



# Natural Facts

## Fish Oil for Kids:

Get Ready Before  
the School Year

## What to Look For in a Multivitamin

## Organic Makeup:

What You Should Know Before  
Taking the Leap

## Simple Tips for a Naturally Healthy Cottage Weekend

Articles, Recipes, Information,  
and New Product Announcements

**Free** • July/August 2016





## A delicious natural sweetener that is good for you.

Our family of stevia products are an excellent alternative to table sugar and artificial sweeteners. In addition to preventing tooth decay and improving digestion, they are safe for diabetes and hyperglycemia.

- **Stevia Sugar Spoonable** — Ideal for cooking and baking.
- **Stevia White Powder Concentrate** — Perfect for those seeking a 100% pure stevia extract.
- **NEW Smooth Stevia** — You will be amazed by its natural, delicious, bitter-free sweetness. Sprinkle it on your favourite beverages, cereals, smoothies, and desserts.



*Prevention & Cure® since 1985*



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





05



06



14



22



26

# Table of Contents

July/August 2016

- [05](#) Overnight Sensation, Years in the Making

---

- [06](#) Health Advice: Fish Oils for Kids—Evidence and Benefits

---

- [08](#) Why Choose a Natural Sunscreen?

---

- [10](#) Health Advice: What to Look For in a Multivitamin

---

- [12](#) Juicy Immune - Energy: A Label Worthy of Examination

---

- [13](#) Probiotics: Origins and Actions

---

- [14](#) Organic Makeup: What You Should Know Before Taking the Leap

---

- [16](#) New Products Available: Joyful and Windbreaker

---

- [18](#) Borage Oil... It's OK for a Guy to Try!

---

- [19](#) Calories You Can Count On

---

- [19](#) Our Family Is Growing

---

- [20](#) Simple Tips for a Naturally Healthy Cottage Weekend

---

- [22](#) Naturopathic Currents: Are You Eating Enough Veggies?

---

- [26](#) So, You Fell Off the Bandwagon—What Now?

---

- [27](#) Culinary Corner

---

- [31](#) Choose to Care

---

Brought to you by



3405, F.-X.-Tessier street, Vaudreuil-Dorion, QC J7V 5V5  
1 800 268-9486 • [newrootsherbal.com](http://newrootsherbal.com)  
[info@newrootsherbal.com](mailto:info@newrootsherbal.com)



## Editor's Letter



During the weeks leading up to summer, when waiting for good weather and the end of school, while preparing the garden, the flower beds, and the pool, maybe you think like I do: "I'm looking forward to enjoying it!"

However, when we dive into summer, we take the full plunge! It's time for numerous BBQs, pool or beach days, and evenings and weekend mornings at the park for the children's sports activities. Rain or shine, I take great pleasure in all of it. I am proud of each of their efforts, and the simple fact that they love their sports excites me. I know how important it is to be active, and although I have to go six times a week to various activities for my children, I still find time to exercise.

I have realized and accepted that excelling in a particular sport is not important; performance will come with time and perseverance. The most important aspect about an activity is that it pleases us and makes us move. This summer, the mere fact of being outside, enjoying the beautiful weather and nature, will bring benefits both for our physical health and our morale.

This summer edition features articles that will guide you to a healthier lifestyle. You will find tips for healthy weekends at the cottage, a guide on natural sunscreen for sunny days, and advice on organic makeup in order to be naturally beautiful.

As our collaborator on fitness, Sherry, says on page 20: "Today is the first day of the rest of your life!" So why not take the opportunity to develop good habits?

Sonia Lamoureux  
Editor-in-Chief



Natural Facts bimonthly magazine  
published and distributed throughout Canada.

**Editor-in-Chief**  
Sonia Lamoureux

**Graphic Designer**  
Cédric Primeau

**Translation/Revision**  
Marie-Jo Mercier · Amanda Noory  
Pierre Paquette · Cédric Primeau

**Photographer**  
Pierre Desmeules

**Advertising Sales**  
Sonia Lamoureux  
lamoureux@newrootsherbal.com  
450 424-9486 ext. 262  
naturalfacts@newrootsherbal.com

**Total Copies Distributed**  
77 000 (English and French)

## Contributors to This Issue



### Heidi Fritz, MA, ND

A practicing naturopathic doctor since 2007, her areas of focus include women's health, children's health, chronic pain, and more.



### Philip Rouchotas, MSc, ND

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



### Gordon Raza, BSc

As the technical writer for *Natural Facts*, Gord shares his unique perspective on natural health products, nutrition, and active living.



### 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.



### Alison Chen, ND

A naturopathic doctor from Toronto, Ontario, she emphasizes on education, which she believes is a key ingredient to empowering optimal and sustainable health.



### Shirley Séguin

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



### Sherry Thacker

A highly sought-after health and fitness expert, personal trainer, online health and fitness coach, and motivational speaker.



### Theresa Nicassio, PhD

She is a Certified Gourmet Raw-Food Chef, Raw-Food Nutrition Educator, and author of *YUM: Plant-Based Recipes for a Gluten-Free Diet*.

# OVERNIGHT SENSATION, *Years in the Making*

Many of the cornerstone botanicals of the natural health product industry tap into centuries, if not millennia, of traditional use. Grapefruit seed extract is a relative newcomer to our industry.

The journey of discovery for Dr. Jacob Harish began in the 1970s with his intrigue regarding the bitterness of grapefruit seeds and pulp. His research, in collaboration with scientists at the University of Florida's Institute of Food and Agricultural Sciences, culminated with the development of a grapefruit seed extract.

This plant-based germicidal has broad-spectrum effectiveness for bacteria, fungi, parasites, and viruses.

Clinical research has proven GSE to exert bactericidal activity at concentrations diluted as low as 1:152.<sup>[1]</sup> Its extended disinfectant action is due to the synergy between naturally occurring ascorbic acid, citrus bioflavonoids, and a mosaic of organic acids. The combination of safety for humans, plants, and animals, as well as its broad spectrum, side effect-free disinfectant properties make GSE a must for every household medicine chest and travel kit.

Its therapeutic applications span from treating dysbiosis (intestinal disturbances), a disinfectant for cuts and abrasions, relief from fungal-related infections such as athlete's foot or ringworm, and drinking water safety. For drinking water, approximately 5 drops of GSE per litre is recommended. Several drops added to a sink of water also make an excellent rinse for fruits and vegetables.

In fact, a GSE solution in a dollar-store spritzer kept below the kitchen sink may quickly eclipse many of your potentially-toxic household sprays for popularity and effectiveness.

---

1. <http://www.ncbi.nlm.nih.gov/pubmed/12165191>



# Fish Oil for Kids

## Evidence and Benefits

by Philip Rouchotas, ND

Fish-derived omega-3 fatty acids have been shown to play a number of important roles in kids' health, not the least of which include mood-enhancing effects, improvements in behaviour disorders such as ADHD, and anti-inflammatory effects.

Omega-3 fatty acids are critically important natural agents for supporting healthy cognitive function and development. Evidence shows that the marine-derived omega-3 fatty acid eicosapentaenoic acid

(EPA) in particular influences mood and cognition.<sup>[1]</sup> Studies have shown that EPA-rich omega-3 supplements can reduce ADHD traits, and even reverse criteria for the diagnosis of ADHD in a considerable percentage of children.<sup>[2]</sup> A 2011 systematic review and meta-analysis included data from 10 trials of 660 children.<sup>[1]</sup> Collectively, the data showed that there was a significant difference with omega-3 fatty acid treatment, and that higher doses of EPA within the omega-3 fatty acids supplements were

significantly associated with increased efficacy in treating ADHD symptoms.<sup>[1]</sup> Studies show that the dose of EPA for children should be a minimum of 400 mg EPA per day.

Secondly, EPA has been shown to regulate mood in children. A number of studies have examined its use in children with depression or bipolar disorder.<sup>[3-5]</sup> One study assessing fish oil among depressed children ages six to twelve years found that use of fish oil resulted in "highly significant"<sup>[3]</sup> benefit on depression-rating scales including the Children's Depression Rating Scale (CDRS), Children's Depression Inventory (CDI), and Clinical Global Impression (CGI), when compared to placebo.<sup>[3]</sup>

In another study, among adolescents with borderline personality disorder and at high risk for psychosis, supplementation with fish oil was found to significantly improve functioning and reduce psychiatric symptoms, compared with placebo.<sup>[4]</sup> Finally, among children ages 5 to 12 years with pediatric bipolar disorder, use of high-EPA fish oil plus inositol resulted in





significantly reduced symptoms of mania and depression, compared with placebo.<sup>[5]</sup>

Finally, EPA is thought to act as a strong anti-inflammatory agent within the brain. In the cell membrane, EPA competes with arachidonic acid for enzyme conversion to specific cytokines. Arachidonic acid is converted to proinflammatory chemicals such as prostaglandin E<sub>2</sub> (PGE<sub>2</sub>), while EPA is converted to anti-inflammatory chemicals such as PGE<sub>3</sub>. When enzymes such as cyclooxygenase-2 (COX-2) come along, they find EPA instead of arachidonic acid, thereby there are more anti-inflammatory chemicals created. EPA may also help modulate signal transmission between brain cells. EPA is such a powerful anti-inflammatory that it has been shown to benefit several chronic conditions characterized by inflammation, including asthma and conditions such as juvenile arthritis.<sup>[6, 7]</sup>

Parents ought to be made aware that the effect of EPA on mood, behaviour, and cognition may take up to 12 weeks to take effect. Although September may be far from most parents' minds, preparation with nutritional supplements ought to be started well in advance of the school year.

### References

1. Bloch, M.H. and A. Qawasmi. "Omega-3 fatty acid supplementation for the treatment of children with attention-deficit/hyperactivity disorder symptomatology: Systematic review and meta-analysis." *Journal of the American Academy of Children and Adolescent Psychiatry* Vol. 50, No. 10 (2011): 991-1000.
2. Sinn, N. and J. Bryan. "Effect of supplementation with polyunsaturated fatty acids and micronutrients on learning and behavior problems associated with child ADHD." *Journal of Development and Behavioral Pediatrics* Vol. 28, No. 2 (2007): 82-91.
3. Nemets, H., et al. "Omega-3 treatment of childhood depression: A controlled, double-blind pilot study." *American Journal of Psychiatry* Vol. 163, No. 6 (2006): 1098-1100.
4. Amminger, G.P., et al. "Omega-3 fatty acid supplementation in adolescents with borderline personality disorder and ultra-high risk criteria for psychosis: A post hoc subgroup analysis of a double-blind, randomized controlled trial." *Canadian Journal of Psychiatry* Vol. 58, No. 7 (2013): 402-408.
5. Wozniak, J., et al. "A randomized clinical trial of high eicosapentaenoic acid omega-3 fatty acids and inositol as monotherapy and in combination in the treatment of pediatric bipolar spectrum disorders: A pilot study." *Journal of Clinical Psychiatry* Vol. 76, No. 11 (2015): 1548-1555.
6. Nagakura, T., et al. "Dietary supplementation with fish oil rich in omega-3 polyunsaturated fatty acids in children with bronchial asthma." *European Respiratory Journal* Vol. 16, No. 5 (2000): 861-865.
7. Alpigiani, M.G., et al. "The use of n-3 fatty acids in chronic juvenile arthritis." *La Pediatria Medica e Chirurgica* Vol. 18, No. 4 (1996): 387-390.

## Subscribe to Our Newsletter!

Starting in August, New Roots Herbal is excited to officially bring you the first issue of a supplementary digital version of the magazine, which will subsequently be published every second month (six times a year).

Our goal in producing this extra content remains the same: to educate and to keep you informed on the latest health trends, as well as to provide more articles and recipes from our great collaborators.

To sign up, visit our Facebook page and click on the "Newsletter Signup" logo on the left panel of the page: <https://www.facebook.com/newrootsherbal>

Subscribe by August 1st, 2016, for a chance to win an Exotic Oil Gift Set!

We hope you will enjoy this great addition to our family of resources made available to you! We look forward to hearing your comments on the first issue.

Don't hesitate to e-mail us at [naturalfacts@newrootsherbal.com](mailto:naturalfacts@newrootsherbal.com)

# Why Choose a Natural Sunscreen?

by Alain Ménard

## Avoid potentially harmful ingredients in chemical sunscreens

Natural sunscreens are simple. They contain the minerals zinc oxide and/or titanium dioxide to create a physical barrier on your skin which block and reflect harmful UVA and UVB rays.

Chemical sunscreens, on the other hand, contain a combination of several chemical filters to absorb and convert UV rays into heat. In order to work, a typical chemical sunscreen requires a cocktail of three to five different types of potentially dangerous chemical filters, such as avobenzone, homosalate, octisalate, octocrylene, and oxybenzone. Not only do they contain these chemical filters, they contain a lot of them. In fact, many conventional chemical sunscreens contain over 20% pure chemical filters.

## Reasons NOT to use chemical sunscreens

1. **They can irritate the skin.** Some chemical filters are known to cause contact dermatitis in certain people, resulting in red rashes, itchy skin, blisters, and red bumps.
2. **They can penetrate your skin and circulate in your body.** Studies have shown that many chemical filters can

penetrate the skin to some degree.<sup>[1]</sup> Once they do, they can enter your blood stream. So it's not surprising that chemical sunscreens have been found in human blood, urine, and breast milk. A US study detected oxybenzone in over 96% of the more than 2,500 children and adults tested.<sup>[2]</sup>

3. **Some chemical sunscreens are suspected hormone disruptors.** Laboratory studies indicate that some chemical sunscreens may mimic human hormones.<sup>[3]</sup> Hormone disruptors can cause birth defects, abnormal development of growing children, and can contribute to the development of cancer. Preliminary studies suggest a link between high concentrations of oxybenzone in the body, an increase risk of endometriosis, and lower birth weight in girls.<sup>[4]</sup>
4. **It's bad for the environment.** Common chemical sunscreens were shown to kill or bleach coral even at low concentrations.
5. **Many chemical sunscreens also contain other unwanted chemicals.** Not only may they contain over 20% chemical filters, they may also contain artificial fragrances,

chemical preservatives, and synthetic polymers. Other common chemicals found in sunscreens that you may want to avoid include acrylates/octylacrylamide copolymer; butane; diethylhexyl 2,6-naphthalate; dimethicone; methylparaben; PEGs; phenoxyethanol; and triethanolamine.

## Not all "natural" sunscreens are created equal

You can avoid chemical filters by choosing a sunscreen with the natural minerals zinc oxide and/or titanium dioxide. But you need to be careful. Just because a sunscreen contains these minerals doesn't guarantee it's 100% natural. Many sunscreens that claim to be "natural" still contain some potentially harmful chemicals.

To be truly natural, the minerals zinc oxide and/or titanium dioxide in the product must not be coated with chemicals like silicone or be micronized to nanoparticles. The base formulation also must not contain other chemicals such as artificial fragrances or chemical preservatives. Instead, a natural sunscreen will have additional nonchemical ingredients that are beneficial for your skin.

To ensure a natural sunscreen is



truly what it claims to be, it must be certified by a reputable, independent third-party certifier. This guarantees that the product is authentic. So make sure you do your homework and read the label of any product claiming to be 100% natural.

1. [http://www.cdc.gov/biomonitoring/Benzophenone-3\\_BiomonitoringSummary.html](http://www.cdc.gov/biomonitoring/Benzophenone-3_BiomonitoringSummary.html)
2. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2453157/>
3. <http://www.ewg.org/2015sunscreens/report/the-trouble-with-sunscreens-chemicals/>
4. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3352028/>

#### **Alain Ménard**

This microbiologist founded, with biochemist Keren Clark, *The Green Beaver* company. With their new family in mind, they left the chemical industry to create healthier natural products.

## Health Advice

# What to Look For in a Multivitamin

by Heidi Frtiz, MA, ND

Most people today recognize the benefits of supplementing one's dietary nutritional intake with additional micronutrients in the form of a multivitamin.

There is a plethora of data demonstrating benefits of such supplementation, particular among populations with increased nutrient requirements and/or reduced ability to ingest or absorb dietary nutrients. Examples of such include the elderly, pregnant women, individuals with chronic digestive problems, athletes, and individuals with restricted food intake such as “fussy” children who may eat poorly. Despite this general knowledge, many people remain confused regarding what to look for in a multivitamin.

### Features to look for include:

- A vitamin A- and beta-carotene-free formula
- Activated forms of B vitamins including B<sub>12</sub> and folic acid
- Respectable dosages of B vitamins—up to 25–50 mg of each
- Vitamin D at 1000 IU (25 mcg)

The importance of activated B vitamins arises from the fact

that many individuals lack enzymes required to activate B vitamins found in many supplements. There is growing recognition among scientists that many individuals may carry genetic single-nucleotide polymorphisms (SNPs) that result in altered enzyme activity. This is especially true with respect to folic acid and vitamin B<sub>12</sub>. The methylfolate and the methylcobalamin forms are the active forms most easily utilized by the body, and do not require any further conversion. The same is true of other B vitamins: supplementation with the already-activated forms bypasses the need for the body to convert the vitamins prior to use. Ideally, a multivitamin will contain a decent dosage of B vitamins. While some multis may contain 5–10 mg or less, we like to see at least 25 mg—if not 50 mg—of each B vitamin.

Similarly, look for a respectable dosage of vitamin D. While the recommended daily allowance for vitamin D has recently been increased to 600 IU for adults up to the age of 70, there is a general consensus among vitamin D scientists that this is far too low; many individuals require higher amounts. We therefore try to ensure getting at



least 1000 IU of vitamin D from a multivitamin. Some individuals may need to supplement more vitamin D in addition, but for vitamin D-adequate persons, 1000 IU seems to be a reasonable base dose.

There is good emerging science suggesting lack of benefit and possible harm from supplementation of vitamin A and beta-carotene.

Important data emerges from a series of studies conducted among pregnant women and their children in Tanzania, Africa. In this series of studies, 1,075 pregnant, HIV-positive women were enrolled to determine the impact of multivitamin supplementation. Tanzania is notorious for

widespread malnutrition. The women received one of three interventions:

- A regular multi
- A multi free of vitamin A and *beta*-carotene
- A placebo

Results showed that women receiving the multi free of vitamin A and *beta*-carotene experienced the following benefits: improved weight gain during second and third trimesters, reduced risk of maternal death, reduced risk of maternal progression to HIV, reduced risk of developing high blood pressure during pregnancy, and increased measures of infant development in the resulting offspring (Psychomotor Development Index score increased and risk of developmental delay decreased at 18 months of age). There was also a decrease in child mortality and HIV transmission from mother to infant with supplementation of a vitamin A-free multi.<sup>[1-5]</sup>

On the other hand, women supplemented with a multi containing vitamin A and *beta*-carotene experienced no benefit relative to placebo. In fact, there was evidence that vitamin A supplementation increased HIV transmission from mother to infant.<sup>[2]</sup> It seems that even in this extremely nutrient-deficient population, vitamin A and *beta*-carotene not only delivered no benefit, but seemingly erased the

other expected benefits of a multivitamin. It seems unlikely that these nutrients have benefits among an adequately nourished, North American population. This is especially true when we consider the pervasiveness of vitamin A fortification among grain and flour products in North America: there is virtually no incidence of vitamin A deficiency in the Western world.

### References

1. Fawzi, W.W., et al. "A randomized trial of multivitamin supplements and HIV disease progression and mortality." *The New England Journal of Medicine* Vol. 351, No. 1 (2004): 23-32.

2. Fawzi, W.W., et al. "Randomized trial of vitamin supplements in relation to transmission of HIV-1 through breastfeeding and early child mortality." *AIDS* Vol. 16, No. 14 (2002): 1935-1944.
3. McGrath, N., et al. "Effect of maternal multivitamin supplementation on the mental and psychomotor development of children who are born to HIV-1-infected mothers in Tanzania." *Pediatrics* Vol. 117, No. 2 (2006): e216-e225.
4. Merchant, A.T., et al. "Multivitamin supplementation of HIV-positive women during pregnancy reduces hypertension." *The Journal of Nutrition* Vol. 135, No. 7 (2005): 1776-1781.
5. Villamor, E., et al. "Effect of multivitamin and vitamin A supplements on weight gain during pregnancy among HIV-1-infected women." *The American Journal of Clinical Nutrition* Vol. 76, No. 5 (2002): 1082-1090.





## Juicy Immune - Energy:

### A Label Worthy of Examination

**Juicy Immune - Energy** is difficult to “label”; however, close examination of our actual list of ingredients illustrates the unique niche it occupies in the natural health product sector.

**Juicy Immune - Energy** features the great flavour and antioxidant might of our freeze-dried “organic eight” berry-cherry blend, formulated with potency-validated nutraceuticals that benefit virtually every aspect of your health and wellbeing. With a quick scan, you can also spot potent antioxidants extracts of grape skin, grape seed, multiberry, and cranberry.

As you navigate your way across the label, you see a *beta*-glucan-rich oat extract and hibiscus flower, that keep your cholesterol levels in check; inulin and arabinogalactan, that

fuel probiotic growth for better digestion and immune system performance; and a premium astragalus extract to further strengthen immune action and deliver protection from colds and flu.

Naturally sourced extracts of lycopene, lutein, astaxanthin, and zeaxanthin deliver long-term benefits with protection from age-related macular degeneration, cardiovascular disease, and diabetes. Extracts of green tea—standardized to 75% epigallocatechin gallate (EGCG)—and Japanese knotweed (50% resveratrol) further amplify the antioxidant action within our formula.

Naturally sourced stevia extract is the only ingredient to populate our list of nonmedicinal ingredients.

Check this list carefully when choosing a berry-based formula: many popular products have amounts of cane juice powder (99% sucrose) and maltodextrin that make up nearly 50% of their content.

When you’re sketching your blueprint for healthy living, consider New Roots Herbal’s **Juicy Immune - Energy** amongst your “foundation” supplements for great living.



# Probiotics: Origins and Actions

The increasing popularity of probiotics in both food and supplement sectors is rivalled only by the increasing demand for where these “friendly microorganisms” originate. In reality, the benefits you (the host) receive from probiotics is of greater importance than their source.

Probiotics are isolated primarily from human, dairy, and botanical sources, with interest for human strains increasing in the last several years. Human classification refers to the fact these strains are sourced from healthy individuals, and proven to thrive within the entire gastrointestinal tract. Once isolated in sterile growth media, they're microbiologically classified and freeze-dried for future use as starter strains for commercial production.

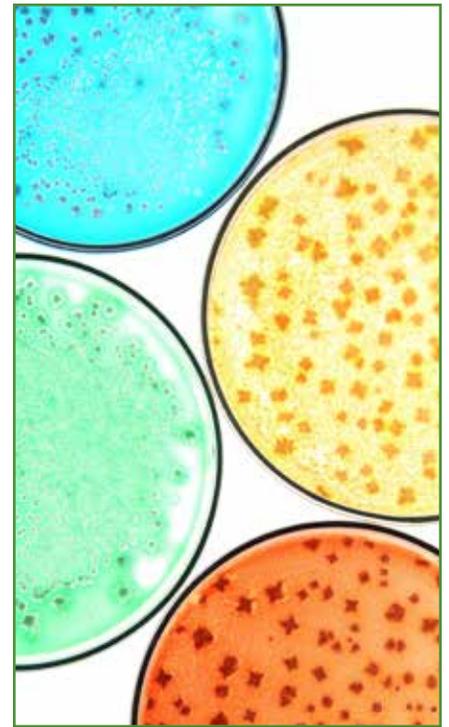
**Human** strains have an extensive therapeutic range affecting digestion, immune system performance, vitamin and mineral absorption, leaky gut syndrome, and more.

**Dairy**-sourced probiotics fit their description: they're beneficial microorganisms of dairy origin. There's a frequent misconception those with dairy sensitivities should avoid dairy strains; however, they're actually beneficial for a broad range of digestive disorders

including lactose intolerance, diarrhea, and inflammatory bowel disease. The lactic acid produced by dairy strains also inhibits the overgrowth of harmful bacteria and yeast. The warning for dairy sensitivity in our probiotic products is related to the microscopic skim milk powder coating employed as a cryoprotectant (protection during freeze-drying) and prebiotic. The benefits of dairy strains, which include healthy digestion of dairy products, far outweigh the minimal amount of skim milk powder employed during the freeze-drying process.

**Plant**-sourced probiotics are common to sauerkraut, kimchi, and silage (fermented feed grains). They thrive without the presence of oxygen, and fight the growth and activity of gas-producing bacterium that contribute to irritable bowel syndrome (IBS). There is also emerging evidence that *Lactobacillus plantarum* may have potential for alleviating depression. *Saccharomyces boulardii*, a probiotic yeast originally isolated from lychee fruit, is another example of a botanically sourced probiotic. It's useful for treatment and prevention of traveller's diarrhea and dangerous hospital bacteria (*C. difficile*) infection.

The unique benefits of many well-researched probiotics makes product development in this sector both exciting and dynamic. The creation of new probiotic formulas that are designed to prevent or cure health problems focus on therapeutic benefits of specific strains, not their origin.



Whether the probiotic strain establishes and multiplies within the intestinal lining, or delivers its important health benefits as it passes through the intestines—keeping your intestinal flora vibrant, well-balanced, and diverse—can play a key role in moving you towards excellent health.

# Organic Makeup

## What You Should Know Before Taking the Leap

by Shirley Séguin

Summer is here, outings are multiplying, and the desire for more elaborate makeup looks are rampant. At a time when our concern is focused on our overall health and the health of the environment, it is more than time to let ourselves be tempted by nontoxic makeup.

Organic, green, or natural: all these names are common in our beauty routine, yet many of us still fear not getting the same results as conventional makeup... What is it really? Why go organic? What happens next? You will find all the answers below!

### What is Organic Makeup?

Firstly, what is really important to know is the difference between “organic” and “natural.” A certified organic product ensures that 95% of the components of the formula are natural, with a minimum of 10% being from organic farming. Certifications are not only a guarantee of quality of ingredients, but they ensure that companies comply with environmental standards

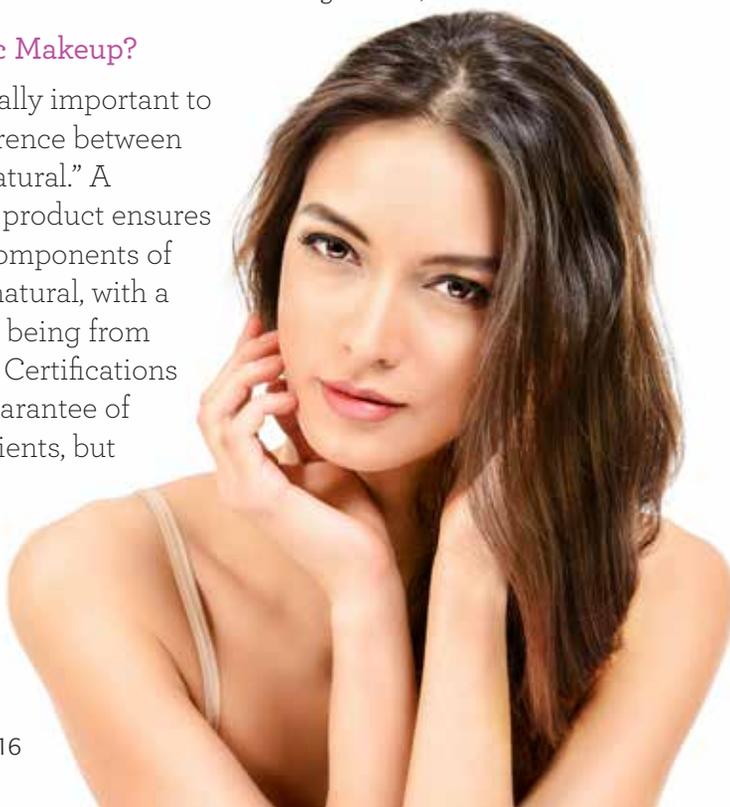
related to labels and have more transparent ethical standards subject to annual tests. A product that does not contain ingredients derived from organic farming, but contains little or no synthetic ingredients, is said to be “natural.” A trick to avoid any confusion is that you should always read the ingredients list carefully before buying anything, and opt for certified brands!

Therefore, it is understood that organic makeup contains no toxic preservatives, artificial fragrances,

and products derived from petrochemicals, but above all, it is made without genetically modified plants and without ethoxylated products (PEG). As mentioned above, it must meet higher standards in terms of composition, and it is manufactured in full respect of the environment.

Formulated with minerals (eye shadow, compact foundation); vegetable waxes (especially for lipsticks); mineral pigments; or dyes based on flower petals, plant extracts, and essential oils, it is ideal for sensitive skin to minimize the risk of allergic reactions and unpleasant itching.

Since over 60% of what you put on your skin goes to the dermis, it would be wise to opt for “green makeup” today!



### What are the main differences in the results compared to conventional makeup?

Overall, I can assure you that you will love to convert to organic makeup; however, it is important to know some key differences so you are not to be disappointed with your next purchase.

If you are in the habit of buying an ultracovering foundation, unfortunately, the same level of coverage is much more difficult to achieve with organic makeup, since it contains no silicon. You will find in stores foundations that will give you mild to moderate degree of coverage. If you tenaciously want to cover all your imperfections, first apply your organic foundation, then finish with a hint of tinted compact powder.

As for lipstick, the same rule applies, conventional or not: always choose a matte colour for maximum hold. The more glossy your lipstick, the less likely it will stay on your pretty lips. Pro tip: Fill your lips with your lip liner, then apply the desired colour. This will ensure a much longer hold.

Compact bronzer, loose powder, and blush are highly pigmented colours... which means intense and flashy colours! To ensure a natural result and avoid any unnatural effect, I strongly advise you to use less dense brushes, and use “soft” ones for the application of all your minerals. This will prevent the surplus of pigments on your

skin, which could give you a disappointing result and not a natural look!

### Where to buy this kind of makeup?

Organic cosmetics and makeup are rapidly growing and are becoming more accessible. That said, I advise you to stock up in specialty stores such as natural health products stores, because they offer more choice and you can get on-site advice from biocosmetologists/ biobeauticians. It is always good to try the different tints, brands, and colours before making a full commitment. Do not hesitate to ask them about products that interest you! So, when it comes to your beauty routine, will it be 100% organic?

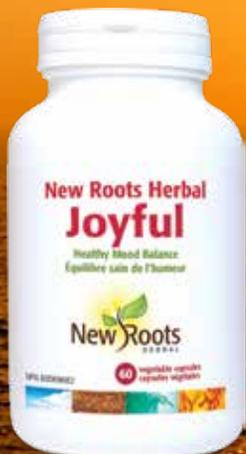


# Start Feeling Good!

**Joyful** seems like a whimsical name for a formula that addresses stress and anxiety; however, moments of joy and elation are fleeting, and nurturing your body and mind with mood-specific nutrients can definitely amplify your joyful moments and your outlook on life.

The major classes of prescription drugs for depression and anxiety focus on reuptake inhibition. Their narrow therapeutic action interferes with the reabsorption of brain chemicals such as serotonin and norepinephrine by nerve cells. Unfortunately, this often leads to a “hit-or-miss” outcome with a laundry list of possible side effects.

**New Roots Herbal Joyful** employs a comprehensive approach to mental wellbeing. It’s formulated with 11 botanical extracts, critical amino acids, and biologically active forms of vitamins pivotal for mood and cognition.



The therapeutic goal of **Joyful** is twofold: to elevate mood, and to strengthen resistance to stressors that generate anxiety.

L-Tryptophan and 5-hydroxytryptophan (5-HTP) are a tandem of nutrients that fuel serotonin synthesis. Serotonin is the neurotransmitter that regulates communication between different parts of the brain to influence mood, appetite, healthy sleep behaviour, pain sensation, learning, memory, and more.

Our formula has a trio of nutrients that include biologically active, methylated forms of folic acid and vitamin B<sub>12</sub>. Folic acid, in its active form of methylfolate, is beneficial for those suffering from depression and mood disorders. Vitamin B<sub>12</sub> (as methylcobalamin) protects nerve cells and stimulates serotonin production. Vitamin B<sub>6</sub> contributes to neurotransmitter synthesis. These three nutrients additionally metabolize homocysteine, elevated levels of which can negatively affect mood. Observational studies reported in *The New England*

*Journal of Medicine* have also shown a correlation between high homocysteine levels and the risk of dementia and Alzheimer’s disease. Vitamin D<sub>3</sub> is clinically proven for effectively combating depression and seasonal affective disorder (SAD).

**Joyful** is formulated with an additional five nutrients that help shield the brain from stressors that contribute to anxiety. L-Theanine and *gamma*-aminobutyric acid (GABA) cross the blood-brain barrier to reduce unnecessary excitement of neurotransmitters. GABA also increases *alpha* wave activity within the brain, synonymous with a relaxed state of mind. The duo of therapeutic botanical extracts, magnolia and phellodendron, work in unison to reduce subjective ratings of anxiety in controlled trials. Their mode of action is to bind with stress receptors to reduce stress and anxiety with the sedating effects of prescription drugs. A potent extract of san qi (*Panax notoginseng*) completes our formula with its neuroprotective properties which suppress feelings of anxiety and induce the relaxed state of mind you deserve.



# Breaking Wind

We all do it; the occasional release of intestinal gas is a natural by-product of everyday digestion and perfectly normal. What's ironic is the fact that the principal food groups that cause flatulence are nutritional juggernauts with a wealth of benefits. Beans; whole grains; asparagus; and the entire family of cruciferous vegetables which include broccoli, cauliflower, Brussels sprouts, rapini, and cabbage make the top ten list of foods that make you fart.

The cause of gas and bloating is simple in most cases: it results from incomplete digestion and the subsequent fermentation of food within the large intestine (colon). Flatulence can be both symptomatic of poor digestion and socially awkward. The good news for people susceptible to bloating, gastric discomfort, and flatulence is there are natural agents that can provide relief.

**Windbreaker** is a hybrid probiotic / enzyme blend formulated with two specific nutrients. It contains *alpha*-galactosidase, an enzyme clinically proven to break down complex carbohydrates that cause gas. **Windbreaker** also features the synergistic action of the specific probiotic strain, *Bacillus subtilis* R0179.

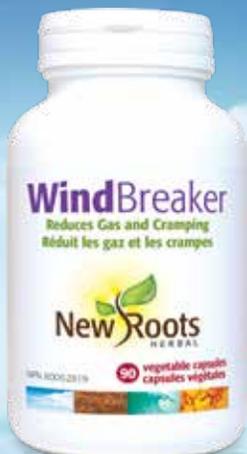
*alpha*-Galactosidase is produced within the salivary glands and the pancreas; unfortunately, its production declines with age. Supplementation with *alpha*-galactosidase delivers several health benefits: it maximizes nutrient availability from healthy food sources, and reduces the amount of undigested carbohydrates that ferment within the intestines to cause excessive gas and bloating. This process creates fumes that can be socially awkward and embarrassing.

**Windbreaker** also creates an environment less favourable to *Candida* overgrowth.

*Bacillus subtilis* is a probiotic player in healthy human intestinal flora which has been shown to reduce the frequency of abdominal pain in patients with irritable bowel syndrome (IBS). Its ability to survive passage throughout the entire gastrointestinal tract earns it human strain status and attests to its scope of probiotic benefits.

*B. subtilis* is also among the predominant probiotics inhabiting the guts of the group of grazing animal species that include cattle, sheep, and goats. It specializes in the digestion of stubborn grasses and grains within their multichambered stomachs. The significance for human health is that *B. subtilis* is already a resident of the human microbiome, and increasing the colony-forming units (CFUs) of this probiotic powerhouse strengthens digestion and delivers results.

The importance of eating a broad range of food relates directly to the vibrancy of your microbiome. **Windbreaker** will enable you to eat a broad range of healthy, fibre-rich foods that will participate in a cascade of benefits critical to virtually every aspect of human health.



# Borage Oil... It's OK for a Guy to Try!

Certified organic, cold-pressed, and guaranteed free from pyrrolizidine alkaloids, New Roots Herbal's **BorageOil** is potency-validated at a minimum of 24% *gamma*-linolenic acid (GLA) and 37% linoleic acid. These fatty acids serve as fuel for the production of prostaglandins (hormones) that regulate the inflammatory process.

From a therapeutic perspective, borage oil is a popular product for alleviating symptoms of premenstrual syndrome (PMS) and menopause, which include breast tenderness, irritability, cramping, and abdominal pain. However, systemic benefits including great-looking skin, relief from arthritic symptoms for better joint mobility, and improved coronary wellbeing make it a great fit for women and men alike.

There are also plenty of research studies that expand on the many benefits of borage oil. A trial involving 29 elderly people averaging 68 years of age showed a mean decrease of 10.8% in transepidermal water loss. Loosely translated, this means succulent, younger-looking skin, with less dryness and itching. GLA supplementation was also proven to reduce blood pressure and heart rate during a stress-reactivity and performance study involving 30 men.

There is also relief in sight for the rebound effect many people feel following successful weight-loss initiatives. Researchers from the University of California at Davis conducted a one-year trial with GLA (found in borage oil) versus an olive-oil placebo. Results published in *The Journal of Nutrition* reported weight gain in the following year of merely two pounds for those taking GLA, compared to nine pounds in the placebo group.

Borage oil is among the most potent naturally occurring sources of *gamma*-linolenic acid. Its effectiveness is compounded by an abundance of linoleic acid, which serves as a precursor for GLA synthesis within the body.

Potent and pure, New Roots Herbal's certified organic **BorageOil** could prove to be the source of essential fatty acids your body and mind have been craving.

You'll never know until you try!



# Calories You Can Count On

The process of counting calories usually brings weight management to mind. In fact, intangibles that vary from how we prepare our foods to the digestive efficiency of our gut flora make calculating calories a more daunting task than merely reading nutritional information next to a barcode.

Enter New Roots Herbal's **MCTEnergy**, a dynamic source of healthy medium-chain triglycerides that are metabolized up to eight times

faster than long-chain fatty acids (carbohydrates). This minimizes fat storage and accelerates their conversion to fuel for organs and muscle tissue, as well as to quench brain cells that drive cognitive performance.

**MCTEnergy** is a nutritional juggernaut you can count on to energize anyone from a person recovering from surgery or severe illness to an elite athlete looking for a competitive edge.



New Roots Herbal's **MCTEnergy** contains 100 calories per tablespoon (15 ml). Its mild flavour easily lends a nutritional lift to smoothies, soups, baked goods, vinaigrettes, and more.

---

## Our Family Is Growing!

We are very pleased to announce the full-time addition of Dany Lévesque, naturopath, to the New Roots Herbal team.

Since 2008, Dany has been offering his services at several levels as a naturopath and industry expert on natural health products, and we believe that this permanent position within our company will be a great asset.

His studies, global experience in the context of clinical practice, and multiple training sessions led him to develop a huge and varied field of expertise that makes Dany an invaluable source of knowledge. His skills include diet, aromatherapy,

Chinese medicine, herbal medicine, crystal healing (stone therapy), oligotherapy, gemmotherapy (tree-bud therapy) organotherapy, hydrotherapy, pediatrics, physical exercise, phytochemistry, reading the body composition, First Line Therapy, clinical nutrition, functional medicine, and more.

Dany will work closely with the marketing department and will make good use of his technical expertise. He will write texts, train our customers in person and via the web, and more. Of course, he will also be an important addition to the Natural Facts magazine.

We are very pleased to now work side-by-side with a naturopath who is recognized and loved by all.

Welcome to the New Roots Herbal family, Dany!





# A Holistic Nutritionist's Simple Tips for a Naturally Healthy Cottage Weekend

by Michelle W. Book

The weather is warming, and summer in Canada is finally here. This means one thing: cottage season is upon us.

Getting away for the weekend is a great way to unwind from a full work week, but many Canadians may find it challenging to balance a healthy lifestyle with an indulging cottage getaway. What you choose to pack for the weekend can make or break your healthy routine. Here are a few simple tips to help keep you naturally healthy this weekend!

## Indulge Smartly

You've worked hard all week to earn your weekend, so you should be allowed to indulge, right?

At the cottage, it can be hard to stick to your regular routine, especially during happy hour on the dock. The good news is there are lots of healthy snacking options. For instance, trade in the potato chips for dehydrated or baked kale chips, which deliver a salty crunch without the extra calories. At your local natural-health retailer, you can also find chips made from beans,

root veggies, and even lentils or coconut. Try them; love them!

Relaxing on the dock or around the campfire at the cottage wouldn't be the same without a drink to match the scene. Unfortunately, this indulgence is quite taxing on your liver. The process in which your body breaks down alcohol uses up B vitamins, so I try to keep my body well-stocked with these through either a high-quality multivitamin or a B-complex supplement.

## Safe Fun in the Sun

A quality sunscreen is one of the most important things to pack when heading outdoors. Always choose a natural sunscreen that contains zinc oxide and titanium dioxide, especially when selecting a product for your kids. Sunscreens containing these ingredients stay on the surface of the skin without being absorbed,

allowing them to actually reflect the potentially damaging UVA and UVB rays.

After a day in the sun, moisturizing is essential to soothe and heal the skin. Luckily, there are a slew of options for effective, natural moisturizing oils. I love to use coconut oil as a moisturizer; it's rich in medium-chain triglycerides, which have antibacterial and antifungal properties that complement the skin's protective barrier.

A less familiar but equally excellent option may be seabuckthorn oil, which is rich in nutrients and phytonutrients



that have been shown to improve skin hydration and even promote healing. There's a wide selection of these products to explore, from the familiar *Aloe vera* to the exotic argan oil. I recommend you try a few and see which one works best for you and your family.

Cottage country has a great array of locally owned and family-run grocers and natural health food stores. Find a local health-food store near you, and make your next cottage getaway a healthy one.

## ***Did You Know...***

*Some medicinal mushrooms were found on Ötzi, the Neolithic ice man, dating back over 5,000 years ago!*

*The shamans and indigenous peoples have used different mushrooms for a long time. Whether to keep mosquitoes away with smoke from burnt mushrooms, or used as beverages to benefit from their antibacterial and toning properties for the immune system, our ancestors already knew the benefits associated with their use!*

*You will be surprised to learn that fungi and humans sometimes suffer from the same infectious diseases and are the hosts of identical pathogens. We also share up to 50% DNA similarity; this means that humans can digest, assimilate, and use some medicinal mushrooms for the greater good of our general health!*

—Shirley Séguin



# Are You Eating Enough Veggies?

## Taking a Closer Look at Your Food

by Alison Chen, ND

Are you tired of being told what you once thought was healthy is now bad for you? It's frustrating to go from one extreme diet to another, and constantly be worried about what you should and shouldn't be eating. Have you ever noticed that there is only one constant to any fad diet, weight loss plan, or nutrition regiment? Vegetables. And lots of them.

Most diets focus on the minutia, like:

- When to eat carbs
- How to couple food groups
- Portion control
- Calorie timing
- What foods to avoid
- How to make substitutions for your favourite meals

But what's missing in these dietary tactics is the emphasis of eating veggies.

### The New Food Pyramid

- Vegetables (unlimited, especially leafy greens and nonroot veg)
- Pure water (8 glasses)
- Complex carbohydrates (6 servings or less)
- Lean protein (3-5 servings)
- Fruit (3-5 servings)
- Healthy fats (2-4 servings)
- Artificial additives (minimal)

Your daily diet should look something closer to the above new food pyramid, with the most important emphasis on vegetables.

To clarify, unlimited amounts of leafy greens and colourful vegetables, with 1-3 portions of root vegetables.

### Why Limit Root Vegetables?

Root vegetables are packed with important nutrition, but also starches. Your body uses starches for energy, just like carbohydrates from bread and sugars from fruit.

Starches, carbohydrates, and sugars are crucial for the body to create energy, but when eaten in high amounts over a short period of time, they can lead to sugar spikes in your blood, followed by a state of hypoglycemia and inflammation.



This may be why you feel sleepy after a big meal of pasta, or have brain fog after the sugar high of your afternoon donut. Heavy-starch vegetables include anything grown underground—carrots, potatoes, sweet potatoes, yams, radish, turnip, and taro—but also corn, pumpkin, and squash.

### But It's Important to Keep the Big Picture in Mind

If you have the choice between a Krispy Kreme donut or a bag of baked root-vegetable chips, the choice should be obvious. Don't drive yourself crazy with the minutia. Make educated and wise food choices, and if you are to indulge in a nonnutritious food, make sure you enjoy it, and save yourself the guilt trip. Sticking to the general 80:20 rule of thumb may

be the easiest plan you can have. Remember that the most successful diet is the one you can actually stick to.

The 80:20 rule is simple (but not always easy): Eighty percent of the time, plan for nutritious meals and eat mindfully. The other 20% of the time, enjoy your favourite foods with pleasure. A majority of the healthy 80% should be vegetables.

### Why Vegetables?

Vegetables are the best diet food and preventative medicine for any condition. Best of all, they are affordable and accessible. They are high in vitamins, minerals, and fibre, while low in calories. Many have valuable antioxidant, anti-inflammatory, and immune-supportive properties to combat predisposing factors of cancer, heart disease, immune dysfunction, and neurodegenerative conditions.



### Raw, With the Peel

The most nutritious way to eat your veggies is raw, with the peel on. This form allows the greatest amount of nutrients and fibre to be absorbed; however, some people may have difficulty digesting raw vegetables, and so steamed or stewed would be the next best option. There is another group of people who are hypersensitive to certain foods (including vegetables) or have conditions

that are worsened by specific types of foods; for example, interstitial cystitis (IC, or hyperactive bladder condition) is worse with acidic foods such as tomatoes. Speak with your naturopathic doctor if you think specific food groups might affect you. Many vegetables are also superfoods and supergreens because they are highly nutrient-dense foods.



### Superfoods vs Supergreens

Superfoods are natural foods that contain especially high nutrient content per serving. They are jam-packed with disease-fighting power, and most include vegetables and fruits. These are the foods to focus on when planning your meals for yourself and your family. The top superfoods and their nutritional content include:

1. **Sprouted wheat grass:** High amounts of chlorophyll (70%) increases oxygen-blood iron circulation to support thyroid, digestive, and blood-glucose regulation.
2. **Broccoli and broccoli sprouts:** Rich in amino acids, vitamin K, and anticancer properties.
3. **Spinach:** A potent source of vitamins and minerals, especially iron and manganese.

4. **Kale:** This high-fibre and slightly bitter leafy green is packed with vitamins, minerals, and calcium as an effective antioxidant.
5. **Seaweed (wakame, nori, dulse, kelp):** An alkalyzing antioxidant with a strong ability to chelate and purify the blood, not to mention a high source of iodine.
6. **Blueberries:** Strong antioxidant, anti-inflammatory, and high in vitamin C.
7. **Salmon and omega-3 fish oils:** The high EPA levels in omega-3 fish oils are an ideal anti-inflammatory and support cognitive and cardiovascular health.
8. **Tea (green or black):** Strong antioxidant, anti-inflammatory, antimicrobial, antidiabetic, and support for metabolic and neurological activities.
9. **Goji berries:** Very high in vitamin C with antioxidant properties.
10. **Raw cacao:** Strong antioxidant high in magnesium and nonheme iron.
11. **Tumeric:** Potent anti-inflammatory and antimicrobial agent used in many countries as a heart-protective spice and natural food preservative.
12. **Coconut (young):** Coconut water, milk, and the oils are all so nutritious. Coconut water is a potent electrolyte replacement, and the medium-chain fatty acids are healthy to cook with for cognitive support or as a natural lubricant, antimicrobial, and sunscreen.
13. **Dark chocolate (>70%):** Cocoa is a strong antioxidant and can lower blood pressure.

14. **Unpasteurized honey and propolis:** High in protein and a natural antimicrobial to be used externally and internally (except with infants and pregnant women).

As you can see, a number of these superfoods are vegetables, due to their highly nutritious content. Now, let's take a look at nutrient-dense greens...

Supergreens are commonly powdered forms of condensed vegetables or algae. I love using them as a supplemental boost to my diet. It's especially useful for my busy mornings, when I may not be able to make a well-balanced meal and can prepare a healthy morning shake with my supergreens. I alternate my sources of greens after each container to ensure I'm getting a variety of nutrition. My favourites sources are:

1. **Chlorella:** Fresh-water algae with a complete protein profile, with immune- and cardiovascular-supporting properties.
2. **Spirulina:** A cultivated microalgae with high levels of protein and antidiabetic properties.
3. **Sprouted wheat grass:** High amounts of chlorophyll (70%) increase oxygen-blood iron circulation to supports thyroid, digestive, and blood-glucose regulation.
4. **Barley grass:** High in calcium, nonheme iron, and vitamin C.
5. **Wild blue-green algae:** A phytoplankton high in protein with immune-supporting functions.



### What Are Sprouts?

Sprouts are also a good food source, because of how jam-packed they are with nutritive qualities. Sprouts are germinating seeds that eventually grow into plants, legumes, seeds, grains, and vegetables. This means that the nutrients of the plant are concentrated into the germinating seed. The most nutritious sprouts include:

- **Chlorophyll-rich:** Wheat grass, sunflower, buckwheat lettuce, snow pea shoots.
- **Small vegetable seeds:** Alfalfa, clover, arugula, broccoli, kale, cabbage, fenugreek.
- **Grains and seeds:** Amaranth, quinoa, millet, buckwheat, rye, spelt, teff.
- **Legumes:** Lentils, white beans, red beans, pinto beans, chick peas, mung beans, adzuki beans.

To get the most nutrition out of your sprouts, make sure the seedling is germinating, and eat them raw. However, be careful of the quality of sprouts, since some can carry harmful bacteria, such as *Salmonella* and *E. coli*. Always purchase your sprouts from reputable sources, keep refrigerated, and eat within a few days.

### What's Missing?

A varied vegetable-based diet is not enough to sustain an optimal body, however; it is missing lean proteins and healthy fats. Especially

if you are a vegetarian or vegan, getting enough amino acids from protein-based foods is vital for tissue regeneration (muscle, tendon, ligaments, etc.), mental health, antioxidation, and immune support. Foods that are excellent protein sources include:

- Lean meat (chicken, turkey)
- Fish
- Eggs
- Beans, lentils, legumes, soy
- Nuts (almonds, walnuts, pecan, etc.)
- Seeds (hemp, flax, etc.)
- Algae (blue-green, spirulina, chlorella)

The protein sources mentioned above lack one thing that is important to the body: iron. Heme iron sources are found in red meat and are required by the body to produce blood and carry oxygen. Many dark leafy vegetables contain nonheme iron, but they are not utilized by the body as readily. If you consume little or no red meat, make sure you practice the following:

- Check your iron levels to see if supplementation is necessary
- Eat your iron sources or supplements with vitamin C
- Have black strapped molasses
- Take ferrum phosphate (6x) tissue salts with your iron
- Check your B<sub>12</sub> levels concurrently, since many iron-deficient patients are B<sub>12</sub>-deficient as well. Both cases result in an anemic state of fatigue, lethargy, and low blood pressure.

Healthy fats can also be found in the list of protein-based foods above; however, some of the best sources are found in vegetables and fruits, such as avocados, coconut, and olives. Healthy fats are very important for mental development and anti-inflammatory properties that help prevent many degenerative diseases.



### How Do I Get Enough Veggies?

To ensure you are getting 8-12+ servings of veggies per day takes a lot of conscious effort and choices. The best way to keep your nutritional intake high and with variety is to form the following healthy habits:

- Start your morning with a supergreen shake = 2-3 servings
- Have at least two servings of veggies with lunch and dinner = 4 servings
- Have at least one vegetable snack a day = 1 serving
  - Dried seaweed snacks
  - Raw carrots, celery, cucumber, broccoli, cauliflower, etc.
  - Guacamole and veggies
  - Vegetable juice or wheatgrass shot

- Have at least one superfood or veggie green per day = 1 serving
- Precut veggies on a Sunday and keep them in easy-to-access baggies or Tupperware® to grab and go.
- Try one new leafy green or colourful vegetable a week
- Keep it interesting and don't always have salads. My favourite is peanut rice wraps. Try the recipe in the Culinary Corner, and find your favourite vegetable combinations.

For references and other great articles, visit [NaturopathicCurrents.com](http://NaturopathicCurrents.com)

### Other Recent [NaturopathicCurrents.com](http://NaturopathicCurrents.com) Articles:



#### Is Hormone Replacement Safe?

Every woman—if she lives long enough—will experience menopause. For some, the transition is easy and can even be a relief from the troubles of a regular menstrual cycle. For others, the change is extremely challenging as they struggle to manage frequent “hot flashes,” weight gain, and severe depression. Many of the symptoms of menopause can be directly [...]



#### Seasonal Affective Disorder: What Is It and What Causes It?

Seasonal affective disorder (SAD) is a form of depression that occurs during certain times of the year. It generally occurs during the colder months, and is associated with shorter days. Reduced sunlight exposure during the fall and winter can disrupt the body's internal clock, also known as the circadian rhythm [...]



#### Menopause

Menopause can be formally assessed when there has been no menstrual period for 12 months. At this point, the ovaries stop performing their function. The process happens gradually and is an individualized process. Some women experience a steady decline in the frequency of their menses, while others have sporadic menses until finally they stop [...]

# So, You Fell Off the Bandwagon—What Now?

by Sherry Thacker

We all know how easy it is to get off track when it comes to our fitness and eating habits. You've been training every day, eating right, and feeling great. Then, life gets busy, and you fall off track. Next thing you know, you haven't worked out in over a month, you've been eating like crazy, and you feel horrible. You were training and eating right, and now you've fallen so far behind.

The depression sets in. You feel overwhelmed and disappointed in yourself.

## Overcoming the Challenge

Your fitness and nutrition aren't a choice. They're nonnegotiable... even on the busy days.

Yes, I get it. There's a lot to do. You're working overtime. Your mother-in-law called and needs your help. You're exhausted. There's a hockey game.

Every day, there is a challenge; there is something that can get in your way. But your health isn't a choice; it's not an option.

For the past 15 years, I've made a commitment to myself. I'm a single mom with a 3-year-old boy and two businesses to manage. But my health is nonnegotiable. I do some type of training at least five times a week, every week.

And I haven't missed one week in the past 15 years.

## No Excuses

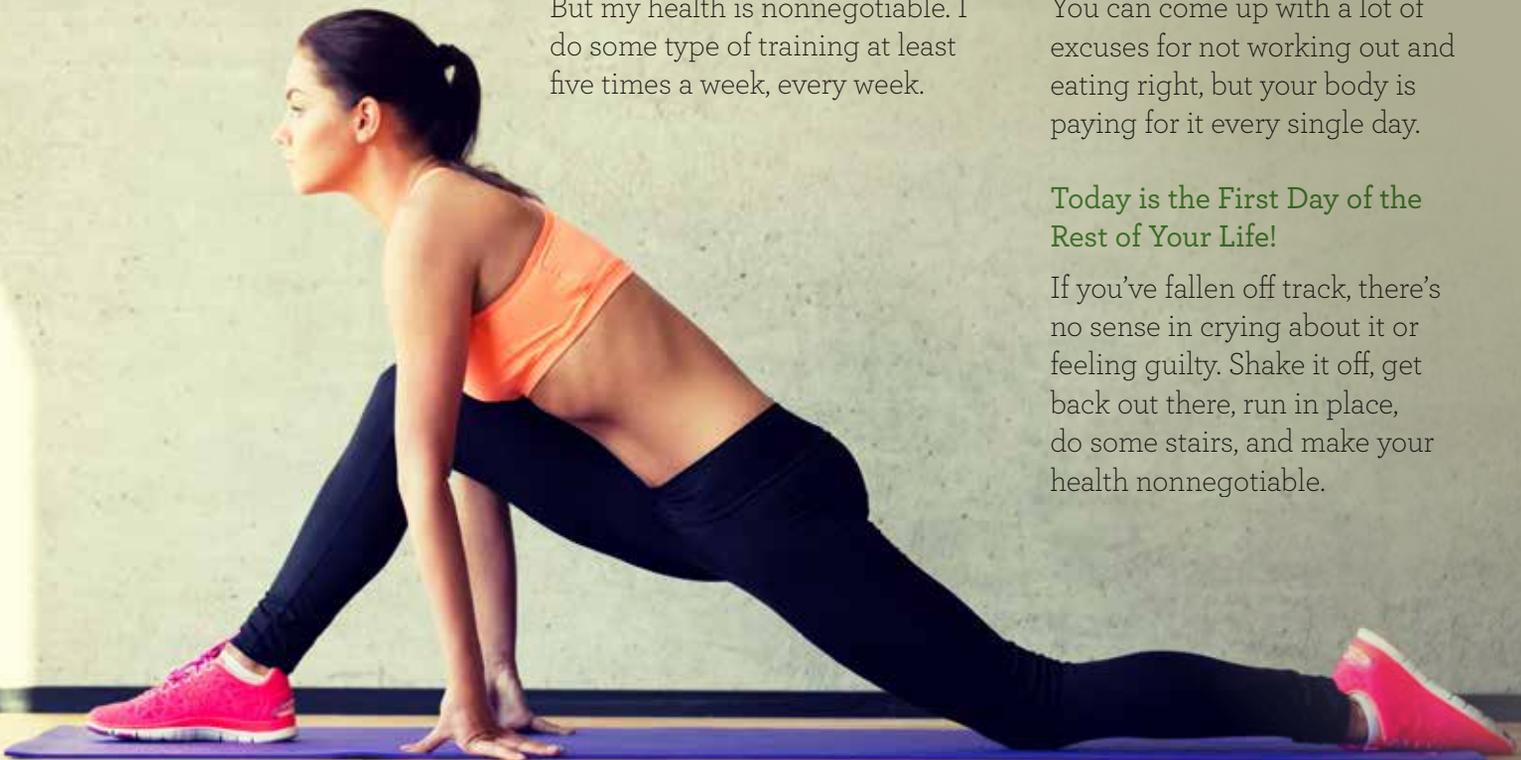
Life is busy. I can't always make it to the gym, and I'm sure you can't either. That's no excuse for skipping training, though. You can do it anywhere... even in your living room! Everyone has a set of stairs accessible to them. Turn on your iPod and do stairs for 20 minutes. Try push-ups, planks, burpees, lunges, squats. All you need for these exercises is your own body!

What you eat is an equally important part of your overall health. Sunday night is food-prep night in my house. Every Sunday, no matter our schedule, I go grocery-shopping and food prep to prepare for the week ahead. It's as simple as creating this easy routine and sticking to it.

You can come up with a lot of excuses for not working out and eating right, but your body is paying for it every single day.

## Today is the First Day of the Rest of Your Life!

If you've fallen off track, there's no sense in crying about it or feeling guilty. Shake it off, get back out there, run in place, do some stairs, and make your health nonnegotiable.



# Yum Strawberry Jelly

by Theresa Nicassio

Strawberries are one of the easiest fruits to maintain in the garden, and are so delicious! This beautiful, edible ground-cover plant can survive in very small spaces and in a variety of climates. Because of the use of low-glycemic, sugar-free sweetening, combined with the naturally low carbohydrate density of strawberries, this delectable dessert is diabetic-friendly!

### Ingredients

- 4-5 cups strawberries, fresh or frozen
- ½ peeled lemon, seeds removed
- ½-1 tsp lemon zest
- ½ tsp vanilla extract
- 2 tsp powdered New Roots Herbal Stevia Sugar Spoonable
- ¼ tsp blackstrap molasses
- pinch Himalayan salt
- 1½ cups water
- ¼ cup agar agar flakes

### Instructions

In a high-speed or regular blender, purée the strawberries with the lemon juice and zest, vanilla, sweetener, molasses and salt until smooth and set aside. In a medium saucepan over high heat, bring the water with the agar agar flakes to a boil, then soft-boil for 4-5 minutes, stirring constantly, until the agar agar is dissolved. Remove from the heat and add the strawberry purée to the saucepan and stir to combine. Pour into silicon gelatin moulds or beautiful glassware and chill in the refrigerator until set. If using moulds, remove from the refrigerator just before serving and invert onto dessert plates. Enjoy as is or garnish with seasonal berries, mint leaves or your other favourite toppings. Makes about 5 cups.

\*Photo & recipe adapted from award-winning YUM: plant-based recipes for a gluten-free diet (2015) by Dr. Theresa Nicassio. All rights reserved. [www.yumfoodforliving.com](http://www.yumfoodforliving.com)



New Roots Herbal is pleased to distribute, *YUM: Plant-Based Recipes for a Gluten-Free Diet* by Dr. Theresa Nicassio, winner of the 2016 BEST IN THE WORLD Awards (2nd - Category: Best Diet Book). These prestigious awards are compared to the Olympics in scope and in glamour to the Oscars, with over 10,000 submissions from 209 countries competing for this year's awards. This amazing cookbook, which offers over 180 recipes, also won the Gourmand World Cookbook Award in 2015.

Our collaboration with Theresa is a privilege, and we are proud to bring you this great recipe book!

Ask your store now for your copy! Stores can order their copies today through New Roots Herbal at [support@newrootsherbal.com](mailto:support@newrootsherbal.com)



# Peanut Rice Wraps

by Allison Chen, ND

These are one of my favourite meals to make at home. Feel free to eliminate the rice paper and have lettuce/green wraps instead with the same ingredients. You can also easily substitute ingredients for whatever you have in your fridge, or what is in season for the area where you live in.

## Ingredients

- Rice-paper wraps (you can find these in many Asian and English grocery stores)
- Vermicelli noodles, 1 small handful per person
- Dark leafy green (lettuce, steamed kale or spinach), 4-8 servings per person
- Sliced veggies (carrot, cucumber, avocado, celery, broccoli, tomato, cilantro), 2 large handfuls (2 servings) per person
- 1 mango
- Protein source (shrimp, beef, chicken, salmon), single palm-sized portion per person
- Peanut sauce—4 tbsp. of natural peanut butter, splash of soya, and hot sauce to taste

## Instructions

Boil some water and submerge the vermicelli noodles in. Take off heat and let sit for 5 minutes or until soft. Strain and place in a serving dish.

Cut your protein source into thin slices and fry on low heat with a little olive oil.

Cut your vegetables and mango into thin slices approximately 3-4 inches long, depending on the size of your rice-paper wrap.

Cut your dark leafy green into palm-sized portions.

Make your peanut sauce by heating the natural peanut butter in a saucepan until it softens. Continue stirring. Add in your preferred amount of soya and hot sauce to taste and mix. Take off heat and place in a shallow dish or small bowl.

I like to prepare my rice wraps one at a time as I eat, to avoid the rice papers from sticking together. In this case, I bring over a shallow dish to the dinner table and add in some boiling water. Place a single rice-paper sheet in the water for 10-30 seconds. The hotter the water, the less time is required to let soak.

Start with your rice paper, then add your lettuce, veggies, mango, protein, and sauce. The rice paper is fragile, so make sure you don't fill it too much. Enjoy your wraps!

# "Can't Believe It's Not Beef" Burger

by Gordon Raza, BSc

This one has the look of an organic beef burger, yet with the complexity of a mosaic of mushrooms, beans, vegetables, seeds, and nuts. We suggest BBQ spices; however, it works well with East Indian or Caribbean seasoning.

## Ingredients

- 1 can (19 oz.) kidney beans, drained, rinsed
- 2 tbsp. wild rice
- 1 tbsp. red palm fruit oil
- A few splashes of Worcestershire sauce.
- ½ cup shredded potato (squeeze out excess fluid)
- ½ cup shredded apple
- ½ cup diced sweet onion
- 3 or 4 cloves garlic (slivered)
- 1 tbsp. mushroom powder (ground dry wild mushroom mix)
- 1 tbsp. BBQ spices
- 105 g roasted salted cashews (crushed)

## Instructions

Sear wild rice and onions in red palm fruit oil for a few minutes. Add garlic then water, and fully cook until rice blisters.

Mash kidney beans, then add remaining ingredients and mix thoroughly. Allow rice to cool, then mix with other ingredients and form into patties.

Prepare in advance, and freeze prior to pan-searing or grilling.

Bon appétit!



# Layered Citrus Beet and Freekeh Salad

Provided by the CHFA

This warm and hearty salad is bursting with flavour and colour. Freekeh wheat is a cracked young green wheat with a delicious nutty taste. It's high in fibre and prebiotic properties with a low glycemic index. Substitute with quinoa or buckwheat for a gluten free option.

## Ingredients

- 4 small assorted beets (red, yellow, and candy cane beets)
- ¾ c (175 ml) freekeh wheat or cracked wheat
- ⅓ cup (75 ml) crumbled goat cheese
- ⅓ cup (75 ml) sliced kalamata olives

- ⅓ cup (75 ml) sliced green onion
- 4 cups (1 L) shredded beet leaves

## Citrus Vinaigrette

- ¼ cup (60 ml) orange juice
- 3 tbsp. (45 ml) lemon juice
- 3 tbsp. (45 ml) olive oil
- 2 tbsp. (30 ml) miso paste
- 1 tbsp. (15 ml) grated ginger
- 1 tsp. (5 ml) finely minced garlic
- 1 tsp. (5 ml) orange zest
- ½ tsp (2 ml) red pepper flakes

## Directions

Preheat oven to 400 °F (200 °C). Wrap like-coloured beets

together in foil (red beet colour will bleed into the yellow and candy cane beets if wrapped together). Place beets in baking dish and roast for 45 minutes to one hour until a knife inserts easily into beet. Unwrap beets and let cool until cool enough to handle. Trim ends and remove skins easily by rubbing between your hands or scraping with the back of a knife. Slice beets into wedges.

Meanwhile, in a small saucepan, combine freekeh wheat with 1¼ cups (300 ml) water, bring to a boil, and reduce to simmer over low heat. Cook for 25 minutes, transfer to a medium, heat-proof bowl to cool. Toss in goat cheese, olives, and green onion.

To serve, arrange shredded beet leaves on a platter, spoon freekeh wheat mix in centre of platter, and top with beet wedges. Drizzle salad with vinaigrette.

For vinaigrette, whisk together orange juice, lemon juice, olive oil, miso, ginger, garlic, orange zest, and pepper flakes.

**Tip:** Kids can help to rub away skins from the beets once cool enough to handle. Use food-grade gloves for red beets, as they will stain hands.

**Prep time:** 20 minutes

**Cook time:** 1 hour

**Servings:** 4-6

## Nutrition Information

(1 serving, when recipe serves 6):

Protein: 6 grams

Fat: 11 grams

Carbohydrate: 25 grams

Calories: 215 kcal

Fibre: 5 grams

Sodium: 380 mg





# ChoosetoCare

## You are giving more than you think...

**New Roots Herbal** has given \$203,500 worth of donations in 2015!

We are often asked, when shopping, if we would like to make a donation to a certain organization. Sometimes we do, sometimes we don't.

What if the donation was already part of your purchase? With New Roots Herbal's **ChoosetoCare** program, you are purchasing your favourite products, and we are making the donations to outstanding charities.

The **ChoosetoCare** program is a path to protecting, feeding, and caring for people and our planet, thanks to the help of all the following charitable organizations:



[choosetocare.ca](http://choosetocare.ca)





# Love your skin with the luxury treatment you deserve

New Roots Herbal's Exotic Oils are an astounding collection of 100% pure and organic skin oils that offer unrivalled protective, therapeutic, and regenerative properties. Sourced from around the world, these oils are naturally rich in beneficial fatty acids and vitamins, as well as high in oxidative stability.

With New Roots Herbal's Exotic Oils, maintaining your natural glow has never been easier.

Certified organic by:



Visit [newrootsherbal.com/exoticoils](http://newrootsherbal.com/exoticoils)

*Prevention & Cure® since 1985*



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

