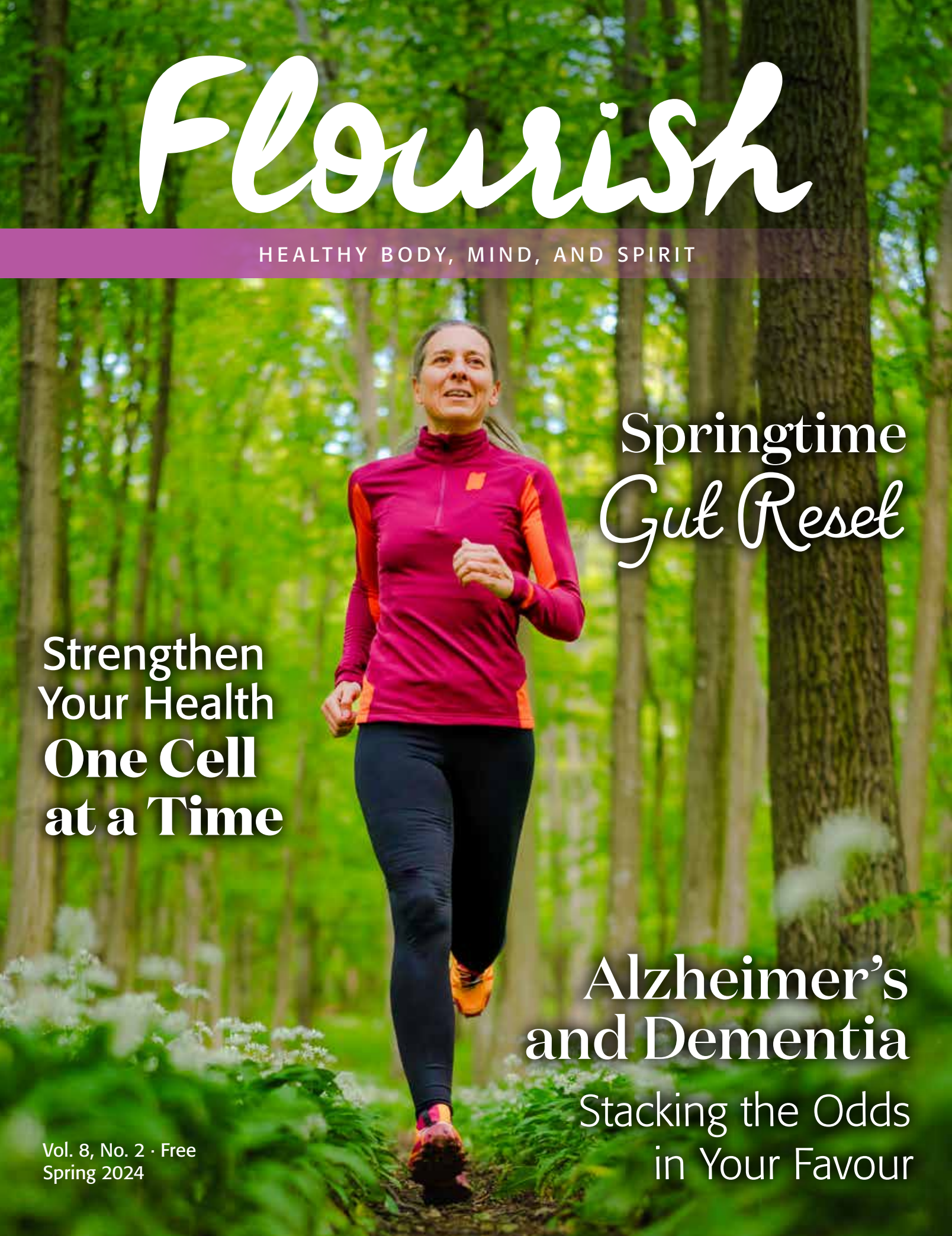


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Gut Reset

Strengthen
Your Health
**One Cell
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Alzheimer's
and Dementia

Stacking the Odds
in Your Favour

Vol. 8, No. 2 • Free
Spring 2024

Editor's Letter



If 50 is the new 40, then perhaps 80 could be the new 60?

It just might be. Compared to 100 years ago, the average Canadian born today will live 25 years longer. That's great news, but ask anyone, and they will tell you they also want to live "better." Ongoing advancements in medical technology, health-care accessibility, and public

health initiatives play a huge part. But ultimately, our future is in our own hands. Nutrition, physical activity, social connections, mental stimulation, and emotional wellbeing can have a major impact on how well we live in our golden years. The earlier we start, the brighter our futures can be.

Our contributors have stepped it up a notch in this issue, with articles to help readers of all ages find something to positively impact their future. Have you ever wondered how a naturopathic doctor can help you live better? Or why there is so much talk about gut health? Perhaps you are curious about nourishing the cells at your very core to stay vibrant? With Mother's and Father's days around the corner, your thoughts might be on how to best care for our parents as they age. Whether it's setting them up with a patio garden or setting them up in your home, you'll find lots of helpful advice.

Whether it is for yourselves, your children, or your parents, read on and see what we can do to flourish and enjoy this spring!

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Editor-in-Chief

Flourish

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Most Common Questions *an ND Hears*

by Odessa Gill, ND



As a naturopathic doctor (ND) in practice for almost 20 years, I often encounter **the same three questions**. If you are currently seeing an ND, or if you are looking to add one to your health-care team, you may find the following advice helpful.

"What Are Some of the Best Ways to Assess Health?"

Due to the prevalence and rise of diabetes and cholesterol in Canada, I suggest routine testing of blood sugar and lipid levels. In 2017 to 2018, 3.4 million Canadians were living with diabetes, in comparison to 1.3 million in 2000–2001. Similar trends can be found for hypercholesterolemia. For many Canadians, these diseases can go undetected for years. Naturopathic doctors can assist with identifying and supporting these concerns with treatment and lifestyle interventions.

I also recommend testing kidney and liver function, as these tests measure the body's ability to eliminate waste products. Also, a complete blood count (CBC) test screens for the number and health of immune-system cells and red blood cells. For those individuals who are fatigued or who often get sick, this is a good test to perform.

Like most NDs, I also like testing for vitamins and minerals including B₁₂, iron, and vitamin D. These are key nutrients that play an integral role in one's health. Naturopathic doctors are also looking for optimal numbers when it comes to essential vitamins and nutrients. If numbers are on the lower end of the range, we can discuss ways through diet and supplementation to increase these values.

Naturopathic treatment is focused on prevention and optimal health. If you wake up every morning feeling fatigued, we want to know why.

If you are having trouble sleeping, we want to review lifestyle factors that might be associated with poor sleep quality. If you have low motivation or know your mood is affecting your relationships, we want to help you understand why this may be occurring. Lifestyle factors and inadequate nutrient levels may be playing a role.

For example, did you know a deficiency in vitamin D can be attributed to a decrease in quality of life? Vitamin D deficiency has been linked to:

- Decreased muscle mass and strength
- Osteoporosis
- Depression
- Poor sleep quality
- Poor immune response
- Autoimmune diseases



"What Is Important for You to Know about My Health?"

The answer to this is **everything**. We want to know your medical history, your family's medical history, your diet, and your health goals. We are also interested in basic bodily functions, such as: How often do you have a bowel movement? What time do you go to sleep? What is your sleep routine? What do you eat for breakfast? How is your mood?

The answers to these questions help a naturopathic doctor understand who you uniquely are. We are interested in what makes you different than everyone else. This assists an ND in identifying the best approach to treatment.

For example, I can have two patients coming to my office for the same health concern: hypertension. Patient #1 is fit, exercises daily, but has a family history of cardiovascular disease. Patient #2 is overly stressed at his job, eats poorly, and suffers from anxiety. From a naturopathic medicine perspective, patients #1 and #2 are going to be treated differently. They will be given an individualized treatment protocol based on what makes them different.

Therefore, whenever you are seeing an ND, it is important for them to get to know you. What are your habits? What makes you different? Do you like to drink six cups of coffee per day? Do you crave sugar daily? Do you like exercising in the morning? Do you feel anxious often? These factors have an impact on your overall health.

"How Can an ND Help Me Be Healthier?"

One of the main goals for a naturopathic doctor is to have a patient lead a healthy lifestyle and work towards preventative health. If diabetes or high cholesterol run in your family, we may want to take a closer look at your diet.

Does it include enough fibre? Is it high in trans fats and low in the good fats? Regular bloodwork allows us to have a better understanding of how certain factors can affect these levels, and I'll often retest bloodwork after three months of implementing any lifestyle changes (diet, exercise, etc.).

In addition, NDs will also look at trends. We can look at previous testing and make comparisons. What was your low-density lipoprotein (LDL) in 2022, 2023, and this year? Are the levels the same or trending higher? If the levels are increasing, we want to know why. Is it a shift in diet, increased stress, or something else? If cholesterol levels are steadily moving higher every year but are still within normal limits, a treatment protocol can be recommended before the levels are out of range.

NDs can give you options about your health. They can answer questions related to most health concerns. They can help you better understand your current health status and discuss your health goals.

Do you have an ND as part of your health-care team? If not, you may want to consider the support of an ND to help you address many of your health concerns. Having a supportive, available resource for you and your family can have a huge impact on your overall physical and mental wellbeing.



Dr. Odessa Gill, ND

Dr. Gill has been in practice for 20 years and is the co-owner of a naturopathic clinic in Bloor West Village, Toronto. She has a focus on stress management, fertility, and hormonal health.

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Springtime Gut Reset

by Patricia Wu, ND

Springtime signals a fresh start. Longer days and renewed motivation mean revisiting New Year's resolutions and focusing more on health.

Let us talk about the microbiome. Thirty-eight trillion (3.8×10^{13}) bacterial cells live on our skin and within our gut, successfully outnumbering the thirty trillion (3.8×10^{13}) cells that make up the average human body. The microbes, otherwise known as bacteria, that live within the gut affect all of the biochemical pathways that work to regulate bowel function, immunity, metabolism, mental health, cognition and overall wellbeing.

What Is a Gut Reset?

A gut reset aims to restore the balance of the microbiome, thereby improving overall health and wellbeing. Let us be clear: this is not a detox or a gut-bug kill protocol.

It is important to note that people with severe gastrointestinal disturbances may require more than a simple reset to resolve symptoms and address the root cause of their disease. However, most of the population can benefit from the incorporation of the following habits.

Some protocols may change the order and add specifics, but all gut resets emphasize the same core components:

- 1. Eliminate Obstacles:** Remove the overly processed foods! Lactose intolerant? Gluten intolerant? Coffee gives you the “runs”? These foods wreak havoc on the mucosal gut lining that is protecting your gut and housing your microbiome.
- 2. Increase Hydration:** Water lubricates the gut lining to make sure cells communicate properly.
- 3. Increase Movement:** Physically stimulate gut activity.
- 4. Regulate Sleep:** A bedtime that is 3 hours after your last meal will support your blood-sugar regulation and restorative sleep.
- 5. Feed Your Microbiome:** This means prebiotics, probiotics, and real food.

Which Probiotic Is Right for Me?

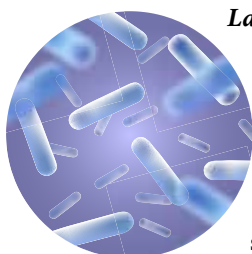
Probiotics are measured in colony-forming units (CFUs), which indicate the number of viable cells. Product concentration is counted as 1×10^9 for 1 billion CFUs. Product regulations only account for total weight—that means live and dead cells. Probiotics must be consumed alive to have health benefits, and they can die during shelf life. Probiotics found in the refrigerator section, and stored at home in the refrigerator, have a higher chance of delivering all the CFUs that the label claims.



In addition to a refrigerated probiotic, an enteric-coated capsule prevents degradation by stomach acid, therefore enabling the probiotic to reach your large intestine.

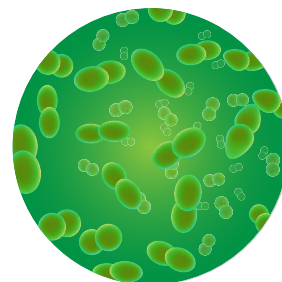
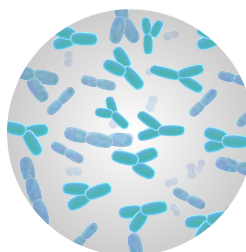
Different Strains

Over-the-counter probiotics commonly consist of two grouping genera of bacterial species: *Lactobacillus* and *Bifidobacterium*. Other beneficial strains like *Enterococcus*, *Bacillus*, *Akkermansia*, and *Saccharomyces* could also address different health concerns. For general digestive health, a multistrain formula seems to deliver more benefit than a singular probiotic.

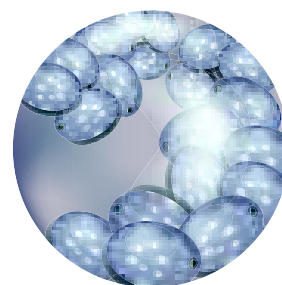


Lactobacillus is one of the most clinically studied probiotic species. *L. rhamnosus* and *L. reuteri* strains acidify the female genital tract, which prevents yeast and other harmful species from causing infections. *L. acidophilus* and *L. paracasei* improve stool consistency, decrease abdominal pain, and relieve symptoms of irritable bowel syndrome. *L. acidophilus* and *L. rhamnosus* stimulate local gut cells to release immune mediators that stop inflammation and balance the immune system. The presence of *Lactobacillus* bacteria within the gut increases concentrations of other good bacteria, resulting in a diversely robust microbiome.

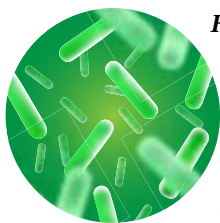
Bifidobacterium has been intensely studied in conjunction with *Lactobacillus* for the ability to decrease symptoms of constipation and diarrhoea. *Bifidobacterium* stimulates growth of new gut cells that produce a protective mucosal lining. *B. lactis* helps break down carbohydrates into short-chain fatty acids (SCFAs). SCFAs make the intestinal pH more acidic, which prevents adherence and growth of bad bacteria. *B. bifidum*, *B. longum*, *B. thermophilum*, and *B. lactis* kill problematic bacteria like *E. coli*, *Salmonella*, *Shigella*, and *Streptococcus*.



Enterococcus has historically been used in the preservation of fermented foods. Their enzyme activity has characteristics that decrease inflammation, improve immune function, and potentially improves cardiovascular health. However, as a supplemental probiotic, specific strains have the power to take over the gut microbiome, which can lead to big imbalances and digestive upset. It is essential to note that the health benefits of specific strains of *Enterococcus* are still an active area of research, and more studies are needed to fully understand their potential effects on human health.

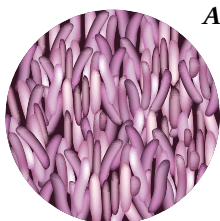
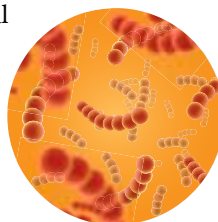


Saccharomyces boulardii is a yeast which improves your gut immune response by stimulating the release of secretory immunoglobulin A (IgA). IgA prevents bad bacteria and toxins from colonizing. *Saccharomyces cerevisiae* is less powerful at stimulating the gut immune response. Furthermore, *S. boulardii* is more temperature- and acid-resistant, making it a viable probiotic to travel with.



Heyndrickxia coagulans (formerly *Bacillus coagulans*) is a yeast found in nondairy fermented products like Japanese natto (fermented soybeans), Korean kimchi, and Vietnamese fish sauce. The presence of *Heyndrickxia* can increase the diversity of gut microbes and prevent infection. *Bacillus cereus*, found in rice that has not been stored properly, can cause food-poisoning symptoms.

Streptococcus typically colonizes the skin and mucosal membranes. Most people associate this species with strep throat; however, strains like *S. salivarius* are beneficial bacteria to have in your mouth. It prevents growth and inflammation caused by bad bacteria, thus aiding in the prevention of gum disease and cavities, and potentially decreasing the risk of dementia.



Akkermansia muciniphila is a key microbe involved in metabolism and inflammation. Abundant concentrations are found in the gut of healthy, lean individuals. In contrast, overweight and type 2 diabetics lack this organism. *A. muciniphila* thickens the protective mucosal gut lining and prevents inflammation triggered by bad bacteria. In general, *A. muciniphila* signals the body to reset to homeostasis.

A Note on Symbiotics

Probiotic formulations can contain more than just probiotic strains. Prebiotics are nondigestible food ingredients, like inulin and fructo-oligosaccharides (FOS), that feed the microbes. A formulation containing a combination of probiotics and prebiotics is known as a symbiotic. A symbiotic delivers a probiotic with its own fuel source. As a precautionary note, FOS-free and prebiotic-free formulas are more suitable for those with microbiome imbalances and gut dysfunction, like small intestinal bacterial overgrowth (SIBO).

Clearly, not all probiotics are equal. Each has a purpose and a mechanism that are needed for a robust microbiome and overall health. In order to thrive, the supplemented probiotics need a solid foundation comprised of proper nutrition, fibre, hydration, sleep, and movement to flourish.



Dr. Patricia Wu, ND

Dr. Wu is a naturopathic physician with a geriatric-focused practice in Tsawwassen (South Delta), BC. She has a special interest in heart disease, metabolic disease, and brain health (dementia/Alzheimer's prevention).

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Strengthen Your Health One Cell at a Time

by Jill Northrup, ND

What is Cellular Health?

Cellular health is an emerging concept that overall health depends on the wellbeing and functionality of individual cells. Organelles within the cells of the body play a crucial role in energy synthesis; detoxification and elimination of waste products; reproduction of healthy viable cells; and removal of mutated, damaged cells, among others. These biological processes are intricate and integral; they must occur every day to maintain health at a systemic level. As the average human body is composed of over 30 trillion human cells, this is no small feat.

At a cellular level, numerous processes and reactions are occurring constantly. These include cellular respiration or the generation of ATP (the energy molecule); cellular transport, the packaging and delivery of signalling molecules ranging from inflammatory cytokines to individual ions such as sodium and calcium, required for the generation of an action potential, or nerve impulse; and cellular division, the reproduction of individual DNA strands to produce new cells. Clearly, these processes are crucial in the functioning of the body. When these cellular processes occur on a large scale, they contribute to physiological responses such as fever generation, muscle contraction, or bone repair.

Cellular health hinges on individual cell wellbeing, vital for overall health. Processes like energy synthesis, detoxification, and cellular reproduction are integral. With over 30 trillion cells, maintaining health is complex.

The mitochondria, perhaps one of the best-known cellular organelles, also known as the “powerhouse” of the cell, can be implicated in virtually every chronic disease when dysfunctional. Prone to damage from

oxidative stress and inflammation—which can be caused by lifestyle factors, toxin exposure, infection, or chronic disease—mitochondrial function can decline, leading to a reduction in ATP synthesis. The reduction in ATP levels is a common factor in many chronic conditions, leading to the prevalent symptom of fatigue.

Mitochondrial dysfunction is also one of many impaired cellular mechanisms contributing to “inflammaging”: low-grade, systemic, age-related inflammation. This further accelerates the process of aging and increases the risk of chronic disease. Mitochondrial dysfunction has been associated with conditions including cardiovascular diseases, autoimmune disorders, and psychiatric and gastrointestinal diseases. As these are some of the most ubiquitous conditions affecting the general public, addressing mitochondrial health therefore has to be considered when it comes to preventing and treating these conditions.



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Mitochondria, known as the cell's "powerhouse," can impact chronic diseases when dysfunctional due to oxidative stress and inflammation. Addressing mitochondrial health is crucial in preventing and treating various conditions.

The Role of Nutrients

Various nutrients are required for proper mitochondrial function. This includes B vitamins, magnesium, omega-3 fatty acids, and antioxidants including vitamin C and zinc, which can help protect against mitochondrial oxidative damage. Other, potentially lesser-known compounds can also support mitochondrial health, including L-carnitine, coenzyme Q₁₀ (CoQ₁₀), and nicotinamide nononucleotide (NMN). These compounds are naturally present within the mitochondria and synthesized by the body. Supplementing L-carnitine, CoQ₁₀, and NMN has been studied in the context of mitochondrial diseases and optimizing mitochondrial function.

L-Carnitine is an amino acid essential for optimal mitochondrial function, including the transportation of fatty acids for energy production, the protection of cellular membranes, and the removal of fatty-acid metabolic byproducts. L-Carnitine insufficiency leads to the accumulation of fatty acids and the buildup of toxic metabolic byproducts, directly contributing to insulin resistance, the precursor of diabetes. Amongst those with cardiovascular risk factors, L-carnitine supplementation has been shown to improve both cholesterol and glucose control.



Supplementing L-carnitine, CoQ₁₀, and NMN has been studied in the context of mitochondrial diseases and optimizing mitochondrial function.

CoQ₁₀, a commonly used nutraceutical, is a component of the mitochondrial transport chain, facilitating the movement of electrons to generate energy. CoQ₁₀ also exerts strong antioxidant activity. Therapeutic CoQ₁₀ restores electron movement within the mitochondria, thus improving mitochondrial function and increasing cellular antioxidant activity. CoQ₁₀ has been extensively researched regarding cardiovascular disease, where oxidative stress plays a crucial role in its development.

Studies have shown that CoQ₁₀ levels are deficient in three out of four patients with heart disease, and these levels decrease further with the severity of the disease. Supplementation with CoQ₁₀ amongst patients with cardiovascular disease exhibits antioxidant and anti-inflammatory effects, improves vasodilation and reduces blood pressure amongst hypertensive patients, improves heart failure classification, and may also have antiarrhythmic effects.

NMN is also an important nutraceutical to consider when examining mitochondrial function. NMN is a precursor to nicotinamide adenine dinucleotide (NAD), an essential cofactor for various mitochondrial metabolic pathways. In the body, NMN is synthesized from vitamin B₃. NMN is also found naturally occurring in foods including cucumber, broccoli, cabbage, avocado, tomato, and edamame. Both NMN and NAD levels decline with age, as does the body's ability to convert NMN to NAD. This is associated with reduced mitochondrial energy production, oxidative stress, and inflammation. Supplementation with NMN increases NAD synthesis, reducing age-related inflammation and improving mitochondrial function. In a murine model, NMN administration mitigated age-related decline, including suppressing age-related body-weight gain and insulin resistance, and enhancing energy metabolism. Among older adults, one study found that NMN supplementation helped to reduce drowsiness. Overall, NMN has a potential therapeutic role in relieving fatigue and improving physical performance in older adults. Its antiaging properties may extend to humans, but further research is required to elucidate its effects.

NMN, a precursor to NAD, crucial for mitochondrial function, declines with age. Supplementation boosts NAD synthesis, reducing inflammation and enhancing energy metabolism, with potential antiaging benefits.

Big Picture

Overall, mitochondrial function and cellular health are critical to consider when examining any chronic disease. Microscopic changes and inefficiencies can lead to profound systemic effects, with seemingly minuscule cellular changes to cells potentially contributing to a multitude of chronic diseases. With cellular and mitochondrial dysfunction, a common cornerstone to nearly every chronic condition, optimizing overall health and wellbeing truly does begin one cell at a time.



Dr. Jill Northrup, ND

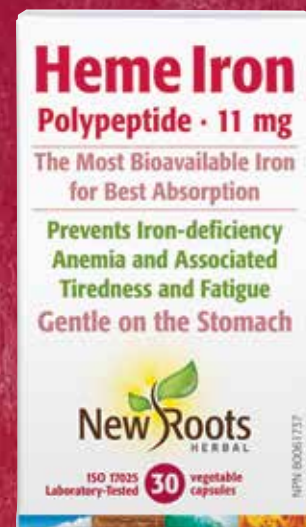
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Quashing Cravings

Some Food for Thought

by Kim Abog, ND

What Are Cravings?

If you have ever experienced the urge to eat certain foods—sweet, salty, fatty foods—or even get excited at the thought of tasting and feeling while eating, then you already know what cravings are. Food cravings are intense desires for a particular food. Cravings are very common, and are known to happen to 90% of the people.

Why and How Do Cravings Happen?

While we generally associate food cravings with poor eating habits, lack of self-control, or being naturally a “sugar addict,” cravings are much more multifaceted than we perceive. Cravings occur due to the complex interactions of brain-digestion feedback systems, stress, emotions, habits, and exposure or access to food.

Studies that sought to understand cravings have shown that those—especially ones that relate to

sensorial exposures to visual, scent, and taste food cues—are associated with increases in physiological signals such as heart rate, stomach activity, and salivation. Patterns of increased activity of neural responses in the brain’s reward system have also been observed with the occurrence of cravings. Such activity fosters feelings of pleasure, which may influence our food choices, eating behaviours, and body weight.

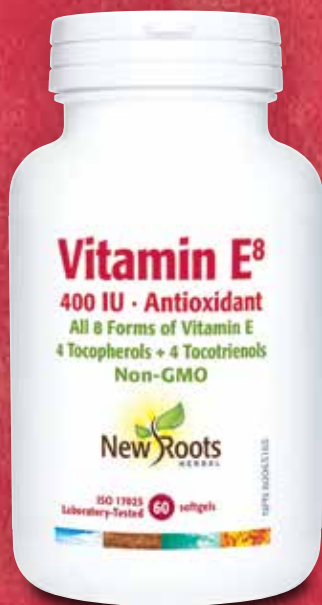
Is It Bad to Have Cravings?

Let’s take a moment to differentiate hunger and appetite from cravings, in the context of food. Hunger is a compelling physiological signal of lack of food (often experienced as a sensation of tightness in your stomach). Hunger can be coupled with the desire to eat. Appetite is an awareness and desire for food. Appetite is experienced as feeling the anticipation of an upcoming meal, a sharper awareness while eating, and satisfaction after consumption. To reiterate, cravings are urges to eat a particular food, to think about food often; a desire to constantly snack, or a need to fill up on food in general. Cravings can increase your appetite, regardless of whether you are hungry or not. There are many overlaps between hunger, appetite, and cravings and how, remarkably, we can experience them sometimes all at once or on separate occasions.





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Cravings are not inherently bad. Clinically, observing food cravings is important because of its implications in eating habits, digestive function, and weight management, as well as in relation to other situational factors (e.g., lifestyle, exercise, food accessibility, stress support). Hyperpalatable foods, characterized by their heightened palatability and the incorporation of flavours such as sweetness, saltiness, or richness, have the capacity to modulate the endocrine system. This modulation involves the stimulation of hormonal feedback loops and the production of metabolic, stress-related, and appetite-related hormones, including insulin, cortisol, dopamine, leptin, and ghrelin. Consumption of hyperpalatable foods too often can confound the normal neurohormonal-gastrointestinal feedback signals and can influence how cravings continue despite having eaten enough food.



In obese men, it has been observed that regions of the brain involved in sensory processing, emotional regulation, conditioning, and motivation have suppressed activity when presented with food. Interestingly, it has also been observed that there is an additional required effort to increase cognitive control in response to food stimulation in obese compared with nonobese men. Improving control, food cravings, and mood also seem to be in concert with achieving long-term weight-loss success. It is important to mention that weight management is complex, and there is an ongoing exploration of defining what metabolically healthy is, outside the parameters of measuring weight (and cravings) alone.

What Can I Do to Manage My Cravings?

Being mindful of how cravings come up and how they can affect your health is an integral part of an ongoing path to good health. You can consider addressing your cravings the following ways:

- 1 Acknowledging changes in your mood, routine, stress levels, sleep quality, environment, hydration status, etc. can help you develop a better sense of what factors may predispose you to developing cravings. For example, being mindful of your exposure to food-related content such as on devices or TV advertisements, especially while eating.
- 2 Continually finding ways to engage in stress-reducing activities or hobbies to help you work through the neuropsychological aspect of the build-up of cravings.
- 3 Engaging in regular physical activity not only improves mood and overall wellbeing but also helps to regulate hormones and neurotransmitters involved in the development of cravings.
- 4 Prioritizing sleep, particularly ensuring that you are getting enough sleep, is necessary in the ongoing management of cravings. Lack of sleep can be disruptive to hormone and neurotransmitter regulation and may contribute to an increase in cravings, especially for sugary and high-calorie foods.
- 5 Ensuring that you are consuming nutritionally dense meals, opting for foods high in protein and fibre to prolong satiety after meals and curb cravings.
- 6 Incorporating nutrients (nutraceuticals) to assist in addressing physiological dysregulation that may contribute to increase in cravings. As an example, chromium picolinate is a mineral (micronutrient) that plays a role in regulating blood-sugar levels and reducing cravings for high-carbohydrate and sugary foods.

Conclusion

Acknowledging and addressing cravings is vital for overall health, considering their multifaceted origins. While not inherently negative, their impact on eating behaviours requires attention. Adopting a holistic approach involving lifestyle adjustments, dietary choices, and psychological wellbeing is crucial for effective craving management and long-term health promotion.



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.

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The Nose Knows

The Power of Scents and Essential Oils

by Kaitlyn Zorn, HBSc, ND



The sense of smell, often underrated, plays a pivotal role in our daily lives—influencing emotions, memories, and overall wellbeing. The impact of scents, particularly when harnessed through essential oils, offers a natural pathway to enhance various aspects of our lives.

The Potent Influence of Scents

Scents exert their influence through a direct connection to the olfactory bulb in the brain, which is linked to the limbic system, the centre for emotions and memory processing. This connection allows scents to evoke immediate emotional responses and vivid memories. Essential oils, which are highly concentrated plant extracts, use these natural fragrances to influence mood, mental state, and even physical wellbeing.

Many studies have shown that the inhalation of lavender and other essential oils before surgeries have eased patient anxiety and even reduced pain levels. A specific study revealed a reduction in post-C-section anxiety when participants were exposed to lavender essential oil, while pain levels decreased in response to the scent of rose. Lemon, orange, bergamot, and chamomile are additional essential oils known for their ability to induce a calming effect on the central nervous system, contributing to the reduction of anxiety. Clary sage can also be beneficial for balancing hormones and reducing stress in women.

From an immune perspective, eucalyptus, oregano, and clove have been shown to be antibacterial and antiviral, proving to be useful adjuncts during cold-and-flu season.

Scents and Memory: A Deep Connection

The ability of scents to trigger memories is deeply ingrained in us. The olfactory bulb has direct pathways to the amygdala and hippocampus, areas in the brain integral to emotional processing and memory formation. This is why certain scents can instantly transport us back in time or cause emotional responses. For instance, the smell of geranium might remind someone of their grandmother's garden, triggering a sense of nostalgia and comfort. Essential oils like rosemary and sage are being increasingly studied for their potential to aid memory recall and cognitive function, making them not just tools to reminisce but also for cognitive health.

The volatile (airborne) oils from peppermint and rosemary have both been shown to increase memory and cognitive performance and to reduce headaches in adults and children. This is believed to occur



through the activation of calming GABA neurotransmitters in the brain, while maintaining sharp mental focus. Frankincense, another notable essential oil, is believed to have properties that promote healing in brain cells, potentially aiding in recovery from traumatic brain injuries and neurodegenerative disorders. Any of the previously mentioned oils may also be helpful in managing dementia and Alzheimer's.

Enhanced Living through Aromatherapy

Integrating scents into daily routines can significantly enhance quality of life. Aromatherapy, which involves using essential oils for therapeutic purposes, can help in promoting relaxation, alleviating stress, improving sleep, and boosting energy levels. Different scents have different effects. For example, lavender is used for its relaxing and sleep-inducing properties, while citrus scents like lemon and orange are known more for their uplifting and energizing effects. By mindfully choosing scents, we can create a more balanced and harmonious living environment which caters to our emotional and physical needs. Many health-care practitioners also choose to use aromatherapy in their practice for their enhancing effects.

A simple way to integrate oils into your day-to-day life is to diffuse them or create a natural room spritzer. You could try using an earthy scent like cedarwood or wintergreen as a room freshener. Another way is to add them to a carrier oil such as almond or grapeseed and make your personalized "roll-on." You can also be creative with leftover lemon peels to both disinfect the kitchen sink and produce an energizing scent while cleaning.

Purity and Absorption: Why It Matters

The purity of scents is crucial, especially when they are absorbed through the skin or inhaled. Our skin, being highly permeable, can absorb substances directly into the bloodstream.

This makes it imperative to choose high-quality, 100% pure and clean essential oils, which are free from synthetic fragrances, additives, and contaminants. Pure oils ensure that the natural benefits of the plants are received without any harmful side effects. Moreover, the therapeutic properties of essential oils are most effective when they are in their purest, completely unadulterated form. This purity is not only beneficial for personal health but also for the environment, as it encourages sustainable and chemical-free farming practices.

Conclusion: Embracing the Power of Scents

The power of scents, especially through the use of essential oils, is an underappreciated aspect of our sensory experience. By understanding and utilizing this power, we can impact our mental and emotional health, enhance our living spaces, and adopt a healthier lifestyle. The purity of the scents we choose to surround ourselves with is essential for maximizing their therapeutic benefits. The world of scents offers a unique and natural way to improve our quality of life, making it an important element to explore and integrate into our daily routines.



Dr. Kaitlyn Zorn, HBSc, ND

A Guelph naturopathic doctor who uses a blend of modern science and traditional healing therapies to treat the whole person. Her journey has helped her develop an interest in brain health, pain management, and critical illness relief.

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Alzheimer's and Dementia

Stacking the Odds in Your Favour

by Dasha Leneva, ND

Neurodegenerative diseases are among the most common conditions that humans suffer from as we age. These include Alzheimer's and Parkinson's diseases, as well as other dementias. In Canada, it is estimated that 564,000 people are currently living with dementia, and in the span of 15 years, 937,000 Canadians will be diagnosed with the disease. These numbers are staggeringly high, which raises both concern and interest in research regarding the prevention and reduction of the onset of these cognitive diseases. There is a particular interest in the link between nutrition, nutraceuticals, lifestyle, and the rate of cognitive decline in Alzheimer's and dementia patients. Strong evidence highlights specific nutrients that decrease the pathologies associated with neurodegenerative diseases, such as increased oxidative stress, *beta*-amyloid plaque formation, and cerebral inflammation. This begs the question: What can we do to stack the odds in our favour?

What Are Alzheimer's Disease and Dementia?

Alzheimer's disease is a specific kind of dementia, which is an umbrella term for various brain disorders that affect mental processes severely enough to impact normal activities. Alzheimer's disease accounts for about 60–80% of all dementia patients. Alzheimer's is characterized by the gradual loss of brain cells, leading to a decline in memory, reasoning, and other cognitive abilities over time. In Alzheimer's disease, parts of the brain start to shrink, and the connections between the brain cells get weaker. Those affected might forget little things, like where they put their keys or what they had for breakfast. Over time, they might forget important things, like recognizing loved ones. They can also get confused easily, have personality changes, and get frustrated.

Memory difficulties, particularly with recalling recent events and experiences, are often among the initial signs of Alzheimer's disease. Other indicators include a decline in the ability to remember spoken words, challenges with solving problems, a decrease in motivation, depressive states, and issues with sleeping. In later phases, there is a continued decline in memory and thinking skills, leading to significant impairment and loss of physical coordination, alongside notable changes in personality and behaviour.

Who Is at Risk?

Genetic factors, like having a parent or sibling with Alzheimer's, increase the risk. Specific genes, like the *APOE* e4 allele, are associated with a higher risk of developing Alzheimer's. People that have this gene have twice the risk of developing Alzheimer's disease. As we age, especially after 65, certain factors can increase the risk of Alzheimer's disease.



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Conditions such as hypertension, high cholesterol, obesity, and diabetes can pose significant risks to heart health, which in turn may elevate the risk of developing Alzheimer's. Additionally, experiencing serious head injuries, including concussions that result in loss of consciousness, may also heighten the likelihood of developing Alzheimer's.

How to Stack the Odds in Our Favour

Diet and Lifestyle

The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet is an eating paradigm designed to be neuroprotective and reduce the rate of cognitive decline in the aging population. The MIND diet utilizes dietary antioxidants and brain-supporting foods that reduce the accumulation of reactive oxidative species (ROS) that can lead to cellular damage and inflammation, especially as they accumulate with age. The MIND diet is modelled after the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet, used to increase cardiovascular health and decrease systolic blood pressure, respectively. It is an evidence-based approach that nourishes the body to promote a healthy mind. It highly encourages the consumption of healthy omega-3 fatty acids, mainly in the form of docosahexaenoic acid (DHA) found in fish, as well as antioxidant vitamins like dietary tocopherols (vitamin E) found in olive oil, nuts, and seeds; vitamin C; and carotenoid- and flavonoid-rich berries. Additionally, it emphasizes the importance of B vitamins like folate, derived from vegetables and whole grains. The MIND diet restricts red meat, processed food, dairy, and fast foods.



Exercise has been widely recognized for its general health benefits, but it also has specific advantages when it comes to Alzheimer's disease prevention and management. Engaging in regular physical activity has been shown to offer a range of benefits that may help reduce the risk of developing Alzheimer's disease. Exercise can improve cardiovascular health, which is important in the development of Alzheimer's. Regular physical activity can help manage these risk factors by keeping blood vessels healthy and ensuring good blood flow to the brain. It is a beneficial practice for maintaining overall brain health and functionality, especially

as one ages. Moderate- to high-intensity exercise for at least 75–300 minutes per week can be protective. An easy way to monitor your exercise intensity is through your heart rate. Adding in just 10 minutes of intense aerobic activity like cycling, Tabata training, or running a few times per week can make a difference.

Supplements

Citicoline

Citicoline is a brain chemical that occurs naturally in the body. It has a role in the synthesis of phosphatidylcholine, an important component of brain tissue. It may also help to repair brain-cell membranes and potentially improve neurodegenerative diseases. Citicoline is thought to work by increasing the levels of certain neurotransmitters in the brain, protecting neural tissues from damage, and reducing the buildup of harmful substances in the brain that are associated with cognitive decline.

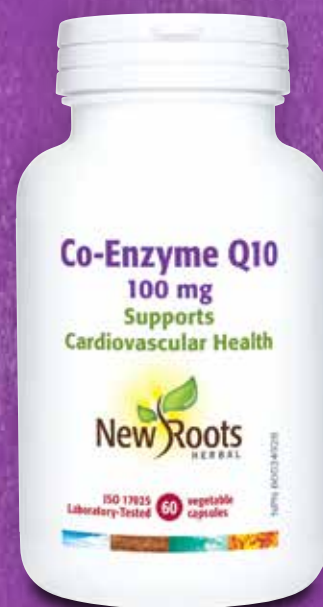


Omega-3s

Omega-3 fatty acids are found in fish oil and are known to be anti-inflammatory and neuroprotective. There is strong evidence that the consumption of fish, mainly those high in the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), has been shown to lower brain inflammation and have benefits associated with improved brain function. DHA is an omega-3 fatty acid that is vital for brain growth and cognitive function. DHA is concentrated in areas of high metabolic activity like the cortex, neuronal synapses, and mitochondria, and is important for the structure and function of the brain. Increasing DHA levels in the brain supports mitochondrial function and structural components in the brain. Animal studies have shown that increasing DHA in the diet, through the consumption of fish and high-DHA omega-3 supplements, increases DHA levels in the brain. This may in turn increase antioxidant enzyme functions and decrease the levels of damage and oxidation in the brain.

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B Vitamins

B vitamins, especially folic acid, B₆, and B₁₂, have been shown to decrease the risk of Alzheimer's disease and decrease brain aging. A prospective study that analyzed the link between folate intake and Alzheimer's disease found that adequate folate intake (400 mcg or more per day) decreased the incidence of Alzheimer's disease by 60%. This decrease may be credited to the fact that increased folate intake is related to decreased levels of serum homocysteine. Homocysteine is related to vascular disease, impaired neuronal DNA repair, and oxidative stress, all contributing to the development of Alzheimer's disease.

Nicotinamide Riboside

Nicotinamide riboside is a form of vitamin B₃ that functions as a precursor to nicotinamide adenine dinucleotide (NAD⁺), a coenzyme involved in cellular metabolism. Some evidence suggests that increasing NAD⁺ levels may help to protect against neurodegenerative diseases. NAD⁺ plays a key role in energy production, DNA repair, and the regulation of circadian rhythms, all of which are important in the maintenance of neuronal health. Nicotinamide has been shown to influence certain neuronal pathways that are involved in oxidative stress and regulation of apoptosis and autophagy. Autophagy is the cell's way of cleaning out and recycling its damaged parts, while apoptosis is the cell's programmed self-destruction when it is damaged or no longer needed. These are all critical for cellular health and survival.

Clinical studies have shown that supplementation with nicotinamide riboside can elevate NAD⁺ levels, which has been linked to potential therapeutic effects on metabolic and age-related diseases. It is well-tolerated in healthy middle-aged and older adults and can effectively increase levels of NAD⁺ in peripheral blood mononuclear cells, indicating its potential for clinical use.

Conclusion

Alzheimer's and dementia represent a significant and growing challenge. Adopting strategies to mitigate the risks and slow the progression of these neurodegenerative diseases is crucial. Research suggests that a proactive approach encompassing the MIND diet, rich in antioxidants and brain-healthy nutrients, combined with regular exercise and specific supplements like citicoline, nicotinamide riboside, omega-3 fatty acids, and B vitamins, could be effective in supporting cognitive health and potentially delaying the onset of Alzheimer's and dementia. These lifestyle and dietary changes, along with an understanding of risk factors, provide a hopeful avenue for individuals to influence their neurological health positively.



Dr. Dasha Leneva, ND

A naturopathic physician based in British Columbia helping people understand their bodies so they can be more confident about their health, she believes that even small practical habits can make astounding differences in people's lives.

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So, Your Mother-in-Law Is Moving in...

by Wendy Present

Does the thought of a parent moving in with you strike joy or terror in your heart? Until recently, an extended family member living under the same roof was not very common in Canada. That is all changing as more young adults remain with their parents and senior adults move in with their own adult children. In fact, the 2021 Canadian Census shows that the number of multigenerational households has increased by 50% since 2001.

Reasons for Choosing the Family Home as an Option for Senior Care

Several reasons may factor into the decision to bring an elderly parent into your home. People are living longer and are thus likely to experience more health problems which complicate independent living. Rentals and property taxes are both on the rise, making housing more expensive. Hiring private personal-care workers to remain independent can be onerous due to a short supply, and fees—especially from an agency—are very expensive. As well, the waiting lists for facilities such as retirement and long-term-care facilities are now numbering in the months and years.

Costs v. Benefits of Living with an Elderly Loved One

The arrangement to bring an elderly parent home can work out well for some families. There is the huge emotional benefit of facilitating closeness between grandparent and grandchild. An older parent in reasonably good health may also be able to help support the family with childcare and household chores.

From the senior's perspective, living with family can lead to a reduction in stress, a return to healthier eating habits, assistance with medical needs, and the vital companionship that is especially cherished after the loss of a partner.

Sharing a space with an elderly loved one may also be a source of stress for families, especially if their health is declining. Poor health may mean that a lot of time must be devoted to their care, or in monitoring their safety. Also, the living space may not be ideally designed for the physical needs of a senior with reduced mobility. There may be some financial strain, emotional friction between the adults, or the children may exhaust the seniors with their excess energy.

Five Tips to Consider before the Big Move

Bringing an elderly parent into your home requires careful thought. Families may feel tremendous pressure from the hospital regarding the discharge of a senior after a major health event. A couple of years ago, I published a short course outlining the steps on how to successfully move a senior family member home after a stay in the hospital. Here are some points from that course, as well as tips from my own ongoing experience as a family caregiver.

- 1 Do you have more than one family member committed to taking on a caregiving role, or are you planning to hire extra help? This is essential, since the primary caregiver needs to be able to sleep through the night and take breaks during the week to maintain their own health.
- 2 Do you have at least one fully accessible entrance to your house, and are the doorways wide enough to accommodate a walker or wheelchair? If the elderly loved one does not currently need a mobility device, they may do so in the near future.
- 3 Is there a bedroom and a bathroom on the main floor? Ideally, these would be close together. Is the bathroom fully accessible? Showers are easier than baths, and there needs to be enough room to get a mobility device in the bathroom.
- 4 Provincial publicly funded home-care services can be beneficial, although they often have limited resources. It is advisable to enrol your loved one early, even if they currently require minimal assistance. In Ontario, these services are managed by the Home and Community Care Support Services, offering nursing and various other support services directly to your home.
- 5 Do you have a “Plan B”? Given the shortages in good-quality long-term care homes, now might be a good time to put your loved one on a waiting list or two. The screening process for long-term care homes is also handled by Home and Community Care Support Services in Ontario. The length of the period they will live with you is unknown—it could be anywhere from weeks to years—and if one day their health deteriorates beyond your ability to help them, or if something happens to the primary caregiver, the only other option for their care at that point is a hospital. It may be worth it to tour some long-term-care facilities together before the need becomes absolute.



Does the Arrangement Meet All of Your Loved One's Needs?

It is equally important to think about how you will meet the physical, mental, emotional, and spiritual needs of your elderly parent. It is wonderful when the language, culture, and religion are shared at home, but will your loved one get enough socialization? How will exercise needs be met? Often, community day programs can provide companionship and activities for seniors. Your local branch of the Canadian Alzheimer's association or a local senior centre are worth consulting. Dementia-specific programs are often very reasonably priced: They allow a caregiver to drop a loved one off in the morning, pick them up in the late afternoon, and provide lunch and interesting activities. Virtual programs are also available.



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Will It Work? That Depends on the Elderly Parent and the Family

The dynamics of living with a senior family member are shaped by a combination of factors, including their history and relationships between the adult children and the elderly parent, as well as the latter's health condition. A senior who remains self-sufficient, is mentally alert, and is capable of making sound decisions offers a markedly different experience for the family compared to an elderly parent who requires extensive care and supervision due to being bedridden, emotionally volatile, or prone to wandering.

Financing Senior Care

Many family caregivers, particularly women, often face the tough decision of either sacrificing their employment or reducing their work hours to accommodate the needs of their senior family member. This becomes more pronounced as the senior's health declines, further limiting mobility and independence. While there is no direct financial compensation for family caregiving, caregivers can avail themselves of the Canada caregiver credit, providing a tax credit based on their other income sources. Additionally, limited publicly funded home care is available through the Home and Community Care Support Services, offering assistance with nursing and other care tasks. However, once private agency hiring comes into play, costs can escalate significantly. For instance, planning for 24-hour personal-support worker (PSW) care through an agency may incur expenses of around \$15,000 per month. Alternatively, having a self-contained apartment within your home could allow for partial housing in exchange for the services of a live-in caregiver or caregiving couple.





Prevent Caregiver Burnout

Caregiver burnout is a significant issue often overlooked in societies where informal caregiving, particularly by women, is undervalued. This unrecognized labour can lead to isolation and loneliness for caregivers, with a high incidence of physical and mental health challenges. It is imperative to provide support for caregivers, acknowledging their vital role. Additionally, unresolved relationship issues between the caregiver and the elderly loved one may require professional intervention. Prioritizing senior care over spending time with young children at home could also potentially affect their emotions. It is crucial to consider whether your partner will offer assistance and support. Furthermore, while extended family living arrangements offer benefits, it is worth exploring if older children can provide respite for senior care or assist with household tasks like cooking or cleaning.

Enjoy the Memories!

Embracing the presence of an elderly parent in your home can create countless cherished memories and foster warmth for the entire family, enriching each member's life. However, it is crucial to recognize that every family operates with unique dynamics and resources, both human and financial. By undertaking careful preparation and addressing potential challenges head-on, inviting your elderly parent or in-law to live with you and your family has the potential to be one of the most rewarding decisions you will ever make.



Wendy Presant, RHNC, CFMP

With a background in nursing, naturopathic, and functional medicine, Wendy Presant is currently registered as a health-and-nutrition counsellor. She provides virtual coaching services to individuals looking to optimize their health.

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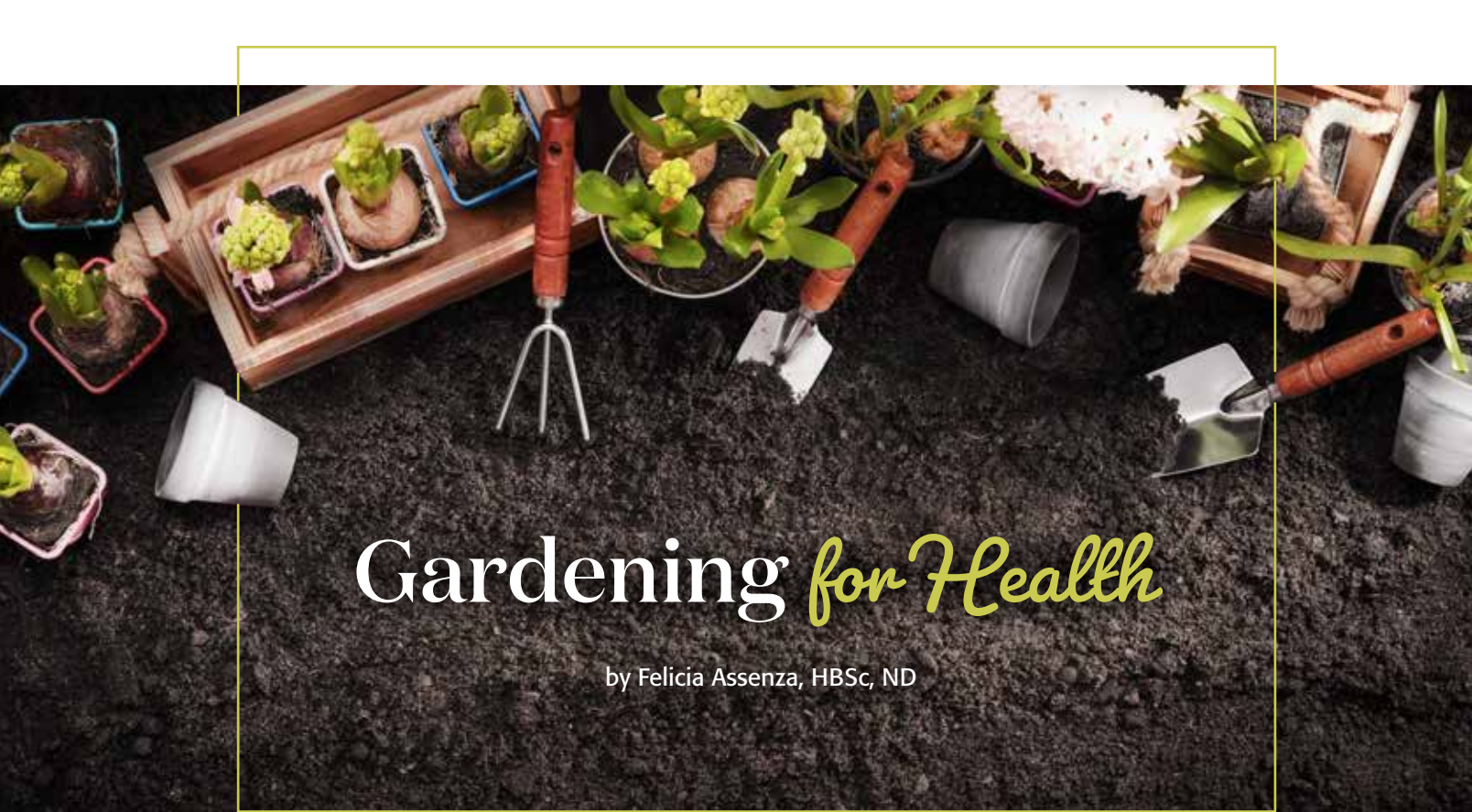
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Gardening *for Health*

by Felicia Assenza, HBSc, ND

As the snow starts to melt, the first robin of the season is spotted, and little bits of green start popping up from the ground, you might be hearing the garden call. Gardening is such a precious pastime, and with its innumerable health benefits, it can also be viewed as an important health activity. Let us look at some of its many benefits together.

Brings Joy and Boosts Mood

Have you ever started a plant from a seed? Can you remember the first time one of your seedlings sprouted? Do you remember the feeling that came with that? The joy and wonder that come with seeing that first sprout seem to grow with the plant as you marvel at all that comes from such a small seed.

The satisfying full-circle process of nurturing a plant can bring a special sense of fulfillment when your small seed grows into plant-bearing fruits, vegetables, herbs, or flowers for you to enjoy or admire.

Supports Clean Nutrition

Growing your own fruits, vegetables, and herbs gives you greater control and insight into their cultivation. You can monitor soil health, opt for organic pest control and soil-care methods, and harvest produce at optimal ripeness, maximizing their nutritional value.

Eases Anxiety and Helps Cope with Stress

Gardening often carries a spiritual dimension, offering a sense of connection to something greater than oneself. Engaging in outdoor activities such as gardening has been demonstrated to reduce perceived stress, anxiety, and anger responses. It can even influence gut microbes in children from preschool age and contribute to decreased depression, anxiety, and improved weight management in older adults.

Supports the Immune System

I would argue that if you were to choose just one activity to support your immune system, gardening would be the ideal choice. Gardening involves interacting with various microbes, which can contribute to the diversity of your microbiome. Tending a garden exposes you to sunlight, fresh air, and regular exercise, all of which help build your body's resilience.

Additionally, if you grow your own food in the garden, you are providing yourself with nourishment that further supports your immune system. You can even cultivate plants traditionally used to bolster immune health, such as echinacea or elderberry.

Encourages Focused Attention and Mindfulness

Growing plants encourages you to slow down and pay attention to the little ways they change each day. The calm, mindful focus that comes from tending the garden can spread to other areas of life as well and you may find yourself paying more attention as you move through your day.

Promotes Inclusivity

The garden can promote inclusivity on multiple levels. For one, gardening offers numerous approaches, ensuring there is something suitable for everyone's preferences, interests, and skill levels.

Second, planting a garden fosters an ecosystem that showcases the significance of each participant. Bees pollinate flowers, leading to the growth of fruits and vegetables. In turn, these attract various animals and humans, facilitating a cycle of growth and interaction. Even weeds or typical garden pests contribute positively by enhancing soil quality or introducing different nutrients, underscoring the importance of inclusion and diversity within the garden ecosystem.



But Wait, What if I Don't Have Enough Space, Time, or Ability for a Garden?

There are so many ways around these concerns because there are so many different ways to garden. If you do not have the space for a large backyard garden, try a container garden. You could even start with one plant in a small container. I often recommend starting with some lettuce in a container, since it is relatively easy to grow and you can enjoy multiple harvests from one plant. If you have a big space and are overwhelmed with where to begin, start with a couple of plants in a small section for the first year and grow from there. The garden will improve each year.

If physical-ability limitations are a concern for you, consider exploring adaptive gardening options online. From raised beds to vertical gardens, and from seated gardening techniques to valuable tips and tricks for injury prevention and endurance enhancement, there are a wealth of ideas, tools, and resources that ensure gardening is accessible to everyone, regardless of ability.

I hope you are now feeling inspired to get out and get your hands dirty this spring! See you in the garden!



Dr. Felicia Assenza, HBSc, ND

A graduate of the Canadian College of Naturopathic Medicine (CCNM) in Toronto, her goal in every patient visit is to share the knowledge and experiences that she gained on her own journey to help move others forward on their health journeys.

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Blissful Energy Bites

Enjoy these blissful bites whenever you want by storing them in the freezer after rolling them to size and coating them in chocolate. You can get creative and swap the nut butter for your preference or incorporate dried fruits or seeds.

Ingredients

- 1 cup peanut-hazelnut butter
- 1 cup puffed rice cereal
- 1 cup shaved almonds
- 1 cup chocolate chunks (for melting)
- ½ cup date spread
- ½ cup cashew pieces
- ½ cup pumpkin seeds
- ½ cup unsweetened coconut flakes
- 2–4 tbsps. New Roots Herbal's Coconut MCT Oil
- 1 tbsp. flax oil
- A pinch of salt

Instructions

Begin by warming up ½ a cup of chocolate chunks with coconut oil in a pan on low heat; make sure not to overcook.

Once the chocolate is melted, combine in a large bowl the nut butter, date spread, and melted chocolate. Mix all three ingredients, slowly adding the rice cereal, almonds, cashews, pumpkins seeds, flax oil, and a pinch of salt.

Once you've made a paste with the batter, use your hands to make into evenly portioned balls and place on parchment paper to be frozen.

Use the last ½ cup of chocolate chunks and coconut oil, heating it into a liquid once more to be poured onto the bites, then place them back into the freezer for at least an hour before consuming.

Enjoy!



Megan Luder, CNP

Megan is a certified nutritional practitioner who is passionate about creating and educating on the health benefits of nutrient-dense whole food.
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Friendly Fried Rice

Once I discovered cauliflower rice, I wondered why it took so long for the world to catch on to this amazing innovation. It is simply delicious and incredibly low in carbohydrates. If you add in mushrooms or eggs, which are protein-rich, this recipe can become a hearty main dish that travels well to work or school. For those enjoying a higher-carb menu, the pineapple adds a nice sweetness to the dish.

Ingredients

- 3 cups cauliflower rice (about 1 medium head)
- 1–2 large eggs, whisked (optional)
- 1½ cups chopped red or yellow onion (about 1 medium onion)
- 1½ cups mushrooms or small broccoli florets (optional)
- 1 cup fresh or frozen green peas
- 1 cup chopped fresh pineapple (optional)
- 1–2 cloves garlic, chopped (or ½ teaspoon garlic powder)
- 3 tbsp. coconut sauce or wheat-free tamari (optional)
- 2 tbsp. avocado oil, coconut oil, or vegan butter
- 1 tbsp. grated fresh ginger (or ½ tsp. ground ginger)
- 2–3 tsp. mild curry powder or spice blend (see Tip)
- Fresh flat-leaf or curly parsley or cilantro, for garnish
- ½ tsp. unrefined pink salt

Instructions

In a large saucepan or pot, heat the avocado oil over medium heat. Add the onion, mushrooms, and garlic and cook, stirring frequently, until the onion is soft and translucent (about 3 minutes).

Add the salt, curry powder, and coconut sauce, and cook for an additional 2 to 3 minutes until fragrant.

Add the cauliflower rice, green peas, ginger, and pineapple. Cook until completely warmed through (about 5 minutes).

Add the whisked egg and cook for 1 minute more.

Adjust the seasoning to taste. Top with the chopped parsley or cilantro and add hoisin sauce, if desired.

Serves 6.

Tip

If you want to make your own spice blend, mix together 1 tsp. turmeric, 1 tsp. ground cumin, ½ tsp. ground ginger, and ½ tsp. cinnamon.

Cauliflower Rice

To make cauliflower rice, simply pulse uncooked cauliflower until it forms granules that are about the size of rice grains. Transfer to a paper towel and press out excess moisture.



Julie Daniluk, RHN

Julie Daniluk is a highly sought-after anti-inflammatory expert, speaker, and award-winning author of four bestselling books. Her passion is to speak in venues where she blends her skills and experience in fun and positive ways to provide breakthrough results with her audiences.

JulieDaniluk.com

More delicious recipes are available in Julie's recipe book: *Becoming Sugar Free*





Vegetarian Chickpea Balls

These easy to make, vegetarian, versatile, and economical chickpea balls can be incorporated into Indian, Southeast Asian, Cajun, Italian, or Southern BBQ cuisine.

Ingredients

- 1 can (540 ml / 19 oz.) of chickpeas, rinsed and mashed
- 1 egg
- 1 cup diced mushrooms (any kind)
- ½ cup onions, diced
- ½ cup panko breadcrumbs
- 3 cloves garlic, diced
- 1 tbsp. New Roots Herbal's Fermented Beet Powder
- ½ tsp. each salt and pepper
- A few shakes of Worcestershire sauce

Instructions

Sauté onions, mushrooms, and garlic over medium heat in a nonstick pan for about ten minutes. No oil necessary, as the moisture will gradually release from the ingredients; just add Worcestershire sauce after a few minutes.

Combine all ingredients and mix until uniform. Shape into about a dozen balls. Convection bake at 220 °C (425 °F) for 15 minutes. Add to your favourite dish (they also make great veggie burgers).

The vibrant, red colour from the heart-healthy fermented beet powder lends an appetizing meat-like appearance.

Bon appetit!

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AskGord



I'm on "the list" for hip-replacement surgery, but wait times are at least 6 months. Given my social life revolves around sports, do you have any suggestions for managing pain and inflammation?

There are plenty of alternatives to nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, acetaminophen, or ibuprofen: curcumin, devil's claw, boswellic acid, and serratiopeptidase, to name a few. They are among the cornerstones of many safe and effective formulas for managing pain and inflammation.

There is also a naturally occurring compound called palmitoylethanolamide (PEA), which could be a saviour for many of us Boomers. It is produced within our bodily tissues and is present in small amounts in eggs, peanuts, legumes, and even moose milk! Fortunately, PEA is now available in the form of an innovative nutraceutical for therapeutic applications. The way it works is simple: PEA supports a network within the body, called the endocannabinoid system, which brings balance to the signalling process involved with chronic pain. Clinical trials are promising; with results being reported within several weeks.

I'm looking for a good fish-oil supplement and see some stating "high EPA". Are these better for me?

EPA is the abbreviation for eicosapentaenoic acid. Along with DHA (docosahexaenoic acid), they represent the most plentiful and researched fatty acids present in cold-water fish such as sardines, anchovies, herring, salmon, and tuna.

EPA helps prevent blood from clotting easily, can reduce elevated blood triglycerides, reduce pain and swelling, and exert a positive effect on mood.

Look for a supplement with an ratio of at least 650 mg EPA to 100 mg DHA—up to 1000 mg EPA to 100 mg DHA for therapeutic outcomes which support cognitive function and, more importantly, healthy mood balance.

EPA has also been researched for improvement of focus and attention associated with attention deficit hyperactivity disorder (ADHD) in children. Select a product which specifically references ADHD for the label claim.

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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