



Nurture Takes Action

As many of you are aware, Health Canada is attempting to pass legislation under **Bill C51** that could potentially remove up to 75% of all Natural Health Products (NHPs) currently available on store shelves. If passed, this bill will exert sweeping state controls over every level of the NHP industry, from the manufacturer to the consumer. Though regulation in itself is not a bad thing, we believe this bill would open the door for large pharmaceutical companies to monopolize NHPs, making them available by prescription only. Further, regulatory measures would increase the cost of most NHPs and drastically decrease the amount of readily available NHPs for consumer purchase. This bill is a step in the wrong direction if the intention of the government is to better the health of its citizens and decrease healthcare costs.

We urge you to take action against the passing of this bill, as it has already passed its first reading without the public's awareness. Defend your access to natural therapeutic remedies! Contact Health Minister Tony Clement (613) 944-7740 or Prime Minister Stephen Harper (613) 992-4211, or go to <http://www.thepetitionsite.com/1/billc51> to sign an online petition. You can also stop by the store for a ready-to-mail letter for you to sign and send off.

Stand up for your right to take responsibility for your own health and healing!

Clean Sunblock for Sun-lovers

The best beauty secret is sunblock!
-Christie Brinkley



Enriched with Vitamins A, C & E, and with Zinc Oxide as the active ingredient, this new and improved sunblock by Newco will nourish and energize the skin while protecting it from the premature aging and cancer-causing rays of the sun. Additional ingredients make the formula more compatible with

the skin's lipid layer to allow for a more even distribution of zinc. Plus, this new line is biodegradable, and reef and marine friendly.

With Newco Sunblock, there is no reason to stay in the shade! Comes in yummy citrus, cantaloupe-tangerine, and watermelon.



"A plant begins as a seed in darkness under the ground. It must begin to germinate, and then it must push its way up towards the light. Where, in that germinating seed, are the colorful blossoms that will one day burst forth in exquisite expression of color, form, and fragrance? Where, but in potential?"

- Gwen Randall-Young

Sports injury got you down?

With the Summer in full-swing, many of us have resumed our favourite outdoor activities. If our bodies aren't used to certain forms of movement and we don't increase our activity level gradually, we leave ourselves prone to injury and sore, stiff muscles.

MEDISTIK™ offers a solution. MEDISTIK™ is a unique and highly effective topical pain reliever specifically formulated for the rapid relief of pain associated with achy muscles, strains and sprains, backache, lumbago, tendonitis, arthritis and rheumatism. When applied to an affected area, MEDISTIK's™ active ingredients -the highest concentrations of Methyl-Salicylate (30%) and Menthol (15%) allowed without prescription- provide an immediate cooling effect to relieve pain, a long lasting heat to soothe and relax, and deeply penetrate the affected area to reduce inflammation over time.



Don't let your injuries hold you back – speed up your recovery time with MEDISTIK™ and get the most out of your Summer.

What's New at Nurture?

Smell good all day long!



Now you can have your favourite essential oils conveniently on hand to smell when you need them with Nurture's **new aromatherapy diffuser lockets**. These sterling silver pendants come in each of the seven chakras, complete with the chakra's symbol and colour effaced on the front. Inside the locket are scent pads that you can fragrance with the essential oil blend of your choice. Inhale its therapeutic properties throughout the day while simultaneously bringing healing energy to the chakra that is represented by your pendant.

Try matching the chakra pendant with its correlating chakra aromatherapy blend, or scent your locket with the summery freshness of Sunlight, or the playful sweetness of Gentle Kiss.

Summer Iced Tea Recipe

One of the reasons we love tea so much is that it makes a great beverage hot or cold, any time of the year! Iced tea is healthier than coffee – it won't dehydrate you or shake up your nervous system with a caffeine spike. Try making your own iced tea this summer by following these simple steps:

- 1** Boil one gallon of non-chlorinated water and pour over ½ cup of loose-leaf tea, like our Apple Pear Tulsi, Orange Mint Chai or Yoga tea.
- 2** Add ½ tsp of stevia to sweeten (if desired).
- 3** Steep for five minutes or until desired strength is reached.
- 4** Let tea cool to room temperature and pour tea into a gallon-sized pitcher, ¾ full of ice.
- 5** Stir and enjoy!

For an iced chai tea, add almond or rice milk after tea has steeped in Step 3.

Check out our selection of full-leaf iced teas by Zhená's Gypsy Tea for more flavour options.

Nurture's Clinic

Samantha Orthlieb
Master Herbalist, Iridologist,
Energy Medicine Practitioner



- Do you have a health condition or concerns that you would like to have addressed from a whole body perspective?
- Are you tired of covering up symptoms with drugs and not actually getting to the source of your health issues?
- Are you taking various supplements but still not seeing the results you need?
- Would you like a preventative health program instead of waiting until a health problem appears?
- Do you have stress or other emotional factors that are affecting your health?

Samantha has been an alternative health practitioner for over 7 years. At Nurture, she conducts health assessments using Iridology, Chinese Tongue and Nail diagnosis, and Applied Kinesiology (muscle testing). She uses herbs, vitamins, minerals, homeopathics and nature essences to gently work the body systems, thereby allowing the body to access its own innate intelligence and ability to heal itself.

To book a health consultation with Samantha, please call 208-0812, or for more information go to www.nurturehealth.ca and click on 'Practitioner Profile'.

Stay Hydrated, Stay Safe, Stay Trendy

The media has recently reported that the polycarbonate plastic water bottles that so many of us rely on to meet our daily water requirements leach a chemical called bisphenol-A (BPA). The Labour Environmental Alliance Society warns that low levels of BPA, including those well below the current regulatory safety threshold, have been shown to affect prostate development, promote prostate tumors, affect breast tissue development and sperm counts, and even possibly create and enlarge fat cells.

To provide you and your family with a safe alternative, Nurture now carries **stainless steel water bottles**. Whether you are going to the gym or traveling on the road this summer, these water bottles are light, portable, and come with the option of a loop or a sport drinking cap.

Choose from 500 ml, 750 ml, or 900ml sizes. Available in black or stainless steel. Watch for metallic blue and pink in July!

Protect Yourself and the Environment: Keep bugs off naturally

There is nothing worse than gearing up for an outdoor activity only to realize you and your family are not alone. As the temperatures cool into the late afternoon and evening when mosquitoes and other predatory insects make their presence known, being unprepared can quickly take the enjoyment out of summer fun!

Many commercial bug sprays contain harmful chemicals, such as DEET, that we breathe in and absorb through our skin.

Summer Survivor outdoor bug repellent is an extra strength, long-lasting formula that repels insects naturally; in fact, two studies done by the University of Guelph found that Summer Survivor worked better than DEET over a 3 hour period.

It is 100% natural and specially formulated to be safe for children. By choosing a clean product, you not only protect you and your family, but you protect the environment as well. Summer Survivor is perfect for use all season long, just be sure to reapply every few hours as needed.



We are located in Crowfoot Crossing
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Visit our new website: www.nurturehealth.ca

Celebrating 10 years of creating opportunities for health and wellbeing

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