

## Allergies: Your body is speaking to you!

If you suffer from allergies, you are not alone. Millions of Canadians are allergic to something, be it pollen, pet dander, milk or peanuts. An "allergy," the label western medicine assigns to various symptoms, is essentially an overreaction of your immune system and a signal that your body needs attention.

More specifically, an allergy is the immune system's excessive sensitivity and over-response to a foreign substance in the body, such as plant pollen, a certain food, a drug or another substance. Whatever the foreign substance, or "allergen," the immune system reacts as if to a real threat by triggering an immune response, which in these cases is known as an allergic reaction.

There are a few different methods used to determine if someone has an allergic response to an allergen. Allergies can generally be confirmed and identified by skin or blood tests, but they make themselves known by their symptoms. These symptoms range from mild to severe reactions within the body and can be mildly unpleasant (runny nose, sneezing, rash, digestive issues, dark circles under the eyes, hyperactivity, difficulty concentrating) to life threatening (anaphylactic shock). Rather than viewing allergy symptoms as an annoyance, they should be viewed as a blessing. Allergies are a sign that your overall health is compromised and, if not healed, can eventually lead to greater health issues such as cancer.

Natural health products can immensely reduce most symptoms, but the key to reducing or eliminating most allergies lies in the strengthening of the immune system and the removal of toxins at the cellular level. This is known as the extra cellular matrix, or mesenchyme. If these toxins are not removed, then allergy symptoms can worsen over time. What started as a mild allergy to one allergen can worsen so that there is an immune response to many things with an increase in symptoms. Some people are literally held hostage by their "allergies"

and their quality of life is miserable. Natural products or even over-the-counter drugs may help for awhile, but as the load in the body becomes greater, these too will eventually fail.

Also remember that toxins can be either physical or emotional. An unconscious fear, for example, has a specific energy response in the body. When a person is under distress but does not acknowledge the feeling, it can trigger an "allergic" response, such as sneezing. My eldest son has allergies to pollen and dander. He has learned that each spring if he does some fortifying and cleansing of his body, most symptoms go away. He also has violent sneezing attacks when he is under stress and does not voice his fears. I managed to get his "attacks" to disappear simply by prompting and allowing him to talk about what he was afraid of instead of holding it in!

In my practice, one of my assessment tools is the EAV (Electro Acupuncture according to Voll), a non-invasive procedure whereby a low electrical current passes through the body and reads the energy signature on various acupuncture meridian points located on the hands and feet. When I have clients with allergies, it is an effective tool for finding out just where the toxins sit in the body, how compromised the various organ systems are, where immunity is compromised (ie, 60% of our immune modulation response is in the small intestine), what allergens are causing the immune response, and what products and diet changes will work to help the body heal itself. The advantage of using this method, especially with children, is that it is



a gentle technique that uses a painless pen-like probe on the skin to read acupuncture points, versus standard allergy tests that scratch the skin or draw blood with a needle.

As with most natural health programs, clients begin to feel better within one to six months depending on their levels of toxicity and other health issues. Each visit, the allergens are again tested and the client can see progress in the reduction of the allergy response over time. Health is a process, not a destination. To keep allergies at bay after the majority of the healing has occurred, there must be a maintenance program to retain optimal health.

If you have mild allergies, then health store products, including a good cleanse, will probably help you. However, if you have more complicated or quality of life limiting allergies, consider a more in-depth treatment instead of suffering through allergy season or year round.

**For more information on EAV/EDS visit:**  
[http://www.veradyne.com/eav\\_basics.html](http://www.veradyne.com/eav_basics.html)

Blessings,

Samantha Orthlieb,  
Master Herbalist / Iridologist  
Flower/Nature Essence Therapy  
EAV/EDS Practitioner

## Do a heavy metal cleanse and heal your...thyroid?

Is it possible that the inadvertent exposure to heavy metals in our food, water, and environment is related to the increase in thyroid disease across North America? The Department of Zoology at Visva-Bharati University has studied this correlation extensively, and the results indicate that there is indeed a connection between the two. The study found that small amounts of metals in the system can lead to hyperthyroidism (overactive thyroid), while large amounts can result in hypothyroidism (underactive thyroid).

With 30% - over 10 million Canadians - developing a thyroid related-disorder, it's natural to look for factors in our environment that could be throwing our thyroids off balance. Heavy metals are contained in mercury fillings, many types of fish and seafood, water from untreated sources, deodorant, household cleaners, gas, exhaust fumes, pesticides, certain paints, industrial chemicals, and even in the air we breathe through pollution.

A 'heavy metal' can be considered any metal that has a weight five times greater than water. For this reason, the harmful effects of these metallic substances extend far beyond the thyroid. Because they are only

needed in very small amounts by the body, a heavy metal build up can damage the body's cells, tissues, and organs, especially the liver. They also negatively impact important bodily functions such as neurotransmissions and cellular reproduction.

### WHAT YOU CAN DO

Whether you suffer from a thyroid condition or wish to prevent one, doing a heavy metal cleanse may heal or decrease your chances of developing one. Try the **Heavy Metal Cleanse by Renew Life**. The Renew Life Heavy Metal Cleanse is specifically designed to remove these metallic substances from the tissues and organs and eliminate them from the body. This 30 day cleanse will help keep your heavy metal levels in check so they don't cause other imbalances in your body.

Cilantro and broken cell wall processed Chlorella (try Sun Chlorella) are also natural heavy metal detoxifiers. Chlorella is high in magnesium, protein, and other essential nutrients. When broken cell wall processed, it absorbs toxins and metals in the digestive tract.

Eliminate foods high in metals, including



alcohol, refined and fermented foods, and foods containing MSG and nitrates. Milk in particular has been shown to increase the absorption of mercury in the body.

Be cautious of heavy metal-laden dental amalgams and vaccines that may be doing you more harm than good. Avoid excess estrogen, as consumption may increase the absorption of mercury in the body.

If thyroid disease runs in your family, or if you've had excessive exposure to heavy metals, consider doing a heavy metal cleanse. Your body and your thyroid will thank you!

Sources: [www.thyroid.ca](http://www.thyroid.ca); [www.earthtym.net](http://www.earthtym.net)

## Get your digestive system back on track!

In our convenience-driven society, we often turn to quick cooking and food alternatives so that we can keep up our fast-paced lives. The truth is, what seems like a fast and easy solution in the moment will ultimately slow you down in the long term. The reason? Enzymes.

Enzymes are proteins consisting of amino acids that help make many biochemical reactions happen in the body. This includes the breakdown of food so that its nutrients can be absorbed and it can be used by the body as energy. Enzymes to fight inflammation accelerate the body's natural healing process, and help us to digest our food better.

Most of our food's natural enzymes are killed before the food even enters our mouth. Food that travels long distances, is cooked at high temperatures or microwaved, or isn't chewed properly, puts our digestive systems at an immediate disadvantage. Also, as we age, our bodies naturally slow down enzyme production, causing our systems to be more acidic.

In particular, when we microwave our foods, we kill off all of these precious digestive and cleansing aids, leading to allergies, inflammation, bloating, constipation and other digestive issues. This ultimately bogs our body down with waste matter and mucous. Suddenly that microwaved meal doesn't sound so efficient, does it?

To get back on track, it's wise to start off with a cleanse to clear out the accumulated toxic waste matter. The **CleanseSmart Kit by Renew Life** is a 30 day, total body cleanse that works to eliminate toxic materials from the body and improve liver and bowel function. Follow this treatment with digestive enzyme supplements such as **Enzyme Force by Prairie Naturals**. This full-spectrum enzyme blend consists of proteolytic enzymes (protein-digesting), carbohydrolytic enzymes (carbohydrate-digesting), lipolytic enzymes (fat-digesting) as well as FibrZYme, a plant fibre digesting complex, to give your system a boost in its digestive process. Some people choose to stay on enzymes permanently once they notice how much lighter and more energetic

they feel when taking them.

Eating more raw, uncooked juices and foods is also a great, cleansing way to replenish enzymes in your system. Summer is on its way and this is an opportune time to naturally increase your enzyme intake. A cleanse, along with enzyme supplements, can help balance your pH levels and repair damages in your body caused by poor eating habits, age and stress.



*"Our bodies are apt to be our autobiographies."  
~Frank Gillette Burgess*

## Put statins back on the shelf: reduce cholesterol naturally!

We all know at least one person on a statin or cholesterol lowering drug. These days, statins are commonplace in medicine cabinets across the nation and are the number one used prescription drug. What's worse is that as these drugs become increasingly accepted, there is a push for them to be used on children at risk for heart disease. While popping a pill to lower cholesterol may seem



easier than naturally lowering cholesterol through diet, exercise and supplements, the convenience of these medications does not pay off in the long run.

Cholesterol drugs have many potential side effects, among them the depletion of Coenzyme Q10 (CoQ10), an important antioxidant and enzyme used to biosynthesize cholesterol. CoQ10 is produced by the human body and is

*"Take care of your body. It's the only place you have to live."*  
Jim Rohn

necessary for the basic functioning of cells. This vital enzyme has been shown to help with cardiovascular health, particularly in the form of Ubiquinol, the activated form of CoQ10.

Ubiquinol is the form that cells utilize for cellular energy and is the most desired antioxidant form of CoQ10. Ubiquinone must be converted by the body to the activated form ubiquinol in order to start working effectively as an antioxidant and cellular nutrient. Those taking CoQ10 in the form of ubiquinol have showed marked improvement in both physical appearance and activity into old age

Innovite's Inno-Q-Nol provides the "pre-converted" form of CoQ10, so our bodies do not need to convert it for use. Ubiquinol, unlike ubiquinone found in standard CoQ10, is already activated and ready for higher absorption. CoQ10 is vital to cardiovascular functioning. Rather than depleting your body of CoQ10 with cholesterol-lowering prescription drugs, a balanced combination of proper nutrition, exercise, and supplementation are natural methods of fostering a healthy heart. Consult your natural health practitioner about which treatments are best for you.

## Let the Goddess Danu be the Force of Wisdom and Abundance in your Life

With so much negative reporting about the economy, our thinking can become fear-based and filled with worry. Redirecting our energy to that which we wish to cultivate in our lives can be a powerful way to change these thought patterns. Throughout history, the Goddess Danu has been worshiped as the Goddess of Wisdom and Abundance. Ancient Celtic tribes worshipped her as the great Mother, associated with agriculture, cultivation, and nurturing the land. She represents the cycle of life, death, and rebirth, just as the humble acorn buried in the ground becomes the mighty sacred oak tree. Reflect on the image of Danu and plant the seed of abundance in your life!



Try using Danu in partnership with other abundance enhancing tools, such as the Pacific Essences Abundance Kit, or the CD "Stop Worrying and Start Enjoying Life" by Gwen Randall-Young.

## Win the battle against high-fructose corn syrup

High-fructose corn syrup has gotten a lot of bad press recently, and for good reason. Aside from being a nutritionally void injection of calories, high-fructose corn syrup has been linked directly to obesity, type II diabetes and metabolic dysfunction. It also elevates triglycerides levels, which can lead to heart disease.



Consuming nutritionally empty foods such as high fructose corn syrup contributes to allergies and lowers immune system function. In fact, corn is one of the most common

allergies. Many people endure IBS symptoms when digesting high-fructose corn syrup because their bodies are experiencing an allergic reaction.

High elevation in blood sugar levels is a problem not to be taken lightly. One of nature's natural blood sugar stabilizers is cinnamon, used in ayurvedic practices for hundreds of years. Cinnamonforce by New Chapter is a concentrated combination of two types of supercritically extracted cinnamon. This patented process preserves the healing properties of the original substance, unlike other extraction processes that rely on high temperatures or chemicals. Cinnamonforce promotes healthy weight management and weight loss by helping convert glucose to energy instead of storing it as fat. While adding a teaspoon of cinnamon to meals can help to moderate blood sugar, a therapeutic dose of Cinnamonforce is recommended for those with type II diabetes and hypoglycaemia.

If it is not feasible to eliminate high-fructose corn syrup from your diet completely, counter its negative effects naturally with cinnamon!

Sources: mercola.com; care2.com; newchapter.com

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Experience the Benefits of Karma Cone Cleansing

Karma Cone Cleansing (formerly known as ear candling) is a centuries old therapeutic modality, with roots in Egyptian, Indian, Chinese, and Tibetan culture. This energy-based healing tool is thought to create a low level vacuum that can suck wax, debris and other impurities up and out of the ear canal. Karma Cone Cleansing also:

- Improves mental clarity
- Balances the body's energy centers or "Chakras"
- Treats conditions of the ear, nose and throat
- Boosts the immune system
- Treats cold and flu symptoms
- Helps prevent and reduce headaches
- Assists in clearing sinus congestion
- Improves hearing and balance
- Calms the nervous system

Experience these benefits for yourself! Schedule a Karma Cone Cleansing treatment this month with Nicole Sereda (RMT) and receive 10% off!



**Nurture's Clinic**  
**Samantha Orthlieb**  
 Master Herbalist, Iridologist, Energy  
 Medicine Practitioner, EAV/EDS  
 Practitioner

Nurture's clinic offers a variety of alternative health services, including one-on-one health consultations with Master Herbalist Samantha Orthlieb.

Samantha has over eight years experience as a practicing Herbalist/Iridologist and is also a Nature/Flower Essence Therapist and EAV/EDS Practitioner. At Nurture, she conducts health assessments using Iridology, Chinese Tongue and Nail diagnosis, Applied Kinesiology (muscle testing) and EAV/EDS testing (a machine that tests acupuncture points on the hands and feet in order to identify the possible energy imbalances in the body). Samantha uses herbs, vitamins, minerals, homeopathics and nature/flower essences to gently coax and work the body systems back to a balanced state. Using an intuitive based whole-body approach, Samantha targets the root of dis-ease and helps facilitate the client's own innate ability to heal. Samantha can help you:

- Establish a protocol that your body needs for physical and emotional well-being
- Identify and alleviate allergies, heavy metal and other hidden immune deficiencies
- Develop an intuitive and compassionate relationship with yourself
- Release physical and energetic blockages stored in the body
- Understand and work with the emotional context of your health issues

If you are ready to make a commitment to your health and take the next step on your healing journey, call 403-208-0812 to book an appointment with Samantha.

## What's New at Nurture

- ☞ Hagensborg Truffle Pigs - enjoy these delectable truffle combinations of pure milk and chocolate heaven. Choose from Mocha, Peanut Butter, Orange, and Mint!
- ☞ Smudging and Blessings Book - Learn the ancient Native American ritual of smudging sacred plants to clear away negative energy and restore balance. Make this cleansing practice part of your everyday spirituality.
- ☞ Experience the amplified power of crystal in a lamp! Choose Quartz for purity, Selenite to balance and uplift, and Amethyst to remove negativity.



## Massage Therapy Now at Nurture

Nicole Sereda is a registered massage therapist, who brings to Nurture the healing power of touch. Nicole helps her clients reconnect with their bodies through massage. Her intuitive approach to massage helps each session to be both therapeutic and relaxing, as she lets the bodies of her clients communicate what it is they need. Often an ache or pain is

a sign of a blockage on an emotional or energetic level, which massage can also help to release.

Whether you are in need of relaxation, release, or a therapeutic touch, Nicole will take direction from your body to cultivate the healing it needs.

Massages are covered under most health plans. Nicole is also a certified ear candling practitioner. Call 403-208-0812 to find out more or to book your appointment!

## Don't forget, Senior's Day is the first Tuesday of the month!

We offer a 15% discount to Seniors (65+) on all regularly priced items as well as free samples and in-store product demonstrations.

The Senior's Day discount will also be honoured on all phone and mail orders made on that day. Seniors enjoy a 10% discount all other days of the month.

## SPRING SPECIALS

15% off all fountains and the Santevia Water System (until May 31st).

- ☞ Try our Meditation Pillows to enlighten your practice, promote good posture, and complete your sacred space.
- ☞ Partake in the cleansing ritual of burning incense with our new Buddha and stone incense holders.
- ☞ Check out our new candles, including Chinook Soy mango scented candles, Buddha shaped altar candles, and our beeswax candles.
- ☞ Bring purity, laughter and happiness to your altar with our miniature Wooden Buddha figurines.
- ☞ The Sacred Source Spirit CD is a collection of songs inspired by sacred images around the world.



We are located in Crowfoot Crossing  
 63 Crowfoot Terrace NW  
 Calgary, AB  
 Phone (403) 208-0812

Visit our website: [www.nurturehealth.ca](http://www.nurturehealth.ca)

If you wish to receive this quarterly newsletter by email, please contact us at: [customerservice@nurturehealth.ca](mailto:customerservice@nurturehealth.ca)