



# Natural Facts

Digital Edition

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# Double-Team Hay Fever This Year

“Hay fever” is a general term for an allergic response caused by airborne pollen or dust; we’ll spare you a graphic description of its symptoms. The sources of pollen that impact the lives of millions of North Americans span from trees in the spring to various grasses in the summer and common ragweed (*Ambrosia artemisiifolia*) in the late summer and early fall.

When you consider that a single ragweed plant can release a billion grains of pollen, the concept of employing two proven naturally acting antihistamines during peak season makes sense. **BlackCumin Seed Oil** and **Quercetin Bioflavonoids** are among the most effective natural antihistamines available; taken together, they’re a force to be reckoned with.

Black cumin 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. This potent compound strengthens 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, 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** can help mediate that response. Better yet; they’re a side effect-free, nonaddictive alternative to “over-the-counter” drugs.



# Pure Pancreas

There are approximately 78 organs within the human body; despite its critical importance, the pancreas fails to crack the “Top 10 List” of important organs for many health and medical websites.

The average person may indeed be hard-pressed to describe its functions. The pancreas is a hybrid organ: it manufactures enzymes that digest fats, proteins, and complex carbohydrates; and it’s also the hub of metabolic activity, as it produces the hormones glucagon and insulin. Glucagon converts glycogen stored within the liver to glucose, while insulin allows glucose to be absorbed by cells for their energy needs.

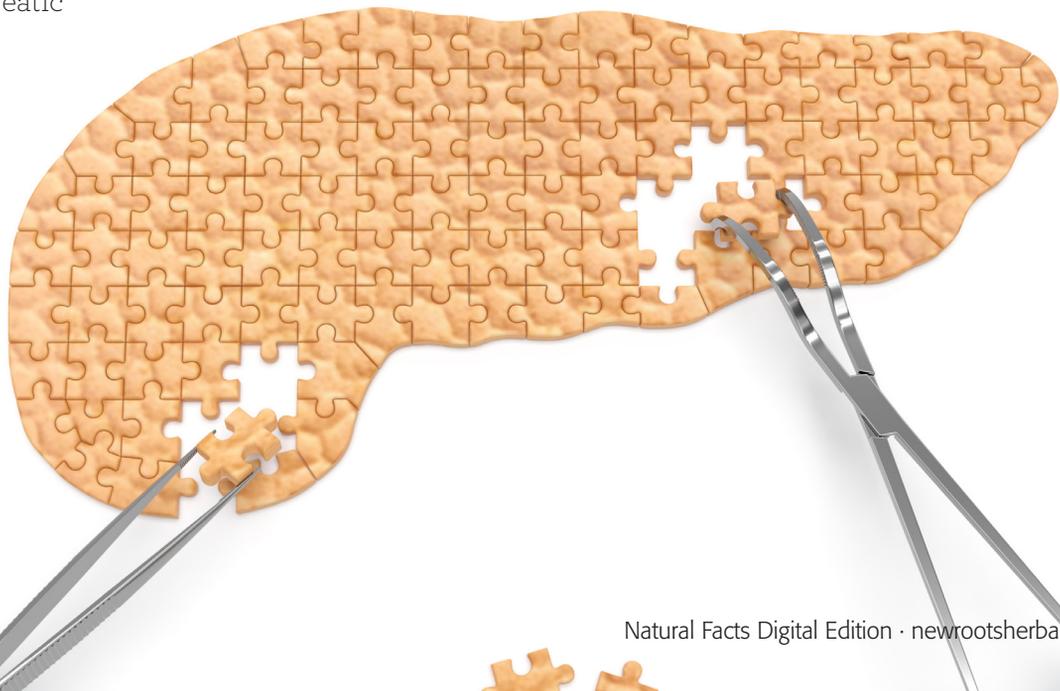
Stress, alcohol consumption, exposure to environmental toxins, and aging are among the many factors that can compromise pancreatic

function. The popularity of glandular therapy (the consumption of glands and their extracts) has decreased with advancements in the isolation and synthesis of specific hormones. It is, however, still a popular therapeutic practice in traditional Chinese medicine and contemporary naturopathic practice.

The roots of glandular therapy originate with the belief that consumption of an animal gland will strengthen the corresponding gland in the host (you). The scientific basis for animal glandulars is that they’re a rich source of organ-specific nutrients in their naturally occurring form. In fact, the science of glandular therapy is essentially the backbone for many modern-day synthetic prescription drugs including thyroid, corticosteroid, and estrogen replacement therapies.

Pancreatic insufficiency can lead to incomplete digestion and poor nutrient status, even for those with a well-balanced diet. It can also contribute to a diagnosis of type II diabetes. A premium-quality pancreas extract can deliver nutrients that will make a positive impact for your health.

New Roots Herbal’s **PurePancreas** is sourced from grass-fed New Zealand lamb. It’s freeze-dried for freshness and potency, and free from pesticides, growth hormones, and antibiotics.





# Gardening and Outdoor Time

## An Overview of Health Benefits



by Philip Rouchotas, MSc, ND

Well-known in the community as a naturopathic doctor, associate professor, and editor-in-chief of *Integrated Healthcare Practitioners*.

Are you spending enough time outdoors? A recent study found that gardening can be a promising strategy to improve fruit and vegetable consumption, physical activity, and physical function in cancer survivors.<sup>[1]</sup> When we think about all of the different health habits that could have high return on investment, fruit and vegetable consumption as well as physical activity are at the top of the list. A large meta-analysis (basically a way of assessing all of the best available evidence) examined fruit and vegetable consumption and the risks of death. What do you think they

found? Higher consumption of fruits and veggies was significantly associated with a lower risk of all-cause mortality.<sup>[2]</sup> Each increment of one serving a day of fruit and vegetables helped prevent death, with a threshold of around 5 servings a day, after which there was no additional benefit. So the translation of that is that eating more fruits and vegetables will help you live longer.

How does this work? That's always a tricky question to ask because we don't always know the answer and what we think

we know may not be accurate. Fruits and vegetables contain vitamins, minerals, and fiber. More importantly, the research available shows that they can help prevent a number of chronic degenerative and metabolic health conditions. They can also have additional benefits like regulating bowel movements. Furthermore, fruits and vegetables may replace other foods. If those other foods are unhealthy or calorie-dense, then fruits and vegetables may be displacing them in the overall diet.

If gardening can promote an increased consumption of healthy foods, it's definitely worth exploring further. Oftentimes people will have a number of reasons as to why they are unable to perform a health-promoting behaviour. They may feel that they don't have enough time, knowledge, skill, or motivation. So anything that can help move things in the right direction, for even some people, can have tremendous

benefit. As we will see, how this is set-up might matter. Mentors, teams, and responsibility are all potentially important factors to keep in mind to overcome some of the common obstacles.

## Gardening

Let us examine the recent study on gardening for cancer survivors.<sup>[1]</sup> Cancer survivors are at high risk of multiple health problems, including cardiovascular disease, diabetes, and recurrence of cancer. The researchers conducted a feasibility study of vegetable gardening that paired adult and children cancer survivors with master gardeners to explore fruit and vegetable intake, physical activity, quality of life, and physical function. This was done over one year. The participants had to plant three gardens, harvest and rotate plantings, and troubleshoot problems. Information was collected through surveys and through objective measures.

The results of the study showed that gardening was feasible, in the sense many people chose



to enrol and there was minimal attrition (these are both signs of a very strong intervention). Improvements in three measures were found: strength, agility, and endurance. This was seen in 90% of survivors. Increases of 1 fruit and vegetable serving per day and more than 30 minutes a week of physical activity were observed in 40% and 60% of people, respectively. Overall this study shows that a seemingly simple intervention like gardening can provide numerous health improvements across the board by promoting health-promoting behaviours.

Gardening may have the added benefit of improving mental health. There are studies available that show that time outside, or time in nature or natural environments, can improve mood and self-esteem, and even reduce anxiety. Even viewing scenes of nature reduces anger, fear, and stress. This reduces blood pressure and heart rate. Some research on the topic shows that even adding a plant to a room can have a significant impact on stress and anxiety.

There's also probably a sense of responsibility that develops with gardening. This may be because an initial investment is made (time, effort, possibly finances) and people often want to see the fruits of their labour (literally). Gardening takes time and it's not something that you can set and forget. It requires ongoing investing, check-ins, a continuous amount of monitoring needs to be conducted, and new problems need to be solved. If these steps are not taken, the whole thing can fail. For children in particular, gardening can help train them to care about things as they will likely enjoy eating what they've grown themselves and feel good about it.

To continue reading this article, click [here](#).

## References

1. Blair, C.K., et al. "Harvest for health gardening intervention feasibility study in cancer survivors." *Acta Oncology* Vol. 52, No. 6 (2013): 1110-1118.
2. Wang, X., et al. "Fruit and vegetable consumption and mortality from all causes, cardiovascular disease, and cancer: systematic review and dose-response meta-analysis of prospective cohort studies." *BMJ* Vol. 349 (2014): g4490. doi: 10.1136/bmj.g4490





## Strawberry Lemonade Froyo



by Sharisse Dalby, CHN

A certified holistic nutritionist, she helps busy families and children make time for their health, with a focus on digestive or emotional issues.

[www.sharissedalby.com/strawberry-lemonade-froyo](http://www.sharissedalby.com/strawberry-lemonade-froyo)

Dessert can be a fun treat sometimes... the keyword being “sometimes”; it’s easy to overdo those summer treats with the heat.

Things like freezies, popsicles, ice cream, etc. seem to be a daily (if not twice-daily) occurrence to beat the heat. But have you ever thought about the amount of sugar in each of those treats for your kids? A single popsicle contains around 8 g of sugar (that’s two teaspoons!), and a kid-sized vanilla ice cream cone from Dairy Queen contains 18 g of sugar (that’s over four easpoons!).

We know that too much sugar can cause weight gain; it can also cause loss of concentration, lack of energy, mood swings, and sugar cravings. Plus, these summer “treats” are nutrient void—meaning they do not contain much (or any!) nutrients.

No good news here, guys! So, toss out your summer dessert plans and whip up this delicious summer treat... your family won’t be disappointed! This flavourful and healthy summer treat will have you cooling off in no time!

### Ingredients

- 1 lemon, zest and juice
- 1 cup strawberries, tops removed
- 1 cup plain, nonfat Greek yogurt
- 2 tbsp. raw honey

### Instructions

In a food processor or blender, combine all the ingredients until smooth.

Place in a shallow container in the freezer for 4–6 hours (or overnight).

Makes 2 servings.