

Flourish

HEALTHY BODY, MIND, AND SPIRIT

Why Losing Weight
Should **Not** Be Your
2023 *New Year's Resolution!*

What Does an ND's
Medicine Cabinet
Look Like?

Cholesterol Too High?
Five Things
Proven to Help

Vol. 7, No. 1 • Free
Winter 2023

Editor's Letter



This past year brought each of us different experiences; some happy, some sad, some promising, some daunting. But we managed to get through them and can now look forward to another year of opportunities.

Our path forward can be influenced by many things, but often it comes down to our choices. We tend to give more thought to the major

choices we make: career paths, a potential partner, having children, or a finding a home. But sometimes, trivial choices can impact us even more. A conversation with a stranger that leads to a lasting friendship, an exotic meal that inspires a lifelong passion for cooking, or a walk after dinner that develops into a fitness routine. With a positive attitude, an openness to grow, and a desire for improvement, every decision we make can move us towards a rewarding future.

As we embark into the new year, let's take every day and treat it as an opportunity to live healthier and be happier. With that in mind, I invite you to read on, as this issue has been put together with positive change in mind. From taking care of a new baby bump to caring for common bumps and bruises. Whether its discovering ways to relieve pain or striving to take better care of your heart, we have advice that can help you see clearly.

Wishing you all a happy, healthy, and safe 2023! Let's start the new year off with a flourish!

Sophia Golanowski, BCom, MBA
Editor-in-Chief

Flourish

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Editor-in-Chief

Sophia Golanowski

Graphic Designer

Cédric Primeau

Translation/Revision

Guillaume Landry • Pierre Paquette
Cédric Primeau • Nicole Kreutz

Advertising Sales

Sophia Golanowski, BCom, MBA
1 800 268-9486 ext. 266
golanowskis@flourishbodyandmind.com

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Recipe Contributors

Megan Luder • Tammy-Lynn McNabb
Angela Wallace

Ask Gord

Gordon Raza

Article Contributors



Katie DeGroot, BSc, ND, MScN

An Alberta-registered naturopathic doctor who also holds a Masters of Science in Nutrition.



Stephanie Van Dystadt

Empowering others to live their best life through fitness, nutrition, and awareness. Living consciously and fully, one day at a time.



Colleen Hartwick, ND

A licensed naturopathic physician practising on North Vancouver Island, BC, with a special interest in trauma.



Angela Wallace, MSc, RD

A registered dietitian with the College of Dietitians of Ontario, personal trainer, and family-food expert.



Kim Abog, ND

Dr. Kim Abog helps people thrive navigating their reproductive health journey—periods, transitions, fertility, pregnancy, postpartum, and beyond.



Juliana Rosario Yeung, ND, BSc Agr, BSc

A naturopathic mom passionate in guiding you through your parenting journey, from preconception through pregnancy to postpartum.



Ky Lo, BA, BSc, ND, LAc

With over 20 years in the medical esthetics industry, she combines her knowledge with naturopathic training to offer a unique perspective on antiaging.

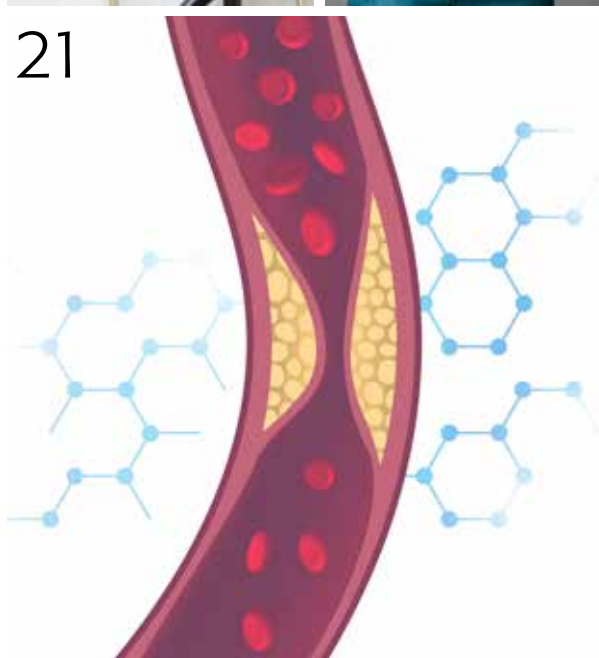


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Natural Remedies for Cardiovascular Health

by Colleen Hartwick, ND



Cardiovascular disease refers to more than one disease of the circulatory system including the heart and blood vessels, whether the blood vessels are affecting the lungs, liver, brain, or kidneys. There are four main categories of cardiovascular disease:

Coronary artery disease—also known as atherosclerosis or hardening of the arteries—wherein the arteries feeding blood into the heart muscle are narrowed from the accumulation of cholesterol plaques on the artery walls.

Heart rhythm disorders/arrhythmia: Where the heart beats too slowly, too quickly, or in an irregular fashion.

Structural heart disease: Abnormalities in the structure of the heart including the valves, neighbouring blood vessels, or heart walls, which can either be congenital or acquired.

Heart failure: When the heart loses part of its muscle strength and its ability to contract normally.

Cardiovascular disease represents a major health burden for Canadians—about one-third of Canadians die from heart attacks and stroke, and approximately 16% of hospitalizations are due to cardiovascular disease. As of 2009, cardiovascular disease represents the second leading cause of death among Canadians. The burden of cardiovascular disease, in turn, results in a major economic cost, with more than \$22 billion in direct and indirect costs attributed to cardiovascular disease as of 2000.

Data from the 2017–2018 Canadian Chronic Disease Surveillance System (CCDSS) revealed:

- Roughly 1 in 12 (or 2.6 million) Canadian adults age 20 and over live with diagnosed heart disease.
- Every hour, about 14 Canadians age 20 and over with diagnosed heart disease die.
- Men are twice as likely to suffer a heart attack than women.
- Ninety percent of Canadians still have suboptimal cardiovascular health from multiple cardiovascular risk factors, higher rates of obesity and diabetes, and suboptimal control of hypertension, dyslipidemia (high/suboptimal triglycerides and/or cholesterol) and blood glucose.

Cardiovascular disease represents a significant health challenge to Canadians. Exercise and pharmaceutical intervention can help to mitigate risk. But we also know that cardiovascular risk is amenable to diet and lifestyle interventions. So what are some other considerations to help reduce the risk of cardiovascular disease?

Five Key Micronutrients to Support Cardiovascular Health

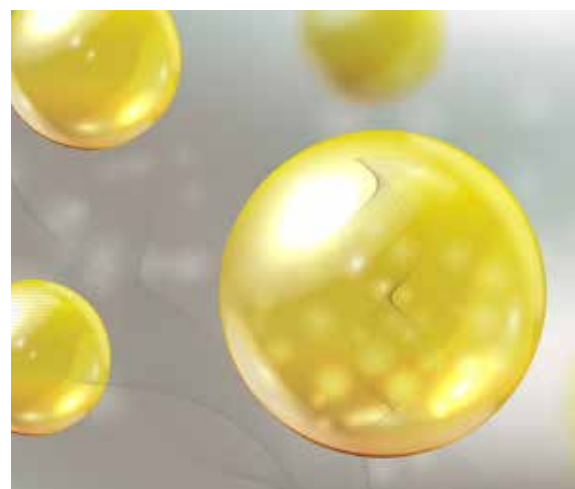
Vitamin D

Vitamin D is a prohormone synthesized in the skin through ultraviolet radiation of 7-dehydrocholesterol. Its primary action is on the skeletal system, where it regulates calcium and phosphorus balance. Aside from its effect on bone mineralization, vitamin D also modulates the immune system, can reduce inflammation, and relaxes the muscles in blood-vessel walls. Vitamin D deficiency is observed in high cholesterol, clot formation, calcification of arterial walls, hypertension, as well as diabetes. A meta-analysis showed that vitamin D supplementation resulted in a reduction in “bad” LDL cholesterol and triglycerides, an increase in the “good” HDL cholesterol, reduced blood pressure, and a reduction in hs-CRP, a marker of inflammation.



Omega-3s

Omega-3 fatty acids are a group of polyunsaturated fatty acids with multiple double bonds. The major types of long-chain omega-3 fatty acids include eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are mainly acquired from the consumption of seafood. EPA and DHA can be synthesized through the intake of a plant-based omega-3, *alpha*-lipoic acid (ALA)—but in small quantities. Omega-3s influence cell-membrane structure and signalling and reduce inflammation due to the EPA. Additionally, omega-3s can increase nitric-oxide release, resulting in blood-vessel dilation and reductions in blood pressure. Omega-3s also normalize heart rhythm, lower triglycerides, and can help increase “good” HDL cholesterol. Studies looking at omega-3 supplementation have shown reductions in cardiovascular events, including heart attack and stroke.



Coenzyme Q₁₀

CoQ₁₀, or ubiquinone, is an organic molecule that is essential in the human body. CoQ₁₀ is found inside the mitochondria, where it serves a crucial role in cellular energy production, of which the heart requires a lot. Aside from its role in energy production, CoQ₁₀ is also an antioxidant as well as an anti-inflammatory, and the reduction of oxidative stress and inflammation are important processes in reducing the risk of atherosclerosis and hypertension. CoQ₁₀ deficiency has been linked to an array of cardiovascular diseases including cardiomyopathy, heart failure, and ischemic heart disease. Supplementation with CoQ₁₀ has been shown to reduce systolic blood pressure, decrease heart arrhythmia, reduce cardiomyopathy and cardiotoxicity, and reduce LDL cholesterol.

Vitamin K

Vitamin K is a fat-soluble vitamin which occurs in two forms: vitamin K₁ (phyloquinone), of which leafy green vegetables are the primary dietary source, and vitamin K₂ (menaquinone), which is derived primarily from bacterial fermentation and is found in fermented foods such as



cheese or natto. Both forms of vitamin K are associated with improvements in cardiovascular health by influencing calcium metabolism, reducing systemic inflammation, and reducing arterial calcification through activation of matrix Gla protein. Supplementation of vitamin K₂ has been strongly associated with improved cardiovascular outcomes through decreasing systemic calcification as well as reducing arterial stiffness. A study demonstrated a 21% reduction in hospitalization due to atherosclerosis in participants with the highest intake of vitamin K₁, and a 14% reduction of hospitalization in those with the highest vitamin K₂ intake.



Magnesium

Magnesium is one of the most abundant minerals in the body. It plays a pivotal role in cardiovascular health, where it helps support mitochondrial function (the energy-producing organelle of the cell) and helps reduce oxidative stress, a key player in cardiovascular disease. Magnesium deficiency

is associated with increases in inflammatory markers—including C-reactive protein and nuclear factor kappa B (NF-κB)—and platelet dysfunction resulting in thrombosis and an increase in stroke risk. Deficiency is also associated with endothelial (heart-cell wall) dysfunction, with resultant narrowing of artery walls and atherosclerosis. Magnesium supplementation can help reduce cholesterol and blood-sugar levels as well as normalize heart rhythm and reduce the risk of congestive heart failure.

Conclusion

Cardiovascular disease represents a major burden when it comes to the health of Canadians. While exercise and pharmaceuticals are mainstays for reducing the risk of adverse outcomes of cardiovascular disease, given it is the second leading cause of death, looking at other interventions including supplementation is warranted. While you may wish to consider supplementation to improve your cardiovascular risk profile, as always, for anyone with a preexisting cardiovascular disease and/or on prescription medication, it is imperative to first consult with your doctor or pharmacist prior to supplementation to avoid any adverse effects or contraindications.



Dr. Colleen Hartwick, ND

Dr. Colleen Hartwick is a licensed naturopathic physician practising on North Vancouver Island, BC, with a special interest in trauma as it plays a role in disease.

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Sugar: What Is It?

And What Else Tastes Like It?

by Katie DeGroot, BSc, ND, MScN



There is a lot of information about sugar and its impact upon our health, but how many of us really know what sugar is, and how it differs from other sugar-like substances?

Nutritionally, sugar refers to any carbohydrate. Carbohydrates are one of the four key macronutrients found in food (the others being protein, fat, and fibre). On a biochemical level, “sugar” refers to the base unit that makes up carbohydrates, whereas from a nutritional perspective, “sugar” is a general term for any sweet-tasting carbohydrate made up of one or two simple sugar units—these are called monosaccharides and disaccharides, respectively.

Both groups are composed of three types, each commonly found in food: glucose, fructose, and galactose (single sugars); and maltose, sucrose, and lactose (two simple sugars bonded together). These six simple sugars each have different functions in plants and animals and can have different health effects when consumed.

Glucose

Glucose (also known as dextrose) is the most important monosaccharide overall, as it is the key energy sugar used in both animal and plant metabolism. In animals, glucose is the compound referred to as “blood sugar”: glucose is what our bodies run on. Comparatively, plants produce glucose via photosynthesis (a chemical reaction fuelled by sunlight that

creates sugar out of carbon dioxide and water), then combine it in long, complex chains for energy storage (starch). Starchy foods, when eaten, convert to glucose in the gut. Such foods include grains, potatoes, legumes, corn, peas, squash, and sweet potatoes. Free glucose is typically only found in honey, corn syrup, and high-fructose corn syrup (also called glucose-fructose syrup, as its composition is 50% glucose and 50% fructose).





Fructose

Fructose is the sweetest monosaccharide and is commonly found in plants—it is the sugar that gives fruit their sweetness. Honey is very high in fructose, as are most fruits, berries, and some root vegetables. High-fructose corn syrup is also high in fructose (50% fructose, as mentioned above).

Galactose

Galactose is the third most common monosaccharide sugar found in food. It is mostly found in dairy products and is rarely free like glucose or fructose; it is almost always bound to another sugar, usually glucose, to make the disaccharide lactose.



Lactose

Lactose is a disaccharide (glucose bound to galactose) and is almost exclusively found in dairy products and foods made from dairy: milk, yogurt, cheese, ice cream, cream cheese, whipping cream, etc. However, not everyone has enough lactase—the enzyme to digest lactose (to break the glucose-galactose bond)—which can lead to symptoms of lactose intolerance (bloating, abdominal pain, cramping, gas, and diarrhea). Folks with lactose intolerance may be able to take supplemental lactase enzyme to help with lactose digestion or choose lactose-free dairy or dairy-free alternative products.

Sucrose

When people buy sugar at the store, this is the compound they're purchasing. Sucrose is a glucose-fructose disaccharide that is naturally occurring in maple syrup and honey as well as many fruits and vegetables (especially beets, sugarcane, and sweet potatoes). When concentrated and extracted, sugar is made. Beet sugar, cane sugar, white sugar, inverted sugar, icing sugar, demerara sugar, turbinado sugar, brown sugar, raw sugar, molasses... are all types of sugar containing at least 99.8% sucrose. These sugars are commonly used in the manufacture of baked goods and sweet treats, and candies.



Maltose

Maltose is a disaccharide made of two glucose molecules bonded together. It is found primarily in sprouted grains, thus explaining why sprouted grain products taste a bit sweeter than other similar grain products. Maltose is not as sweet as sucrose (about 30 to 60% less) but still breaks down quickly to glucose in the digestive system. It is commonly used as an ingredient in Asian cooking or added to processed food as a sweetener instead of high-fructose corn syrup or sucrose.



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Simple sugars, no matter their source or type, are rapidly digested and absorbed by the digestive system, resulting in increased blood sugar. Excess consumption of sugar can lead to insulin resistance and result in several health challenges especially obesity, metabolic syndrome, and type 2 diabetes. To help prevent this, the American Heart Association recommends a maximal consumption of 6 tsp or 24 g of sugar per day for adult women, and 9 tsp or 36 g of sugar for adult men. For children aged 2 to 18, no more than 6 tsp or 24 g, and no added sugars are recommended for kids under 2 years old.

Now, let's have a look at some sugar-like substances...

Sugar Alcohols

Sugar alcohols are sweet-tasting molecules that look like monosaccharides but have at least one hydroxy group (an oxygen bound to a hydrogen), making them molecularly different from simple sugars. They are called sugar alcohols (or "polyols") because of the hydroxyl group, which is also found in ethanol (alcohol), but they are not "alcoholic" in nature. Common sugar alcohols include mannitol, sorbitol, xylitol, erythritol, lactitol, isomalt, maltitol, and "hydrogenated starch hydrolysates."



For the most part, these are naturally found in fruits, berries, as well as birch sap, and can be extracted and added to food as a "sugar-free" sweetener. These compounds are not calorie-free, however; they contain about ½ to ⅓ the calories of the equivalent amount of sucrose, but they are more slowly metabolized and may be incompletely absorbed, so they don't usually affect blood sugar as quickly as table sugar. Polyols, found naturally in fruits or added to processed foods, can cause bloating and diarrhea in sensitive people or when consumed in excessive amounts.



Stevia

Stevia is a zero-calorie sweetener derived from the stevia plant. It is 200–300 times sweeter than sucrose and is “generally recognized as safe” by the U.S. Food and Drug Administration. It is commonly added as a sweetener to beverages, candies, and baked goods. Stevia does not affect insulin and can help maintain a healthy blood-sugar balance.

Sucralose

Sucralose, also known under the trade name Splenda, is a zero-calorie sweetener about 600 times sweeter than sugar. It is manufactured from sucrose, but chemically modified: It doesn’t break down in the digestive system and is minimally absorbed. There is some concern that it may disrupt the gut microbiome and influence blood-sugar levels, but it is generally considered safe to consume in small amounts.

Aspartame

Aspartame is a low-calorie sweetener about 200 times sweeter than sugar, often blended with other sweeteners as it has a slight bitter taste. It is typically added to beverages, dairy products, desserts, and candies, as well as in Equal® sweetener.

Acesulfame Potassium

Acesulfame potassium is a zero-calorie sweetener about 200 times sweeter than sucrose. It is also called Ace K or acesulfame K and is the primary ingredient in the original Equal®. It is heat-stable, so it is added to many products: baking, beverages, deserts, candies, etc.

There are a lot of sweeteners out there. Knowing what sugar is and how it compares to nonsugar sweeteners, as well as the health impacts of each, allows you to make informed choices and improve your overall health. Sweet dreams!



Dr. Katie DeGroot, BSc, ND, MScN

Dr. DeGroot is an Alberta-registered naturopathic doctor who also holds a Master of Science in Nutrition. She offers nutritionally focused care and has a special interest in digestive issues and supportive mental health-care.

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Your Guide to a Healthy Pregnancy

by Kim Abog, ND



*Congratulations on your pregnancy!
If you are pregnant or planning to become pregnant,
this article is for you.*

With the many changes you are going through, you may have concerns on how you and your growing baby can stay healthy. It is important that you can access accurate information and supportive care providers that know your unique needs.

Here are some general guidelines for staying healthy during your pregnancy. Do take note that this information is not meant to replace the advice you may receive from your health-care practitioners.

Prioritize Nutrient-Dense, Protein-Rich Meals

Foods are made up of different nutritional profiles, i.e., carbohydrates, proteins, and fat content. It is always helpful to become familiar with food groups that are denser in specific macronutrients. The key to balancing your meals is diversifying your food. People often feel more satisfied with a complete meal consisting of protein, fats, and carbohydrates. Adequate protein intake is beneficial in many ways. Protein-rich foods naturally contain micronutrients required in higher amounts during pregnancy, such as vitamin B₁₂, choline, zinc, iron, and vitamin A. Balanced meals allow for consumption of nutrients that are satiating. Overeating can be minimized. More importantly, blood sugar and insulin levels can be better regulated—this is essential in the management of gestational diabetes.

Keep Yourself Hydrated

Your water intake does more for you than just quenching your thirst. Adequate hydration allows for better distribution of nutrients to your body and your growing baby, waste elimination, temperature regulation, preventing constipation, and controlling swelling.

Check on Your Caffeine Intake

Caffeine intake during pregnancy is still a hot topic. Caffeine is one of the most universally beloved substances, but consumption is associated with negative foetal and pregnancy outcomes. Generally, it is considered safe when consumed in small amounts, i.e., total caffeine intake below 300 mg daily (approximately two 8 oz (237 ml)



cups of coffee). Other food sources that contain significant amounts of caffeine are teas (black, oolong, green), soft drinks, and chocolate. It is best to consult your health-care practitioner, especially if you have a history of conception and pregnancy issues.

Take a Prenatal and Omega-3

Consuming prenatal multivitamins (or prenats) is a reliable way to access beneficial micronutrients during your pregnancy. A comprehensive prenatal formula with folic acid (vitamin B₉), iron, vitamin B₁₂, and calcium, along with other antioxidant nutraceuticals like vitamin D, consumed every day is highly recommended. These micronutrients are essential in your baby's growth and development and may help in reducing the risk of birth defects, anemia, and other complications. A prenatal can be taken even before you get pregnant, up to 3 months prior, to ensure proper formation of your baby's vital body parts, which form during the first few weeks of pregnancy.



Because many large fish can contain heavy metals, pregnant women are often warned to refrain from consuming them. Omegas are critical to keep inflammation in check, support mental and cardiovascular health for moms, and help the foetus' brain to develop properly. Supplementing with a high EPA-to-DHA ratio product—similar to what nature offers—is a good idea.

Avoid Alcohol, Cannabis, Tobacco, and Smoke Exposure

Exposure to substances like alcohol, cannabis, tobacco, and smoke is associated with health complications such as foetal alcohol spectrum disorder (FASD), low birth weight, stillbirths, miscarriage, decreased fetal growth, brain-development issues, premature births, placental abruption, and sudden infant death syndrome (SIDS). If you are pregnant or planning to become pregnant, the best thing you can do for you and your baby's health is to not drink alcohol, smoke, vape, or use cannabis during pregnancy.

Incorporate Regular Movement

Exercise can help improve your sleep, mood, and energy; regulate your digestion; and build strength and endurance for your upcoming labour and birth. Exercise is safe and encouraged especially for healthy pregnant people. Aim for 150 minutes of movement of moderate intensity weekly. Go easy on yourself and start with mild activities (e.g., walking). Work your way up as comfortably as you can. There can be situations where exercise may not be recommended during pregnancy. It is best to listen to your body and receive additional supervision from your dedicated health-care team.

Tip:

Consider seeking support from a pregnancy-focused pelvic-floor therapist.

Staff Picks for Baby Names

Boys

Malik
Rhyker
Zavier
Landon
Silas
Finley
Emmett
Winter
Asher
Kieren

Girls

Freya
Zosia
Kalina
Nola
Bentley
Chiarra
Loreleil
Enya
Skylar
Davina



Take Care of Your Physical Health

Taking care of your physical health can help you cope with stress. Prenatal-care sessions are not just for routine health check-ups, but also long-term opportunities to make your overall health as robust as possible.

Check in With Your Mental and Emotional Health

It is normal to experience a variety of feelings during pregnancy: You can feel happiness, fear, and grief, all at once. Everyone has a different pregnancy experience. It is important that you are aware of what emotions come up for you and that you get the support that you need.

Share How You Are Feeling

While not always easy, it is important that you are aware of how you are feeling and to communicate with people you trust. You can also join pregnancy-support groups and find community with people you resonate with.

Tip:

Consider having a doula in your team!

Conclusion

Remember that pregnancy is a significant event in your life that can affect you physically, mentally, and emotionally. Take things one step at a time and try not to be hard on yourself. You are capable of anything, and you are always deserving of support.



Dr. Kim Abog, ND

Dr. Kim Abog is a registered naturopathic doctor and doula based in Toronto, Ontario. She has a special interest in fertility and reproductive health. She helps people by facilitating health-management plans with them, connecting them to evidence-informed integrative health solutions, and helping them thrive.

kimabog.com

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Why Losing Weight Should Not Be Your 2023 New Year's Resolution!

by Stephanie Van Dystadt



When the calendar flips to January 1, millions of people around the world will spend a few minutes—or maybe even a few hours—writing down their New Year's resolutions. The most common resolutions often will be around weight, diet, or fitness. Sounds great! But sadly, according to studies done by researchers at the Edith Cowan University, by February, 64% of people will have abandoned their resolutions. Sounds familiar?

Instead of getting stuck in the “best intentions resolution rut,” where you fall back into your usual habits within weeks or even days, give yourself the opportunity to reshape your 2023. Redesign this coming year, with a committed focus on new, improved habits, and embrace a more conscientious, day-by-day approach.

Moving Your Body Is Essential to Longevity and a Healthy Life

Most of us know the benefits, but if we still need help getting motivated to work out, then let's hear it from the experts. **According to the Center for Disease Control and Prevention, regular exercise is an effective way to manage weight, reduce the risk of cardiovascular disease and type 2 diabetes, and improve mental health.** So, for our overall wellness, it's worth the added effort to commit to our fitness goals in 2023.

But as with many things in life, just because we know something is good for us doesn't necessarily mean that we'll do it. Most of us need more motivation, so start by getting to the core of your needs: Ask yourselves **why?** The first step is taking time for honest reflection. As you do so, write it all down. What is it you really want? Why are you choosing to make fitness a priority in 2023? What bad habits are you ready to replace? What good habits can you create? How will you reward yourself in the short term? How much time can you really devote to this? By being realistic, you can take your goal and make it become a part of your life moving forward forever.

Once we're clear about what's motivating us to make the change, and what we are willing to do to get there, we can approach our journey with a more open, accepting, and positive mindset.

Not only does positivity help us to build our resolve to stay on track, but it also encourages us to treat ourselves with kindness. If we skip a workout, or even a few, that doesn't mean our fitness goals have failed. It means we're human. The important thing is to remember your why and get back to it. Show up for yourself, and as long as you do that, you're on the right path.

Back to the title of this article: Losing weight should not be your ultimate goal. It can become the result of your healthy habits but should not be your goal in and of itself.

The key is to value health-promoting behaviours which will result in weight loss. It's not about focusing on the number on the scale. Work with your body instead of against it to promote your fullest and healthiest life possible.



It takes 21 days to form a habit and 6 months for that habit to become second nature.



Stephanie Van Dystadt

Being influential and empowering others to live their best life is how I choose to live each and every day. Always learning, never getting it 100%, but always trying to be better than yesterday. Fitness. Nutrition. Awareness. Living consciously and fully, one day at a time.

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Tips to Help You Realize Your Health and Fitness Goals for 2023—and Beyond

Determine Your *Why*:

What is your main motivating factor for making these change in your habits. Write it down.

Track Yourself: Use an app or written habit tracker to physically track your progress.

Be Realistic: What small daily changes can you incorporate into your life? These should not overwhelm you, but ultimately lead you closer to realizing your goal and get you that much closer to your *why*.

Stick to It: Make a commitment to yourself for a minimum of 30 days. You will feel the results and start seeing them as well, both physically and mentally.

Plan Ahead: Schedule time for movement throughout your week as you would dinner with friends, an appointment, or a meeting.

Find Your Community: Surround yourself with people with the same healthy habits and goals in mind.

Talk About It: Make your goals part of your everyday discussions. Share them with your entourage. Voicing them out loud creates accountability for you, and an opportunity for them to support you.

Find Something that Makes You Smile: Make sure the activities you choose fuel you. Have fun while moving.

Bottom line: It's not a one-time resolution that is added to your list every January 1 and quickly forgotten about. It's not something that should be thought of as something that can eventually be checked off the to-do list. It needs to become a part of who you are. Make your goals your values. Consider each action a deposit towards your future, healthier self. Here's to successful, influential, and lasting changes in 2023!

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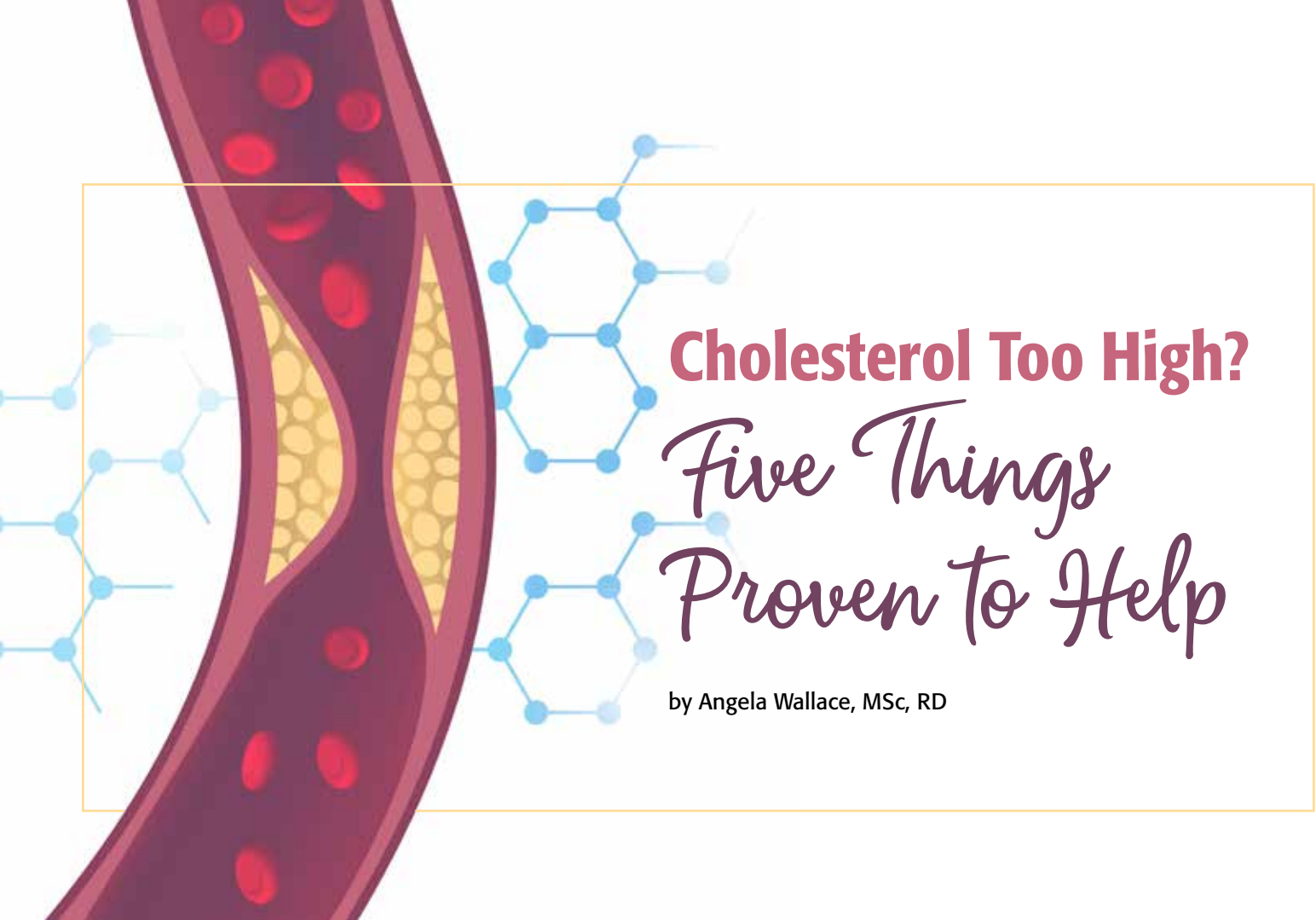


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Cholesterol Too High?

Five Things Proven to Help

by Angela Wallace, MSc, RD

High cholesterol occurs when you have too much of a fatty substance (cholesterol) in your blood. But there are two types. LDL is known as the “bad” cholesterol because it forms fatty deposits and plaque in your artery walls. When high, this can block blood flow to the heart and brain. HDL is known as the “good” cholesterol because it helps to remove the “bad” LDL cholesterol from the body; this is specifically important when there is an excess. Having high cholesterol puts you at risk for heart disease.

High cholesterol can run in families, meaning if one of your parents had high cholesterol, there is a stronger chance you could as well. However, it is also influenced by lifestyle factors such as diet, lack of exercise, drinking alcohol, smoking, etc.

Because lifestyle factors have such a strong influence, there are things you can do to help lower your LDL “bad” cholesterol and increase your HDL “good” cholesterol.

If you’ve been told your cholesterol is high, try making some healthy lifestyle changes. Here are 5 things you can do to make a positive impact and support your heart health.

Eat More Foods Rich in Omega-3 Fatty Acids and Monounsaturated Fats

Omega-3 fatty acids don’t directly influence your LDL cholesterol, but they are an anti-inflammatory fatty acid that can reduce overall inflammation to support heart health. Fatty fish such as salmon, mackerel, and sardines are rich in omega-3 fatty acids. Substituting meat or other animal-based proteins for fish can help reduce your saturated fatty acid intake, which can help reduce LDL levels.

Regularly eating healthy fats (monounsaturated fats) like nuts, seeds, olive oil, and other Mediterranean-diet foods has been linked to a reduction in LDL levels and increases in HDL levels. Nuts are rich in plant-based sterols, which keep the body from absorbing cholesterol and therefore work to reduce LDL levels. Bonus: Walnuts are also rich in omega-3 fatty acids. Daily consumption of almonds and/or walnuts has been associated with reducing LDL cholesterol and maintaining or improving HDL cholesterol.



Getting These Is Easy:

- Prepack ¼ cup servings of almonds, walnuts, seeds, or olives
- Spoon out single-portion nut butters to enjoy with crackers

Eat More Fibre, Specifically Soluble Fibre

Soluble fibre is found in plant-based foods. It is not absorbed in the intestines, which makes it available to circulate in the intestine and reduce the absorption of cholesterol into the bloodstream.

Did You Know?

Eating just 5–10 grams of soluble fibre each day can reduce your total and LDL cholesterol by 5–10%. You can find soluble fibre in oats, fruits, vegetables, legumes (dried beans and peas), and some nuts and seeds. You can also find soluble fibre in supplements such as psyllium husks.

Move Your Body More

Exercise is good for almost everything; we are meant to move more and sit less. Research has shown that exercise can improve HDL cholesterol levels, decrease LDL cholesterol levels, and reduce triglycerides up to 25% depending on the study and the type of exercise (they contribute to your overall total cholesterol number).



Where to start? Begin by adding in 10 minutes of movement to your daily routine and keep adding as your body allows you to. Build up to some form of moderate physical activity for at least 30 minutes, 4–5 times per week. This should be something that slightly elevates your heart rate; it could be a brisk walk, cycling, swimming, or playing a sport you enjoy. Finding a form of exercise you enjoy or a friend to exercise with can make all the difference.

Maintaining a Healthy Weight for You

A healthy weight will vary from person to person; however, maintaining a healthy weight for your body will help reduce your risk of developing high cholesterol and other heart health issues. For an overweight person, when losing 5–10% of their total body weight, there is a significant reduction in LDL cholesterol and triglycerides. To put that into perspective, if someone weighs 300 lb, losing 15 pounds (5% of their body weight) can have a significant impact on their overall cholesterol levels. And the more weight this person loses, the greater is the improvement on all health risk factors.

2 for 1! Implementing some of the tips above—such as eating more healthy fats, focusing on fibre rich foods, and moving your body more—can also contribute to maintaining a healthy weight.

Cook and Eat More Meals at Home

It is easy and enjoyable to eat out. However, food cooked outside of the home often includes much more sugar and salt, unhealthy fats, and processed ingredients



and may come in larger portions, all of which contribute to increased cholesterol levels and negatively impact overall health. At home, you can reduce your intake of processed food, control your portions, and incorporate more healthy fat- and fibre-rich choices into your meals to support your heart health.

If you are eating out, do your best to choose restaurants that serve freshly made food that is minimally processed. My personal favourite take-out foods are burrito bowls from an authentic local Mexican restaurant. They are freshly made, and you can add lots of veggies, beans, and other healthy items.

Tips for Giving Your Meals a Heart-Health Boost:

- Use healthy oils (i.e., olive and avocado oil) instead or more often than margarine or butter
- Cook with whole grains (whole-wheat pastas, quinoa, barley, oats, etc.)
- Incorporate beans and other legumes into your meals
- Sprinkle nuts/seeds on your salads, yogurt, oatmeal, etc.
- Choose leaner meats more often; for example, make chili with ground turkey instead of beef
- Bake, roast, or air-fry your food; for example, potatoes are delicious baked in the oven with some oil or in the air fryer (without the actual frying)
- Replace fatty spreads or mayo with mashed avocado

I hope this has provided you with some ideas on how to reduce your cholesterol and support your heart health.



Angela Wallace, MSc, RD

A registered dietitian with the College of Dietitians of Ontario, personal trainer, and family-food expert who specializes in women and child nutrition and fitness, she loves helping families get healthy together.

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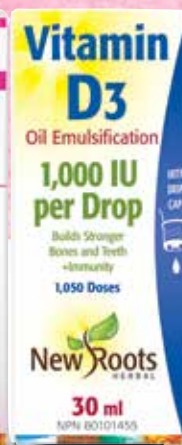
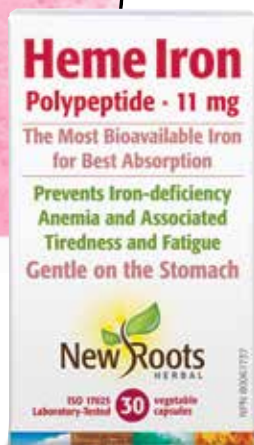
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What Does an ND's Medicine Cabinet Look Like?

by Juliana Rosario Yeung, ND, BSc Agr, BSc



I see my medicine cabinet like a first-aid kit: reliable, useful, and stocked! That being said, everyone's medicine cabinet should look different. Each individual has their unique medical histories, constitutions, and personal preferences. Get to know yourself to ensure your cabinet works for you.

Acute Medicine

To be a useful medicine cabinet, it must first and foremost contain remedies for the most common acute illnesses. Upper respiratory tract infections (URTI), such as colds and flus, are the most common reasons for doctor visits. As most might know, many common illnesses are due to viruses, so antibiotics wouldn't be helpful. Medicinal herbs such as echinacea and elderberry are often a good option to consider in these cases.



Being a native species, echinacea is clinically studied for its effects on the immune system, in turn helping alleviate URTI symptoms and shortening their duration. Its benefits have recently encouraged further studies on how it can potentially be useful in COVID-19. To make the most of the herb, it should be taken at the start of cold or flu symptoms.

Elderberry is another herb that is associated with combating colds and flu. Many take this herb regularly during the cold-and-flu season to prevent, or shorten illness. The bonus of this herb is that it tastes good, so it's a popular one with kids! Elderberry is often found as syrup, gummies, or in concentrated or powder form to be mixed into drinks. All these options make it palatable and convenient for kids and adults alike, to take regularly as prevention, or to alleviate symptoms if one does fall ill.

Everyday Medicine

For everyday bumps and bruises, or any sore muscles, I've got arnica covering my back (pun intended). *Arnica montana*, an herb in the daisy family, has been traditionally



valued for being antibiotic, anti-inflammatory, antirheumatic, and analgesic, amongst numerous other functions. Applied topically, it reduces swelling and pain from minor injuries, overexertion, and bumps. It also helps dissipate the discolouration from bruises.

For an internal approach to heal sore and stiff muscles, I have magnesium handy. Magnesium is a fundamental mineral that our body needs. It is involved in numerous physiological reactions that ensure our body is running well. Magnesium helps muscles relax, so when I feel a tension headache coming or I have overworked my body, I won't hesitate to take some magnesium. Warning: Choose magnesium bisglycinate as it is gentle on the stomach and not likely to cause diarrhea like the citrate form can!

A big part of naturopathy is prevention. Prevention focuses on supporting the immune system and the normal functioning of the body. I have two vitamins, C and D, always present in my medicine cabinet for this reason.



Vitamin C is an essential nutrient for the human body; no surprise it is involved in many reactions inside of us. It is also a strong antioxidant and supports immune defence. When deficient, it has been shown to cause an impaired immune system, which means being more vulnerable to infections. Supplementing regularly with vitamin C has been shown to both prevent and treat respiratory and systemic infections.

Vitamin D is made from sunlight and present in food. People living in Canada do not receive as much sunlight as their southern neighbours. Vitamin D is present in some foods, but it is very hard to eat enough to reach an adequate intake. Therefore, supplementation is the most efficient way to confirm you are getting enough. The tricky part with vitamin D is how much to dose, as everyone has a different level, and many individual characteristics will affect your level of absorption of this vitamin. Speak to your naturopathic doctor to figure out the specifics.



Food as Medicine

I often remind patients: supplementation is exactly that; it supplements your food. It is crucial to commit to a healthy, well-balanced diet. From this idea, I see my whole kitchen as a medicine cabinet as well, because nutritious food is medicine. In a utopian world, our diets would satisfy all nutrient needs we have, and everybody would eat for their own body, taking into account illnesses, diseases, propensities, and preferences. When “utopia”



is out of reach, or when we get off-track and need added support, adding high-quality botanicals and nutraceuticals can help.

Apart from the fridge and pantry, where most food is stored, I have a medicinal herb cabinet where I store loose dry herbs and store-bought herbal teas. I have a concoction of dry herbs for after dinner or before bedtime with peppermint, chamomile, lemon balm, and a sprinkle of lavender. I have store-bought tea bags for the occasional sore throat and for colds and flu. Store-bought herbal teas are a great way to vamp up your medicine cabinet without adding too many things you are not sure you will use. There are many products on the market to suit many needs: digestion, sleep, mental focus, heart health, and the list goes on...

Conclusion

Getting to know yourself is really the first step to understanding what you can do for yourself now, and as prevention as we age. Our needs and circumstances are constantly changing, so be flexible, patient, and curious to what might come up. It will be the best tool to decide how to stock up your medicine cabinet. Happy discovery!



Dr. Juliana Rosario Yeung, ND, BSc Agr, BSc

Dr. Juliana is a mother and a naturopath passionate to guide other parents into their naturopathic journey of parenthood. She supports whatever stage one may be in: preconception, pregnancy, and postpartum.

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For Your Eyes *Only*

by Ky Lo, BA, BSc, ND, LAc

When we look back at our ancestors, they were less concerned with heart disease, cancer, or the myriad of chronic diseases we are plagued with today. But they also did not have the lifespan we do now. As many of us live to see our 70s and 80s, perhaps our 90s or even our 100s, we want to ensure we can actually see these golden years. Macular degeneration, a disease associated with aging, could thwart this.

Macular Degeneration: A Progressive Eye Disease

It occurs mainly in those over age 50, smokers, diabetics, hypertensive, and those whose diet is high in processed foods. In early stages, there may not be any noticeable symptoms. As the disease progresses, there may be a central vision loss, low vision at night, lack of lustre in colour perception, and when looking at a straight line, it may appear wavy.

Unfortunately, in the early stage, there are no efficient conventional treatments, and your doctor may recommend a “wait-and-watch” approach. Then, in late-stage AMD, doctors resort to treatment with injection of drugs into the eye to slow it down.

So, How Do We Deal with AMD?

The key here is timing: Prevention with a healthy lifestyle, diet, and specific supplementation ensures that we consistently get enough micronutrients and protective compounds to keep our eyes at their best, at every age. A variety of vitamins, minerals, botanicals, and other nutraceuticals support ocular health and help prevent onset of crippling diseases.

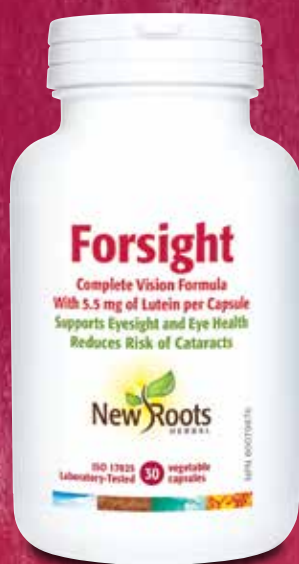
What Are the Best Nutraceuticals for Eye Health?

Two of the best-known antioxidants for overall eye health are the carotenoids lutein and zeaxanthin. Carotenoids are found throughout the body’s tissues; yet, only lutein and zeaxanthin are found in the eye to protect it from sunlight damage.

Carotenoids are responsible for the yellow to orange colour in fruits and vegetables. About 600 carotenoids exist in nature. They can be divided into provitamin A, found in animal sources, and provitamin A, found in plant sources. Both can be converted into vitamin A in the body. Another category of carotenoid found in plants is non-provitamin A, such as lutein and zeaxanthin, which cannot be converted to vitamins in the body. All carotenoids are essential as they cannot be produced by the human body, thus dietary consumption—or supplementation—are needed to prevent deficiency.



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Can We Get Enough Lutein and Zeaxanthin from Our Diet?

It is uncertain. According to the Organic Consumers Association, several studies measuring the nutrient content of food from 1975 to 1997 found that overall nutrient level has dropped by significant amounts. Landmark research published in 2004 in the *Journal of the American College of Nutrition* mentions that between 1950 and 1999, the authors found “reliable declines” in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B₂), and vitamin C within 43 different vegetables and fruits. The studies did not look at carotenoids levels, but it makes sense that these nutrients are likely to be deficient as well. Thus the importance of considering supplementation, especially for those with conditions such as AMD.

Lutein and Zeaxanthin: Natural Sunglasses?

A unique feature of lutein and zeaxanthin is that they are the only two carotenoids containing oxygen. For this reason, they belong to a subcategory of carotenoids known as xanthophyll carotenoids which protect you from excessive sunlight, especially in the eyes.

Lutein and zeaxanthin are selectively taken up into the macula of the eye, where they absorb up to 90% of blue light and help maintain optimal visual function and protect them from light-induced oxidative damage.

It is believed they do this by inhibiting the activation of NF- κ B and the subsequent inhibition of proinflammatory mediators. Based on research, lutein and zeaxanthin intake has been shown to reduce early-stage AMD by 25%–43%.

The Women’s Health Initiative Study showed that women with the highest consumption of lutein and zeaxanthin were 32% less likely to have nuclear cataracts as compared with those in the lowest quintile.

How Can We Improve Our Intake of Lutein and Zeaxanthin?

Unlike some micronutrients that are heat-sensitive (damaged by high heat), carotenoids need to be prepared using a hot method in order to be activated and thus allow a better bioavailability in the intestine. Lutein is unique in that its absorption is enhanced in the presence of fat. Indeed, lutein requires cholesterol in order to properly travel to its destination in the carotenoid-rich area of the eye, the macula. So, consider cooking red, orange, and yellow vegetables with healthy fats to support eye health.

If you doubt how much carotenoids your diet actually provides, supplements are an easy way to ensure you consume enough lutein and zeaxanthin on a regular basis. The most potent supplement forms are usually extracted from natural marigold (*Calendula officinalis*).



How Much Should We Be Taking?

Doses between 6 and 20 mg per day of lutein have been associated with reduced risk of ocular disorders such as cataracts and age-related macular degeneration. Separate studies with doses higher than 20 mg per day did not show any adverse effects. Lutein and zeaxanthin are safe in higher doses, even though they are fat-soluble micronutrients.

Lutein and Zeaxanthin for Overall Health

In addition to their vital function for eye health, lutein and zeaxanthin also exhibit anti-inflammatory and cholesterol-lowering properties, and they protect the skin from UV damage. An important function of lutein is to recycle glutathione, your body's master antioxidant, to quench free-radical damage, especially in the liver. As lutein and zeaxanthin come from *Calendula officinalis*, anyone who has used calendula salve or cream on their skin can attest to its efficacy in quickly reducing inflamed skin, caused by eczema, for example.

Conclusion

These two essential carotenoids—lutein and zeaxanthin—are unique in their exclusive role to promote eye health. Low doses of 6 mg, and up to 20 mg, have been shown to reduce progression from mild or moderate macular degeneration to the later, more serious, advanced stage. As effective as they are, supplementation with lutein and zeaxanthin in late-stage AMD showed little to no improvements. So, the earlier you start with this dynamic duo, the longer your eyes will see the health benefit, and the less chance of developing AMD.



Dr. Ky Lo, BA, BSc, ND, LAc

Dr. Lo is a naturopathic doctor who graduated from the Canadian College of Naturopathic Medicine (CCNM) in 2006. With over 20 years in the medical esthetics industry, she combines her knowledge with naturopathic training to offer a unique perspective on antiaging.

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Natural Pain-Relieving Products

by Katie DeGroot, BSc, ND, MScN

Let's be frank: Pain sucks. We can experience pain for many reasons: Sometimes it is short-term and felt for a few hours to a few days; other times, pain is chronic and lasts weeks to months—or longer. Depending upon frequency and severity, pain can impact our activities and lives in a negative way. Being able to effectively relieve pain is important—to rest, recover, and heal up in the case of acute pain, or improve levels of functioning and capacity for daily activity in the case of chronic pain.

Most people are familiar with over-the-counter pain medications such as ibuprofen, acetaminophen, naproxen, and aspirin, as well as stronger prescribed drugs such as codeine and morphine. But many natural products and supplements also help reduce pain frequency and severity! You may be familiar with the use of turmeric or its active compound curcumin, as well as omega-3s for reducing inflammation and thus chronic pain, or glucosamine for joint pain. For topical uses, capsaicin, arnica, or menthol creams are popular. But there are many more! Here are a few lesser-known natural products that may also provide relief from various pain.

Boswellia

Boswellia extract is an herbal preparation similar to turmeric in its action and effect. It comes from *Boswellia serrata*, a tree native to India, Africa, and the Middle East. When taken orally, boswellia extract appears to reduce osteoarthritis pain and improve joint function, apparently by reducing the production of inflammatory mediators, thus decreasing pain and inflammation.

Daily dosing varies based upon the percentage of boswellic acids in a product—100 mg of a product containing 30% boswellic acid is equivalent to 300 mg of one containing 10% boswellic acids. So, different commercially prepared products containing boswellic acid may vary widely in suggested dosing.

In general, studies suggest that the effective daily dosage of boswellic acids typically ranges from 100 to 250 mg daily for long-term use, but dosages as high as 1,600 mg per day have been studied as well (typically only for 30 days). Boswellia is generally considered safe and is well tolerated, even when taken for extended periods of time (up to six months).

Devil's Claw

Devil's claw (*Harpagophytum procumbens*) is another botanical that has been traditionally used for pain, especially joint pain. Recent studies support this, specifically due to glycosides (plant chemicals) found in high amounts in devil's claw. These glycosides appear to help reduce pain by exerting an anti-inflammatory effect similar in action to that of ibuprofen. Studied dosages vary widely, between 100 and 2,400 mg per day, for up to 12 weeks. Devil's claw is generally well tolerated but appears to interact with a variety of medications and conditions, so consulting with a health-care practitioner before use is warranted.

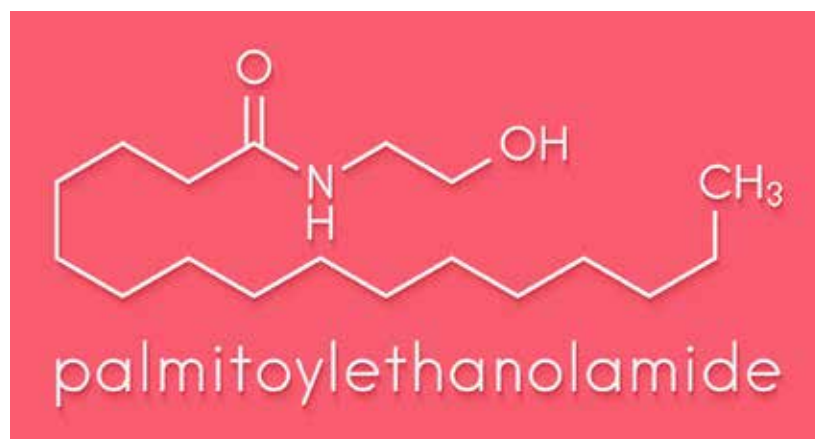


Supplement dosages usually range between 120 to 240 mg of salicin per day for up to 6 weeks. Like boswellia, salicin content varies by product, with a percentage range from 6.7% to 30.7%. Thus, the recommended dosing (in weight) for commercially available products may be much greater than 120 mg per day.

Like aspirin, caution should be used with white willow bark, especially when treating viral infections in children (don't!), while taking other antiplatelet/anticoagulant medications, or if you are experiencing stomach ulcers or are sensitive to salicylates. In short, it is important to treat products containing white willow bark similarly to aspirin in terms of cautions and contraindications.

Willow Bark

Willow bark has been used traditionally for pain and fever as it contains salicin, a potent anti-inflammatory. A very similar compound, acetylsalicylic acid (also known as ASA), is the key ingredient in aspirin. Used around the world, white willow bark—also known as *Salix alba*—is available today in supplement form and can be used very similarly to aspirin for pain relief and inflammation, as it reduces inflammation on a cellular level, thus reducing the pain sensation.



PEA

Shifting away from herbal options comes palmitoylethanolamide, or PEA for short. It is a naturally occurring substance that our body makes in times of stress, inflammation, and injury. PEA is also found in fatty foods, especially in egg yolks, milk, soybeans, peanuts, and some types of tree nuts. PEA is thought to reduce pain by local anti-inflammatory effect as well as increasing the effect of endocannabinoids (pain-modulating molecules that our body naturally produces).

When taken in supplement form, the frequency and severity of chronic pain appears to diminish. One study suggested 300 mg PEA taken once or twice a day for 8 weeks reduced pain and improved function in people affected by arthritis. Another study suggested that 300 mg taken up to four times a day for two months reduced pain severity in those affected by chronic pain, with a five-fold reduction in pain occurring within the first two weeks.

These studies also provided comforting safety data on PEA: Minimal major side effects were reported in studies when PEA is taken at suggested dosages and for short-term use (up to three months at a time). There are also no known drug or condition interactions with PEA. PEA can be taken orally or applied topically to areas in pain, but if you're considering trying PEA for pain, consider choosing a micronized or ultramicrosized PEA for optimal absorption and effectiveness.

DMSO

Finally, dimethyl sulfoxide, often abbreviated to DMSO, appears to help promote healing and reduce pain when applied topically. In studies, products containing 50% DMSO or more, when applied topically, appeared to provide pain relief compared to placebo, especially in the case of complex regional pain syndrome and arthritis (both osteoarthritis and rheumatoid arthritis). DMSO is thought to provide pain relief by blocking nerve signalling, thus reducing pain perception. It may also reduce inflammation on a cellular level by acting as an antioxidant.



Unlike PEA, there are some side effects associated with DMSO, the most noticeable being a garlic-like taste in the mouth. DMSO also interacts with many medications and should be used with caution (or not at all) with certain health conditions. Consult your health-care practitioner to ensure it is a good option for you. When choosing DMSO, be sure to purchase human- or pharmaceutical-grade DMSO, tested in a reputable and accredited laboratory.

Conclusion

While many of the options discussed above are usually well-tolerated, it is important to note that natural health products, while natural, can be very powerful and are not always safe for everyone. Health status, medical conditions, and other supplements and medications (both prescribed and self-prescribed) can interact in negative ways. Be sure to read the label carefully, and consult your local health-care practitioner, naturopathic doctor, or pharmacist before starting a new natural health product to ensure it is safe for you to take.



Dr. Katie DeGroot, BSc, ND, MScN

Dr. DeGroot is an Alberta-registered naturopathic doctor who also holds a Master of Science in Nutrition. She offers nutritionally focused care and has a special interest in digestive issues and supportive mental health-care. drkatiedegroot.ca

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Did You Know?

- Cost of food, rent, and fuel are at a 30-year high
- Up to 1.5 million Canadians visit Food Banks Canada monthly
- Vulnerable groups include seniors and children
- One out of seven people relying on food banks are employed
- Tuition- and rent-strapped students are frequent visitors
- Food banks face a staggering 35% increase in demand over the past two years



Protein for Strength and Hope

We hope your holidays were memorable, for all the right reasons. For too many, this was not the case. Poverty and food insecurity have escalated, and a growing number of less-fortunate Canadians are having a hard time making ends meet.

This autumn, New Roots Herbal organized a donation of 6,750 lb—a \$69,416 value—of premium, free-range, organic beef from Jolly River Ranch in Telkwa, B.C. This donation was made to Food Banks BC, through the company's Choose to Care program. The gift proved timely in helping thousands of families enjoy a special meal during the holidays.

New Roots Herbal's founder, Peter Wilkes, hopes to inspire our community to contribute, all year long. Whether you donate food, money, or your time as a volunteer, every gesture helps.



See how you can help by visiting Canada Food Banks at <https://foodbankscanada.ca/how-you-can-help/>

To learn more about Food Banks Canada's initiatives for Ending Hunger in Canada, visit <https://foodbankscanada.ca/ending-hunger/>





Roasted Brussels Sprouts with Pecans and Cranberries

Ingredients

- 1.5 lb. Brussels sprouts, trimmed and halved
- ¼ cup dried cranberries
- ¼ cup toasted pecans
- 2 tbsp. New Roots Herbal's Heart Smart Extra Virgin Organic Olive Oil
- 1 tbsp. balsamic vinegar
- 1 tsp. fresh rosemary leaves, chopped
- 1 tsp. thyme leaves, chopped
- Salt and freshly ground black pepper to taste

Instructions

Preheat oven to 400 °F (205 °C). Clean and cut Brussels sprouts in half. In a bowl, toss with oil, balsamic vinegar, rosemary, salt, and pepper. Be sure to include all of the leaves that may have separated, as they will toast up nice and crisp!

Arrange on a large baking sheet and roast for 20 to 25 minutes, until tender. Be sure to toss the Brussels sprouts halfway through. If using an air fryer, bake for 12 minutes.

Before serving, toss roasted vegetables with roasted pecans and cranberries. Finish dish with a drizzle of olive oil. Serve hot.



Tammy-Lynn McNabb, RHNC

A registered holistic nutrition counselor and television host/producer of Health Wellness & Lifestyle TV, she believes that eating healthy shouldn't be difficult and should never compromise taste.

Slow-Cooked Shredded Citrus Chicken

A family friendly healthy, comforting and delicious slow cooker meal. The perfect cozy meal for a cold winter day that is also packed with vitamin C for an added immune boost. This makes super soft chicken that can be baby friendly too (just leave out the options of tamari and honey).

Ingredients

- 4–5 chicken breasts or 8 boneless skinless chicken thighs
- 5–6 garlic cloves, minced
- 1 cup orange juice
- ½ cup olive oil
- ½ tsp. cinnamon
- Optional: ¼ cup tamari or soy sauce (for more tang and saltiness)
- Optional: 2 tbsp. honey (for added sweetness)
- Salt and black pepper to taste

Instructions

Sear chicken in a skillet with some olive oil and season with black pepper and salt, 2–3 minutes per side or until the chicken is slightly browned. This is optional, but highly recommended.

Mix orange juice, olive oil, spices, and minced garlic; set aside. Add tamari and honey, if you choose to.

Place browned chicken in slow cooker and top with orange-juice sauce.

Let cook on low heat for 6 hours or until cooked through.

Shred chicken and make as a “pulled” chicken sandwich with some slaw, or serve over rice or quinoa with a side of veggies.



Angela Wallace, MSc, RD

A registered dietitian with the College of Dietitians of Ontario, personal trainer, and family-food expert who specializes in women and child nutrition and fitness, she loves helping families get healthy together.

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White Chocolate Cranberry Loaf

Loaf Ingredients

- 2 cups organic baking flour
- 1 cup organic cranberries (fresh or thawed)
- 1 cup wholesome organic brown sugar
- 2 free-range, organic eggs
- 6 oz unsweetened applesauce
- ½ cup Enjoy Life white chocolate chips
- 1 tsp. baking powder
- ½ cup coconut or avocado oil
- 2 tsp. vanilla extract
- 1 tsp. sea salt

Toppings Ingredients

- ½ cup organic pecans, cut into pieces
- ½ cup shaved blanched almonds
- ½ cup wholesome organic brown sugar
- ¼ cup grass fed unsalted butter, melted
- 2 tbsp. organic baking flour
- ½ tsp. sea salt

Drizzle Ingredient

- ½ cup enjoy life white chocolate chips

Instructions

Preheat oven 350 °F (175 °C) and prepare a loaf pan.

In a medium bowl, mix together dry ingredients (flour, baking powder, and salt).

In a standing mixer, mix together the brown sugar, white chocolate, coconut or avocado oil, applesauce, vanilla extract, and eggs. Incorporate the dry ingredients into the wet, mixing until just combined.

Slowly add the cranberries and white chocolate chips into the batter. Pour into the prepared loaf pan and set aside.

Mix together the topping ingredients until fully combined. Sprinkle the topping evenly over the loaf, covering it entirely.

Bake the loaf for 45 minutes or until a knife comes out clean when inserted into the center of the loaf.



Megan Luder, CNP

A certified nutritional practitioner who is passionate about creating and educating on the health benefits of nutrient-dense whole food.

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AskGord



I recently purchased a dairy-free probiotic only to discover it contained dairy strains. How could this be?

It does sound odd, but it's actually a question of sourcing versus presence of dairy in the final product. "Dairy" refers to the original source of the probiotics, i.e. where the strain itself came from. In this case, those probiotic strains originated from milk or some form of dairy. What's important is the harvesting process—it involves multiple-stage isolations performed in sterile media, which in the end leaves no trace of dairy.

The dairy-free claim means there are no traces of dairy in the final product.

I'm looking into medicinal mushroom extracts. What's the difference between fruiting body and mycelium, and which is a better source for medicinal benefits?

To understand where benefits come from, let's visualize them, or perhaps compare them to plants. Mycelia are superthin filaments which grow beneath the ground feeding on organic matter, like fine roots. These get cleaned off before mushrooms get to market, so few of us see them. The fruiting body is the full fungal structure. They can have the recognizable shape with a stem and cap like shiitake or reishi, but they can also appear in different shapes, including the unique appearance of lion's mane. Their role in the fungal life cycle is to disperse spores, a source you did not ask about. Spores are the equivalent of seeds, which germinate into mycelium given favourable conditions. To see these, leave a ripe mushroom overnight on a white surface. The light dusting of spores should be apparent come morning.

For most medicinal mushrooms, fruiting bodies are the richest source of immune-enhancing polysaccharides and highly therapeutic *beta*-glucans. One notable exception is *Cordyceps sinensis*, where the mycelium is the main source. Spores are uniquely potent in that they contain their species' life force within microscopic grains. Reishi spores, for example, can be used as assistive therapy to improve energy in patients undergoing chemotherapy or radiotherapy.

These products may not be right for you. Always read and follow the label.
Content provided is for informational purposes only, and does not intend to substitute professional medical advice, diagnosis, or treatment.

You have a question you would like answered about your health and supplements? Gord would be happy to answer them! We could even feature them in this page if others could benefit from the information.

Reach out to him at facebook.com/newrootsherbal or call 1 800 268-9486 ext. 237

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