



KINDNESS AND OTHER "POSITIVE" EMOTIONS ARE ESSENTIAL TO OUR HEALTH and HEALING

One of my clients said to me recently: "It is sad when we are surprised by kindness". How true those words sounded to me. In the past year our once quiet, seemingly small city has grown past the 1 million mark. Congestion continues to rise in all areas of the city, commutes are longer, road rage is becoming all too common, crime is on the rise. People are stressed, exhausted and working hard to pay the bills. Those buying new homes are faced with daunting mortgages. Kindness to strangers or even neighbors is often no longer commonplace.

Reflection is important. Slowing down and caring for our bodies is crucial in our frenzied day to day existence. Kindness, understanding and openness of heart are essential for living together as our city continues to swell and expand. My experience with my practice and in my own life has shown me that negative emotions and stress affect our physical health. Our emotional perceptions, when weighed down with unresolved and/or unconscious grief, anger, fear, resentment, bitterness and other dark emotions, affects our physical well-being.

Over 90% of the physical symptoms that I see start as stress and negative emotions that are contained in the body. Harboring dark emotions and stress for too long is like eating a continuous diet of junk food. The body becomes exhausted, depleted and illness can take hold in the body. Positive emotions, on the other hand, support our health and well-being verses harming us.

On a personal note, I am often asked why I am an Herbalist. Why own a small business in a sea of big box stores? Some days it seems as if we will be swallowed by the growing pervasiveness of profit and homogeneity. It is no easy task. But living in truth, with integrity, caring for others, supporting clients in their healing process - in turn I am healed myself. My staff and I work extraordinarily hard to help our customers and clients. That is the secret to our success. So simple, yet so rare in today's world. Nurture, we have been told by many who come through our door, is a place where they can be greeted kindly, cared for, listened to and briefly escape the hustle of the outside world. *Continued on page 3*

NEW PRODUCTS

Hyaluronic acid - Nature's Moisturizer!



Hyaluronic acid (HA) is found throughout the body and is most abundant in the connective tissues of the skin and joints. HA is amazing as an internal lubricant as well as an internal moisturizer. It lubricates and cushions joints, as it is an essential part of both cartilage and synovial fluid (the fluid that lubricates the joints). Hyaluronic acid is used for relieving stiff, painful joints caused by problems such as osteoarthritis as well as for stiff muscles.

For skin, HA allows the retention of skin moisture and lubricates between the connective tissues of the skin. It reduces wrinkles, improves elasticity and softens the skin. In addition to benefiting both joints and skin, HA is also used in the medical profession for lubricating the eyes.

As we age, our bodies produce less HA and it is not found in significant quantities in food, so supplementation is important. Hydraplenish, a hyaluronic acid supplement, contains BioCell Collagen II complex. This patented complex also contains collagen type 2 and chondroitin sulfate for extra support, creating an excellent all-round formula for connective tissues, especially joints.

The hyaluronic acid complex in Hydraplenish has numerous studies showing it helps to decrease joint pain and stiffness. It has also been shown to be safe, non-toxic and have an effective absorption rate. Additionally, the HA in Hydraplenish has a low molecular weight. Why does this matter? Because a HA supplement with large molecules is very hard to absorb; a low molecular weight HA is utilized by the body much more efficiently.

Hyaluronic acid is also available in liquid form for internal use and as a topical gel for the face and eyes.

Sources: www.biocelltechnology.com; Nature's Way Hydraplenish information

Immune Protection On The Go!

Do find yourself:
 In a workplace where people have a cold and/or flu?
 Traveling, especially in airplanes?
 Around groups of children?
 Exposed to crowds?
 Having to go to the doctor's office where people are sick?

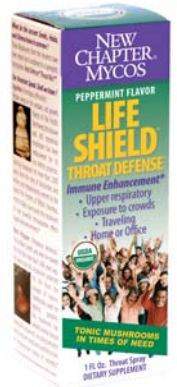
Then LifeShield Throat Defense™ is for you! This throat spray enhances the immune system, helps kill germs in the upper respiratory system and has a minty fresh flavor (to double as a breathe freshener!). When everyone is sick at the office and at home, or your child's entire classroom has a cold, use Throat Defense Spray to ward off impending bugs!

Throat Defense™ by New Chapter* contains three medicinal mushrooms to support the immune system. Reishi mushroom has a powerful anti-inflammatory effect as well as it helps to activate natural killer cells and macrophages, both essential to immune system defense. As an anti-viral, anti-bacterial mushroom that supports the lungs and respiratory system, you cannot go wrong with reishi! In addition, birch polypore mushroom is anti-bacterial both internally and externally and agarikon mushroom is anti-microbial.

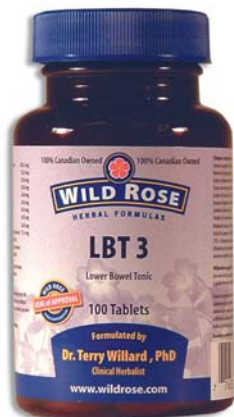
This certified organic throat spray can be used preventatively, or at the first sign of a tickly or scratchy throat to boost immunity, and it easily fits in a jacket or purse.

*New Chapter mushrooms are renowned to be high quality and very therapeutic. They guarantee that their products contain mushrooms that are certified P-value. This means that the mushrooms are grown to be genetically the same as the "mother" mushroom, sustaining all of its genetic energy and healing force, allowing for potent, healing products.

Sources: MycoMedicinals by Paul Stamets; New Chapter Mycomedicinal information



Relieve Constipation - Without Harming Your Bowels



Lower Bowel Tonic 3 (LBT3) comes from a group of herbal formulas, formulated by Terry Willard, Cl.H., Ph.D., that are specific for the colon and benefit the digestive tract. Although LBT3 has a cleansing or laxative effect, its major functions are to increase muscle tone and flexibility of the intestinal wall and to correct neural and hormonal control throughout the system.

Many practitioners of natural methods strongly believe a clean and healthy colon is the first and perhaps the most important step toward better health. The problem is that many laxative type formulas are "addictive" - the longer you take them, the more you need to take in order to get the same action. This formula is quite different as it works on the muscle tone, strengthening the colon instead of just causing bowel movement, so after taking this formula for several months you require less of it. If you are needing a longer term laxative because of stress, poor diet, travel or sickness, LBT3 allows you to support healthy bowel function, not inhibit it.

The exact ratio of herbs in LBT3 has great significance for how well it works. Cascara sagrada, buckthorn and turkey rhubarb are the major components. These herbs contain a group of herbal constituents called glycosides that stimulate catharsis (bowel movement). Two of these glycosides, emodin and chrysophanic acid, work similarly to the brakes and gas pedal in a car, controlling the motility of the colon. This control causes the major building feature of this formula. Cascara sagrada not only acts as a laxative but restores natural tone to the colon. Ginger and fennel seeds help reduce griping or nausea in the intestinal tract during the cleansing phase. Goldenseal strengthens the mucous membranes, while raspberry leaves work as a demulcent, soothing the intestinal tract. Lobelia works on nervous control and the cayenne increases blood circulation.

Source: Wild Rose LBT information

250tabs on volume buy - 2 for \$44! Save \$7.50!

Calm the Kids!

Are you concerned about your child's stress level? What about sleeping problems? Does your child have large, dark, puffy circles under their eyes or seem wired and tired? **Eclectic Valerian and Passion Flower formula** combines specific herbs to create a synergistic formula used for anxiety, irritability and insomnia, as well as a number of other problems including 'back to school' stress, fatigue and travel jitters. This safe and gentle formula can also be used for the elderly.

The ingredients are wildcrafted valerian and passion flower, hops, certified organic chamomile and anise seed in a base of 80% kosher vegetable glycerin. Glycerin is used as a preservative and as an alternative to alcohol for the administration of herbal remedies, making it especially good for children's herbal supplements.

Valerian acts as a strong nervous system sedative. It is used for anxiety, irritability, insomnia due to excessive worry or depression and for mild pain relief.

Passion Flower acts as an antispasmodic and nerve sedative. It is good for worry, anxiety or depression in children or the elderly. It induces restful sleep and aids in neuralgia, tense muscles and high blood pressure.

Hops is used for gastric spasms due to nervousness, as a strong muscle relaxant, as a sedative for anxiety and for promoting restful sleep.

Chamomile is a calmative to the gastrointestinal and nervous systems, especially in children (colic, teething) and the elderly (improves appetite, digestion and sleep).

Anise adds a natural liquorice taste and is used as flavoring in this product.

Eclectic brand pioneered the freeze-drying of herbs, which ensures that their vitality, potency and freshness remain intact.

Other products in the Eclectic line for kids are:

Elderberry-Red Root Throat spray: Used as a potent anti-viral remedy as well as for flu, colds and cough. Also used for sore throat, tonsillitis, chronic bronchitis, whooping cough, fever, lymph congestion, swollen glands and to support the immune system.

St. John's Wort: For agitation, depression, viral infection, retroviruses and migratory or shooting pains related to nerves. It may also aid in children's bedwetting.

Echinacea-Astragalus And Echinacea-Goldenseal: Used for sore throats and as support for the immune system, for acute infection, chronic disease and recurring infections.

Herbal Cough Elixir: Used for viral respiratory infections, cough relief and as an expectorant, helping to expel the mucous and reduce the intensity or frequency of the cough.

Source: Tropic Canada Eclectic information



Living Multi - Optimal Nutrients!



Living Multi is a whole food multi-vitamin (see article on this page **Why Use Whole Food Supplements?**) that contains 20 vegetables, 7 fruits, 11 tonic mushrooms, 8 sea vegetables, 9 botanicals and ionic trace minerals to ensure you get the required amounts of nutrients needed for optimal health and well-being. A daily dosage is equivalent to 203,150 mg of fresh super foods!

Living Multi by Garden Of Life was designed to facilitate cellular detoxification, reduce oxidative stress, support proper pH balance and enhance performance of the body. Because of its fermentation and whole food content, it contains vast amounts of enzymes, amino acids, antioxidants, probiotic and prebiotic along with the vitamins and minerals, all completely ready for the body to absorb and utilize. These ingredients make it one of the most complete multi's available today!

Additionally, Living Multi contains lycopene, lutein and alpha lipoic acid in higher doses than most other multi-vitamins. Lycopene is recognized in studies for helping to reduce certain cancers such as prostate cancer, lutein maintains eye health and alpha lipoic acid supports healthy blood sugar and is a potent antioxidant, especially for the liver.

Living Multi is also available in a specialized women's and men's formula.

Sources: Garden of Life educational information



Why Use Whole Food Supplements?

Whole food supplements are the future of vitamin and nutrient supplements - but what exactly are they? Let's start with the concept of when you consume, for example, a carrot. Your body effectively uses and absorbs the hundreds of beneficial nutrients from it, because all the parts work synergistically together. We digest the entire carrot much better than if we were to take each individual vitamin out of the carrot and consume them separately. The carrot "functions" as a WHOLE.

This concept is incorporated into whole food supplements. Since these supplements contain vitamins, minerals and/or other nutrients with their natural cofactors ('helpers') and whole vegetables, fruits, mushrooms and herbals, your body digests and utilizes them a lot better than if the nutrients were isolated, on their own. That's what makes whole food supplements great! Additionally, most whole food supplements are fermented, enhancing nutrient content, absorption and bioavailability as well as improving intestinal health.

Whole food supplements are just that - nutrients in a whole food state. Which would you rather have - a part or a whole?

Look for Garden of Life, New Chapter and Completia Energy for whole food supplements.

KINDNESS AND OTHER "POSITIVE" EMOTIONS ARE ESSENTIAL TO OUR HEALTH and HEALING cont. from page 1

Since changing the name and focus of the store in March of this year, we have received many compliments about the atmosphere of the store and clinic. I want to thank all of you who continue to support Nurture, who realize the physical and emotional value that Nurture provides to you in your busy and complicated world. Without you, Nurture would not exist. My staff and I feel that we are blessed to contribute to the health and wellness of those who support us.

Samantha Orthlieb, MH

DID YOU KNOW...

That **chocolate**, along with vitamins B1, B2, D, E and magnesium, copper and zinc, contains more antioxidants than green tea, red wine and blueberries? Chocolate is actually a star antioxidant food - its oxygen radical absorbance capacity (ORAC) is second only to wolfberry. Antioxidant rich diets are linked to a lower risk of stroke, heart attack, cancer, asthma, arthritis and more.

Additionally, the flavonols in cocoa help produce nitric oxide, which is essential for proper heart function. They also inhibit inflammation and make blood vessels more flexible. One study even suggests that cocoa can improve the complexion and protect against sun damage! Pure raw cocoa seems to offer the most benefits, but most of us would prefer a delicious chocolate bar. Be wise. Choose DARK chocolate (70% cocoa), organic and no more than a couple pieces a day!! Enjoy a tasty treat that is actually good for you!

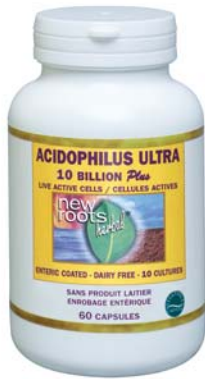
We suggest organic Bija Dark Chocolate or organic Denman Island Chocolate!



The doctor of the future will give no medicine, but will interest his patients in care of the human frame, in diet and the cause of PREVENTION of disease.

-Thomas Edison (1847 – 1931)

Candida (Yeast) Overgrowth - A Modern Day Health Concern



What is yeast?

Yeast (also known as Candida) is naturally found in the body. In small amounts it does not present a problem, but when conditions are "right" it can over populate, creating a host of different symptoms. Contributing factors include a poor diet (too few vegetables and enzyme rich foods, too much processed food, etc.), lack of fiber, alcohol consumption and everyday stress. Stress is often disregarded by conventional health professionals as a contributor to yeast infections, but stress causes the body to become more acidic, leading to yeast overgrowth. Also, negative emotions effect stress levels and yeast infections have been linked to relationships where a person feels they are denying their own needs and feeling victimized.*

What are the signs of a yeast overgrowth?

Some of the most prominent signs are:

Women: vaginal burning or itching, vaginal discharge, menstrual cramps, premenstrual depression, painful intercourse

Children: frequent ear infections, mood swings, concentrations problems

Men: impotence, prostatitis

Some more general symptoms that may be related to candida overgrowth are sugar cravings, constipation, diarrhea, gas, abdominal discomfort, depression, irritability, chronic cough, headaches, thrush, scaly or itchy skin, acne, bad breath, fatigue, rectal itching and kidney/bladder infections. You do not have to have an active vaginal yeast infection for there to be an overgrowth.

How to Fight It

1- Acidophilus Ultra - A healthy, clean bowel is necessary for getting rid of yeast problems. New Roots Acidophilus Ultra contains good bacteria necessary for gently cleaning the bowel and improving bowel health so that it is un-hospitable to candida overgrowth. It is potent and enteric-coated, ensuring that the bacteria gets to the intestines where it is needed most.

2- Candida Stop - This potent formula can be used for chronic problems or acute infections. Grapefruit seed extract, garlic, oregano oil, caprylic acid and pau d'arco are natural ingredients in New Roots Candida Stop that are successfully used as anti-fungals (yeast killers). Other ingredients such as vitamin A, selenium and echinacea improve the immune system's ability to combat yeast.

3- Femina Flora - Probiotic support designed for vaginal yeast infections. A healthy vagina is rich in healthy bacteria, which helps to keep it at a moderately acidic pH, ideal for protecting against destructive bacteria and fungi such as yeast. Studies show that for treatment of vaginal yeast infections, probiotics combined with conventional treatments have a much lower rate of recurrence than just conventional treatments on their own. New Roots Femina Flora is a vaginal suppository that aids in killing yeast by improving the health, bacteria and pH of the vagina.

4- Food Choices - It is necessary to eliminate all sugar/sweeteners, flour products, dairy and fermented foods for one to three months (depending on severity of symptoms) to effectively kill off yeast. This part is very important - and it helps with weight loss!

Sources: *Women's Bodies, Women's Wisdom by Christiane Northrup and *Heal Your Body A - Z by Louise Hay; New Roots Herbal information

Health Consultations

With Samantha Orthlieb, Master Herbalist, Certified Iridologist



Do you have a health condition or symptoms that you would like to have addressed from an alternative "whole body" perspective but are not sure where to start? Are you tired of covering up symptoms with drugs and not actually getting to the source of your health issues? Are you taking many supplements but not seeing the results you are needing?

Samantha conducts 1 on 1 health assessments using Iridology (the science of reading the iris) and Chinese Nail and Tongue diagnosis. Samantha Orthlieb, Master Herbalist, has been part of the alternative health movement for over 10 years and has a practice at Nurture Health & Wellness.

Please call 208-0812 to book your appointment or for more information.

Free Book!

A to Z Women's Guide OR Healthy Fats for Life by Lorna Vanderhaeghe

*With purchase of any Lorna Vanderhaeghe or Dr. Whitkaer product

Expires Oct 31, 2006 (While supplies last)

One coupon per customer per purchase.

\$2 Off!

Any Prairie Naturals product

Expires Oct 31, 2006

One coupon per customer per purchase

Trial sizes not included.

We are under construction!

Please be aware that our permanent outdoor sign may be temporarily removed sometime between this fall and next spring while the buildings in Crowfoot Crossing receive a face-lift, making it hard to see where we are...but we are still here, next to Quizno's and across from Chapters!

Senior's Day!

1st Tuesday of every month is Senior's* day!

15% off (regular priced items) and free product samples!

*Senior: 65+

Natural Health Industry Update

Recently we have seen some companies increasing their prices due to the cost of implementing the new government regulations. The new regulations are still being phased in over the next 4 years and we expect to see more changes within that time.

Choosing A Supplement Company with Integrity and Quality Is Important!

With illegally harvested hoodia (an African cactus plant used as an appetite suppressant) being caught at the Canada/US border, it reminds us that choosing a quality company with integrity, is important. If a company sells a legitimate hoodia product, they should be able to provide laboratory proof that their product contains the correct hoodia and proof that they have a proper permit for harvesting the plant.

Go to <http://www.cbc.ca/story/health/national/2006/08/29/hoodia.html> for more information

Why visit Nurture Health & Wellness?

- Unique integration of traditional health store and natural health clinic
- Relaxing atmosphere
- Educated, caring staff
- Exceptional service
- Competitive prices & everyday volume buys
- Extensive product selection
- Special orders done upon request
- We strive to provide the one on one time needed to answer your questions

Magnesium Solution



Magnesium is important to many of our daily body functions, and unfortunately many of us are deficient in it. Magnesium is the fourth most abundant mineral in the body with about half being found in our bones.

Magnesium helps:

- Regulate muscle contractions
- Normalize heart rhythm
- Support a healthy immune system
- Strengthen bones
- Balance blood sugar levels
- Promote normal blood

pressure

- Energy production and usage
- Protein synthesis
- and more!

Some potential signs of a magnesium deficiency are:

- Irregular heart beat
- Leg cramps
- Nerve twitches
- Depression/anxiety
- Low energy
- High blood pressure
- Sugar cravings
- Chocolate cravings

Magnesium can help manage adrenal fatigue, PMS, depression, anxiety, improper pH balance, osteoporosis, diabetes/insulin resistance, hypertension, heart attack recovery, cardiovascular disease and chronic fatigue syndrome.

Studies have shown benefits in areas such as leg cramping (including during pregnancy), reducing birth defects and a relationship between low magnesium intake and low bone density. Other research shows that patients with coronary artery diseases can have an improved quality of life, better exercise tolerance and a reduction in exercise induced chest pain when taking magnesium. Numerous other studies have suggested that depression can be linked to a adrenal fatigue / magnesium deficiency in which supplementation can help alleviate the various symptoms.

Why Magnesium Solution by Prairie Naturals?

This great tasting liquid solution is highly absorbable, making it ideal for many people including those with low stomach acid, digestive/intestinal difficulties, calcium and potassium deficiencies and diets containing high amounts of fiber, fat or alcohol.

Sources: Prescription for Nutritional Healing by Balch & Balch, Prairie Naturals promotional material.

We are located in Crowfoot Crossing

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(next to Quizno's and across from Chapters)

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www.nurturehealth.ca



If you wish to receive this quarterly newsletter by email, please email us at: customerservice@nurturehealth.ca