



## Winter - Season of the Kidneys

According to Chinese Medicine, the kidneys, which are our source of vitality and endurance, are most vulnerable during the winter season. They are also said to house our instinct to procreate and survive as well as our creativity. In winter, when most of nature hibernates and slows down, it is a natural time for reflection, creativity, rest and rejuvenation. The problem in today's world is that we do not stop the carousel of life long enough to get off and give our kidneys the attention and support that they need. This results in depletion of what the Chinese call "Kidney Chi" or our kidney energy. We are too busy "doing" instead of just "being". As a result we are often depleted physically and illness can take hold more often during the wintertime. Inadequate sleep, cold food/liquids and excessive sexual activity, exercise and work also undermine the kidney essence. Welcome to our modern day health dilemma!

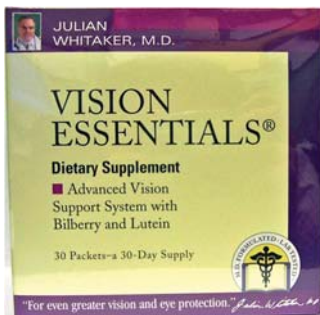
The kidneys also influence and nourish other organs and bodily functions such as the bladder, the spleen, stomach and lungs, the reproductive organs, liver function and fluid metabolism (i.e. fluid retention is a sign of kidney imbalance). When kidney function is lower these other areas are also affected.

On an emotional level, the kidneys are the storehouse for fear. Fear also causes energy to diminish - we feel the bottom will fall out and our world will collapse. At the root of fear is the feeling that our survival is threatened.... We can literally become petrified with fear and lose control. As in the depths of a cold winter, we can feel frozen with fear and isolated. On the other end of the spectrum, fight or flight seems to be the only options when one lives in fear. There is no surrender to gentleness, calmness, serenity, trust or safety. This continual cycle of frozen, fight or flight exhausts the body and eventually leaves us open to disease.

During this winter season take the time to nurture your kidney essence and your overall physical, emotional and mental health. Your kidneys and your entire body will thank you!

Healthy Regards,

Samantha Orthlieb, MH



## Vision Essentials

Our eyesight is extremely important to our everyday life...so what can we do to protect it? Or what if poor night vision, or something more serious such as macular degeneration or cataracts (clouding of the lens) already exist?

Vision Essentials by Dr. Whitaker can protect the eyes from future problems as well as help existing eye problems. This comprehensive formula contains 17 different anti-oxidants and nutrients needed for promoting lens and macular health,

improving blood flow to the eyes, enhancing night vision, fighting UV radiation that damages the eyes, reducing free radical damage and helping maintain a healthy retina.

One of the nutrients Vision Essentials contains is lutein, a highly antioxidant carotenoid (meaning natural colorant/pigment), in a dosage high enough to be therapeutic. Studies show lutein has the ability to protect against macular degeneration as well as reduce the progression of it. Lutein protects the macula from free radical damage caused through light and oxygen by absorbing harmful UV radiation that enters the eyes.

Another very beneficial component to this formula is the herb bilberry. Bilberry improves blood flow to the eyes, stabilizing the blood vessels and collagen in the retina and helping to trigger the production of rhodopsin, an eye protein needed for night vision. Studies have found that nighttime visual acuity and recovery from glare substantially improve when study participants take bilberry. Additionally, bilberry shields the eyes from oxidative damage and protects the lens. Bilberry became popular for eye health when WWII pilots discovered that eating bilberry jam before flying improved their night vision.

Bilberry and lutein are both important for the eyes, but there are other nutrients in this formula to make it even more complete for eye health. Zeaxanthin (from marigolds) helps to maintain clear and healthy lenses and L-taurine and NAC are in the formula for reducing oxidative effects on the body. Quercetin and ginkgo help to strengthen the capillaries in the eye, beta-carotene, vitamin C and alpha lipoic acid protect the lens and macula of the eye and schisandra berry improves the eyes' ability to adapt to darkness. Vision Essentials covers all bases of eye nutrition to protect and support your eyesight!

Sources: [www.luteininfo.com](http://www.luteininfo.com); Vision Essentials informational material

## Cleansing: The Preparation For Rebuilding and Replenishing

*Nature's Way Thisilyn® Cleanse purifies, rejuvenates and energizes.*

Why detoxify? One of the keys to good health, energy and vitality is limiting our exposure to toxins and impurities, as well as supporting the body's natural detox systems, such as the liver. The most clinically researched supplement for supporting healthy liver function is standardized milk thistle extract. Its active bioflavonoid complex, silymarin, is a powerful antioxidant that exerts a protective effect against pollutants and other substances that may be harmful to the liver. It also helps the liver produce glutathione, a natural "front-line" defense against free radicals. Silymarin can help a stressed liver regenerate healthy cells.

Thisilyn® standardized milk thistle extract is the key to effective cleansing. The unique ability of Thisilyn® to dissolve allows it to yield two times more silymarin to the body than conventional milk thistle extracts, which tend to clump in the digestive tract.

How to detoxify? The body cleanses itself by neutralizing toxins directly or excreting them. The liver is the workhorse of our internal detox system. Support the liver with supplements such as the Thisilyn Cleansing Kit and increase fibre intake to promote toxin removal through the stool.

### Thisilyn® Cleanse Kits:

Thisilyn® Herbal 15-Day Cleanse Kit is a triple-phase program which provides a whole body cleanse. Besides cleansing the liver, this kit aids in detoxifying the gall bladder, lymphatic system, skin, urinary tract, blood and bowel. It is great when an intensive cleanse is needed. Thisilyn® Mineral Cleanse Kit is also a triple-phase program but has magnesium hydroxide sweep to encourage healthy bowel elimination in a "non-stimulating" way.

Doing the 15-day Thisilyn Cleansing Kit can help get you back on track after over-indulgent holiday feasts, can be the first step in preparing your body for rebuilding and replenishing and helps you feel more energy and vitality!



## Hair-Force - Grow & Strengthen Your Hair

Our hair tells a story about our overall health and nutrition. Healthy, strong, shiny hair is an indicator of vibrant health. While thinning, brittle and dull hair tells a different story!

Nutrition, stress, illness, sex hormones, thyroid hormones, as well as environmental sensitivities, medications and alcohol can all influence hair health. Nutritionally, sub-optimal levels of specific nutrients can make a noticeable difference to keeping a healthy head of hair.

There are many nutrients recognized for their role in nourishing and restoring healthy hair. Among them, beta-carotene, which promotes thick hair and regulates healthy scalp sebum and vitamin C and selenium which lend powerful anti-oxidant help against environmental pollutants. Vitamin D3, scientists have found, (of which many people in northern climates are seriously deficient) can dramatically stimulate hair growth!

Another important group of nutrients is the B vitamin family, which works synergistically to maintain metabolism, combat stress and help with hair growth. Leading anti-aging researcher Dr. Bruce Ames calls the B vitamins, specifically B6, B12 and folic acid, key to "metabolic harmony and disease prevention". When it comes to our hair they are invaluable to enhancing circulation (B3), thwarting the gray's (B5 and B12), reducing homocysteine levels (folic acid) (homocysteine can accelerate ageing) and promoting hair growth (biotin). Additionally, choline and inositol are stress-busting hair protectors!

Other nutrients are zinc, a deficiency of which has been directly linked to hair loss, and iodine, needed for thyroid function (dry brittle hair is common with low thyroid function). The amino acids L-cysteine and L-methionine are added for detoxification and hair strengthening, while preventing hair loss. Lastly there are the healthy essential fatty acid oils that add shine and luster to hair and lecithin, a nutrient carrier to make the fat soluble nutrients more absorbable.

All of these nutrients are available in a comprehensive formula, Hair-Force, by Prairie Naturals. Improve your "hair" nutritional intake with Hair-Force and keep your hair growing healthy, luxurious, thick and strong!



## Natural Beauty - Hair Care That's Healthy!



Prairie Naturals Hair Care line is a collection of natural shampoo's, conditioners and specialty hair care products prepared from natural ingredients.

The line is sulphate free, DEA-free, petroleum-free, paraben-free, biodegradable and not tested on animals. This is significant because most hair products contain at least one of those ingredients which can be harmful to our health. Sulphates, DEA, petroleum based ingredients and parabens are known to be harmful to the environment, potentially toxic, carcinogenic, clog pores, dry skin, irritate eyes, dry hair, cause allergic reaction and even have been shown to have estrogenic effects, causing hormone imbalances.

All the ingredients in Prairie Naturals hair products are safe, effective and from plants.

### pH balance

Prairie Naturals Hair Care line is pH balanced. So depending on the function of the shampoo or conditioner (ex: deep cleansing), the pH of that product will be best suited to carry out that function and to meet the needs of different hair types.

### Prairie Naturals Shampoos & Conditioners

Arctic Sun is hypoallergenic, designed for people with extremely sensitive skin. This shampoo and conditioner is gentle, yet thoroughly cleansing. Avalanche effectively controls dandruff and dry scalp as well as improves itching and flaking, while still leaving hair manageable and healthy looking. Goldenrod is volumizing and cleansing for fine and thinning hair. It infuses limp and thinning hair with volume and body, cleansing gently and thickening the hair shaft to promote maximum fullness. Harvest Moon is strengthening and protective for over-processed and damaged hair. Multi-Grain is a 2 in 1 conditioning shampoo that leaves hair soft and tangle free. Northern Lights is gentle cleansing for all hair types. It improves moisture and elasticity.

### "Healing" Hair Products

Moonshine is a finishing serum applied after showering. It helps to restore strength to hair and minimizes split ends. Besides repairing damage, Moonshine makes hair feel silky and smooth with a luxurious shine.

White Lightning is a scalp revitalizing serum designed to combat scalp disorders such as excessive sebum, dandruff and psoriasis. It stimulates the growth of healthy hair, nourishes the root and is used to prevent premature hair loss.

Prairie Naturals Hair Care products have all natural, mild scents and leave your hair healthy, manageable and chemical free!

Source: *Prairie Naturals Hair Care educational information*

## Fatigued to Fantastic - Daily Energy Enfusion

Do you have low energy levels? Do you suffer from chronic fatigue syndrome or fibromyalgia? Is your body run down? Does your busy and stressful life leave you feeling fatigued? Fatigued to Fantastic, a complete formula to improve cellular energy production, can help!

Fatigued to Fantastic contains 21 nutrients, including vitamins, minerals, amino acids and malic acid in a sugar free, powdered form. This combination of nutrients was chosen because the body requires specific amounts of many different vitamins, nutrients and enzymes for energy production. The making of this energy is continuous, and any dysfunction of this complex process can result in fatigue, sleeplessness and irritability. Among the many ingredients of Fatigued to Fantastic is malic acid, which is a natural fruit acid, and magnesium, both essential for cellular energy production. Magnesium and malic acid have been found in studies to relieve symptoms in people suffering with fibromyalgia as well as reduce muscle fatigue, aches and pains.

Even with adequate daily nutrition, energy demands often exceed energy stores especially during physical and emotional stress. This is when Fatigued to Fantastic works best. It is also rebuilding for people with low energy levels due to poor nutrient intake as well as for those with chronic illness. Fatigued to Fantastic contains no caffeine, ephedra or stimulants. It is a complex nutrient powder that supports and increases energy production, great for rebuilding the body!

Note: *Fatigued to Fantastic should be taken with a B complex vitamin for best results. Sources: Chronic Fatigue Syndrome by Jacob Teitelbaum, MD; Fatigued to Fantastic Technical Data Sheet*

## Relax With L-Theanine

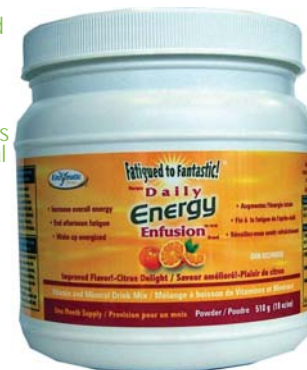


Green tea has been consumed in Japan for hundreds of years and provides multitudes of health benefits, one being its ability to promote relaxation and a sense of well-being and calm. It is believed that L-Theanine, a free form amino acid, is responsible for those balancing properties of green tea.

Brain activity, such as sleep or wakefulness, is identifiable by the electrical waves it produces. There are four brain wave patterns: alpha, beta, delta and theta. L-Theanine works by inducing alpha waves in the brain, the state of mind that is associated with meditation. Ingestion of L-Theanine in capsule form promotes increased brain levels of tryptophan as well as serotonin, the hormone responsible for feelings of calm and contentment. It also encourages the production of other neurotransmitters such as GABA and dopamine, both of which enhance the quality of sleep, helping you to wake more refreshed and energetic. Studies even show that L-Theanine has neuroprotective properties, helping to keep your nerves healthy.

Naka L-Theanine has no known drug interactions and is a safe, gentle and non-drowsy way to encourage calmness when experiencing stress or anxiety. In addition, it enhances concentration and focus, improving learning ability and academic performance and has a beneficial effect on the cardiovascular system, reducing high blood pressure and cholesterol.

Best of all, L-Theanine is fast-acting, taking effect in approximately 30 minutes, making it a quick way to relax when you're anxious, under stress or when you need restful sleep!



## Did You Know... That Salt Is Vital For Life?

Yet our consumption of salt is killing us. Why? Because the sodium chloride of today is over-refined, denatured table salt that throws our bodies natural mineral content out of balance, leading to various health problems. Natural, unrefined salt is a cocktail of mineral rich elements existing in perfect balance and it is actually healthy for you.

Our bodily fluids contain the same elements as seawater. These elements are essential for functions such as regulating blood pressure and blood sugar and for nerve cell communication and balancing metabolism. Our most elemental body processes require a healthy balance of salt and liquids.

A good alternative to refined salt is unrefined sea salt. But with the increasing pollution of today's oceans, it is not the quality it used to be. An uncontaminated option is Himalayan Crystal salt. Not only does it taste wonderful, but it also contains all 84 essential minerals and elements the body requires. Additionally, they are in colloidal form, which assures better absorption!

Himalayan Crystal salt comes in coarse or fine ground, ready to be added to food or your bath!

## Slim Tech - Safe Weight Management



*Slim-tech is a healthy and safe weight management program. It consists of three formulas for digestion and weight loss from the Wild Rose Herbal Line, formulated by Dr. Terry Willard, Clinical Herbalist, Ph.D.*

### Di-gest

Di-Gest is buffered hydrochloric acid (HCl), digestive enzymes and calcium ascorbate, specially encapsulated to ensure proper breakdown of foods and absorption of vital nutrients. Hydrochloric acid and calcium increase the secretion of stomach acid, which is essential for protein digestion and the stimulation of other digestive secretions. Di-Gest helps ensure the complete breakdown of dietary proteins, fats and carbohydrates.

In addition to easing symptoms of poor digestion (e.g. gas, bloating, or heartburn), Di-Gest stimulates production of the body's own digestive secretions. With efficient digestion your entire body feels stronger, healthier and more vital. Proper digestion is the foundation for weight loss, without it, your body cannot properly use nutrients causing extra fat storage and waste build-up.

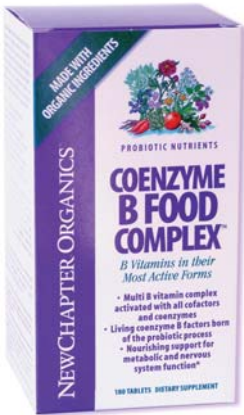
### CLA

The recent discovery of CLA (conjugated linoleic acid) may prove to be the biggest breakthrough in weight management yet. Studies indicate that CLA can help to decrease body fats, while maintaining muscle mass. Research also shows that CLA increases the conversion of stored fat into usable energy, inhibits the conversion of extra calories into stored fat, increases insulin sensitivity, and functions as an anti-oxidant. Wild Rose uses only pure, non-GMO, 100% natural sunflower oil as its CLA source.

### Slim-Tech

Slim-Tech features CitriMax™, a standardized natural plant extract rich in hydroxycitric acid (HCA). Clinical tests indicate that HCA can safely provide more energy while helping to suppress appetite. CitriMax™ is blended in a synergistic base of specially selected and clinically tested herbs, formulated to assist in weight management by reducing the conversion of excess sugars to fat.

Please note that other lifestyle changes are important in a weight management program. If you have questions or would like us to recommend something based on your individual needs, please visit us in-store.



## Active B Complex

Everyday stress can leave us feeling tired, anxious and run down. A vitamin B complex is one of the most effective ways to support your overworked nervous system and fatigued adrenal glands. B vitamins are important nutrients in the body, but are lost quickly in the urine, making a regular supply essential. Additionally, alcohol, coffee, antibiotics, oral contraceptives, stress, smoking and strenuous exercise cause Bs to be depleted in higher amounts.

B vitamins carry out multiple roles in the body such as maintaining skin and hair, regulating metabolism of fats, carbohydrates and protein as well as normalizing cholesterol and keeping the heart and cardiovascular system healthy. The B complex family is integral to energy production and cognitive ability, brain function,

memory and learning capacity. They help to protect the fatty sheaths on nerves and a lack of Bs, especially B12, can result in neurological damage. B vitamins are also important to the production of serotonin and other brain neurotransmitters.

When under stress, our adrenal glands require extra Bs in order to produce adrenal hormones and a B complex is often suggested for individuals suffering from depression or anxiety in order to ensure optimal functioning of the nervous system, adrenal glands and digestive system.

New Chapter's Coenzyme B Food Complex is the most easily absorbed B complex vitamin because the Bs are in their most active forms, in a whole-food state. New Chapter uses fermentation to transform vitamin isolates and traditional calming herbs into a dynamic whole-food supplement. Fermentation is the pre-digestion of food by friendly probiotic bacteria, making it easier to digest and metabolize. Fermentation naturally enriches the formula with antioxidants, additional minerals and enzymes, making it more strengthening and nourishing.

New Chapter Coenzyme B Food Complex is the only certified organic B complex available today and it is excellent for rebuilding, replenishing and stress support!

Source: New Chapter nutritional information

## Perfect Food - Green Goodness

Everyday we hear how fruits and vegetables are so important to our health. But count how many servings you eat per day... does it meet the minimum 5 to 10 servings recommended? At least 50% of Canadian adults do not get the minimum 5 servings per day!

Perfect Food™ is an easy way to bump up your daily servings of fruits and vegetables, which can reduce the risk of cancer, increase energy, enhance immune response, detoxify the body and improve overall well-being. One serving of Perfect Food is the equivalent of more than 5 servings of vegetables!

"Greens" are made from green foods super concentrated into a powder or tablet. Perfect Food™ combines over 40 of these green foods (edible grasses, seaweeds, vegetables, grains and seeds), to provide a wide range of nutrients in their highly absorbable natural ratios. This formula is also fermented with probiotics (good bacteria), which enhances digestibility of nutrients and provides probiotics to the digestive system.

What makes Perfect Food different from other greens? It contains no "fillers" such as brown rice powder or apple pectin. Even though they are not unhealthy for you, they are not nutrient dense like vegetables, so they add bulk to the product but not as many nutrients. And, unlike most other greens products, Perfect Food contains absolutely no herbs, making it suitable for long term use and for people who are concerned about herbs interacting with their medications.

Perfect Food™ is made completely from plants, contains no fillers and is a rich source of antioxidants, carotenoids, minerals, enzymes and essential fatty acids to nourish and rebuild the body.

Sources: [www.statcan.ca](http://www.statcan.ca); Garden of Life nutritional information





**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.

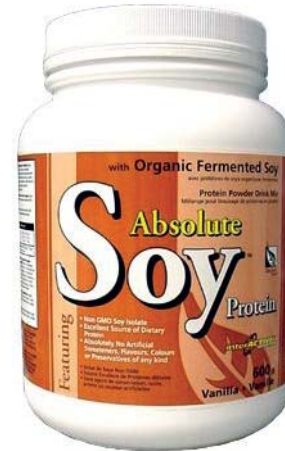
Please call 208-0812 to book your appointment or for more information.



*"Those who do not find some time every day for health must sacrifice a lot of time one day for illness."*

-Father Sebastian Kneipp

**Healthy Body Composition Supports the Aging Process & Increases Vitality**



One of the most powerful lifestyle changes you can make to reduce your risk of the common chronic diseases of aging is related to improving your body composition.

What is body composition? It is body fat and lean body mass. Body fat is just that - fat. Lean body mass includes everything in your body except fat (muscle, bones, organs, other tissues, fluids etc.). While a certain amount of body fat is necessary for normal functioning, excess fat

in relation to lean body mass, a condition known as altered body composition, can greatly put your health at risk.

Muscle is the body's biologically active tissue and needs a far greater amount of caloric fuel to maintain itself compared to fat. Therefore, a high ratio of muscle to fat increases your metabolism, meaning you burn more calories each day. Furthermore, muscle is the source of proteins which are responsible for the vitality of your whole body. Loss of protein stores (muscle) means loss of function. In illness, muscle is the major source of protein for functions such as antibody production, wound healing, and white blood cell production. If the body's protein reserves are already depleted by muscle loss, there is less for the body to draw on in the case of illness. That is why muscle mass and strength are considered the top two indicators of healthy aging and why building muscle is the key to rejuvenation. Perhaps the most powerful tool in supporting the aging process and restoring vitality is to improve your muscle-to-fat ratio by adding more muscle to your body.

To retain and build muscles stores, maintain a healthy lifestyle by eating a balanced diet with enough protein, regular exercise, appropriate nutritional supplementation (where needed), reducing stress and getting adequate sleep.

For extra protein in the diet, add Absolute Soy protein or Absolute Whey protein to juice, water, yogurt or smoothies. These powders are high in protein and contain no artificial ingredients or sweeteners - a great way to boost the protein intake that is so essential to a healthy body composition.

**\$2 Off!**

**Absolute Soy Protein**

*Expires Feb 28, 2007  
One coupon per customer per purchase.*

**\$4 Off!**

**BerrySplash Powder  
Acai Berry**

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One coupon per customer per purchase.*

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One coupon per customer per purchase.*

**\$5 Off!**

**Slimstyles Meal Replacement  
Or Learning Factors Smoothie Mix**

*Expires Feb 28, 2007  
One coupon per customer per purchase.*

**\$2 Off!**

**Any Lorna Vanderhaeghe product**

*Expires Feb 28, 2007  
One coupon per customer per purchase.*

**Senior's Day!**

1st Tuesday of every month is Senior's\* day!  
15% off (regular priced items) and free product samples!

**Why visit Nurture Health & Wellness?**

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