



## The Wisdom of Yin and Yang

Yin and Yang is at the heart of Chinese Philosophy. It is the essence of nature, where everything is in a perpetual state of change, moving from one extreme to the other to create equilibrium or universal balance. Yin would be dark, passive, cold, shrinking, peaceful and gentle; Yang would be bright, active, hot, growing, noisy and strong. Yang may be visible in the maleness, the Yin may appear in the femaleness – opposites and yet, completing each other. Yin and Yang can be clearly seen in nature with the changing of the seasons. The Yang phase brings the birth of spring and growth during the summer and the Yin phase of autumn and winter sees this life declining in order to start over again. Yang has the tendency to gather and Yin to disperse. This is the natural cycle of life.

In our culture it is difficult to follow the cycle of Yin and Yang through the seasons, as we have our own agenda and do not often follow the wisdom of Mother Nature, or the nature of universal balance. We do not often honour the stillness of the Yin. In other words we generally have too much Yang in our body, mind, soul and lifestyle. We have been taught to analyze, act and project our will versus listening to the messages of our body and our emotions. This causes imbalance in the whole of us and we develop seasonal illness, low immunity, general malaise, and other stress and spiritually deficient related symptoms. Quite simply, we need to stop trying to keep pushing through our lives with the same daily rituals. We exist in a materialistic, frantic, fearful society all year round. Our life on all levels has become Yang dominate. So how can we be more in harmony with the wisdom of Yin to bring balance to our lives?

Firstly, slow down, learn to go with the flow, especially in the Yin season. Take time to reflect each day, try to simplify life, eliminate activities that are not necessary, leave other chores for another day. Our regular energy cycle is 45 minutes of activity and 15 minutes of rest. Many of us just keep running around all day and finally collapse into bed. Take a few minutes and sit, actually chew your food, don't talk with your mouth full and appreciate the view from your window. Allow your feelings to catch up with your thoughts. Buddhist monks eat in complete silence. This is their way of being mindful, relaxing, and enjoying the simplicity and goodness of food.

For more Yin, find the beauty in everyday things, however small. Read, rest, and relax. By the way, any form of electronic entertainment that is visual, is not relaxing. It stimulates the adrenal cortex (our flight/flight response centre), and pushes our heart rate. So turn the television or computer off at least

1 hour before you go to bed. Reading, relaxing music, puzzles, hot baths or showers, meditation, a tea or incense ceremony, yoga -all relax the adrenal response.

Now here is where it gets a bit tricky: According to Chinese Medicine, foods that are Yang in nature help disperse cold mucus in the body, which tends to collect more during the Yin season enabling bacteria and viruses to take hold in the body more readily. So Chinese wisdom says eat more Yang foods in the Yin season. For a list of Yin and Yang foods, see page 2. But I beg to differ, as I see too many clients in my practice with too much Yang on all levels of their being. It is the sign of the times. So I suggest eating Yang foods in moderation, and tailoring it to your individual needs.

Personally I believe we need more Yin in our life on all levels, even in the Yang season of spring and summer. More calmness, more mindfulness, more gentleness and more love.

Samantha Orthlieb MH, CI

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Perfect Cleanse is a whole new way to cleanse to maintain optimal cell, tissue, and organ function

- Natural and easy to use, 10 day internal cleanse system for use in the evening, does not require fasting and will not disrupt every day activities.
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- Comprehensive, self contained kit that provides triple action benefits through three individual, all natural product components
- Includes a comprehensive and informational instruction booklet
- Includes a free, easy to follow instructional CD featuring Garden of Life founder Jordan Rubin and Dr. Joseph Brasco discussing "A Whole New Way To Cleanse" using Perfect Cleanse
- Free of gluten and other potential allergens such as nuts, soy, eggs and milk
- Contains no stimulant laxatives



## The Ying and Yang Diet

A traditional Chinese balanced diet isn't one that includes selections from four basic food groups. Rather, it's a diet that balances Yin and Yang, universal complementary opposites.

Generally speaking, such a traditional diet is heavy on grains and vegetables; uses a lot of beans and soy products; includes some fruits, nuts and seeds; and uses protein, like red meat, poultry and fish as a condiment, with very little fat. It is the diet that the Chinese people have been consuming for thousands of years.

In the season of fall and winter it is better to eat foods that are boiled, stewed, stir-fried and baked. This creates a warming effect and moves the blood and qi through the body. Our blood and circulation tends to stagnate during the chilly season of Yin.

What you should eat depends on many factors; your gender, your nature, where you live, the season, the nature of the food, how the food is cooked and your overall health issues.

Chinese nutritional theory is extremely complicated, and takes into account all sorts of variables beyond your constitution, lifestyle and locale when prescribing a diet for a particular problem. If the symptoms are severe, you may need herbal remedies or other alternative treatments.

*Samantha Orthlieb, M.H., C.I.*

### Telling Yin from Yang, the Chinese Way

Not sure what foods are yin and yang? To help sort things out, refer to these basic guidelines:

*(Samantha's note: Each practitioner or reference book may have differing opinions on what is Yin, Yang or neutral)*

**Yin (Cold/Cool):** Apple cider vinegar, banana, chamomile, clams, crabs, green tea, kelp, lemon, lettuce, mint, muskmelons, persimmons, pineapple, salt, seaweed, spinach, star fruit, sugar cane, water chestnuts, watermelon, yogurt

**Somewhat yin (Cooling):** Apples, bran, strawberries, grapes, hops, mandarin oranges, mangoes, marjoram, mung beans, pears, pineapple

**Neutral:** Abalone, adzuki beans, apricots, beef, beets, black sesame seeds, black soybeans, brown rice, carp, carrots, castro beans, celery, cheese, Chinese cabbage, corn, duck, eggs, egg yolks, figs, grapes, green tea, honey, kidney beans, kohlrabi, peach, saffron, shiitake mushrooms, sprouted grain bread, string beans, sugar, sunflower seeds, sweet potatoes, sweet rice and yellow soybeans

**Slightly yang (Slightly warming):** Asparagus, malt, white bread, milk, steamed white rice

**Moderately yang (warm):** Basil, brown sugar, butter, cherries, chestnuts, chicken, chives, chocolate, cloves, coconut, coffee\* (Starbucks and other commercial coffee is more Yang than store bought coffee), coriander, dates, dill, eel, fennel, fresh ginger, garlic, ginseng, green onions, guavas, ham, kumquats, lamb, leeks, nutmeg, peaches, raspberries, rosemary, shrimp, squash, star anise, sunflower seeds, vinegar, walnuts, whiskey, wine

**Yang (hot):** Black and white pepper, cayenne, chili peppers, cinnamon, dried ginger, green, red and white peppers, horseradish, mustard, soybean oil

\*Coffee is a remarkably powerful drug whose effect is frequently underestimated. In terms of Chinese Medicine, coffee liberates our essential reserves of energy (Essence) to remarkable effect (which is why there are long lines at coffee shops during the winter), but DOES NOT REPLACE THEM. Thus its effect is to deplete our store house of subtle energy and its consumption masks the reality of exhaustion. Initially coffee is heating (Yang), but its long-term effect seems to be cooling (Yin).

“...The emotions of extreme joy and uncontrolled anger, both, are injurious to the soul just as cold and heat are injurious to the body. Anger consumes Yin; violent joy erodes Yang. When happiness and anger are not in control, then cold and heat exceed all measure, and life is no longer secure. Yin and Yang should be respected to an equal extent.”

## Rites of passage essential for healthy transition in young adults

Research from anthropologists and more recently psychologists, propose that rites of passage are primary in the transition of youth from adolescence to adulthood. The loss of powerful rituals in North American society, specifically the lack of rites of passage in a community, and lack of passing of mythology and wisdom, is correlated with many disastrous happenings we see within our society with young adults. Since 1991 we have seen an increase in youths' use of drugs, alcohol, prescription drugs and earlier sexual activity. These are what many youths of today are using to define themselves and transition into adulthood. Aside from getting a driver's license, there are not many other rites of passage readily available to most youths.

The traditional phases of the rites of passage are: separation, mentorship, transition, and a welcoming from the community. It has been suggested that most humans today are maturing to the next developmental phase, but maintaining part of their juvenile characteristics as they have missed some of the phases of the rites of passage. Some of us are waking up in our mid thirties and are still having difficulty growing into our responsibilities as adults and/or have difficulty shifting from one phase of life to another.

It has been suggested that we need to take the time to perform and support our youth through rites of passage programs as this will not only benefit them but our community as a whole.

Source: Association for Humanistic psychology, June/July 2007, Reflection and Research on Rites of Passage, [www.ahpweb.org](http://www.ahpweb.org)

## Coming of Age Kit: From Bud to Flower



First menstruation, or menarche, signals the passage to womanhood. Help to celebrate this important rite of passage in the life of a young girl you love with a coming of age ceremony.

The comprehensive, multi-media menarche kit, *Coming of Age: From Bud to Flower* provides structured activities to explore the biology, psychology, ecology, anthropology and spirituality of a girl's "moon time" cycle.

The menarche kit also includes guidelines for creating a menarche ceremony, or "red tent" celebration, to honor a girl's coming of age after her first menstruation.

### COMING OF AGE KIT includes:

- From Girl to Woman DVD Film Trilogy
- 80 page illustrated Girl's Workbook
- 150 page Adult Guide Book with sections on mentoring an individual girl and facilitating a group of mothers and daughters
- Jewelry-Making Project for Two
- Two Silk Jewelry Pouches
- Feathered Butterfly Pen
- Keepsake Box

## Vega EFA Antioxidant Oil



High quality, pure oils are essential to the foundation of proper nutrition and health. VEGA has introduced VEGA EFA Antioxidant Oil Blend, that combines a powerful diversity of unrefined, organic, non-distilled, cold pressed, chemical free oils all manufactured in an inert environment free from heat and light.

Vega EFA Antioxidant oil blend contains:

- Omega-3 Essential Fatty Acids (EFAs)
- Omega-6 Essential Fatty Acids (EFAs)
- Omega-9 and Omega 5 Fatty Acids
- Monounsaturated Fatty Acids
- Gamma Linolenic Acid (GLA)
- Medium Chain Triglycerides (MCT)
- Stearic and Palmitic Acids
- Tocopherols and Tocotrienols
- Carotenoids and Sterols
- Chlorophyll and other phytonutrients

The blend contains antioxidant rich Green Tea Oil, chemopreventative Pomegranate Oil, immune boosting Black Cumin Seed Oil, Blueberry Seed Oil, Hemp Seed Oil, Flax Seed Oil, hormone balancing Pumpkin Seed Oil, along with pure Coconut Oil and the rare Black Raspberry Seed Oil known to be high in Vitamin E. Vega EFA can be used in salad dressings, dips, soups and smoothies or your favourite vegetable, rice and pasta dishes. Like all pure oils it should not be used for high temperature cooking, just drizzle, mix and enjoy!

## Did you know...

Healthy fats are critical to good health and lean bodies. One such healthy fat, Omega 6, found in Safflower and Sunflower oils has shown, through over 500 published research studies, to exert positive effects on fat loss, as well as prevention and control of Type 2 diabetes, protection against heart disease, reduction of atherosclerosis and modulating immune response.

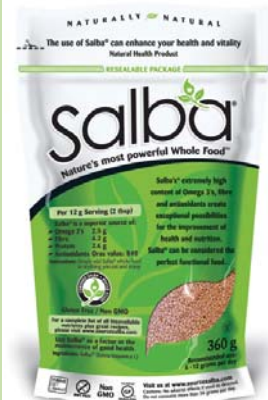
For more info refer to: Healthy Fats For Life by Lorna Vanderhaeghe and Karlene Karst, Quarry Health Books, 2003 or [www.healthymunity.com](http://www.healthymunity.com)

## Salba®, Nature's Most Powerful Whole Food!

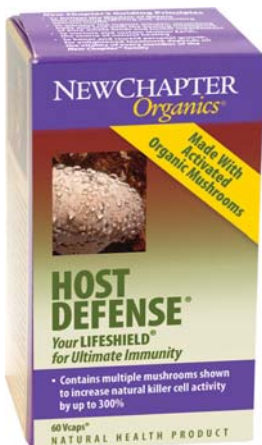
Salba is the richest whole food source of Omega 3 fatty acids and fibre found in nature. Every serving (12 grams or approximately 2 flat tablespoons) of Salba provides over 2,400 mg of Omega 3s, over 4,500 mg of dietary fibre, with less than 0.5 net carbohydrates per serving. Gram for gram, Salba provides six times more calcium than whole milk, three times more iron than spinach, and fifteen times more magnesium than broccoli. Salba is all-natural, has no trans-fats, is gluten free, has almost no carbohydrates, and is certified Non-GMO (Genetically Modified Organism).

Salba is the only ancient grain for which there are acute and long-term human nutritional studies. Salba has been extensively researched by Dr. Vladimir Vuksan Associate Director of the Clinical Nutrition and Risk Factor and Modification Centre at St. Michael's Hospital, University of Toronto, Canada, and Professor at the University of Toronto, Faculty of Nutritional Sciences, and Faculty of Medicine, Toronto. In randomized acute and long-term studies, the clinical results clearly document the great health potential of Salba as a functional food, that can be used as a novel agent in the prevention and treatment of cardiovascular disease.

Salba is the only food that holds a medical patent (60-274.256). The patent pertains to Salba's ability to manage the effects of diabetes and the dietary approaches to such management. It is focused on methods of improving associated metabolic abnormalities, specifically with Salba, and methods of use in these seeds in lowering blood pressure, blood glucose and post-prandial (post-meal) glycemia. Salba can be eaten plain, soaked (it forms a gel paste), or put into a smoothie. Because of its gel-like texture when mixed with water, it is perfect for baking. Visit [www.sourcesalba.com](http://www.sourcesalba.com) for more info and recipes.



## Host Defense for Immune-enhancing power



Host Defense has been shown to increase human Natural Killer (NK) Cell activity by up to 300%.\* The immune-enhancing power of Host Defense comes from two sources: the quality of the Activated Organic Mushrooms and the proprietary combination of species.

Each of the New Chapter Activated Organic Mushrooms species has, on its own, an ability to support human immune functioning, but the combination of these 17 mushroom sources creates synergies, waves of reinforcement, that bathe us in immune support.

Host Defense Vcaps with organic ingredients, are freeze-dried, non-GMO, free of pesticides and heavy metals, and contain both the mycelium and the underlying probiotic medium. 100% vegetarian, no colorings, binders, or flavorings.

\* There is glory in each mushroom, but greater glory in the whole. Visit: [www.new-chapter.com](http://www.new-chapter.com) for more information

## Vitamin Angel Winners

We would like to congratulate the winners and all those that participated in our Christmas Vitamin Angel Donation draw.

Thank you also to our suppliers who generously donated the gift baskets for our campaign.

**Gift Basket Winners:**

S. Wise ; S. Jacobsen ; J. Durand ; J. Campbell ; C. Dorscher ; K. Green ; E. Schultz

We collected over \$100 for this very worthy cause.

[www.vitaminangel.com](http://www.vitaminangel.com)





## 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.

## New At Nurture!

### Aromatherapy Inhalers

Never underestimate the power of smell! These pure essential oil inhalers make for a quick and convenient pick-me-up or remedy. Breathe in and align yourself with your chosen intention, with over 22 aromatic blends to choose from.

### Pacific Essences Flower Formulas

Flower essences are increasingly being recognized by holistic health-care practitioners as powerful, yet subtle emotional healing aids. The Pacific Essences' line of flower formulas encompasses the most fundamental body-soul progressions facing people of all ages and lifestyles, including grief, trauma, depression and anxiety.

### Oil Reed Aromatherapy Diffusers

Oil Reed Diffusers are a safe and natural way to scent the home. Simply soak the bamboo reeds in your chosen aroma oil and turn them upside down to let their lovely fragrance permeate a room.

### Glee Gum

Glee Gum is an 100% natural alternative to the chemically-laden gum monopolizing grocery store shelves. Sweetened with brown rice syrup and made from the chicle tree, Glee Gum is a "clean" chew. Available in cinnamon or peppermint.

### Schuessler Tissue Salts

Tissue Salts are a homeopathically prepared micro-dose of the body's 12 vital minerals. In this form the minerals are very easy to assimilate and pass rapidly into the blood stream and into the cells, restoring balance. When our blood is lacking the necessary nutrients, our bodies become prone to illness. Tissue Salts improve the overall absorption of nutrients coming into our body encouraging overall good health and well being. Formulas cover a variety of health issues. Kidz mineral formulas also available: Be Calm, Pain and Fever Ease, Strong Bones and Teeth. Taste great and easy for children to ingest.

## Vitamin D - How much is too much?

In June of this year, the Canadian Cancer Society set an unusual precedent by recommending that Canadian adults supplement with 1000I.U. of vitamin D, based on their investigation of the scientific research supporting this supplementation as a preventative measure against certain forms of cancer.

They are just one of many health groups that are touting the benefits of this vitamin. There has been much hype and different recommendations about the benefits of vitamin D, the levels necessary for bone health and toxicity levels. Many of our customers and clients come in perplexed as to what form to take and how much vitamin D they should be taking on a daily basis.

### Let's consider the facts:

Vitamin D is a fat-soluble vitamin that's formed when skin is exposed to the sun's ultraviolet rays. Vitamin D is also naturally found to a much lesser extent in food.

There are two major types of vitamin D. Vitamin D3, also called cholecalciferol, is the type made in the body in response to sun exposure and found in certain foods. Vitamin D2 (ergocalciferol) is the most common form used in supplements. It's also used to fortify certain foods, such as milk.

Both types of vitamin D must be converted in the liver and kidneys to the active form, 1,25 dihydroxyvitamin D, to be useful to the body. In our cold Calgary winters, where there is less sun exposure, a supplement of vitamin D3 is a must as we simply do not get the amount we need on a daily basis from food. (As Lawrence our Manager says: A vitamin D supplement is compressed sunshine in a bottle!) Many of our customers say that their mood during the winter season is better with a vitamin D3 supplement.

### How much is too much?

The synthesis of bioactive vitamin D is closely regulated by the body and vitamin D toxicity would usually only occur if extreme doses are consumed. For example, exposure to sunlight for long periods of time will not cause vitamin D toxicity. This is because concentration of vitamin D precursors produced in those with lighter skin colour will reach equilibrium within about 20 minutes of exposure to UV rays, and any further vitamin D that is produced is degraded. For darker skinned people it takes about 1 to 2 hours for this to occur.

Overdose will occur at more than 100 times the recommended daily allowance (roughly one bottle of 90 vitamin D tablets daily). So it is apparent that toxicity is unlikely if one takes the 1000 I.U. daily recommended.

### What Does Vitamin D Do?

The main function of vitamin D is to maintain normal levels of calcium and phosphorus in the blood to support bone mineralization (hardening of bones), cell functions, and proper nerve and muscle function. Vitamin D acts as a hormone, enhancing the absorption of calcium and phosphorus in the small intestine.

Vitamin D is needed for normal growth. Without it, bones become weak and deformed, resulting in rickets in children and a condition called osteomalacia in adults.

(Sources: *Alternative Medicine: www.altmedicine.com, Canadian Cancer Society, www.cancer.ca, Omega Alpha Pharmaceuticals Inc. www.oapharma.com*)



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