

## Sweet Stevia - Stevia or Splenda?

Do you crave sweets, but are trying to avoid the harmful effects of sugar?

Many people have switched their sweetener to Splenda (sucralose), which is a low calorie sweetener that does not effect blood sugar. But is it the best sugar substitute?

Sucralose is a modified sugar that not all authorities are convinced of its safety. Even though it is origally made from sugar, it is not a natural substance. Stevia however, is a 100% natural sweetener. It comes from a plant native to South America, and is 300 times sweeter than table sugar. For hundreds of years the people native to where it grows have safely used it as a sweetener. It does not negatively effect blood sugar levels, has no calories, does not cause tooth decay and is considered safe for diabetics.

Stevia can be added to tea, coffee, yogurt, cereal, baking or smoothies. Very little of it is need because it is so sweet compared to regular table sugar.

Stevia comes as a concentrated powder, liquid extract or 1:1 powder.



## Safe SUNBLOCK

Newco's natural topical Sunblock with zinc oxide (Z-cote) has an SPF of 15. Z-cote is inverted zinc oxide which has been specially processed to not leave a white film on the skin.

This clean, all natural formula offers a 97% broad spectrum coverage protection (200nm to 400nm wavelength) from harmful rays. It is enriched with vitamins A, C & E and has a fresh citrus smell.

It can be safely used on the whole family - Children and babies included!

### Did you know?

Commercial sunscreens can contain up to 15 synthetic chemicals, many that are known to be harmful.



## Fight Pesky Bugs!

Newco\* Citronella Spray keeps mosquitoes and black flies away, without the harmful chemical effects of DEET or other chemicals used in commercial sprays.

This formula is 100% natural, and its active ingredients are essential oils of eucalyptus, citronella, geranium and tea tree, shown in various studies to be effective at repelling bugs, including mosquitoes.

This long lasting formula also comes in lotion and is safe for children and adults!

\*Newco is a Calgary based company committed to formulating 100% natural products.

### Tip!

For mosquito bites that are itchy, apply pure lavender essential oil to the area at the first sign of an itch, wait ten minutes (without scratching). The itch will be gone!





## Mini-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?

On Saturday, **July 15** and Tuesday, **July 18** Samantha will be conducting 1 on 1 mini (15 minute) health assessments using Iridology (The Science of Reading the Iris), Chinese Nail and Tongue diagnosis. Cost for 15 minutes is \$15.

The 15 minute assessment will give you an introduction to Samantha's practice and approach to whole body wellness as well as provide you with an overall direction regarding your health concerns.

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.**

# \$2 OFF

Absolute Whey OR Absolute Soy  
1 coupon per purchase per person  
*Expires July 31, 2006*

# \$1.50 OFF

NewCo Sunblock OR  
Citronella Spray/lotion  
1 coupon per purchase per person  
*Expires July 31, 2006*

## Immune Building for Summer

We often don't think of building our immune system during the summer months. But the summer is actually an ideal time to build your immune system. Because of the warmth and movement our bodies have in the summer, our bodies are much more receptive to changing, healing and building. This includes building the immune system.

A liquid herbal supplement called "Immune from Within" by Spagomed, is excellent for summer immune building. It focuses on revitalizing the spleen and bone marrow, both which play a role in our immunity. It also aids in fighting off viral and bacterial infections as well as increasing immune cell production. This formula is also good for long term therapy of auto-immune diseases as an immune tonic.

**Check out our new product lines!**

Spagomed Tinctures  
Lara Bars  
On the Trail Pet Supplements

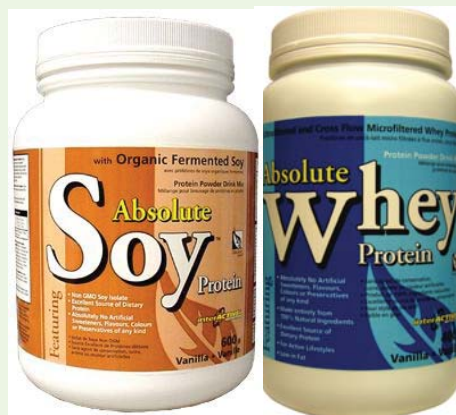
## Summer Berry Shake!

A protein shake is a quick and nutritious way to start the day for the whole family. Nutritious shakes can be a full meal replacement which includes vitamins, minerals, protein, healthy fats and carbohydrates. Many people often miss important food groups in the morning by eating only toast or cereal for breakfast. A berry or fruit shake can incorporate all the food groups, ensure you are getting the proper start for the day, are delicious and are cooling on warm summer days. Absolute Whey is a healthy, well absorbed protein perfect for adding to blender shakes. It has no artificial colors, flavorings or sweeteners so you can be sure your family is getting the best possible. Absolute Soy can be used as a substitute for those with dairy allergies.

- 1-2 scoops of protein powder (Absolute Whey or Absolute Soy-natural or vanilla flavored)
- 1 1/2 cups of fresh or 1 cup of frozen fruit
- 1/2 tsp vanilla extract
- 1 Tbsp of flax or hemp oil
- 3/4 cup of rice milk, almond milk or soy milk
- 1 cup of ice (if desired)

Mix in a blender until smooth.  
Add more liquid if needed.

Makes: 1 adult shake



63 Crowfoot Terrace NW  
Calgary, AB T3G 4J8  
Phone: (403) 208-0812

[www.nurturehealth.ca](http://www.nurturehealth.ca)

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