

flourish

by New Roots Herbal

HEALTHY BODY, MIND, AND SPIRIT

Eye Health:

Protecting Your Vision

Weight Loss:

What Are You
Overlooking?

Five Tips to Win Against
Workplace Stress

A Fresh Start
Three Ways to Reset Your Diet this Spring


New Roots
HERBAL

Vol. 1, No. 3 · Free
March/April 2017

90% of information entering your brain comes through the eyes. How's that for an incentive to keep reading?

Look, we know you can't get enough good information when it comes to your wellbeing. And, while the story of what makes Foresight so good for your eyes could fill this page—and the next dozen or so as well—we know your eyes have other things to do.

For now, let's just take a quick glance at what it can do for you. Some say carrots are good for your eyesight. We say 22 nutrients including minerals, vitamins, and plant extracts are much better. In fact, studies show improved nutrition can reduce vision loss associated with aging and help in the prevention of cataracts, age-related macular degeneration, and other diseases that could leave you in the dark. Plus, our formula provides natural pigments used by your eyes to shield themselves from the harmful rays of the sun.

Seen enough? Let's just say that, when it comes to the health of your vision, Foresight can be a real eye opener.

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05



10



16



20



26

Table of Contents

March/April 2017

- 05** Feel Great with a Clean Slate

- 06** Health Advice: Arthritis
Ways to Improve Your Mobility

- 08** A "Twin Bill" Featuring a Couple of Naturals

- 09** Is Your Liver Ready for Allergy Season?

- 10** Health Advice: Eye Health
Protecting Your Vision

- 11** Health Advice: Rye Pollen Extract

- 12** Naturopathic Currents:
It's All In Your Head

- 16** Boost Your Immune System by Practising Mindfulness

- 17** Five Tips to Win Against Workplace Stress

- 19** Lawn & Order

- 20** Health Advice: Weight Loss
What Are You Overlooking?

- 22** Natural Solutions to Overcome Dandruff

- 24** Transformation Through HOPE-Centered Intentional Living

- 26** Life, the Path Towards Oneself

- 27** A Fresh Start: Three Ways to Reset Your Diet this Spring

- 28** Culinary Corner

- 31** Choose to Care

For more articles on health, lifestyle, and wellness—add to that delicious recipes—all in a more dynamic and accessible format, visit our Flourish blog at: newrootsherbal.com/en/blog

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Editor's Letter



Springtime is here!

Over the past few weeks, stress has been pervasive in my environment. Personally, I have done quite well in learning from more difficult times to get the most out of them.

When I was looking for inspiration for this issue, I came across a freelancer's text you will read on page 26: "Life, the Path Towards Oneself." This text on the trials that shape our destiny was straight in line with my thoughts. Whether it's stress related to work or busy family life, hardships, or even disappointments, these experiences—even the difficult ones—invite us to look into ourselves and use them as a springboard to soar to new heights.

To help you reach new heights during this season of renewal, let me suggest some articles about mindfulness, as well as tips to overcome stress in the workplace. And to start off this sweet season, we will tackle hot topics including seasonal allergies, detoxification, and weight loss.

We make a fresh start with three ways to rethink our diet, and we will surely inspire you with our Culinary Corner and its divine recipes.

If you want to read more, do not hesitate to visit our blog. There, you will regularly find additional articles in a dynamic format! newrootsherbal.com/en/blog

Flourish in health.

Sonia Lamoureux
Editor-in-Chief

flourish

Flourish magazine is published every two months and distributed throughout Canada.

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Total Copies Distributed

90,000 (English and French)

Legal Deposit: Library and Archives Canada

Legal Deposit: Bibliothèque et Archives Nationales du Québec
ISSN 2371-5693 (Print)
ISSN 2371-5707 (Online)

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Feel Great with a Clean Slate

by Gordon Raza, BSc



I'm blessed with having a wealth of knowledgeable friends to contact when things break down. Whether it's mechanical, electrical, or even a plumbing problem, the same solution works in the majority of cases: we disassemble the item in question, clean it thoroughly, reassemble it... and it usually works as good as new.

When it concerns your health—whether it's a lack of energy, poor digestion, compromised immune performance, or even your complexion—these concerns could collectively benefit from a comprehensive cleanse. When it comes to you and me, it starts with the liver and intestines. Gathering information for cleanses can be overwhelming, between strict diets with smoothies featuring exotic ingredients to celebrity-endorsed programs that claim to purge several pounds of hardened, toxin-laden buildup within the intestines.

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

program is two-fold: **EnergyCleanse I** focuses on the elimination of toxins within the liver. It employs nine biologically active antioxidants and botanical extracts that rejuvenate the liver. This in turn makes the liver more effective in breaking down harmful cholesterol, producing bile for the metabolism of fatty acids, cleansing the blood supply, and mobilizing glycogen to meet dynamic energy needs.

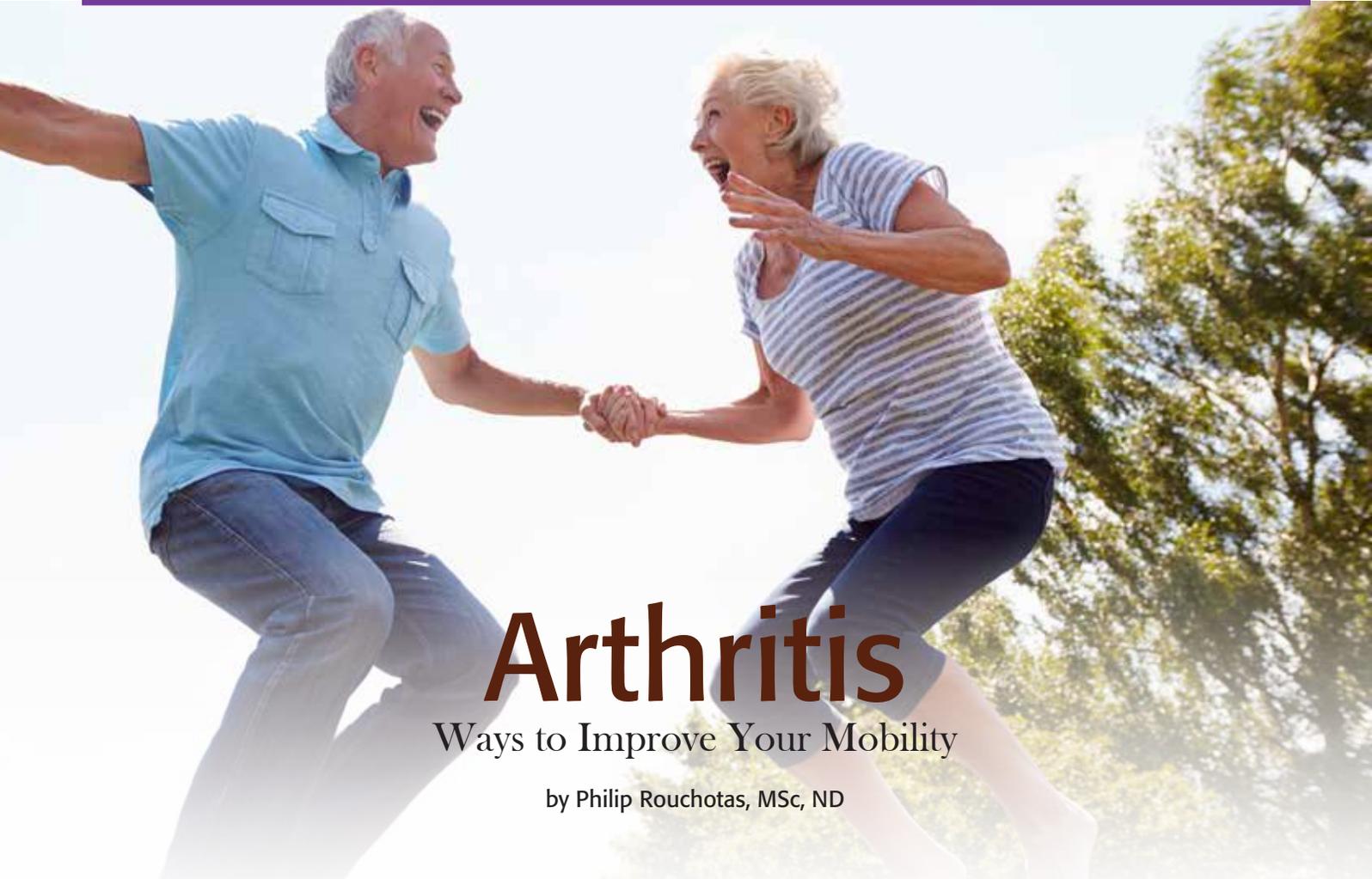
EnergyCleanse II contains 11 special nutrients and 6 homeopathic salts (also called Schüssler salts) that gradually soothe and cleanse the intestines of toxins embedded within their mucous membranes. This delicate layer regulates selective permeability for superior nutrient assimilation, balanced electrolyte levels, and vitamin synthesis, and serves as home for the resident population of beneficial probiotics that drive immune performance.

Simply take 2 capsules of **EnergyCleanse I** in the morning, and 2 capsules of **EnergyCleanse II** in the

evening. Our program requires no drastic changes in diet; simply adopt the habit of consuming plenty of water (approximately 3 litres per day), and 8 to 12 servings of fruits and vegetables. We recommend supplementing with New Roots Herbal's **FiberUltra Rich Psyllium + Inulin** for ease of toxin elimination, and a broad-spectrum probiotic such as **AcidophilusUltra** to maintain dominance of beneficial intentional flora during our program.

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





Arthritis

Ways to Improve Your Mobility

by Philip Rouchotas, MSc, ND

Arthritis refers to any number of conditions causing joint pain, swelling, and stiffness resulting in disability.

According to the Public Health Agency of Canada, arthritis affects 16% of Canadians over the age of 15.^[1] There are several different types of “arthrides,” including osteoarthritis (“wear-and-tear” arthritis), rheumatoid and other types of autoimmune arthritis, juvenile arthritis, systemic lupus erythematosus (SLE), and gout. The pain and joint damage associated with arthritis are caused by the presence of uncontrolled inflammation. Therefore, the goal of treatment is to reduce inflammation and promote joint healing. Many people depend on painkillers and other medications in order to function normally; however, there are a variety of natural therapies

that offer relief from chronic pain.

Dietary factors can be a source of inflammatory triggers. Alterations in digestive function, specifically the development of “leaky gut,” have been identified in a number of chronic inflammatory conditions including fibromyalgia, juvenile arthritis, lupus, and ankylosing spondylitis (AS).^{[2][3][4]} When gut-barrier function is impaired, food proteins that are not normally allowed to pass across into the blood may do so, triggering an immune reaction and the development of immune hyperreactivity. Studies of patients with fibromyalgia suggest higher rates of gluten intolerance,^[5] and studies of patients with rheumatoid arthritis show increased levels of food-specific antibodies present in their intestinal fluid.^[6] The involved foods included proteins

from cow’s milk (*alpha*-lactalbumin, *beta*-lactoglobulin, casein), cereals, hen’s egg (ovalbumin), cod fish, and pork meat.^[6] Plants from the nightshade family (potatoes, tomatoes, peppers, eggplant) as well as other inflammatory foods have been implicated in osteoarthritis.

Although it may seem counterintuitive, exercise has been shown to improve the pain and stiffness associated with osteoarthritis.

Exercise can help with achieving a healthy weight, minimizing the weight-bearing stress on the joints. Exercise simultaneously improves the strength of the muscles supporting the joint, and improves the flexibility and range of motion of noncontractile tissues, such as tendons and ligaments, that are also involved in supporting

joints. A recent study, for instance, found that use of an exercise program for the hip significantly reduced pain among women with osteoarthritis of the hip.^[7] Results showed that pain declined over 30% from baseline, while joint function and health-related quality of life improved slightly. Leg extensor (a muscle group) strength increased by 20%, and hip extension range of motion increased by 30%.^[7]

Anti-inflammatory supplements also have a role to play in managing arthritis.

The omega-3 fatty acids found in fish oil, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are powerful anti-inflammatory nutrients. EPA and DHA block the proinflammatory action of the cyclooxygenase-2 (COX-2) enzyme and the lipoxygenase (LOX) enzyme. These enzymes metabolize fats in the cell membrane to inflammatory chemicals in the body. COX-2 metabolizes arachidonic acid (AA) into proinflammatory prostaglandins (PGE₂) and leukotrienes.^[8] However, when COX-2 uses EPA as its fuel, it produces anti-inflammatory chemicals such as PGE₃ and LTB₅. In this way, fish oil has similar effects as nonsteroidal anti-inflammatories (NSAIDs, e.g. aspirin), but without the gastrointestinal side effects.

Natural eggshell membrane (NEM®) has been shown to improve joint pain and stiffness associated with osteoarthritis. NEM® is a new, proprietary extract with pilot studies and a randomized, controlled trial demonstrating sizeable improvements as early as seven days.^{[9][10]} Supplementation with 500 mg of NEM® for eight weeks was shown to reduce knee pain and stiffness compared to placebo at all time points. After only ten days, pain was reduced by 15% compared to placebo.^[10]

Boswellia, an Ayurvedic herb also known as frankincense, has been shown to reduce inflammation associated with osteoarthritis of the knee. Boswellic acids inhibit 5-lipoxygenase (5-LOX), the enzyme responsible for the production of proinflammatory leukotrienes from arachidonic acid.^[11] In clinical trials, boswellia extract has repeatedly

been shown to improve pain and functional ability as early as seven days.^[11]

Curcumin, an extract of turmeric, has been shown to decrease inflammatory chemicals in patients with osteoarthritis. Administration of curcumin to 100 patients with osteoarthritis resulted in significant decreases in a series of inflammatory markers including interleukin (IL)-1 β , IL-6, soluble CD40 ligand (sCD40L), soluble vascular cell adhesion molecule (sVCAM)-1, and erythrocyte sedimentation rate (ESR).^[12] There were also significant improvements in joint pain, stiffness, and range of motion, as well as improvements in the distance that patients were able to walk on a treadmill test.^[12]

Natural therapies can help keep you healthy, pain-free, and active.



NEM® is a registered trademark of ESM Technologies, LLC.

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A “Twin Bill”

Featuring a Couple of Naturals

by Gordon Raza, BSc

As a person with allergies, I’ve been asked by caring individuals countless times following a few sneezes: “What made you sneeze?” Truth is, the pollen that impacts the lives of countless millions of North Americans span from at least a dozen species of trees in the spring, to many common grasses in the summer, to the unassuming yet notorious ragweed (*Ambrosia artemisiifolia*) spewing billions of grains of pollen per plant in late summer and early fall.

Our double feature for allergy relief includes two potent, naturally acting antihistamines: **BlackCumin Seed Oil** and **Quercetin Bioflavonoids**. They’re among the most effective natural antihistamines available, yet people tend to think they have to choose between them. When taken together, they span a broad therapeutic range as a unique strategy to combat seasonal allergies.

BlackCumin Seed Oil has a unique fatty acid profile that includes naturally occurring linoleic acid. Linoleic acid stabilizes cell membranes to exert potent antihistamine action. It also serves as a building block for production of prostaglandins, the hormone-like mediators of the inflammatory response.

Quercetin is among the group of plant pigments called flavonoids.

These potent compounds strengthen the membranes of specialized cells (mast and basophil) to prevent the release of histamines. Histamines are the cause of common hay-fever symptoms that include sneezing, itching and runny nose, and watery eyes.

Our immune system performs a “balancing act” while defending our health. Occasionally, it overreacts and perceives foreign objects such as plant pollen as a health threat. **BlackCumin Seed Oil** and **Quercetin Bioflavonoids** mediate the way our immune system perceives common airborne allergens. This will give you the freedom to enjoy all the activities, action, and adventure our seasons deliver year upon year.



Is Your Liver Ready for Allergy Season?

by Gordon Raza, B.Sc.

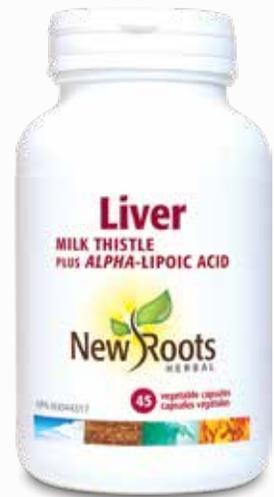
The coming of spring has an official celestial date; however, we all have our unofficial events that mark its arrival. Signs of spring span from the return of migratory birds to the start of hockey playoffs for some; for those of us cursed with allergies, it's that first sneeze!

The vanishing of winter's white coat can reveal road salt-damaged vegetation, litter, and some organic matter that dog owners may have overlooked. Just as the spring thaw may expose a few environmental blemishes, the arrival of spring can also reveal a fatigued liver following a long winter of toxin overload due to prolonged exposure to household toxins and allergens.

A reduced frequency of vigorous outdoor activity that sweats out toxins can also contribute to sluggish liver performance. The limited availability of local, organic foods can pile on liver exposure to unwanted pesticide and herbicide residue from imported produce.

New Roots Herbal's **Liver** delivers eight potency-validated extracts and scientifically proven botanicals that will help clear the detoxification pathways within the liver. It's a simple "spring cleaning" that will prepare your liver for the challenge of breaking down and excreting the additional toxins and allergens synonymous with the coming seasons.

To learn more about how **Liver** can benefit your health, visit us at newrootsherbal.com



“Curcuminication”—Improved Product

New Roots Herbal's **Curcumin** is now formulated with black pepper extract, potency-validated to contain 95% piperine, the critical therapeutic compound proven in clinical trials to amplify the bioavailability of curcumin up to 2000%.

Curcumin is a premium anti-inflammatory and antioxidant compound; the problem is that the liver and intestines do not play favorites when breaking down foreign compounds. Piperine interferes with the detoxification

pathway for curcumin. This leads to better absorption, bioavailability, and blood serum concentration for the results you expect.



Eye Health: Protecting Your Vision

by Dr. Heidi Fritz, MA, ND

Degenerative eye diseases of various kinds may begin to affect individuals as young as the age of 50 (age-related macular degeneration) as well as those with diabetes mellitus (diabetic retinopathy). Even though symptoms may not appear until later in life, damage begins at an earlier age as a result of factors including sun exposure (ultraviolet light radiation), a nutrient-depleted diet, and poor lifestyle such as uncontrolled blood glucose levels and/or exposure to cigarette smoke.

Both age-related macular degeneration and diabetic retinopathy are characterized by dysfunction of the small blood vessels in the retina and oxidative damage; over time, this leads to gradually distorted vision and potentially blindness.^[1] The small blood vessels may “overgrow” into the retina, or they may become “leaky”.^{[1][2]} Several key nutritional agents have been shown to help protect the retina from this type of damage. These include lutein, zeaxanthin, zinc, omega-3 fatty

acids, as well as the antioxidants found in blueberries.^{[3][4]} Ginkgo is an herb that has also been found to help improve eye health.^[5]

The LUTEGA study recently found that a nutritional supplement providing a combination of lutein, zeaxanthin, omega-3 fatty acids, and other antioxidants resulted in significant improvements in the density of pigment in the area of the retina called the “macula”; this is also known as macular pigment optical density (MPOD).^[3] This is important because the role of macular pigment is to protect the sensitive retinal cells from oxidative damage, including exposure to UV light. In the study, patients with age-related macular degeneration were treated with 10 mg of lutein, 1 mg of zeaxanthin, and a small dose of omega-3 fatty acids (130 mg), one to two times per day for one year. At the end of one year, MPOD increased in the treatment group, but decreased significantly in the placebo group.^[3]

Another study, the CLEAR study,

further found that, in addition to increasing macular pigment and protecting against oxidative damage, supplementation with lutein can actually prevent vision loss.^[5] Over a one-year period, during which patients with age-related macular degeneration were supplemented with lutein, those given the supplement experienced no change in their visual acuity. On the other hand, those given placebo had a significant decrease in their vision.^[5]

Other research has demonstrated associations between higher levels of eicosapentaenoic acid (EPA) in the blood and decreased risk of a more serious type of macular degeneration.^[6] This type of degeneration is called neovascular macular degeneration, where there is an overgrowth of small blood vessels in the retina. In this study, those subjects with the highest EPA blood levels had a 75% lower odds of having age-related macular degeneration.^[6]

Ginkgo also has beneficial effects on

the blood vessels of the eye as well as antioxidant effects. In patients with normal-tension glaucoma, supplementation with ginkgo has been shown to significantly improve blood flow to the eye, compared with placebo.^[7] Another study found improvements in visual function associated with ginkgo in children and adolescents with long-standing type I diabetes after only three months.^[8] Finally, a study in patients with age-related macular degeneration found that among those taking 240 mg of standardized ginkgo extract, there was a marked improvement in visual acuity compared to patients taking a low dose of 60 mg per day; this was after a period of six months.^[9]

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Health Advice

Rye Pollen Extract

by Philip Rouchotas, MSc, ND

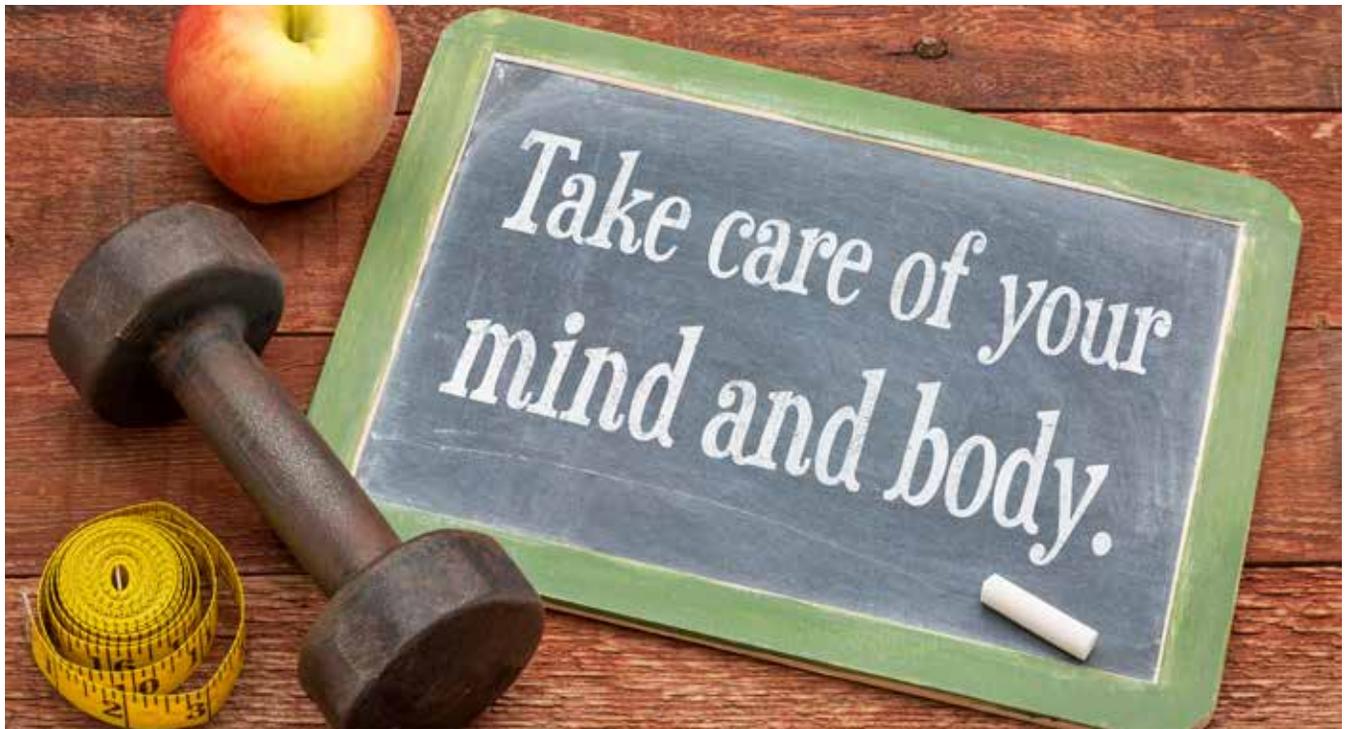


Rye pollen extract, also known as cernilton in Europe, is made from the pollen of rye grass (*Secale cereale*). It has been shown to benefit prostate health, and is thought to do so via anti-inflammatory effects. Constituents present in rye pollen extract include phytosterols such as *beta*-sitosterol and stigmasterol, as well as flavonoids such as quercetin, apigenin, and kaempferol.^[1] Studies have repeatedly shown that supplementation with rye pollen extract benefits benign prostatic hypertrophy (BPH) or enlarged prostate, as well as chronic prostatitis.^{[2][3][4]} One study found

that supplementation with rye pollen extract for 12 weeks resulted in a significant decrease in pain, improvement in quality of life, and overall reduction in prostatitis symptoms as assessed by the NIH Chronic Prostatitis Symptom Index (NIH-CPSI), compared to placebo. Another study found that, among men who had prostate surgery due to BPH and prostatitis, supplementation with rye pollen extract resulted in lower urinary tract symptoms as well as erectile dysfunction.^[4]

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It's All in Your Head

Harnessing the Vagus Nerve to Boost Physical Health

by Liam LaTouche, ND

The Mind-Body Connection

If you have ever been startled or scared, like anticipating the drop on a roller coaster, you can appreciate that the mind and body are intimately connected. As the coaster clicked up the ramp, you may have experienced anxiety along with muscle tension, sweaty palms, dry mouth, and an uneasy feeling in your gut (you may even be experiencing these physical symptoms as you recall a past occurrence). Here, you can see the impact a mental/emotional stressor can have on your physical body.

The concept of the mind-body connection—specifically, that afflictions of the mind can contribute to physical ailments, and vice versa—is nothing new. Despite this, Western medicine still tends to observe and treat the body as

isolated, independent parts. For example, we see digestive issues treated by looking solely at the gastrointestinal tract, or mental health issues treated by looking exclusively at the chemistry of the brain. However, what happens when irritable bowel syndrome symptoms are made worse by stress? Or when anxiety and depression improve after correcting digestive issues? While the “silo” approach to medicine can be extremely important and helpful in managing symptoms—particularly, urgent ones—it does not take a deeper look at how the body works as a whole to regulate itself and promote health. Thankfully, research is exploring the traditional view of the body being a system of intricately connected parts, working in unison to achieve balance and ultimately support health and longevity. This broadens

our understanding of the mind-body connection and sheds light on valuable clinical applications in naturopathic medicine.

There are some very specific examples of the mind-body connection when exploring it from a strictly physical standpoint. Take abdominal epilepsy, where dysfunctional neurological discharges in the brain (which typically manifest in seizures) cause abdominal pain and other digestive complaints. It has also been identified that the composition of the gut microbiome—the various bacteria that populate the digestive tract—can influence mood and emotional wellbeing. However, when we look at the mind-body connection in a broader sense—i.e. how perception, lifestyle habits, attitude, and mindfulness influence

physical health—it may not always be as clear. Empirically, it is understood that these habits and practices are probably good for us, but do they actually impact our health positively? The short answer is yes (the long answer resides in the rest of this article).

For those with an inquiring mind, the question then becomes: “How are the mind and body connected?” Followers of traditional Chinese medicine may argue that the answer lies in the various meridian channels running through the body. Practitioners in bioregulatory medicine may argue that the extracellular matrix holds the key. Osteopaths may point to the lymphatic system as the gatekeeper. Functional medicine practitioners may turn their focus to the gut microbiome.

Experience has taught me that there is rarely just one answer to complex mysteries pertaining to human physiology. So, without discounting the possible other mechanisms involved in this process, this article will explore the role of the nervous system in mediating health through the mind-body connection, and

what can be done to harness this system to boost physical health.

The Vagus Nerve: Key Player in the Mind-Body Connection

The vagus nerve, the tenth cranial nerve, meanders from its origin in the brainstem, down the neck, and through the chest to the abdomen. By doing so, it creates an important interconnected network between the brain and the digestive system, lungs, heart, liver, and kidneys. While a small portion of this nerve is involved with motor function, the majority of its nerve fibres relay sensory messages to the brain from the organs, so the brain is aware of the state and function of these vital organs.

The vagus nerve plays a major role in regulating parasympathetic activity. Most people are more familiar with sympathetic activity of the nervous system—often referred to as the fight-or-flight response—which represents the other side of the coin. The sympathetic system is the innate response to stressful stimulus that allows us to navigate potentially threatening situations appropriately. For example, if you were driving and a squirrel jumped

out onto the road, your sympathetic system would increase its activity to enable a quick and accurate response to keep you—and hopefully the squirrel—safe. Conversely, the parasympathetic nervous system plays a role in relaxation following the stressful event—sometimes called the rest-and-digest response. Balancing these two systems is a foundational pillar of health.

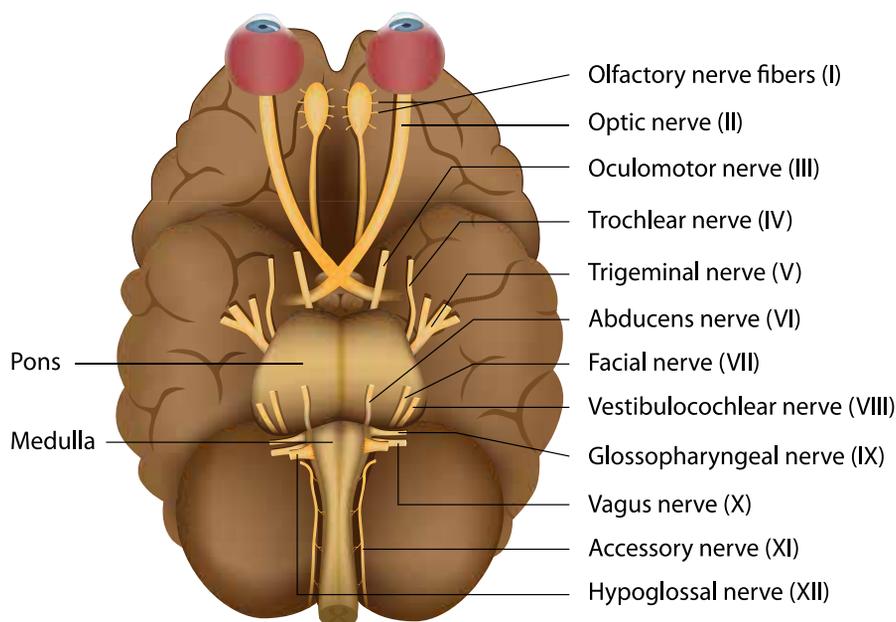
Just as people have individuality in appearance and personality, there is also variability in vagal tone from one person to the next. Vagal tone is an index of parasympathetic activity and is indirectly measured through heart-rate variability in relation to respiration. As one breathes in, the vagus nerve is less active and the heart rate goes up to align the supply of oxygen with the body’s demand. As one breathes out, the vagus nerve is more active and the heart rate slows down. Through this assessment, high vagal tone is represented by a bigger difference in heart rate between inspiration and expiration. Individuals with low vagal tone do not relax as effectively or quickly following stressful events, whereas those with higher vagal tone recover more effectively.

Vagal Tone and Physical Health

The role of vagal tone on cardiac function has been well-documented, but its role in other aspects of health and general allostasis—achieving stability by adjusting our internal systems—is getting more attention.

Evidence suggests that decreased vagal tone has been associated with dysregulated blood-sugar levels (a risk factor for diabetes, cardiovascular disease, stroke, kidney disease, and eye pathologies), increased cortisol levels (a stress hormone and mediator of a number of health concerns), and increased proinflammatory molecules (an underlying mechanism of various chronic degenerative diseases, like heart disease and rheumatoid arthritis). Further research has explored how individuals with low

The Cranial Nerves



vagal tone who suffered a heart attack have a poorer prognosis, and those with anxiety and depression have increased sympathetic activity.

Due to the large number of organs that the vagus nerve interacts with, low vagal tone has been implicated in a number of complications and disease states. Rather than listing all of the studied and potential health complications associated with low vagal tone, the purpose here is to look further to the fact that they reflect dysfunctions of the body's regulatory processes, which work

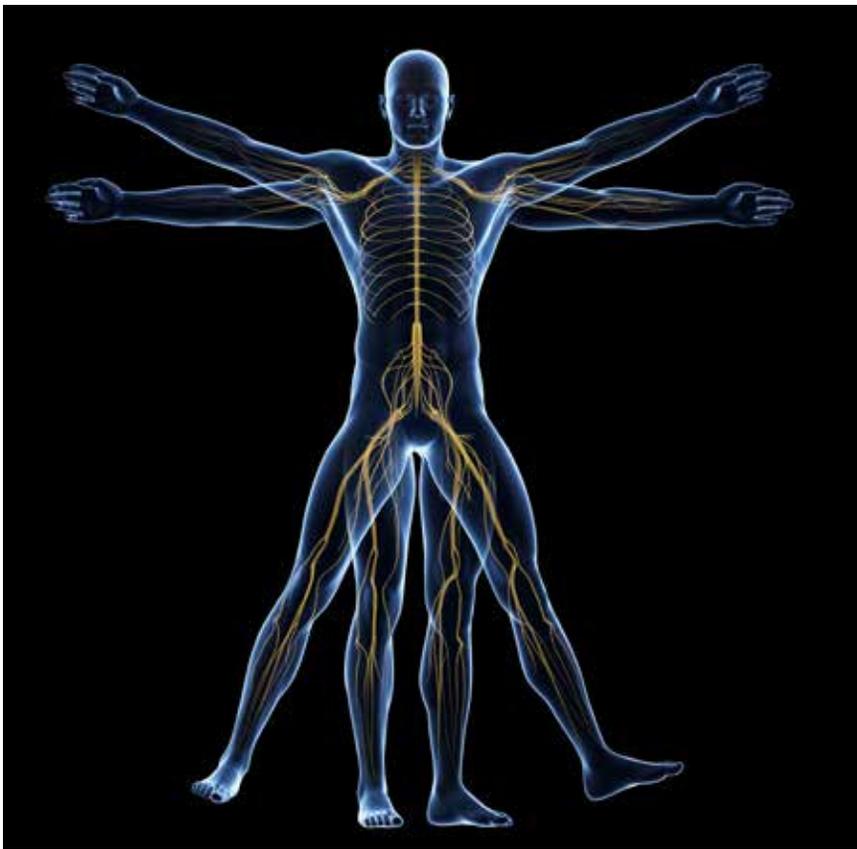
Given naturopathic medicine's focus on supporting the body's ability to attain and maintain balance and heal itself, it is an enticing and important target of therapy.

With the aid of technological advancements, the vagus nerve can be stimulated through the use of an implanted device. This is done in conventional medical settings, and has been used as an adjunctive treatment in epilepsy with mixed results, and in chronic or recurrent treatment-resistant depression with promising results. Further

have been examined: yoga, fostering positive emotions and social connections, meditation, deep breathing, and cold exposure. This does not represent an exhaustive list, and there are numerous other ways to harness the vagus nerve for health promotion. However, the majority of individuals can benefit from these strategies and they are not necessarily dependent on medical supervision.

From the body-to-mind side of things, yoga can positively influence vagal tone and GABA regulation (low levels of the neurotransmitter GABA have been associated with anxiety and other neurological issues) to promote improvements in depression, epilepsy, and posttraumatic stress disorder. Looking at the mind-to-body side, vagal tone was increased by reflecting on social connections and generating positive emotions through loving kindness meditation. Additionally, slow, deep breathing (six breaths per minute) has been shown to positively influence vagal tone. This can be accomplished on its own or through yoga practice. Finally, though not always tempting depending on where you live and the time of year, cold exposure causes your body to downregulate the sympathetic response and upregulate the parasympathetic response, mediated by the vagus nerve. Really, any acute exposure to cold can trigger this, but a simple way would be to end your shower with 30 seconds of manageable cold-water exposure. Fortunately, these naturopathic strategies not only benefit vagal tone, but also have additional benefits on physical fitness, attitude, and general wellbeing that the majority of the population can benefit from.

To reiterate, the ultimate goal is to optimize vagal tone to better support the body's ability to regulate and heal itself. As outlined, individuals with high vagal tone are healthier physically, mentally, and emotionally; they tend to have less cardiovascular disease risk, better



behind the scenes to maintain health. It can be thought of in this way: Imagine pollution entering a major river that feeds several streams; focusing on cleaning an individual stream is futile, while benefit can be yielded by looking upstream at the source of issue.

Promoting Optimal Vagal Tone

Vagal tone is regulatory in nature.

research is exploring its possible use in conditions like schizophrenia, Alzheimer's disease, obsessive-compulsive disorder, personality disorder, posttraumatic stress disorder, and fibromyalgia. Side effects may occur, which include dry cough induced by speech or mild exercise.

From a naturopathic perspective, several treatment considerations



concentration and memory skills, more empathy, and closer social connections.

It is important to be aware that research in this area continues to expand. As such, it is becoming clearer that the role of the vagus nerve in parasympathetic regulation is a component of a broader and more complex model of allostatic balance and health

promotion. As mentioned earlier, there is rarely just one answer to a complex question. Therefore, these techniques can be supportive of overall health and wellbeing, but there are numerous other ways to further promote optimal vitality. Your naturopathic doctor can help guide you through the appropriate strategies for your specific needs and goals, and help you realize your full potential.

For references and other great articles, visit NaturopathicCurrents.com



Liam LaTouche, ND

Using an integrative and personalized approach to medicine, his goal is to help patients lose weight, reduce pain, boost energy, and better manage stress.

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Using Food to Fuel The Adrenal Glands

Our adrenals are also known as our “stress glands.” They are tiny powerhouses, each the size of a walnut, that perch atop each kidney and, at a basic level, work to manufacture cortisol [...]



Benefits and Practices of Mindfulness

When was the last time you remember truly being in the moment? When was the last time you were able to quiet all the thoughts racing through your head, and just allowed yourself, [...]



Kava and Anxiety

Piper methysticum, commonly known as kava, has been used for over 3000 years. Traditionally, it has been used as a tonic to treat feelings of weakness and nervous exhaustion, and as a sleep aid. [...]

Boost Your Immune System by Practising Mindfulness

by Michelle W. Book

It's easy to feel the physical effects of stress when life throws you off course. Stress can lead to restlessness, lack of sleep, poor diet and anxiety, all of which can have serious implications on your health. In fact, stress can have a number of negative impacts directly on the immune system.

Stress caused by brief pressures (such as exams or looming deadlines) can suppress the part of the immune system responsible for killing and breaking down invading bacteria or viruses, while chronic stress (such as workplace or family pressures) can actually

suppress the entire immune system. This increases the cortisol levels in your system, which makes you not only more susceptible to becoming sick, but also more likely to make others sick.

Practising mindfulness is a simple and effective way to combat stress. Being more mindful has a number of positive effects directly on the immune system, including reducing inflammation symptoms and stress hormones, and has been shown to improve activity in the areas of the brain responsible for coordinating the immune system.

Incorporating mindfulness into your lifestyle can also help to minimize the occurrence, length, and severity of the common cold or the flu. The best part is that mindfulness can be easily included in your daily routine by simply paying attention to your breathing, tuning into your body's physical sensations, and practising mindful meditation.

To help me manage stress better and find my inner balance, I also rely on a few easy-to-find natural health products, including:

Valerian: Commonly used for its anxiety-reducing and sedative effects, this root is available as an herbal tea and supplement.

Omega-3s: Supplementing with fish oil, rich in omega-3s, has been shown to reduce stress symptoms.

Probiotics: A large volume of evidence supports the view that the immune system is a key communication pathway between the gut and brain, which plays an important role in stress-related behaviours. The microbial content of the gut plays a key role in immune development.

5

Tips to Win Against Workplace Stress

Stressed at work? You're not alone. We conducted a survey that found that 67 per cent of Canadians agree that their work causes them stress, and that this stress negatively impacts their lives.

Beat stress by incorporating these five tips to bring balance back into your life.

1 Punch up productivity.

Omega-3s, found in foods such as fish and nuts, have been shown to improve our learning and memory. Research also shows that omega-3s can help protect us from mood decline, allowing us to stay positive through the day's most difficult tasks.

2 Stay calm.

Did you know that not all bacteria are bad for you? Our gut is home to billions of bacteria that play a role in our intestinal and mental health. Supplementing with probiotics has been shown to help reduce anxiety and stress. Consider adding a supplement into your daily routine or eating more probiotic-rich foods, such as kimchi, kefir, and sauerkraut.

3 Get creative.

"Deskercise" is using your own body weight to add more exercise to your day. Find a few minutes each day to do a few squats or desk dips, and add more movement throughout the day by getting up and going for a walk. Instead of sitting, encourage everyone to stand in your next meeting or swap out your chair for an exercise ball.

4 Practise mindfulness.

Mindfulness helps increase your general awareness while decreasing stress — and all it takes is a few moments of peace. Set an alarm on your phone to remind yourself to stop and take three deep breaths every hour. When you get home, end the day by writing down three things you're grateful for.

5 Eating for energy.

Put down the junk food. Snack on smart carbs instead, like beans and legumes that are high in fibre. Eating more complex carbs can reduce stress hormones, improve mental performance and enhance your mood. They also slow and stabilize glucose absorption, reducing your risk of blood sugar spikes and crashes.



Michelle W. Book

A graduate in holistic nutrition and spokesperson for the Canadian Health Food Association (CHFA), she focuses on living life and raising a family focused on holistic health and wellness.

You've
got

206

reasons to take
Strong Bones.

One; the tibia. Two; the kneecap. Three; the hipbone. Four; that little bone that kind of sticks out from your wrist. Five through 57: all 52 bones in your feet. Fifty-eight through 206: all the rest of the bones in your body that not only support you, but do a whole bunch of other important things like creating fresh blood, detoxifying your system, and storing nutrients for the body.

Every one of your 206 bones will thank you for taking New Roots Herbal's StrongBones. This broad-spectrum formula provides naturally sourced calcium, amino acids, magnesium, and a host of other vital nutrients to support bone strength and growth to help defend you against the onset of osteoporosis—a nasty little disease that affects one in three women as they age.

You can help maintain your strong, vibrant lifestyle for years to come with StrongBones. Don't just get by—flourish.



Lawn & Order

by Gordon Raza, BSc

Our front lawn seems to follow the same lifecycle year upon year; spring features grass that is lush and green, contrasted with a few “crayon yellow” dandelions so pretty you’d swear we planted them. As the summer progresses, the dandelions multiply until our annual July vacation when these opportunistic weeds take over. Upon our return, the weeds tower over the barren and brown, sun-sweltered grass.

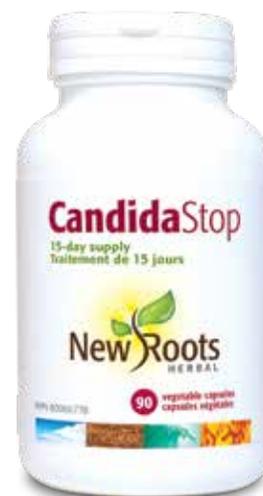
Candida albicans is a normal—even beneficial—inhabitant of the intestinal flora of healthy individuals when its numbers are kept in check; however, given the right circumstances, this opportunistic yeast can grow exponentially to dominate your microbiome, at the expense of your health. A diet high in carbohydrates, processed sugar (check those labels!), chronic stress, poorly managed diabetes, frequent antibiotic use, excessive alcohol intake, or even oral contraceptives can all be culprits that contribute to *Candida* overgrowth.

If you’re experiencing unexplained chronic fatigue, bloating, difficulty concentrating, or recurrent fungal infections, you may be suffering from candidiasis (*Candida* infection).

New Roots Herbal’s **CandidaStop** delivers an industry-leading formula featuring 11 natural nutrients that will eradicate yeast overgrowth to restore the dominant role of beneficial probiotics within your gut.

Potency-validated extracts of pau d’arco, grapefruit seed, wild oregano, black walnut, garlic, and echinacea root forge the broad-spectrum botanical backbone for **CandidaStop**. Our formula restores your health in two ways: it kills off *Candida albicans* as it weakens and ruptures its cell walls; this in turn fosters a more acidic intestinal pH level that favours healthy bacterial growth.

In the same fashion that a few weeds don’t ruin your lawn and even serve as proof you’re not using harmful herbicides, diversity is natural and beneficial for healthy ecosystems. When it concerns health and wellness, **CandidaStop** will sway the balance of intestinal order in your favour for a fresh take on life.





Weight Loss

What Are You Overlooking?

by Dr. Heidi Fritz, MA, ND

Most of us are aware of the deleterious health effects of being overweight, yet many Canadians struggle with achieving and maintaining a healthy body weight. Many people struggle with weight despite consuming an ostensibly “healthy” diet. Beyond a critical analysis of dietary intake and caloric expenditures, a few additional factors may be at play to make this goal more difficult.

The Basics

The most basic information necessary for healthy weight loss is an awareness of how many *calories* should be consumed. Consumption of 3500 extra calories equals one pound of fat. In order to lose weight, the first rule is that the number of calories consumed has to be less than the total number of calories used. For an average adult man, consumption of 2000 calories per day will result in a weight loss of 1–2 lb per week; for an average adult woman, this is 1500 calories per day. The benefit of regular exercise is that it increases the number of calories used and prevents loss of lean body mass (muscle), thus accelerating weight loss. At least 30 minutes

of aerobic activity (brisk walking, light jogging, etc.) per day is recommended for everyone trying to lose weight.

Carbohydrate Intolerance and Glycemic Index

Unfortunately, the [calories in – calories out] equation doesn’t always give the whole picture. Certain *types* of foods can make us more or less prone to storing excess calories as body fat.^{[1][2][3]} The glycemic index of a given food refers to how quickly it can “turn to sugar” and cause a spike in your blood sugar levels. Foods that result in large increases in blood sugar, such as refined carbohydrates, cause secretion of the hormone insulin. Insulin is a signaling hormone

that tells your body to store excess blood sugar in muscles or in fat tissue, and it promotes weight gain. Sometimes, people with such spikes in insulin will also experience a rebound low blood sugar called *reactive hypoglycemia*. In this case, periods of hypoglycemia will result in low energy and new carbohydrate or sugar cravings, creating a vicious cycle. Choosing the correct foods (high in protein, fibre, and healthy fat, but low in refined carbohydrates) is essential in managing this type of carbohydrate intolerance.^[2]

Insulin Resistance

Insulin resistance is a form of prediabetes. Individuals suffering from insulin resistance don’t

respond properly to insulin anymore, and so the body starts pumping out even higher amounts of this hormone. In essence, if you think of insulin as the body talking to the cells, then in insulin resistance, the body starts yelling at the cells, trying to create a stronger signal. However, excess levels of insulin result in weight gain, as described above. Certain supplements, such as inositol, N-acetylcysteine, and chromium picolinate have been shown to help reduce insulin resistance.^{[4][5][6]}

Subclinical Hypothyroidism

Although many people have heard of hypothyroidism, fewer have been introduced to the concept of subclinical hypothyroidism. This may be thought of as “borderline” low thyroid function. Although bloodwork may indicate levels within the normal range, there is a recognition that the accepted normal range is quite broad, and

so individuals at the high end of the normal range may already be experiencing early pathological symptoms. Since the thyroid and adrenal glands together function as the control switches of the body’s metabolism, a low-functioning thyroid may result in unexplained weight gain and difficulty losing weight. Other symptoms include fatigue, low mood, menstrual irregularity, cold body temperature, dry skin and hair, constipation, and low heart rate. Subclinical hypothyroidism is not something that one can self-diagnose, and it requires lab assessments; therefore, consultation with a licensed naturopathic doctor is required. If diagnosed, treatment may include use of desiccated thyroid, thyroid glandular, selenium, or specific herbs such as ashwagandha.^{[7][8]}

Adrenal Fatigue

Finally, adrenal fatigue can be a contributing factor in difficulty

losing weight. This is for a number of reasons. First of all, the hormone produced by the adrenal glands, cortisol, is in part responsible for maintaining a stable blood sugar level. Cortisol increases blood sugar; if cortisol output is inadequate, then many people begin to experience a tendency for hypoglycemia, which may result in carbohydrate cravings. Secondly, part of the stress response is that the body tries to “hang on” to its resources, including energy in the form of fat tissue. Chronic stress therefore is not conducive to healthy weight loss. It is important for those suffering from adrenal fatigue to evaluate their lifestyle for ways to reduce these chronic sources of stress. Then, ways to help recover adrenal function include supplementation with adaptogenic herbs, B vitamins, and adrenal glandulars.^{[9][10][11]}



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Natural Solutions to Overcome Dandruff

by Shirley Séguin

Once it appears on your scalp—or even worse: on your clothes—dandruff quickly becomes a rather embarrassing problem. Do not panic! There are several natural tricks to gently get rid of it. However, it is important to understand the cause of its occurrence, and also to determine the type of dandruff in order to choose the best option.

The Causes

Very often, dandruff is directly related to an imbalance in the scalp that causes unsightly scaling (in the case of dry dandruff). You have probably noticed that this appears more often in the winter, which is completely normal, since the heating in our homes tends to dry out the hair and thus the scalp. In short, very often, your scalp is simply extremely dry!

In some cases, however, it may be psoriasis or seborrheic dermatitis. If you are not sure and your problem seems more serious than mere dandruff, a dermatologist can easily identify your problem.

There are of course other probable causes such as stress, bad rinsing, inadequate shampoos, internal health problems, etc.

Types of Dandruff

Dry Dandruff: Very easy to notice, these are white particles that often fall on your shoulders because these small flaky cells do not adhere to your scalp.

Greasy Dandruff: They are rather yellow and remain glued to the scalp, forming small crusts that literally choke the scalp. This is why it is absolutely crucial to take the necessary actions to eliminate them, since they are likely to cause hair loss.

Simple Actions to Adopt

- Forget shampoos and all styling products containing harmful ingredients that could attack your scalp! The more you use these types of products, the more you risk aggravating the situation. Opt for natural, gentle shampoos that will respect the pH of your scalp.
- Brush your hair gently so as not to further irritate sensitive areas.
- Even if you have itchy skin, try as much as possible not to scratch the scalp, which is likely to cause more inflammation!

- Avoid chemical hair dyes at all costs

Natural Treatments

Dry Dandruff

- Give oil baths to your scalp. How? Just before shampooing, take a small amount of vegetable oil (the size of a quarter) and rub your hands together to distribute the oil well. Then, gently massage your scalp. Let it soak in for as long as possible, then shampoo. Preferred oils: Neem oil, marula oil, argan oil, and macadamia oil.
- Infuse nettle leaves or dried calendula flowers (such as when you are preparing an herbal tea). Allow them to cool, then use this infusion as rinse water after shampooing.

Greasy Dandruff

- It is imperative not to space-out washings too much when you are struggling with greasy dandruff, as this can actually suffocate your hair at their base and thus cause them to fall out. Wash your hair on a regular basis using a gentle shampoo, ideally containing in the formula tea tree, nettle, burdock, sage, propolis, or rosemary.
- You can also simply gently massage your scalp with these essential oils diluted in a little vegetable oil of black cumin: essential oil of rosemary, peppermint, and sage.
- It may also be interesting to make masks of clay on the scalp (not too often, since the clay may dry your hair at the length and tips).

In conclusion, start by first revising your hair-care routine and take the time to read the ingredients on your shampoos and conditioners as well as on your styling products. By observing your habits well and making some simple modifications, you have a much better chance at not having this problem reappear again!



Shirley Séguin

Founder and author of the mabeautebio.com blog, she is an expert in natural cosmetics and a professional makeup artist.

Tamanu Oil and Goosebumps?

by Gordon Raza, BSc

Wild-harvested, sun-dried, cold-pressed, nondeodorized, and unrefined; New Roots Herbal's organic **TamanuOil** is the natural selection for great-looking, healthy skin.

Its raw, viscous texture reflects the unique characteristics of its fatty acid profile. Temperature sensitivity is among the many properties of its four major constituents: palmitic,

oleic, stearic, and linoleic fatty acids. They "feel the chill" differently, meaning the fatty acids within **TamanuOil** change phase from liquid to solid independently, which can lead to a less uniform consistency.

Depending upon the degree of cold exposure, simply shaking the bottle in a warm, clamped hand or running it under warm water will restore a more uniform appearance.



Transformation Through HOPE-Centered Intentional Living

by Theresa Nicassio, PhD, Psychologist

Even though we are well-settled in 2017, it is never too late to set up positive and healthy aspirations for what is left of the current year. You can look forward to a whole new landscape of possibilities with the right mindset. Imagine what it might be like to name an intention for your life that you can joyfully embrace and also actually successfully achieve.

Many are surprised to discover that as a registered psychologist, I am opposed to goal-setting as a general principle. Instead, I have found much better results when the focus for change is on intentions and aspirations.

There are a lot of reasons why I encourage those I serve to shift away from the popular goal-setting orientation that our culture is engulfed by. What most people don't realize is how much joy we lose when we live in accordance with the goal-oriented life perspective.

Goals set us up for expectations and failure. They also link us up with a more judgmental mindset.

Aspirations and intentions, on the other hand, set us up for a positive and life-giving trajectory and cognitive map for

opportunity-seeking and optimal decision-making. The difference seems subtle, but the impact of this minor shift can be profound.

In that spirit, I would like to propose to you an alternative way that you can make the most of the next months of 2017. While the specifics of where you go with this four-pronged HOPE-Centred Transformation Model will be unique to you and your own experiences and longings, I welcome you to use the following questions to help guide you in your intentional journey towards greater health and wellness.

Health: If there is one new habit I would like to add to my life that I think would support my vision of healthier living, what would it be?

From a brain perspective, as I first learned in 2005 from visionaries Dr. Ernest Rossi and Dr. Daniel Siegel at an Evolution of Psychotherapy Conference about the paradigm-



shifting discoveries about neurogenesis, it takes about one month to establish a new habit, and about three to four months to solidify it in such a way that it becomes a more automatic part of your life.

It is important to note that the smaller and more achievable you can make an aspiration, the more likely you are to succeed, which will in turn make you feel better about yourself and inspire you to consider adding another new habit in a few months as well.

Whether you are wanting to honour your body and/or mind with healthier food, more movement, more rest, or even more quality time with loved ones, the decision to create a small positive shift in any of these areas will ultimately offer more gifts of wellbeing than you might have anticipated.

Optimism: When I notice that my thoughts about difficult situations become pessimistic, how can I remind myself to pause and breathe, in order to create a space between my negative thoughts for a positive perspective of the situation to at least be momentarily entertained?

The implications of this aspiration are no small matter, especially since we know from research the significant impact our thoughts can have on our health and wellness.

Pessimism has been linked with depression, stress, and anxiety (Kamen & Seligman, 1987), whereas optimism has been shown to serve as a protective factor against depression, as well as a number of serious medical problems, including coronary heart disease (Tindle et al., 2009).

—*ThePursuitofHappiness.org*

Possibility Thinking: How might I encourage myself to think beyond the box and be open to possibilities that might even feel a bit out of my comfort zone?



The transformative power of possibility thinking is also not to be underestimated. By simply choosing to realize that there may be more to a situation than we know to be true, we open our minds and our lives to changes that we cannot even begin to predict. Our family trip to the Grand Canyon this winter holiday brought this reality home to me in a whole new way.

Enthusiasm: How might I allow myself the pleasure of childlike wonder and excitement about the simple gifts life has to offer?

Think about how a child responds when they see untouched snow that they can play with, delight in, and perhaps even create and build a snowman with. Imagine what it might be like to approach your daily life and the moments you encounter in a similar way. I have found that choosing to invite more of this way of being in the world can have surprisingly wonderful implications. Not only does enthusiasm impact

your own mental outlook, but it also has an “infectious” quality that favourably changes the way others in the world respond to you as well.

I hope you choose one or more of these HOPE-Centred intentions to increase your odds of positively influencing the evolution of your life for 2017 and beyond.



**Theresa Nicassio, PhD,
Psychologist**

Registered Psychologist, Raw-Food Chef and Nutrition Educator, and the award-winning Author of *YUM: Plant-Based Recipes for a Gluten-Free Diet*.

Life, the Path Towards Oneself

When challenges guide us towards ourselves!

Who has never experienced challenges? We all have, at some point or another, faced challenges that have marked the path of our existence. They are often perceived as painful, uncomfortable, and unpleasant. They give us the feeling that we are losing our bearings, take us out of our comfort zone, and we thus allow ourselves to live in fear, sadness, anger, or confusion. In short, most of the time, these challenges disrupt our lives—and fortunately for that!

Everything exists for a reason; there's no such thing as coincidence. Even suffering has its meaning: It invites us to take the plunge inside ourselves in order to rediscover our true and sacred nature and to live in harmony with it. The more we resist to acknowledge our profound truth, the more challenges begin to multiply. Suffering demands an honest evaluation by which we identify our needs, our dreams, our strengths, and our limits. Suffering asks us to recognize the power we have to alter our behaviours and

beliefs, or to let go and accept what *is* when we do not.

Suffering is a powerful transformation tool; do not let it make you bitter: recognize it, welcome it, and accept it fully and without judgment. Use it as a springboard that propels you, guides you, and sheds light on the path of your life, and advance towards this new light, this new awareness of yourself. The better your self-awareness, the better your choices, and the more peaceful your life will be!

Here are some inspiring quotes that I would like to share with you so as to nourish your thoughts. Enjoy!

"Beyond suffering and illness, we must discover meaning. The reward of this discovery is the unveiling of the meaning of events."
—Adéla Tremblay Sergerie

"We have crossed the darkness of the ocean and the vastness of the earth. We have finally found the fountain of youth. She waited for us patiently, at the heart of ourselves."
—Rûmi

"Suffering is a silent whisper, a hidden murmur that should be received as a secret of love. The only sacred pain of the body is to open our consciousness to a new horizon of understanding."
—Martin Brofman

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."
—Helen Keller

"The moment you accept the problems that are bestowed upon you, the doors open."
—Rûmi

"A mind once stretched by a new idea, never regains its original dimensions."
—Oliver Wendell Holmes



Isabelle Beaudoin

Certified yoga instructor and early childhood educator.
yogavyana.com

A Fresh Start

Three Ways to Reset Your Diet this Spring

Spring brings a fresh, more motivating mindset when it comes to our health. Whether it's a desire to look towards summer or get back into a healthy routine postholiday, we seem more attentive to the foods we're eating and the amount we're moving (or not moving!).

This is partly due to the fact that with the warming of spring weather, our body naturally craves a detox and lighter meals over the heartier winter ones. The extra daylight also helps to improve our mood; it's a natural motivator, both for our food and fitness choices.

Whatever your reason for wanting a fresh start this spring, here are three simple ways you can reset your diet to improve your health.

1. Use Your Weekends.

One of the key components to resetting your diet is to be prepared. If you take a little time each weekend to plan and prepare some of your food for the week, you'll be more likely to stay on target. Keep it simple though: you don't need to start with a full meal plan and with all your meals prepared!

Start by taking just 30 minutes every week to create a simple meal plan. For example:

- Monday: Burrito bowl
- Tuesday: Zucchini pasta
- Wednesday: Chicken salad
- Thursday: Turkey and quinoa meatballs
- Friday: Eat out (make it healthy!)

- Saturday: Lentil, hemp, and avocado salad
- Sunday: Leftovers

Then, begin taking another 30 minutes to prepare a few foods to simplify your week: wash your fruits, and precut a large container of vegetables. It's that simple!

2. Drink Your Water.

This isn't breaking news. You know water is important, and I'm sure you know that you should probably be drinking more of it.

See, your body uses water for everything from your tissues to organs to cells—which helps with many bodily functions, including regulating your temperature. It's critical that you drink water regularly throughout the day: breathing, sweating, and even digestion make you lose water. A regular water intake helps keep your body functioning at its optimum level.

You should aim to drink at least 8–10 glasses of water a day. Try starting your day with lemon water to rehydrate you after eight hours without fluids. Simply staying hydrated also helps keep you more aware of your food choices and helps prevent misinterpreting your thirst signal for a hunger signal.

3. Make the Most of Your Snacks.

The last tip is to pay attention to your snacks. This is where most people trip up in their healthy eating.

Either you've eaten too few calories, so you make up for it at snack time, or you feel freedom with snacks because you've had so much self-control for every other meal. Snacks can be full of calories, sugar, preservatives, and food dyes if you're not careful.

Snacks are meant to be your body's "support" throughout the day. They are meant to give your brain a little extra thinking power and your body a little extra energy to get you through the humps of the day.

When trying to get healthy, snacks are a key opportunity to nourish your body. It's a great place to start your health journey, and as you nail those healthy snacks, you can expand that knowledge to your meals.

Choose snacks that are high in healthy fats and protein such as eggs to give long-lasting energy and sustenance, or choose snacks with natural sugars and fibre like dates and almond butter when you need a quick pick-me-up.

Your health does not require perfection. Taking small steps every day towards your health will add up to big changes in the long run and will help you get a fresh start with your health, reset your diet, and reach your health goals.



Sharisse Dalby, RNC

A registered nutritional counselor, she helps families and children beat their health struggles, focusing on digestive and emotional issues.
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Culinary Corner



Kale and Sweet Potato Frittata

by Sharisse Dalby, RNC

Ingredients

- 12 eggs
- 1 sweet potato, roasted
- 2 cups kale
- 1 cup cherry tomatoes
- 1–2 sprigs fresh rosemary
- ¼ tsp. black pepper

Instructions

Preheat oven to 375 °F (190 °C) and spray an oven-safe dish with extra virgin olive oil.

Remove kale leaves from stem, and cut into bite-size pieces. Slice your cherry tomatoes in half, and remove rosemary from stem. Set aside.

In a medium bowl, mash the sweet potato. Add eggs and mix well. Gently fold in kale, tomatoes, and rosemary.

Pour into oven-safe dish and bake for 40 minutes, or until egg is cooked through.

Serves 6.

Tip: Divide the mixture among 12 muffin tins, and bake for 20 minutes. One muffin makes a great snack, or grab two for breakfast as you're running out the door!

Matcha Green Tea Energy Balls

by Heather Pace

These pack a nutritional punch from every single ingredient, even more so from the matcha powder. Matcha is green tea powder and it has many benefits: It boosts energy, improves mental focus, is high in antioxidants, it speeds up the metabolism, and helps detoxify the body. It does contain caffeine, so if you're sensitive, then I recommend adding less or even omitting it. Matcha has a bitter and very distinct taste, so I find it has to be used in just the right amount to enjoy it. Start with less than I call for, and add more after tasting it.

Each ball contains 6 g of protein and has 230 calories.



Ingredients

- 1½ cups pumpkin seeds
- 1 cup shredded coconut
- ¼ cup sunflower seeds
- 2 tbsp. hemp seeds
- 2 tbsp. sesame seeds
- 1 tbsp. + ½ tsp. matcha powder
- ¾ cup raisins
- 1 cup pitted packed Medjool dates
- ½ teaspoon Himalayan salt
- 1 tbsp. + 1 tsp. water

Instructions

Process the seeds, coconut, and salt in a processor until they turn to fine crumbs. Add the matcha powder, date paste, and raisins.

Process until everything is completely ground (it should be moist and crumbly). Add the water and continue processing just to incorporate it. The water is what will really hold the balls together.

Separate the dough into 18 pieces and roll into balls. *Optional:* Roll

each ball in more matcha (this may be strong for some people though since the powder is bitter).

Keep in the fridge for up to two weeks, or store in the freezer for up to three months. The balls will be fine at room temperature for a whole day.

Makes 18 portions.



Mini Lemon-Goji Berry Cheesecakes

These minicheesecakes are tangy, delicious, and beautiful! Goji berries are high in vitamin C, antioxidants, vitamins, and minerals, and I like finding new ways to incorporate them into my diet. This recipe fits the bill. I hope you like it as much as I do.

Crust Ingredients

- ½ cup almonds
- ½ cup shredded coconut
- ¼ cup dried mulberries
- 2 tbsp. raisins
- 1½ tsp. water

Filling Ingredients

- 1 cup cashews
- ½ cup + 3 tbsp. lemon juice
- ¼ cup + 2 tbsp. coconut sugar
- ¼ tsp. vanilla extract
- ¼ cup melted coconut oil
- ⅓ cup goji berries

Sauce Ingredients

- 1¼ cup diced strawberries
- 2 pitted dates, chopped
- ¼ cup goji berries

Instructions

Grind the almonds into flour in a food processor. Add the coconut, mulberries, and raisins. Grind until the raisins are completely broken down (this will take a minute or two). Add the water last and pulse to combine. Press the crust into 4–5 mini silicone muffin pans (or mini cheesecake pans) and set aside.

Blend the cashews, lemon juice, coconut sugar, and vanilla until smooth in a blender. Add the coconut oil and blend to incorporate. Add the goji berries and blend briefly until they begin to break down but keep some texture and see bits of the goji berries.

Spread the filling over the crusts (as I said above, there will be more crust than filling). Chill in the freezer for 8–12 hours. Peel away the silicone

moulds and transfer to the fridge for at least 6 hours.

Blend the strawberries and dates in a food processor or blender until smooth. Transfer to a bowl and fold in the goji berries. Set aside for at least 20 minutes. The berries will soften. Spoon over the cheesecakes before eating.



Heather Pace

A classically trained chef turned raw-dessert chef. She is a travel bug, a chocoholic, and a certified yoga instructor.
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ChoosetoCare

Over the past year, New Roots Herbal was able to give a sizeable amount to charitable organizations through our Choose To Care program, all thanks to you.

Indeed, we wouldn't be able to give so much back if you, the consumer, weren't there to help us. Why? Because when you buy a New Roots Herbal product, part of that purchase goes to charitable organization, be it Food Banks Canada, Habitat for Humanity, the David Suzuki Foundation, Action Against Hunger, World Wildlife Fund, CPAWS, The Salvation Army, Unicef Canada, Sierra Club Canada Foundation, Oxfam Québec, or CBAN.

All in all, in 2016, we were able to give \$124,000 to these organizations. And we often receive thank-you letters from them, saying that they were able to save some of our great wildlife, to prevent corporations from destroying beautiful lands, and many other things that need our help.

We always appreciate these thanks, which encourage us to give again in the following year. Then again, these words, although we are the ones receiving them, need to be extended to you as well since you are the ones making this possible. So thank you, from us and every one of our supported organizations.

We'll keep bringing you great products to help you stay healthy. By purchasing them, you continue to help so many people make our world better.

It's a simple way to get involved, but one that gives important and incredible results. Let's keep working together this year as well.

—The New Roots Herbal team

Here are a few testimonials we received last year that we wish to extend to you as well.

Thank you for your generous gift to our home-building program. You are truly making a difference in the lives of Canadian families!

—The Habitat Canada team

Thank you so much for your important support to the Canadian Biotechnology Action Network. The support of New Roots Herbal is a tremendous assistance to our work.

—CBAN

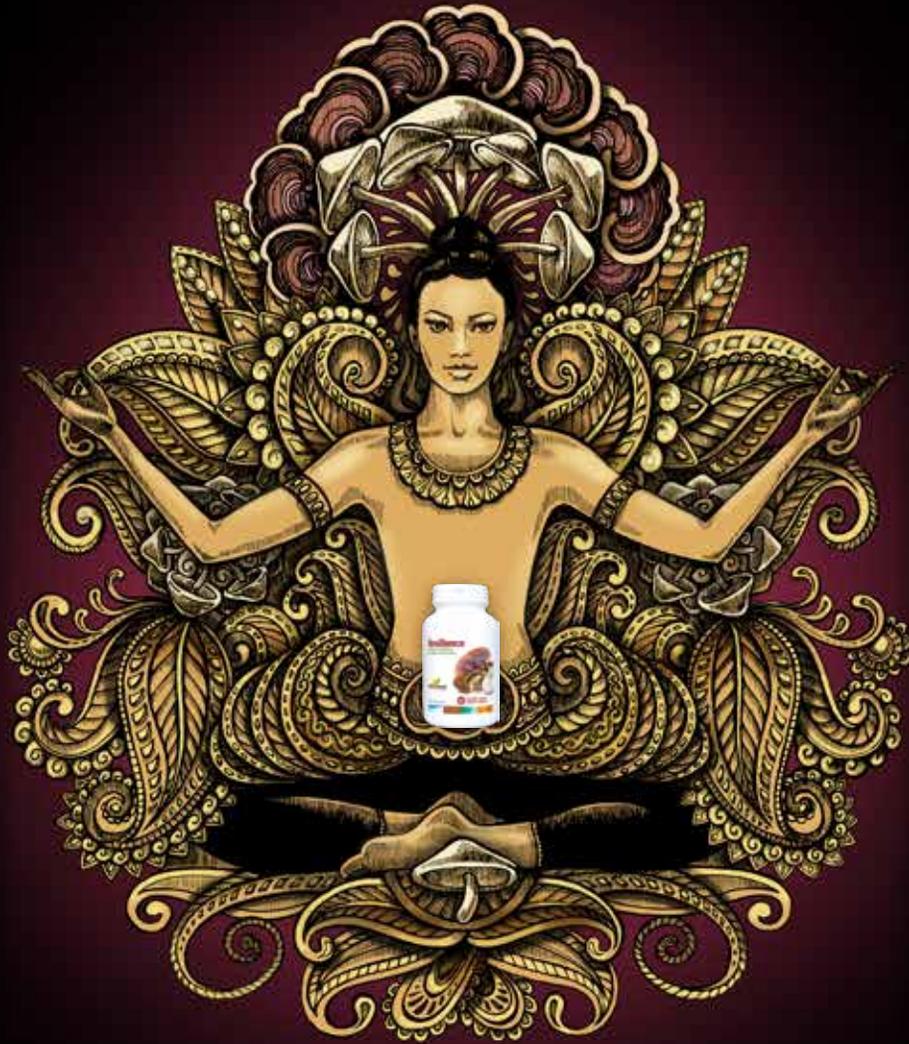
Without the food bank, I really don't know what I would do each month for food. I try my best to do what I can with what I have, but some months it's just so hard.

—Chantal, food-bank client



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