



Natural Facts

Detox:

Internal Cleaning for Your Body

Biochemical Aging:

Approach to Offset Its Impact
on Wellness

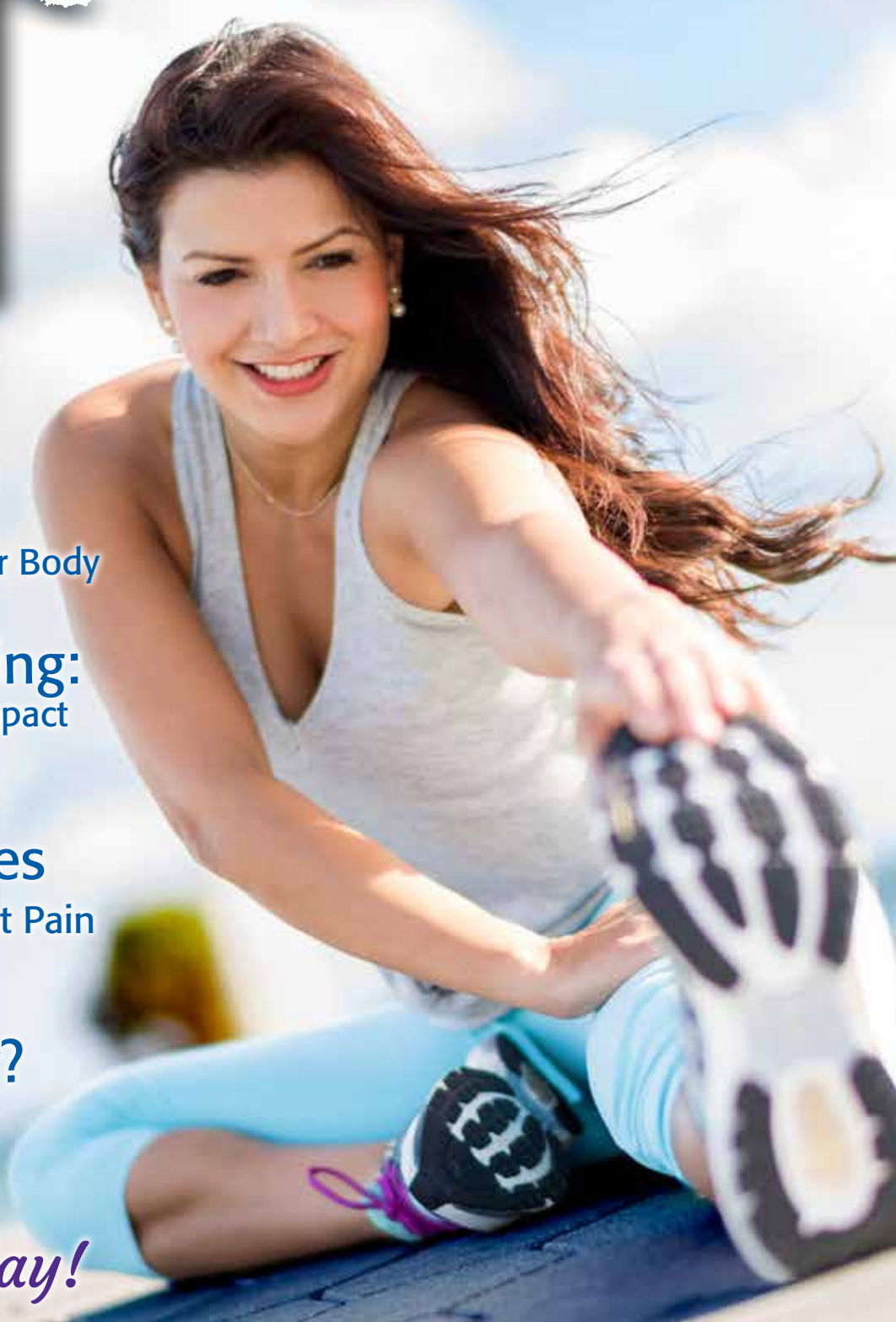
Natural Strategies

for Management of Joint Pain

Are You an

Emotional Eater?

*It's Time to Go
Outside and Play!*



Articles, Recipes, Information, and New Product Announcements

Free • May/June 2016

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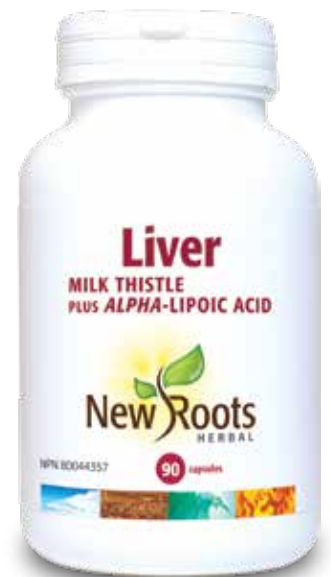
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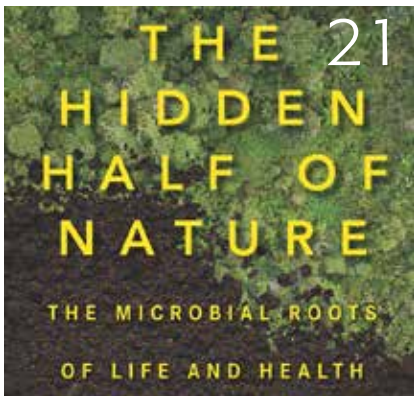
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Editor's Letter



During the cold season, it was easier to find an excuse to stay indoors. Now, let's go outside! In addition, our small comforting and delicious dishes might have had some consequences on our bodies. For those of you who may have lost pace in the last few months, many would admit if they could, that they could easily lose 10 pounds...

Whether it's because we were couch potatoes, that we didn't have enough time, or because we fell prey to binge eating, many options are available to us to prepare for bathing-suit season. We can start by a good body detox, change our eating habits, or register for a new sport that will motivate us. We know that it is beneficial to exercise everyday. Our article on this topic, written by a personal trainer, will certainly give you ideas to get back in shape. If your bad nutritional habits were caused by your emotional needs or reactions, Dr. Theresa Nicassio's article will inform you and guide you towards a better lifestyle.

To be healthy and in shape is what we all wish for, but what's better than healthy aging and having access to our intellectual and physical capacities? Mrs. Martin-Bordeleau, who is a 92-year-old naturopath, is still very active. She gives us her health and longevity secrets during an inspiring interview that you will find in this issue.

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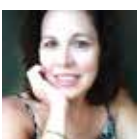
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Go With the *Flow*

A common concern for any therapeutic agent is whether it's actually reaching its target organ or tissue. For renal-related nutrients, the answer is clear: the fact our entire blood supply flows through the kidneys up to 30 times per day is proof positive for maximum exposure.

The kidneys are complex filters with the task of isolating nitrogenous waste (the by-product of metabolism within the entire body), toxins, and environmental pollutants from the blood supply for elimination. They also manage the body's fluid and electrolyte levels; when you consider the adult body is approximately sixty percent water, it's a task central to every aspect of human health. The kidneys' ability to buffer levels of minerals, vitamins, and critical compounds allows us to exceed intake of essential nutrients and excrete what the body doesn't require.

The importance of nurturing the kidneys with

renal-friendly nutrients can't be underestimated. Kidneys are susceptible to recurrent infections, kidney stones, and impairment; in fact, kidney function can decrease in excess of fifty percent without any recognizable symptoms.

New Roots Herbal's **CleanFlow** is the ideal formula suitable for an annual or semiannual kidney cleanse and tune-up of the entire urinary tract. Our selection of fourteen synergistic ingredients deliver a broad scope of benefits, such as protection from infection, increased urinary output for improved toxin excretion, and better blood circulation through the kidneys.

Here's a brief summary of our formula. The trio of ginger root extract, cayenne, and parsley invigorate microcirculation essential for access to tubules within the kidneys that drive the filtration process. Birch leaf, goldenrod, juniper, asparagus, marshmallow (*Althaea*), and parsley amplify the diuretic action of **CleanFlow** central to the

renal cleansing process. Potent extracts of *Uva ursi* (10% arbutin) and cranberry cleanse and protect the entire urinary tract from *E. coli*, the most common cause of recurrent infection. Additionally, corn silk extract and buchu leaf cleanse, soothe, and ease inflammation within the kidneys.

Kidneys are amazing organs with remarkable recuperative power; imagine the ability of a kidney to almost double function when one is lost to injury or disease! Quench your kidneys with the therapeutic nutrients of **CleanFlow**; it's an investment in your health that may have been long overdue.



Health Advice



Internal Cleaning for your Body

by Heidi Fritz, MA, ND

Let's face it: today, we are surrounded by nutrient-depleted, additive-rich foods, chemical pollutants including xenoestrogens in the environment at large, and harsh chemicals in our own microenvironment, including such things as household cleaners, personal-care products, and more. Xenoestrogens and other hormone disruptors present in the environment, such as bisphenol A and dioxins, may worsen hormonal- and fertility-related problems, and may contribute to the incidence of certain cancers such as breast cancer.^[1] The concept not only of healthy living, but of a periodic "detox" to help lower our body burden of such toxins becomes more important in maintaining optimal wellness.

During a detox, the goal is to lower one's exposure or "intake" of harmful chemicals, while at the same time helping the body to safely eliminate those that may be stored in the liver, fat

tissue, or other sites in the body. Therefore, components of a detox include cleaning up your diet in order to minimize intake of refined and processed foods and increase antioxidant intake; exercise and/or sauna therapy to help mobilize stored toxins from fat cells; and supplementation with specific nutrients that can assist the body in safely eliminating toxins and their by-products through the liver, kidney, and bowels.

Diet & Bowel Function

Proper bowel function is critical for effective detoxification. Once the liver neutralizes toxins by way of glutathione conjugation, methylation, or sulfation, it releases the metabolites into the bowel for elimination. If bowel material is not eliminated from the body in a timely manner, these toxins can be reabsorbed back into the bloodstream and recirculate throughout the body in a process called enterohepatic recycling.^[2] Furthermore, if dysbiosis is

present, bacteria producing the *beta*-glucuronidase enzyme may actively deconjugate toxins in the intestine, thereby freeing them to be reabsorbed.^[2, 3] Studies have shown that this may result in increased body levels of estrogens for example.^[2] Therefore, ensuring regular bowel function is the first step in any detox program.

Supplements that may help improve bowel function and restore the balance of healthy bacteria include use of low-dose magnesium citrate (150 mg) as a gentle laxative, and a good-quality probiotic. In animals, probiotic supplementation has been shown to result in greater bowel excretion of the hormone disruptor BPA.^[4]



Adhering to a strict hypoallergenic diet improves bowel function and reduces inflammation, which is necessary for the effective metabolism and elimination of toxins.^[5, 6] Many people suffer from various grades of food sensitivity; for instance with intolerances to gluten, dairy, eggs, soy, or chocolate. Eliminating these from the diet improves energy and global digestive function, and lowers inflammatory markers such as C-reactive protein (CRP).^[5, 6] As the base hypoallergenic diet, we recommend the following dietary pattern for between four and six weeks: grain-free, dairy-free, sugar-free; heavy emphasis on fruits and vegetables (5+ servings each per day); consumption of lean, organic protein such as turkey, chicken, fish, and legumes; and consumption of nuts and extravirgin olive oil as desired.

Exercise

Exercise is an important component of the detox program because it results in lipolysis and release of toxins from inside fat cells, and increases blood and lymphatic circulation. Increased circulation results in better delivery of nutrients and “mopping up” of toxins from tissues. Exercise promotes detoxification through all routes of elimination: the bowels, kidneys, lungs, and the skin. Sweating is an especially critical route for the elimination of fat-soluble toxins. Exercise is



as simple as 20–30 minutes of moderate aerobic activity, such as brisk walking, completed five to six days per week. The pace of exercise should be comfortable enough to carry on a conversation. The target heart rate in beats per minute can be calculated as 60–70% of maximal heart rate, where the maximal heart rate, MHR, is equal to 220 minus your age. So for instance, for a 40-year old man, the MHR is 180 beats per minute; the target heart rate to aim for would be between 108 and 126 beats per minute.

Sauna

Infrared sauna is a technique that can enhance elimination of certain toxins through sweating. Similar to exercise, sauna therapy has been shown to increase cardiac output, peripheral circulation, and sweating. Dr. Walter Crinnion, a specialist in environmental medicine, summarizes data from several studies showing that sauna therapy may help increase elimination of certain metals, including mercury, cadmium, and antimony, as well as PCBs and solvents.^[7, 8] Saunas are contraindicated in pregnant women or persons with advanced heart disease.

Supplements

The goal of supplements to support detoxification is to 1) achieve adequate bowel function, as discussed earlier; and 2) to provide nutrients and antioxidants that can help facilitate safe and effective metabolism of toxins. Usually, these are supplements that support liver function.

Milk thistle (*Silybum marianum*) is the premiere hepatoprotective herb par excellence. It contains flavonoid antioxidants, known collectively as silymarins, that have membrane-stabilizing properties, and have been shown to help reduce inflammation and regenerate liver cells exposed to toxic injury.^[9] *Silybum* may also have chelating effects for certain metals: silymarin has been shown to reduce iron overload in patients with *beta*-thalassemia

and hemochromatosis.^[10, 11]

A good dose of milk thistle is 600 mg per day.

N-Acetylcysteine is the rate-limiting precursor for glutathione in the body; glutathione is one of the most important antioxidants involved in conjugation reactions in the liver during phase II detoxification. A therapeutic dose of NAC is 600 mg two or three times per day. Various other nutrients may be added to this base protocol based on individual needs: whey protein powder has also been shown to increase glutathione levels; vitamin B₁₂, folic acid, and choline can act as methyl donors to assist in methylation reactions; and *alpha*-lipoic acid is a potent antioxidant as well as a weak metal chelator, and assists mitochondrial function.

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I Could Lose Ten...

This is what the average person would likely say if you asked them if they were happy with their weight. For some of us, the arrival of spring sparks enough of a shift in energy levels and eating patterns to organically shed the “tenacious ten.” For the rest of us, eating sensibly and increasing physical activity may not be enough to lose those stubborn pounds—you know, the ones that prevent us from tucking in that golf shirt or feeling confident in a revealing swimsuit.

In the same manner, some folks need a training partner for motivation with an exercise program; taking a broad-spectrum natural supplement can be a valuable “sponsor” from a nutritional perspective.

New Roots Herbal's **SlimmerSystem** can help in many ways. Our formula quenches your body with a therapeutic mosaic of 23 metabolic-specific nutrients, which include potency-validated botanical extracts, formulated with recommended daily requirements for vitamins and minerals critical for weight management. **SlimmerSystem** will help curb your appetite, reduce food cravings, inhibit fat storage, burn stored fat, and ignite your metabolism.

The dynamic duo of *Garcinia cambogia* and *Coleus forskolii* extracts lead the way as they reduce fat storage and release stored fats. They also signal the sensation of feeling full to the brain. This can prove invaluable for midafternoon and evening food cravings that often strike simply out of boredom.

The tandem of *Gymnema sylvestre* and chromium picolinate work in unison to normalize blood-glucose levels; roller-coaster blood-glucose readings can lead to consumption of unnecessary calories and mood swings. These nutrients collectively stimulate insulin production and enhance the ability of cells to employ insulin for their energy needs. Insulin production and use is a pivotal element in weight management, and is often overlooked in many weight-management products.

The thermogenic trio of green tea (75% EGCG), ginger, and *Capsicum* broaden the scope of **SlimmerSystem**, as they help curb appetite and accelerate calorie usage. Kola nut extract, with naturally occurring caffeine within its matrix of actives, lends a natural energy lift to our formula.

SlimmerSystem can give you the “natural nudge” with your weight-loss and wellness initiative.





Biochemical Aging

Awareness of Biochemical Aging and an Approach to Offset its Impact on Wellness

by Carolyn Mercer, BSc, ND

Our Chemistry Changes as We Age

What is aging, and why do we often become ill as we get older?

Aging is not really about how long someone has been alive, but more about the decline in physical ability and health that tends to occur once a person reaches later life. Aging involves a variety of factors—including our genes, our environment, and infections with harmful viruses and bacteria. These factors—genetic, environmental, and biological—can overlap and cause us to begin the aging process, called “senescence,” which goes all the way down to the cellular level.

Consider just a few of the biochemical changes as we age:

Taurine

Disease states including liver, kidney, or heart failure; diabetes;

and cancer can all result in a deficiency in taurine (an amino acid). Aging bodies often cannot internally produce optimal amounts.

Protein

We need more protein to offset the age-related loss of muscle tissue. When we lose muscle mass, we tend to lose bone mass as well, initiating a downward spiral of increased frailty and diminished function. Although our calorie needs decrease as we age, our protein needs actually increase; that means we need to get a larger percentage of our calories from protein—but that is exactly the opposite of what happens for many seniors.

Glutathione

Glutathione is made from three amino acids, namely glycine,

glutamic acid, and cysteine. Glutathione is present in every cell of the body and is essential for life itself. As people grow older, the levels drop, and this can result in an increased susceptibility to metabolic stress, a factor that greatly accelerates the aging process.

DHEA

A hormone that is the precursor for testosterone and estrogen, DHEA decreases by 95% in many people by age 75.

Testosterone

The hormonal stimulus for sex drive in both men and women is testosterone, which declines with advancing age in both sexes. Testosterone also plays an important role in maintaining muscle mass, strength, and bone density.

Estrogen and Progesterone

The “female” steroid hormones estrogen and progesterone play important roles in maintaining bone density and strength, sexual function, and mental function, as well as in countering the effects of menopause.

Melatonin

A hormone that is a highly potent antioxidant, and which has been described as the pacemaker of the aging clock in humans. It is released every night to help induce sleep, and aids in recuperation from fatigue.

Coenzyme Q₁₀

An essential component of healthy mitochondrial function, where it facilitates and regulates the oxidation of fats and sugars into energy; it also recycles

other antioxidants. About 95% of cellular energy is produced in the mitochondria. Aging humans have been found to have over 50% less. A deficiency accelerates DNA damage and leads to fatigue, muscle weakness, soreness, and eventually, heart failure.

Carnosine

Long-lived cells such as nerve and muscle cells contain high levels of carnosine, which is made up of the amino acids *beta*-alanine and L-histidine. Carnosine enables the heart muscle to contract more efficiently. Muscle levels of carnosine correlate with the maximum lifespans of animals. Aging causes irreversible damage to the body's proteins (glycation). Carnosine positively interferes with the glycation process.

NAD⁺

Aging is accompanied by increases in both mental and physical fatigue, along with a loss of motivation. This is in part the result of reduced levels of a compound called NAD⁺, found in every cell in the body, that enables the transfer of energy from the foods we eat to vital cell functions and is required to “turn off” genes that accelerate degenerative aging processes. NAD⁺ levels decline as we age.

Nutrition Facts	
Serving Size 128 g	
Amount Per Serving	
Calories 52	Calories from Fat 3
% Daily Value*	
Total Fat 0 g	0%
Saturated 0 g	0%
Trans	
Cholesterol 0 mg	0%
Sodium 88 mg	4%
Total Carbohydrate 12 g	4%
Dietary Fibre 4 g	14%
Sugars 6 g	
Protein 1 g	
Vitamin A 428%	Vitamin C 13%
Calcium 4%	Iron 2%



Carrots raw one cup chopped total 128g

Can't I Just Eat More Nutritious Foods?

We like the idea that food can be the answer to aging and all our ills, and that if we eat nutritious foods, we will not need medicine or supplements. We have valued this notion for a long time: as far back as 2500 years ago, as described by the Greek physician Hippocrates.

In North America, food is plentiful. In 1940, a very small percentage of our purchased food was processed. Today, that figure is over 90%. Much of our food is processed, artificial, genetically modified, laden with cellular and neurotoxic chemicals, dyes, preservatives, and additives. It is irradiated; fractionated; microwaved; and sprayed with pesticides, fungicides, and herbicides. It can become contaminated while it is stored for long periods or shipped in hot weather.

Technically, we are not starving to death. In fact, we are eating more than enough calories, but we are getting far too few nutrients. We are limping along with symptoms of nutrient deficiencies that we have been conditioned to expect and accept.

The aging immune system is extremely sensitive to the body's state of nutrition. Every day, the immune system produces billions of new cells, which busily communicate with one another by means of a vast array of messengers. The functioning of all these cells is profoundly affected by what we eat and do not eat. The quality of our cellular machinery is only as good as the quality of the “building blocks” the body has to work with.

Nutritional needs change throughout the various stages of life. While overall caloric needs tend to decrease with age, the requirements for individual micronutrients (vitamins and nutritionally essential minerals) do not decrease. In fact, the needs for some micronutrients, such as calcium and vitamin D, actually increase with age. Older adults may also need more dietary antioxidants, such as vitamins C and E, as well as certain B vitamins, including vitamin B₆, folate, and vitamin B₁₂. Micronutrient deficiencies are quite common, and older adults are especially vulnerable.



Food Today and Nutritional Deficiencies

Farmers today can grow two to three times as much grain, fruit, and vegetables on a plot of land as they could 50 years ago, but the nutritional quality of many crops has declined. We have more food, but it's worth less in terms of nutritional value. Today's food contains 10 to 25% less iron, zinc, protein, calcium, vitamin C, and other nutrients. The amount of

protein, calcium, phosphorus, iron, riboflavin (vitamin B₂), and vitamin C have substantially declined over the past half-century.

How does the lower nutritional value of food affect us? Here are a few examples:

Magnesium: It is estimated that 58–80% of the population is deficient. Magnesium is a crucially important mineral for optimal health, performing a wide array of biological functions.

Vitamin D: Researchers estimate that 50% of the general population is at risk of vitamin D deficiency and insufficiency, and this percentage rises in higher-risk populations such as the elderly.

Omega-3s: We eat too many inflammatory omega-6 fats (think vegetable oils) and too few anti-inflammatory omega-3s, setting the stage for cardiovascular disease, cancer, depression, Alzheimer's, rheumatoid arthritis, and diabetes, just to name a few.

Choline: Data shows that 90% of children and adults are not getting enough. Choline helps keep your cell membranes functioning properly, plays a role in nerve communications, prevents the buildup of homocysteine in your blood (elevated levels are linked to heart disease), and reduces chronic inflammation.

The list goes on and on:

- Calcium: Average diet contains 40 to 50% of RDA.
- Chromium: 90% of diets deficient.
- Copper: 75% of diets deficient; average diet contains 50% of RDA.



- Iron: Most common mineral deficiency.
- Niacin: Commonly deficient in elderly.
- Vitamin B₅: Average elderly diet contains 60% of RDA.
- Potassium: Commonly deficient in elderly.
- Vitamin B₆: 71% of male and 90% of female diets deficient.
- Selenium: Average diet contains 50% of RDA.
- Vitamin C: 20 to 50% of diets deficient.
- Zinc: 68% of diets deficient.

A Three-Tier Approach to Wellness

Symptoms are your body's way of telling you that something is not right. They are not the cause of the illness or disease.

A stuffed-up nose is not the cause of a cold: it is a symptom.

Heart attacks are not the cause of heart disease: they are a symptom.

Cancer is not the cause of a disease: it is a symptom.

Naturopaths tend to focus on the needs of the individual, versus

the symptoms, and address the breakdown of the body's immune and metabolic function by balancing the body's core components to optimal levels. Naturopaths consider the approach to wellness to be a long-term commitment that typically happens in three tiers:

1. Foundation
2. Personalization
3. Optimization

Tier 1. Foundation

Your body demands a sturdy base—a strong foundation for both the metabolic and immune systems to support basic life processes, such as cellular energy production, growth, repair, and regeneration.

No matter what age you are or what you are going through, you have the same foundational requirements as everybody else; the amounts may vary from person to person, but you need them all. Think of them as the essential nutrients for living well as a human. They include:

- Balanced amino acids to form the millions of proteins your body utilizes daily;
- Vitamins/minerals and various cofactors to enable the reactions of the various proteins in every cell; and
- Energy sources to ensure each cell is fully energized.

Tier 2. Personalization

Personalization is all about you. It's about finding the right, clinically demonstrated, evidence-based approaches to help you control the conditions most likely to affect you personally. What is your unique situation?

- Undergoing chemotherapy or radiation?
- Gastrointestinal issues?
- Chronic stress?
- Autoimmune tendencies?
- Fatigue?
- Arthritis?

This tier is designed to prevent and mitigate ongoing disease through optimally balancing for immune function and specifically targeting various illness drivers.

Tier 3. Optimization

This tier does not only meet your immediate health-care needs—instead, it optimizes your regimen for future wellness.

Often, one must focus on gut issues before one can truly resolve amino-acid or other nutrient imbalances.

Often, one must focus on depression/anxiety before chronic inflammation can be controlled.

Often, an individual's pharmaceutical drugs, that are not treating the base cause of the problem, are creating symptoms of their own and disguising or complicating an appropriate route to health.

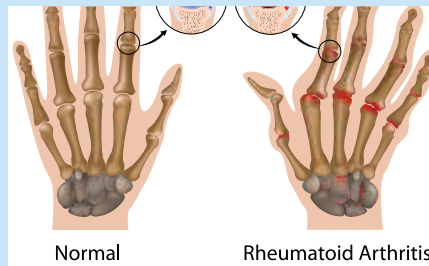
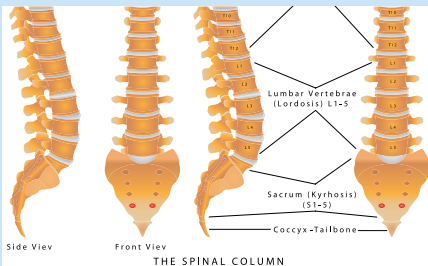
A life out of balance will catch up with you eventually. We do generate illness (and wellness) in our lives. The connection between illness and lifestyle does not happen overnight; in fact, illness is probably among the last signs of an enduring pattern in life. By the time you get sick, it is

probably because you have already been entrenched in a way of being for years or decades.

Good health is not a given. It is a state of mind and body that is earned. Each of us is biochemically unique, which explains why our reactions to both immune challenges and medical treatments as we age are not completely predictable. Take charge of your wellness, and consider your current stage of health support in terms of the Three-Tier Approach to Wellness.

For references and other great articles, visit NaturopathicCurrents.com

Other Recent NaturopathicCurrents.com Articles:



Build Confidence in Your Posture

Walk down a busy street and you'll see some atrocious body language and posture. Most people are hunched over, head down, eyebrows furrowed, and probably typing away on their cell phones. Anybody who is sitting is almost guaranteed to be hunched over: driving, eating, talking, on the phone, going to the toilet, working at a desk...

Rheumatoid Arthritis

Rheumatoid arthritis (RA) is a chronic health condition that causes pain and stiffness in multiple joints, typically in the hands and feet. It impacts the lining of the joints, which, depending on the severity of the condition, causes pain, swelling, and deformity. RA can also cause symptoms such as fever, loss of mobility or function, and redness; also, nodules can sometimes...

Health and Nature

How much time have you spent outdoors this week? For most Canadians and Americans, the answer is "not much." Currently, North Americans spend 95% of their day indoors or in a vehicle. In addition, we're spending a lot of that time engaged with technology. The average child spends six minutes per day doing outdoor activities and six hours using a computer...



Health Advice

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]

In clinical practice, we see impressive responses for joint pain with acupuncture therapy. Acupuncture involves the insertion of tiny needles into the soft tissues (muscles and fascia) supporting the affected joints. In arthritis or in an acute injury, muscles surrounding the joint tighten up as part of a protective response. However, this can lead to increased tension on the tendons, ligaments, and noncontractile tissues of the joint, and can impede proper healing. Needling these muscles triggers the muscles to release. There is a wealth of studies showing acupuncture to be effective for treatment of osteoarthritis of the knee,^[2, 3] hands,^[4] and shoulder.^[5]

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 (COX)-2 enzyme and the lipooxygenase (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

Natural Strategies for Management of Joint Pain

by Philip Rouchotas, MSc, ND

Joint pain is a common source of chronic pain, which affects up to 20% of Canadians over the age of 18.^[1]

There are several different types of "arthrides," including osteoarthritis ("wear-and-tear" arthritis), rheumatoid and other types of autoimmune arthritis, as well as low-back pain, and repetitive strain injuries such as carpal tunnel syndrome and various types of tendonitis which can become chronic if they do not heal properly. The pain and joint damage associated with these conditions is caused by the presence of uncontrolled inflammation. Therefore, the goal of treatment is to reduce inflammation and promote joint healing. Many people depend on pain killers and other medications in order to function

normally; however, there are a variety of natural therapies that offer relief from chronic pain.

The diet 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).^[2-4] 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 suggests higher rates of gluten intolerance,^[5] and studies of patients with

(PGE₂) and leukotrienes.^[7] 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.

Additional natural health product ingredients have been shown to improve joint pain and stiffness associated with osteoarthritis. Natural eggshell membrane (NEM[®]) is a new, proprietary extract with pilot studies and a randomized controlled trial demonstrating sizeable improvements as early as seven days.^[8, 9] 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 10 days, pain was reduced by 15% compared to placebo.^[9]

Boswellia, an Ayurvedic herb also known as frankincense, has been shown to reduce inflammation associated with osteoarthritis. Boswellic acids have been demonstrated to

inhibit 5-lipoxygenase (5-LOX), the enzyme responsible for production of proinflammatory leukotrienes from arachidonic acid.^[10] In clinical trials, *Boswellia* extract has been shown to improve pain and functional ability in as early as seven days in patients with osteoarthritis of the knee.^[10]

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].^[11] There were also significant improvements in joint pain, stiffness, and range of motion, and improvements in the distance that patients were able to walk on a treadmill test.^[11]

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

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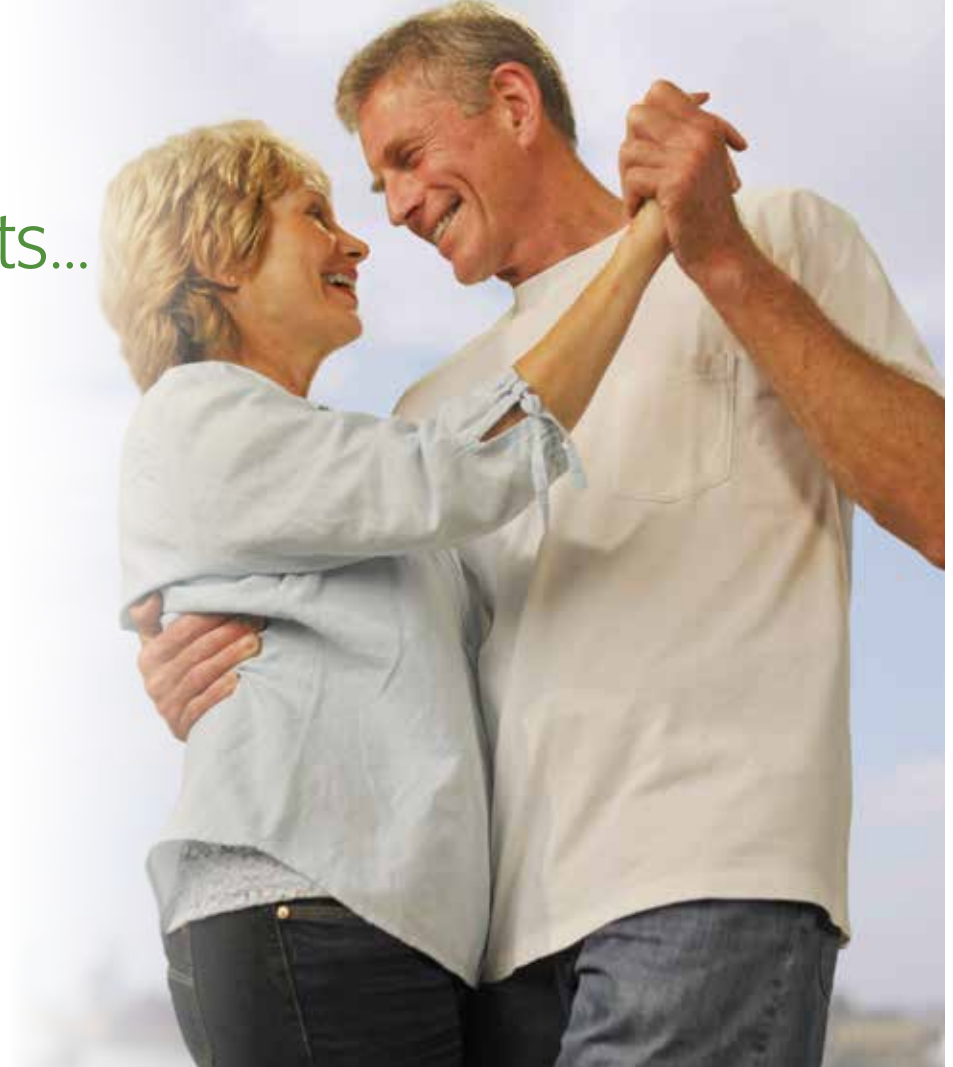


Everybody Hurts... Sometimes

Pardon the reference to the 90s power ballad; however, “my aching bones” is a familiar phrase we tend to use a little more often as we age. In reality, pain within bones is rare and, in a very small percentage of cases, is symptomatic of serious disease.

Osteoporosis, the gradual loss of bone strength and density, is generally without symptoms and often only diagnosed following a fragility fracture. Wear-and-tear on attachment sites of bones and connective tissue—including cartilage (bone to bone), tendons (bone to bone), and ligaments (muscle to bone)—are the most common causes of bone (joint) pain.

Bones are dynamic, with bone cells in a constant state of growth and resorption (decay or loss). Supplementation with calcium was once considered adequate for maintaining healthy bone mass; however, the bioavailability of calcium and the presence of nutrients that enhance its absorption are critical. Bovine-sourced calcium in the form of microcrystalline hydroxyapatite (MCHA) is recognized as the most bioavailable form of calcium to fuel bone growth, with vitamin D₃ and magnesium proven to maximize its assimilation. Many other



nutrients have been shown to exert positive effects on bone-density dynamics, with vitamin K₂ and extracts of green tea and grape seed stimulating osteoblast (bone-building cells) and inhibiting osteoclast (bone-resorption) activity. Curcumin, lutein, zinc, manganese, and vitamins B₁ and B₁₂ are among the many other skeletal-friendly nutrients to look for in a comprehensive formula.

A novel nutrient by the trade name NEM® (natural eggshell membrane) has also emerged as a critical component for healthy cartilage, connective tissue, and synovial fluid essential for pain-free articulation. Extracts of devil’s claw, curcumin, and boswellic acid are a

trio of botanicals worthy of consideration for relief of joint pain and inflammation.

Quenching bones and connective tissue with the right nutrients will make your bones stronger and help alleviate joint pain for better living; you deserve it!



“Hands On” Relief With DMSO

Therapeutic benefits for natural health products can vary from hours to weeks. With New Roots Herbal’s **LiquidDMSO**, a reduction in pain and inflammation for sore muscles and joints can result within minutes of application.

It was in the early 60s that Dr. Stanley Jacob pioneered the therapeutic use of dimethyl sulfoxide (DMSO). While head of the organ-transplant program at Oregon Health Sciences University, he explored the potential of DMSO as a preservative for organs, where he observed its property to penetrate skin without causing harm. He also exploited its ability to ease pain and inflammation, and his clinic became a mecca for chronic pain management.

It was in 1980, when the iconic CBS program *60 Minutes* featured Dr. Jacob and his work, that DMSO gained mainstream popularity. I can recall the program that featured an NFL quarterback applying DMSO to his injured shoulder and a professional pianist massaging it into her arthritic hands. They were launching long bombs and tackling challenging piano recitals within minutes.

When applied topically to painful areas of the body, DMSO works in two distinct manners for rapid relief from pain and inflammation. DMSO has the ability to mediate and block pain sensations transmitted by C-type nerve fibres. These peripheral nerve fibres are not insulated with a myelin sheath, which permits DMSO to deliver accelerated pain relief through topical application. DMSO also reduces inflammation in several ways, as it exerts antioxidant activity and scavenges free radicals at sites of soft-tissue trauma or injury. However, the principal avenue of relief from inflammation is its ability to directly interfere with prostaglandin pathways; prostaglandins are naturally occurring, hormone-like compounds that provoke inflammation.

Pain and inflammation have many sources, with no two individuals having the same “pain profile.” DMSO delivers targeted relief for pain and inflammation, and can play a pivotal role in long-term treatment strategies for pain and inflammation.

New Roots Herbal’s premium, pharmaceutical-grade (99.97% pure) **LiquidDMSO** is formulated with 10% purified water to



preserve its liquid state at room temperature, for ease of application. Its convenient dropper also allows you to easily measure and take note of the right dose to suit your therapeutic needs.





It's Time to Go Outside and Play!

Enjoying the Nice Weather and Getting Into Healthy Habits Go Hand In Hand

by Marc Lalonde
Personal Trainer and Strength Coach

The late-spring and early-summer period of the year is a great time to shake the cobwebs off of your muscles that may have been neglected during the winter, when it's not just the bears that hibernate. But don't fret if you've waited until now to start getting in shape for the summer—you don't have to spend hours in a gym outside of the beautiful weather you've waited all winter for.

There are a multitude of ways to start getting fit outside this time of year: outdoor boot camp fitness classes are held in many different parks and green spaces. Inquire at your local gym or check in with a personal trainer. No matter your level of fitness, there is an outdoor class for you. Any good trainer or fitness coach running these classes will be able to provide options for you to increase or decrease exercises' intensity, depending on your fitness level. They can

be a lot of fun, with battle ropes, medicine balls, and relay races all playing a part in the action.

It doesn't have to be an organized class either! Start with a power walk or light jog, ride a bike, or go for a swim. Join a soccer team or a rowing club, a softball league, or try a new sport. It's all about mindset—if you actively look for a way to stay active, then it will become a priority—and when you make exercise a priority in your life, you'll discover it becomes easy to maintain good habits.

Adults should get 30–60 minutes of physical activity 6–7 days a week and this time of year provides us with the best way to maintain good habits: by doing things we enjoy. It can be as easy as a light stroll after dinner, or paddling a canoe. You can walk the dog, do some gardening, or sweep the driveway. Ride a bike, take a light jog, or take a dance

class. Those types of good habits are so important to establish, and you'll discover that when winter comes around again, you'll have more energy and exercise will have become a good habit you won't want to break. You'll feel better, eat better, sleep better, and enjoy life more—and it all starts right now!

I know, I know; just another fitness nut asking others to be just like him, right?

Wrong, sort of. In October of 2012, I weighed 410 pounds and was overstressed, overworked, and hyper-tense, not to mention

on a one-way ticket to an early grave. I put aside the mindset of trying to lose all the weight in one workout and concentrated on maintaining good habits, eating well, and exercising every day; as often as humanly possible. If I missed a day at the gym for whatever reason, I found a way to do 500 push-ups over the course of an evening at home with my wife and kids. Knocking off that many only seems like a lot at once, but broken down over five hours it's not much more than 4 sets of 25 per 60 minutes—which you can do while you're watching


television! If you decide to be successful at starting a fitness and nutrition program, then you will be successful—it's a matter of mindset. Focusing on the process—your next workout, your next meal, and next rest period—you can manage the process more easily, from a mental standpoint.

Now, making positive changes can sometimes feel overwhelming, but making them is one method of empowerment, and there are lots of ways to keep motivated. The first is for those looking to drop weight: ignore the scale and concentrate on the process of cleaning up poor nutritional or exercise habits. Focus only on the next meal, the next workout, and the next chance to move your body. Share your progress and milestones on social media as well as with family and friends. The more people you can engage in your personal fitness journey, the more likely you will be to continue on the right path. Some of us need a workout partner, some need the comfort of group settings, and others prefer to do it all by themselves. Some people hire a personal trainer, and some just jump in with both feet. The key to staying motivated is to find something you enjoy doing that is a physical challenge, and keep on doing it regularly.

Marc Lalonde is a personal trainer and strength coach in Montreal's West Island.

Visit his website at fitnessflex.ca or e-mail him at marclalondefitness@gmail.com





Multi and Prenatal Retain Vanguard Status

Product development is a dynamic process, with even our most popular supplements under constant review. Among the first inquiries consumers made with the addition of active folic acid to our product line was when it would be added to some of our multi-ingredient formulas.

We're excited to announce both our **Multi** and **Prenatal** will have L-5-methyltetrahydrofolate (active folic acid) replacing regular folic acid. It's a more

bioactive form of this critical vitamin, and it spares the body the task of converting from regular folic acid to this active form. This will benefit everyone, in particular those with impaired function of the enzyme that sparks the conversion of regular folic acid to its active form.

Don't look for "New and Improved" on the label; close examination of the ingredient deck of our products reveals the premium, potency-validated,

bioactive forms of vitamins, minerals, and nutrients you have grown to trust with New Roots Herbal.



Did You Know...

Our current lot of certified organic rosehip seed oil has a distinct, robust, and earthy scent. The intensity of the current yield of rosehip seed oil reflects the drought-like conditions these hardy perennials have been exposed to leading to this year's harvest.

The scent dissipates quickly, leaving the therapeutic benefits of the signature fatty acid profile of our certified organic rosehip seed oil.

As with all New Roots Herbal products, it has been tested for identity, purity, and potency in our industry-leading, ISO 17025-accredited analytical laboratory.





The Hidden Half of Nature

The Microbial Roots of Life and Health

by **Tanmayo Krupanszky**

David Montgomery and Anne Biklé were the keynote speakers in February at COG Toronto's 10th Annual Organic Consumer Conference called *Organic: A Solution That Works*. They presented the research from their recently published book, *The Hidden Half of Nature: The Microbial Roots of Life and Health*, and signed copies for the enthusiastic audience. New Roots Herbal was proud to be a sponsor.

We may count ourselves fortunate to live at a time

when new research and greater understanding of the microscopic “hidden half of nature” is taking place. As the subtitle of this book suggests, an appreciation of the role of microbes in determining the quality of our life and health is long overdue.

This well-researched book by husband-and-wife team David Montgomery and Anne Biklé—respectively a geologist and a biologist—should be taking the medical world by storm. The book does a splendid job

of not only tracing the history of microbe discovery, but also connecting the dots from microbial health in the soil to microbial health in the gut, now more accurately-referred to as the microbiome. It also shows science to be built on a continuing and evolving base of knowledge, building upon itself as new technology and inspiration develop. However it also reveals that the course of scientific research is often a product of culture and prevailing thought.

The book traces the authors' journey from transforming their backyard soil to transforming the drivers of their own health as Anne faces cancer and makes connections between the biodiversity and functioning of the gut microbes—where approximately 80% of the immune system resides—and the soil microbes. Indeed, we are beginning to understand that microbes make up a large part of who we are. It is a small step to see that their wellbeing becomes our own.

The story starts when David and Anne, in preparing a garden at their new home, discover that what they thought would be rich fertile soil from millennia of old growth forest that covered Seattle, turned out to be dull, grey, rocky glacial till, devoid of nutrients. In addition, over the years, the top soil had been scraped and sacrificed for development and the forest industry. Undefeated, Anne leapt into action and started

building the organic matter in the yard. From gathering “zoo poo” to neighbourhood wood chips and Starbuck coffee grounds, she created her own topsoil, quite different from what is often labelled topsoil in the nurseries. What astounded them both was how quickly and how successfully their efforts paid off. They were curious about what was the secret in the soil that was vital to life. Later they were also to learn why this same secret was so important for us as human beings.

The story is told by two voices in an engaging, down-to-earth style. David Montgomery, a professor of geomorphology at the University of Washington, is the author of three other popular science books, including *Dirt: the Erosion of Civilization*. He chronicles the gardening

challenge and the history of microbe research and discovery. His voice is strong, clear, and passionate as he describes the fascinating history of the men and women who pushed the boundaries of knowledge about this hidden world when microscopes were not what they are today. Much neglected because microbes are invisible, today they are acknowledged to be critical determinants of health. From Pasteur to the present, the case is made that microbes are at the heart of all life. While Pasteur discovered the impact of heat to “pasteurize” and preserve foods by killing microbes, he was also familiar with the impact microbes had in other roles like fermenting wine or creating vinegar. Yet microbes were often seen as something to be wary of, or eradicated

altogether. Now we know better.

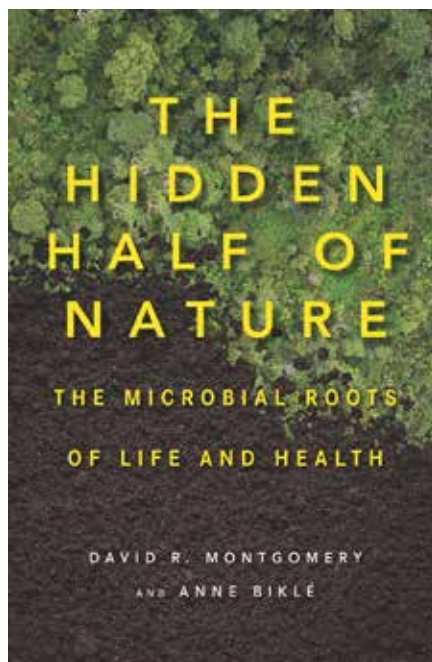
It is astonishing to see how recent some of the most significant, ground-breaking work in this field is. Lynn Margulis, a scientist working in the 70s and 80s, was turning the traditional view of evolution on its head recognizing that microbes were the key and at the forefront of the development of life as we know it. Margulis came to the conclusion that there is an incredible symbiotic partnership among microbes promoting growth, life, and wellbeing. This is reshaping how we see health and evolution.

The book also presents the work of Sir Albert Howard, an early pioneer of organic agriculture, who researched the astounding effects of organic matter, rich with microbes, on the health of crops while elsewhere artificial fertilizers were being championed and promoted. He saw that disease and pests were found in the natural environment, but never in the extreme. But like so many others in this field, his work was marginalized while governments paved the way for energy-guzzling fertilizer factories.

Anne Biklé takes over the second half of the book to tell her story and describe the operation of our internal microbes; how they protect us and release the power of our immune systems in contrast to some conventional medical methods that can often wreak havoc with the natural



order. As a biologist and the chief gardener, she is just as passionate about the unfolding knowledge. You can feel her excitement in discovering the presence and power of her new allies in health. In her understanding comes commitment. We learn how plants and microbes develop their symbiotic relationship, and the value it creates for our benefit in providing powerful nourishment for gut microbes that maintains the gut health and keeps pathogens at bay. In changing her diet, Anne discovers there was much she could do to change her health, and she gains the ability to take back her power in the wake of a devastating diagnosis. We learn much from her journey and research especially since prevailing thought is that just over a third of all cancers are diet-related. The myriad of



roles and the influence of our thousands of microbes from gene expression to cancers are only now being understood. Keeping them healthy is Anne's new game plan.

This superb book is full of new insights about our human

operating systems. While you have to keep on top of the microbe terminology, it doesn't detract from the absorbing tale. No doubt it will provide a fresh look at many of our current health challenges. We can only hope—as one of the early pioneers of organic agriculture, Lady Eve Balfour, envisioned—that we are getting nearer to the day when soil scientists from the Ministry of Agriculture stand side by side with the officials from the Ministry of Health. You will never look at a spoonful of dirt the same way or appreciate your microbiome more.

If you want to see David and Anne's inspiring presentation from the Toronto Organic Conference 2016 we hope to post soon, visit www.cogtoronto.org

Did You Know...

Tuesday, May 10 is National Denim Day!

It's a day to wear denim and donate to the CURE Foundation in its effort to fight against breast cancer. In May 1997, the CURE foundation inaugurated NATIONAL DENIM DAY, its main fundraiser. This event is held annually on the Tuesday following Mother's Day. Organizations are encouraged to have members wear denim and wear the pink ribbon in exchange for a \$5 donation. The funds raised go to purchasing state-of-the-art equipment and supporting research, education, and awareness for breast cancer across Canada.

You can join the conversation at #NationalDenimDay. According to the Canadian Cancer Society, an estimated 23,800 new cases of breast cancer were diagnosed in women, 200 new cases in men, and 5,000 persons died of the disease in 2013.

Show your support by sporting your favorite pair of jeans, the pink ribbon, and donate on May 10!





Are You an Emotional Eater?

How You Can Transform Emotional Eating Into Pleasure-Based Living

by Theresa Nicassio, PhD

We have all heard of “emotional eating”—a term often associated with pathology and shame. Unfortunately, this “dark secret” can cause a great deal of emotional harm. What most people don’t realize, however, is the reality that as human beings, we are all emotional eaters!

Think about it: if Pavlov’s dogs salivated to a little bell, imagine how many associations we have with food during our lifetime! Associations can be related to times when we’ve felt loved, excited or happy, celebratory or sad, safe or scared, or any broad range of emotions. Associations with rewards, punishments,

and stress relief can also serve as strong motivators to eat for comfort. Whatever food was associated with those moments will become infused with sensations, as well as the emotions we have associated with those memories and experiences. Life touches us in many ways... and eating is one of the universal needs we all have—so is inevitably a relevant part of how we experience (and cope with) life.

What is “emotional eating”?

Emotional eating is any eating that is triggered by emotional needs or reactions, instead of by physiological needs for sustenance.

There are two primary types of emotional eating:

Cues to eat (direct associations)

Like Pavlov’s dogs who learned that the sound of a bell meant that food was to follow (causing them to salivate), cues from our environment can do the same for us. Advertisers and brand developers take full advantage of and capitalize on this fact. When we see “the golden arches,” the Starbucks’ logo, or other such similar signage, our reactions and possible subsequent behaviour to purchase and eat food (when we are not really hungry) is totally natural. In a world full of such images, slogans, catchy songs and the like, it makes it very challenging to reduce our exposure to these cues.

Food to meet needs (food as medicine)

Subtler, yet far more seductive, is the natural tendency to use food as emotional medicine. When not overused, food can meet many needs.

Seven needs food commonly meets

1. **Self-soothing/comfort:** from the moment we are born, food was our first “soother.”
2. **Stimulation/arousal:** certain foods stimulate the body, such as:
 - Caffeine
 - Chocolate
 - Spicy food
 - Sugar (some have likened

sugar to “legal crack,” because of how it impacts the neurological system)

3. **Fun:** eating can be a fun activity in and of itself.
4. **Distraction or “numbs” us when we are anxious or distressed / reduces emotional discomfort:** when we are experiencing unpleasant emotions or arousal, eating can offer a “distraction” from the emotional discomfort. Because eating also triggers the calming parasympathic response, the intensity of undesirable feelings can be numbed by eating.
5. **Sensual pleasure:** because eating can involve all of the senses, it can offer significant sensual pleasure.
6. **An easy date idea or outing with friends/love and connections:** because it is such a wonderful universal activity to share, eating offers a simple avenue for connection.
7. **Creative outlet/self-expression:** culinary art is a viable art form and offers a vehicle for self-expression.

In other words, it’s natural to “use food as medicine,” for both emotional and physical healing. Emotional eating is not inherently problematic, but it is inherently human.

When there is a problem with emotional eating, and what you can do about it

Emotional eating poses an emotional and physical health hazard when food is overused to meet the above needs. This happens when there are not enough other pleasures incorporated in one’s life. “Pleasure insufficiency” is a major reason why food is often “abused” as a “drug of choice.” The great news is that the solution is quite simple: pleasure/“responsible hedonism.”

In my 29 years practicing as a therapist, I have discovered that pleasure has been underutilized as one of nature’s best antidepressants. A huge topic unto itself, pleasure acts on a variety of cognitive, sensory, neurological, and emotional levels that contribute to healing. By broadening your perspective about what nonfood pleasures

you have accessible to you—whether through physical activity, nature, meditation, reading, playing with children or pets, volunteering for a cause you believe in, or any of countless possible sources of pleasure—and utilizing these more intentionally, your reliance on food as your primary source of pleasure reduces, hence reducing the amount of emotional eating you will find yourself doing.

Our relationship with food is very complex. It’s shaped by our experiences, our culture and traditions, and our strategies for coping. Releasing judgemental attitudes about emotional eating and the associated shame alone has a freeing impact. However, by increasing our accurate understanding and our compassion of the true nature of what emotional eating really is can it offer us a valuable gateway into a more joyful and healthy life.



Interview

An Inspiring Interview with Mrs. Lucile Martin-Bordeleau

by Sonia Lamoureux

Aging is a natural part of the life cycle. If this inevitable step scares some people, we should rejoice that it is perfectly possible to live old, in good health, and in full possession of our physical and intellectual capacities.

When I spoke to Mrs. Martin-Bordeleau for the first time, this is exactly what she confirmed to me. Life is beautiful for this exceptional 92-year-old woman. She doesn't see a doctor, does not take any medication, is in perfect health, and fully takes advantage of life.

Having graduated in naturism, trophology, and naturopathy, she reveals her secrets in her book *Les bonnes combinaisons alimentaires* (which can be translated to “Good Food Combinations”).

She was 40 years old when her husband took naturopathy courses. A few years later, she followed in his footsteps to also become a naturopath. They then put into practice what they learned, and things changed for the better. Naturopathy helped them learn to recognize the



nutritional value of food, and they were able to let go of processed foods to adopt whole and organic foods.

Although she adopted a healthier lifestyle, she still experienced headaches, insomnia, and poor blood circulation. That's when she became interested in the work of Dr. Herbert M. Shelton on the technique of good food combinations, developed around the 1950s. It is by putting this technique into practice that her ailments disappeared. In her practice, she recommended this technique, except that many found the book of Dr. Shelton complicated. This is where the idea to write her first book was born.

She says it is not all to eat healthy food, even if it is organic; we must know with what and when to eat them to properly assimilate nutrients. We have to correctly digest food in order to retain the greatest possible benefits.

In her journey towards a better and healthier life, she also discovered fasting. She even



Photo: Marie-Jo Mercier

had a fasting home in the 1980s after she opened a natural health boutique. She explains that for people who are highly intoxicated, fasting is strongly recommended. People who undertake fasting usually do so to provide the body a beneficial rest or to bring them optimal healing conditions. Integral fasting is the quickest option for healing, because all nervous energies are employed to remove waste. However, fresh fruit and vegetable juice regimens can also bring about surprising benefits.

A Typical Day

Morning :

She begins her day with a glass of water to which she adds chlorophyll, vitamin E, vitamin A, and B vitamins. She then eats as many fruits as she likes until she's full. Fruits are depurative and therefore prepare our body for other meals.

Lunch and Supper:

She indicates that we should always begin our meals with raw vegetables, which ensure good digestion and neutralize the feeling of fatigue often experienced after a meal, in addition to preventing leukocytosis—the proliferation of white blood cells.

For lunch, she will consume starchy food along with raw and cooked vegetables; for dinner, she will have raw and cooked vegetables with proteins.

She states that we should not eat starch and proteins during the

same meal, as they are digested with different gastric juices. This may cause discomfort such as gas, bloating, headaches, and upset stomach, to name a few.

For the moment, Mrs. Martin-Bordeleau is still very active—and she's not about to stop! She still has the desire to get her message across and help people with illnesses such as arthritis, rheumatism, obesity, migraines, constipation, cancer, etc. to improve their quality of life. She continues to get around in health food stores, where she autographs her book.

She has always been passionate about travelling, and has visited numerous destinations around the world. She told us about her latest trip to Cuba, where she went to an all-inclusive hotel by herself. The flight attendant who greeted her upon embarking was surprised on seeing this lady of nearly 90 years old traveling

alone and without assistance! This summer, she will accomplish one of her dreams: a cruise to the magnificent archipelago of Saint Pierre and Miquelon.

Mrs. Martin-Bordeleau mentions that her longevity is not a miracle of Saint-Joseph's Oratory (a popular religious touristic spot in Montreal), but that by simply improving your diet with the right food combinations, she is able to enjoy life nearly at full capacity! Isn't that wonderful?

Her book *Les bonnes combinaisons alimentaires* by Les Éditions Québecor is available in bookstores (in French only).





Call of the Wild Fiddleheads

For foodies and wildcrafters in Ontario, Quebec, and the Maritime Provinces, spring is “open season” for fiddleheads. These culinary powerhouses thrive for several weeks in April and May. In fact, it’s not uncommon for people to park their cars and hike to their favourite foraging ground in order to preserve a favourite fiddlehead patch.

Fiddleheads, the tightly curled shoots of the Ostrich fern (*Matteuccia struthiopteris*) thrive in moist to marsh-like habitats. They can be spotted growing near seasonal roadside streams or can be an excellent plant to establish in a low-lying shaded area of an urban living space for your own personal stash. When picking fiddleheads, make sure to only pick several fiddleheads per plant. They’re best snapped off by hand and half an hour spent in the fresh outdoor air will easily reward

you with a basketful. For the less adventurous, they can be found in grocery stores that carry an eclectic selection of fruits and vegetables.

Prepare fiddleheads by trimming the stems, then thoroughly cleaning away soil and gently brushing away papery brown flakes. It is important to wash the fiddleheads carefully. Rinse them with water for several minutes or soak, then changing the water several times, then rinse them one last time.

Cook fiddleheads in boiling water (slightly salted if desired) for ten minutes at least, before draining and discarding the cooking water. You can also opt for a steaming; fiddleheads will then be a little bitter. They taste great simply steamed for about ten minutes.

It’s difficult to pinpoint their flavour, however if you

were in search of a culinary doppelganger it would be asparagus. Their unique texture and flavour also reflect a nutritional profile worthy of superfood status.

They’re high in fibre and an excellent vegetarian source of omega 3 fatty acids. Fiddleheads are also rich in naturally-occurring vitamin A and C, as well as iron, phosphorus, and magnesium.

The culinary potential for this nutrient-rich botanical spans from pestos to soups, quiches, pizzas, salads, and more. They’re certainly another prized springtime gift we can all anticipate.

Serve “al dente” with olive oil or butter, with a dash of salt and pepper.

It will be delicious seasoned with wild garlic or garlic scapes, or with pesto.

Basil Pesto Green Bean Salad

by Marie-France Thivierge

Pesto Ingredients

- 2 cups fresh basil
- ½ cup fresh spinach, stems removed
- ¼ cup pine nuts
- 3 garlic cloves
- ½ cup olive oil
- Salt and pepper to taste

Salad Ingredients

- 3 lb green beans
- 1 Spanish onion, thinly chopped
- Black olives, to taste
- Capers, to taste
- Dried tomatoes, to taste
- 4 slices of bacon, cut in pieces (optional)
- Salt and pepper to taste

Pesto Instructions

You can double this recipe and keep part of the pesto in the fridge. This sauce is delicious with pasta.

Mix all the ingredients in the mixer until you get a homogeneous paste. The consistency can be adjusted with a bit of olive oil. Can be kept in the fridge for a few days.



Salad instructions

In a big sauce pan, cook the green beans for 10 minutes; they will remain crispy. Rinse with cold water. Pour in a big bowl.

Add all the other ingredients (except bacon) and season with the pesto. Mix everything well and put in the fridge for 1 hour.

Add the bacon pieces (optional) just before serving.

Roasted Carrot Almond Pesto

by Gordon Raza, BSc

Pestos are like martinis: they reflect the personality and taste of their creator.

Here's a variation on a pesto theme with affordable ingredients that are available year-round.

Ingredients

- 5 carrots, trimmed, not peeled
- 5 large cloves garlic (skin on)
- 1 lemon
- 1 mandarin
- 2 tbsp. Red Palm Fruit Oil
- ⅓ cup olive oil
- ¼ cup shredded Parmesan
- ½ cup of almonds
- Pinch of salt and finely ground white pepper to taste

Instructions

Set oven to 350 °F (175 °C). Roast carrots, almonds, and garlic with red palm fruit oil until carrots can be easily pierced with a fork.

Dice carrots, squeeze garlic, grind or chop almonds, and place in blender.

Squeeze in juice of lemon and mandarin along with olive oil.

Blend until uniform, then add Parmesan, salt, and pepper.

It goes great with pasta, crispy spinach, kale, and/or arugula; with its subtle sweetness and complexity, it makes an excellent pairing with the bold flavours of Cajun and Caribbean cuisine that include blackened catfish or jerk chicken.



Ice-Brewed MatchaMaca

This recipe is stone-cold, simple, and delicious.

Ingredients for 4 portions:

- 1 litre skim or almond milk
- ¼ tsp. matcha green tea

- ¼ tsp. maca powder
- Several ice cubes
- Pinch of stevia to taste

Combine ingredients, shake vigorously, pour, and enjoy!

D-Stress Lavender Oil Unsolicited Testimonial

 **HealthQuest**

Natural Health & Gift Gallery

191 Shuswap St. NW, Box 105, Salmon Arm, BC V1E 4N2

April 12, 2016

Dear Sir/Madam,

I'm not often compelled to write testimonial letters, but in the interest of helping others, I'd like to share this one.

We all have to deal with a lot of stress and anxiety in our daily lives and some cope better than others. As a nutritionist/master herbalist, part of my job is to help others find a better way to manage stress; but I was having difficulties silently managing my own.

Taking large doses of magnesium and kava-kava kept me from having a meltdown when dealing with stress caused by a major trauma, but I was not seeing enough improvement to move forward. After trying many herbal combinations with moderate success, I was still frustrated with the large doses of kava-kava I had to take daily.

One morning when doing research for a client, I came across some intriguing information about a new product from New Roots Herbal call D-Stress. It's a single ingredient herbal extract of lavender that you only need to take once a day and, although it sounded too good to be true, I decided to order some and give it a try.

After one dose, I found that my neck muscles, which are always sore, started to relax. The next day, I took another first thing in the morning and I noticed that I felt much more calm and focused, and I was able to get through a first day in months without large doses of kava-kava.

In closing, I would like to say thank you to the good folks at New Roots Herbal for producing a product that has significantly improved my own quality of life so that I can do a better job of helping others. I look forward to continuing to help others every day and will strongly suggest D-Stress to many of my customers.

Yours in health,

Hank Berkenpas, CNC, MH.



Calm your mind and soul



ChillPills

Natural treatment for day-to-day stress and anxiety

D-Stress

Promotes relaxation while helping to manage tension, mental stress, and insomnia

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Rescues your body and mind by naturally delivering the 8 hours of sleep you need

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