free-radical destruction and is a sign of degeneration and loss of function. Significant changes in the skin become evident at about age 45. The following skin test indicates approximately how functionally old the skin has become as a result of free radical deterioration. Take this test and see how your skin rates as compared with the age groups listed. Test to see if your skin is functionally younger or older than your biological age.

For this test, pinch the skin on the back of your hand with the thumb and forefinger and hold it for five seconds. Let go and time how long it takes for the skin to completely flatten back out. The shorter the time, the younger the functional age of the skin. Compare your results to the table below:

Time (seconds)	Functional Age (years)
1-2	Under 30
3-4	30-44
5-9	45-50
10-15	60
35-55	70
56 or more	over 70



How did you fare? Did your skin test older than your true age, or were you right on target? If you want to prevent further degeneration and perhaps even regain some youthfulness to your skin consider the following tips:

Four Tips to healthy, youthful skin:

1. Consume foods rich in antioxidants
2. Include essential fatty acids in your diet
3. Stay hydrated by drinking pure water
4. Use a skin moisturizer.

Source: www.examiner.com/article/skin-elasticity-test-how-youthful-is-your-skin

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