



## Spring: Season of The Liver

Spring is the season of change and cleansing. A time for us to brush off the cobwebs and dust of winter, clear out the clutter and create a new space in which to thrive and grow. Aside from renewing our exercise programs and spring house cleaning there is also the added benefit in cleaning out our major organs to reawaken and strengthen our health. Many of us are seeing and feeling the benefits of preventative health and healing. Spring is a wonderful time to renew that commitment. There are many good cleansing kits that clean out the body on all levels. Choose one that fits your health symptoms, budget and time commitment.

In the spring, the Liver is one of the most important areas to focus on when cleansing. The Liver performs over 500 different functions in the body, the main being: storing blood, ensuring the smooth flow of Qi (Chi or life energy), adequate tear flow, vision, muscle, and nail health, adequate digestion, sinus and ear health, and certain emotions. The Liver is to the body what the brain is to the head. It is the most important organ in the body and its health influences all of the other organs, body parts, and the emotions we experience. The Liver, for example, helps the Spleen to transform and transport food essences and the Stomach to rot and ripen food. It stimulates the Gall Bladder's secretion of bile and it ensures the smooth flow of Qi in the Intestines and Uterus, thus influencing bowel movement and menstruation. Most importantly, it has paramount influence on our emotional state: the smooth flow of our Liver-Qi ensures the smooth flow of our emotional well being.

If the Liver is not functioning adequately we can feel depression, sadness (more so in women than men), anger, resentment, frustration, irritability and body tension (stiffness, achy muscles, headaches). However, it is important to understand that our emotions can in turn affect Liver health, so it is a cyclical relationship.

The Liver houses the Ethereal Soul of the body. *Continued on page 2...*



## Spring Clean With ReCleanse

It's Spring time, and as we all know, that means Spring cleaning. This doesn't just mean your house – a good spring cleaning includes detox-

ing your body and starting fresh with the season! The ReCleanse herbal cleanse kit by Prairie Naturals is a simple and relatively quick way to get the job done.

Only seven days long, ReCleanse helps to reduce cravings and body fat, increase energy and ultimately restore and rejuvenate the body. To optimize the detoxification process, the kit includes a meal plan with a wide array of delicious and wholesome foods to choose from while eliminating foods that contribute to toxicity, constipation, and excess body fat. Unlike other cleanses that contain aggressive laxatives, ReCleanse has a mild formula designed to provide an effective, yet gentle cleanse. With support for the liver, kidneys, lymphatic system and colon, ReCleanse will help you feel renewed and ready for Summer in just seven days!

## Celebrating 10 Years of Creating Opportunities For Wholistic Health and Well-being!

Nurture is evolving in increasingly new and innovative ways to provide our clients with the "nurture" and support they require. Our aim has always been to make available the necessary tools for spiritual, emotional, and physical growth. While the physical plays an important role in our healing, the ability to connect with our authentic selves and emotions is perhaps the ultimate cornerstone to wholistic wellbeing.

Our growing selection of psychospiritual wellness materials, like books, CDs, flower essences, and journals, is designed to facilitate that connection. As we celebrate our tenth anniversary, we want to continue to empower our clients with the means to take responsibility for their own growth and healing. Thank you for letting us aid you in that process.

## Sunphire Crystal Jewelry Brings Energy and Balance

From Living OM holistic jewelry, Nurture has recently begun carrying Sunphire crystals. Endorsed by doctors, yoga teachers and reiki masters, they are proven to balance chakra energy centers and acupuncture meridians. Sunphire crystals are maintenance free and never need energetic clearing. They use the Earth's natural energies to dynamically support a balanced mind-body state and an experience of deep peace and connection.

Made for everyday wear, Living OM represents the newest frontier of interactive holistic jewelry to help energize, balance and bring joyful calm. Sunphire crystals are beneficial to meditation, yoga, reiki, massage and all day to day holistic lifestyles. Pendants come with citrine, amethyst or black agate accents.



"Health is a dynamic process of freedom at every level of being."



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Liver cleansing “pokes” at the soul, which is generally overpowered by our conditioning, societal expectations and our strong minds.

Therefore, in “poking” at our true selves, we can become more balanced in our needs and wishes, feeling more at peace with the flow of our lives.

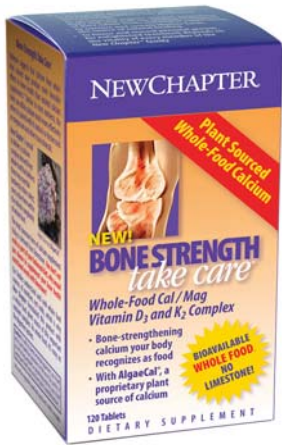
It is important to continue liver work after cleansing for a period of time depending on one's state of physical, emotional and spiritual health. This will ensure the continued flow of Liver Qi and continue to improve all the organs and parts of the body that it influences. A milk thistle combination product with bile flow stimulants such as dandelion, artichoke and black radish is an excellent liver tonic to follow liver cleansing for a period of 3 to 6 months. Many see gradual changes over time that are beneficial to overall health. So take the time to nurture your liver this spring and reap the benefits of enhanced health and well being on all levels.

*Samantha Orthlieb, MH, CI*

## Liver Protec Silymarin Complex

Over 6 billion pounds of chemical pollutants are dumped into the environment each year in North America alone! The body's liver prevents these toxins from damaging vital organs and cells.

REGENERATE AND PROTECT THE LIVER with Liver PROTEC. This formula contains 150 mg of Silymarin from 80% standardized milk thistle seed extract. In addition, Liver PROTEC offers complex nutrients to nourish and protect the liver, including Dandelion root, Alfalfa, Black Radish, and Beet Root. Together these herbs encourage bile production, promote regeneration of liver cells, and act as a powerful anti-oxidant, neutralizing many chemicals.




## Whole-Food Calcium in a Pill?

Our bodies understand and seek whole food sources of nutrition. It isn't always possible to eat a diet high in calcium, nor is it possible to guarantee that all supplemental forms of calcium are being adequately absorbed by our bodies. New Chapter's Bone Strength Take Care delivers the bioavailability of whole food calcium in a small, easy to swallow tablet. The calcium complex in Bone Strength Take Care is derived from a special form of plant called alga calcareas. Much like the vegetables from an organic garden, the algae is harvested live in a pristine, protected environment and then cold-processed to retain its nutritional value. The porous nature of this calcium dramatically increases the surface area where stomach acid can contact the calcium, making it easy to dissolve. This makes the calcium in Bone Strength Take Care almost two times as bio-

available as dairy yogurt and more readily absorbed than some other forms of calcium, including calcium carbonate.

The body can utilize calcium more effectively when it is paired with its natural cofactors such as magnesium and other trace minerals. Bone Strength Take Care comes complete with whole-food sources of magnesium, Vitamin K (an essential cofactor in calcium absorption and retention), and Vitamin D.



“True health and wellness depends on internal congruence - an agreement between what we think, feel, and say, so they all fit together without contradiction. This internal harmony, inturn, is only possible when one acts from the deepest part of one's being...In this way we can see that true health is a natural by-product of honest self-expression or integrity.”

- Emmett E. Miller

## What to Look for when Choosing a Calcium Supplement

**Purity:** Choose calcium supplements with familiar brand names. Avoid calcium from unrefined (or uncertified) sources of oyster shell, bone meal, or dolomite, because these forms may contain high levels of lead or other toxic metals. Try to choose organic, pure or whole-food forms when possible.

**Absorbability:** Most brand-name calcium products are absorbed easily in the body. If you are not sure about your product, you can find out how well it dissolves by placing it in a small amount of warm water for 30 minutes and stirring it occasionally. If it hasn't dissolved within this time, it probably will not dissolve in your stomach. Chewable and liquid calcium supplements dissolve well because they are broken down before they enter the stomach. Calcium, whether from food or supplements, is absorbed best by the body when it is taken several times a day in amounts of 500 mg or less, but taking it all at once is better than not taking it at all.

**Tolerance:** For certain people, some calcium supplements may cause side effects such as gas or constipation. If simple measures (such as increasing your intake of fluids and high-fiber foods) do not solve the problem, you should try another form of calcium. Also, it is important to increase the dose of your supplement gradually: take just 500 mg a day for a week and then slowly add more calcium. Do not take more than the recommended amount of calcium without your doctor's approval.

**Calcium Interactions:** It is important to talk with a doctor, pharmacist or health practitioner about possible interactions between your over-the-counter and prescription medications, and calcium supplements. For example, calcium supplements may reduce the absorption of the antibiotic tetracycline. Calcium also interferes with iron absorption. So you should not take a calcium supplement at the same time as an iron supplement - unless the calcium supplement is calcium citrate, or unless the iron supplement is taken with vitamin C. Any medication that you need to take on an empty stomach should not be taken with calcium supplements.

Sources: National Institute of Arthritis and Musculoskeletal and Skin Diseases; Samantha Orthlieb, MH

# The Abundance Program® is a 22 Day Commitment To Yourself!



The purpose of the 22 Day Program is to create a new framework for manifesting Abundance at any and all levels of your life. You may choose your focus to be money, relationships, work, family, health, or any area where you are experiencing lack or scarcity. It helps you to focus intention, discard useless beliefs, attitudes, and behaviours, and to manifest your abundance goals with grace and ease. Each daily exercise is designed to release “stuff” which no longer serves you and to assist you in creating a particular experience of Abundance in your life. Essentially the program, along with the use of the Abundance Essence and Oil, will re-pattern cellular memory so that you can experience your own inner power to manifest exactly what you want in your life. The kit includes a CD which contains an introduction and several visualizations for certain days throughout the program.

*Samantha's note: I have personally done this program and found it amazing. It took only a short time each day - 10 to 40 minutes and was mostly journal writing, visualization and other simple exercises.*

*On the second day my intentions started to manifest and abundance flowed in the areas I had been focusing on. At one point it was going so well I wanted it to all slow down! I have since recommended the program to other clients and they too have felt the benefits of asking for what they want and this program was a beneficial tool that helped to empower them to change their lives. If you are looking for a program that is low cost, effective (even if you have done tons of self help work), easy to do, and provides you with a release from the victim/blame mentality so prevalent in our culture today, then the Abundance program is for you!*

The **Abundance Essence** is a combination of plants and minerals in a base of pure spring water and brandy which acts as a preservative. It aligns Body, Mind, Emotions, and Spirit to act in a unified manner to achieve individual goals while forging a connection with the larger flow of all of life. It promotes 'abundance consciousness.' Taken orally, the Abundance Essence alleviates self doubt, encourages self worth, and promotes willingness to receive and participate in the flow. It is an essence of transforming consciousness.

The **Abundance Oil** is pure aromatherapy oil which can be used for massage, bath therapy, or in an aromatic diffuser. It is a combination of the Abundance Essence and the essential oil of Tangerine which carries the orange healing ray of creativity and productivity. The pleasing fragrance of Tangerine brings to mind the warmth and wonder of Christmas - a feast of love, joy and abundance. It is both warming and soothing to the Body/Mind and helps to maintain the fine line of balance between the excitement and fear of new ventures. It frees us to participate fully in the adventure of life by gently releasing limiting attitudes.

The Abundance Essence and Oil are meant to be used in conjunction with the Abundance Program, but can also be used separately. The cost of the Abundance Program kit is \$89.99. This includes two Abundance essences, the Abundance oil, and a companion workbook and CD.



## PGX® - Scientifically Based and Clinically Proven Weight Loss

Years of research involving thousands of participants have shown that taking PGX with food can reduce a meal's glycemic index by up to 50%. Regulating blood sugar is a key factor in many health conditions, including weight gain. Most people gain weight gradually, adding five or ten pounds every decade. Change isn't easy. Incorporating PGX Daily into your diet can help you lose weight safely and gradually, even if you are not ready to make other positive diet and lifestyle changes first. Naturally, the beneficial effects of PGX will be greatly enhanced by a healthy diet and exercise, leading to incredible results.

### What to expect from PGX Daily

- Controls and balances blood sugar levels
- Lowers glycemic index of meals by up to 50%
- Supports healthy weight loss for life
- Lowers cholesterol and triglyceride levels
- Contains no stimulants

PGX is a unique blend of naturally occurring, water-soluble polysaccharides (dietary fibers) and is the result of years of intensive clinical and laboratory research at the University of Toronto in collaboration with the Canadian Center for Functional Medicine.

PGX is the only nutritional ingredient proven to promote healthy blood sugar management by slowing digestion and reducing the glycemic index of meals.



# What's New at Nurture?

## Deep Powerful Change CD Series by Gwen Randall-Young

Deep Powerful Change CDs are relaxing and healing. With Gwen's proven psychological expertise, each CD is like your own personal therapy session. Experience her gentle voice, combined with the soothing music of internationally acclaimed musician Aeolia, for deep transformation and healing. With over 20 different themes to choose from, you are sure to find one that can aid you on your journey toward wholeness.

## Shoyeido Japanese Incense

Fragrance can be relaxing and soothing to the psyche and provide one with clarity and energy. Made in Japan using traditional methods from ancient recipes, Shoyeido uses only the highest quality ingredients available. Whether for meditation and quiet reflection or for creating an elegant environment to be shared with others, the opportunity for enjoyment awaits those ready to explore the world of scent. Shoyeido incense has a subtle, yet fragrant aroma. It is clean burning and unlike other incense, it does not create an overly smoky atmosphere when burned.

## Pacific Essences Energy Medicine Cards

This beautiful deck of cards consists of 72 carefully chosen photos of flower and sea beings – Pacific Essences. Each card contains the full colour image of the Nature Spirit on the front. On the back, you will find the Essence's name, the special message or blessing from the Nature Spirit, a word that encapsulates the unique essence/vibration of the card, and the Chakra, Meridian, and Element relating to it. The cards can be used as a tool of divination to ask for guidance in your life, or use them as daily inspiration and place them in sacred spaces as a reminder of who you truly are.

## Scents of Wonder: Chakra Aromatherapy Blends

These healing oils are formulated for each of the body's seven chakras, from the root chakra at the base of the spine to the crown chakra at the top of the head. Each chakra is associated with a certain color, multiple specific functions, an aspect of consciousness, a classical element, and other distinguishing characteristics. For those who are conscious of their healing process, chakra oils can help strengthen one's energy centers, bringing the chakras into alignment. Add them to a carrier oil or unscented lotion for an invigorating massage, or use them in a diffuser to scent the home.

## Wind Chimes

Our new collection of Asian-spirited wind chimes are a decorative way to bring peace and harmony to your home. Sound is one of several Feng Shui "cures," items that, when used in specific ways, can remedy a variety of problems. Wind chimes are used widely in Feng Shui to activate chi and eliminate any blockages that might be causing problems for a home's occupants. Choose from three different designs, all of which can be hung inside for decoration, or outside to bring the wind to life.

## Mist De Light

The Ultrasonic Mist De Light is a humidifier and aromatherapy diffuser all in one! Some of you may be familiar with the mister lamps in our store window. Using the same vapourizing technique, the Mist De Light gently disperses the fragrance of your choosing without altering or breaking down the essential oil like heat diffusers do. With three different timer settings and LED lights, you can pick a set colour or let the diffuser gently transition through all the colours of the chakras. Enjoy the tranquil scent of your favourite aromatherapy blend as the Mist De Light simultaneously ionizes and humidifies the air in your home.

## 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 visit our website at [www.nurturehealth.ca](http://www.nurturehealth.ca) and click on practitioner profile.



## Teas for Spring Cleaning and Liver Health

Tea can be a great and inexpensive addition to any detox program, or a gentle cleanse in and of itself.

*We recommend:*

- Dandelion Root
- Bija Deep Cleanse
- Tox Guard with Green Tea and Milk Thistle
- Pukka Detox or Cleanse



Celebrating 10 years of creating opportunities for health and wellbeing

We are located in Crowfoot Crossing  
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Visit our new website: [www.nurturehealth.ca](http://www.nurturehealth.ca)

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