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of Being  
**Sick and Tired?**

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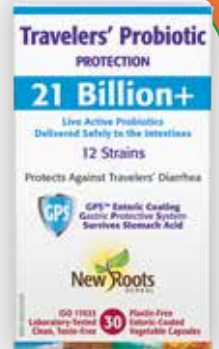
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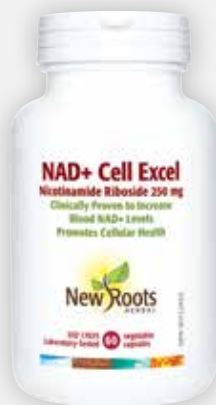


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# Editor's Letter



Here we go again: sweater weather, pumpkin-spice coffees, and the changing of the leaves. As the year starts to wind down and temperatures drop, Mother Nature puts on a spectacular show right here in our backyard. Tourists flock from all over the world to see this splendour of vibrant colours. Maybe we should pay a little more attention to the beauty and serenity within our grasp. Before we know it, brisk winds will blow them away, making room for a blanket of white snow.

Let's take a little more time to truly appreciate the abundant, wonderous beauty nature provides. And don't forget about the other wonders surrounding us: the love we get from family, kindness from our friends, and wisdom from our elders. Thanksgiving lunch shouldn't be the only time we voice what we appreciate. Each day is an opportunity to show our loved ones that we care, and that we are grateful for our talents, skills, abilities, and most importantly, our health.

We hope you enjoy our selection of articles, specially curated to help keep you healthy, happy, relaxed and flourishing.

Wishing you all the best as you celebrate the holidays and prepare for an exciting new year.

Sophia Golanowski, BCom, MBA  
Editor-in-Chief

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# Sick and Tired of Being Sick and Tired?

by Colleen Hartwick, ND



Summer's over and we all know what that means: It is back to work and back to school. But, more importantly, it's the beginning of cold-and-flu season.

Each year in Canada, beginning in late fall and winter when the temperature drops, roughly 5 to 10 percent of adults and 20 to 30 percent of children are infected with influenza. Influenza is estimated to account for roughly 12,200 hospitalizations and 3,500 deaths annually, making it a leading cause of death for Canadians. In addition to the health burden posed by influenza during this time of year, the average Canadian adult experiences between 2 and 5 colds per year, making colds a leading reason for missed workdays.

It is evident, from the statistics, that influenza and cold viruses have a major impact on the health and wellbeing of Canadians. While a large proportion of Canadians, both young and old, are affected by colds and flu, some Canadians are more at risk of illness than others.

## Who Is Most at Risk?

While everyone is susceptible to colds and flu, certain factors increase one's vulnerability for infection. Those at higher risk include children under 5 years old and adults over 65 years old, individuals exposed to air pollution or cigarette smoke, and those with lifestyle factors such as insufficient sleep, lack of exercise, excess stress, and poor nutrition. Lastly, people with preexisting medical conditions such as an autoimmune disease, diabetes, obesity, or pulmonary and cardiovascular disease have a greater risk of becoming sick with a cold or the flu.

Given how often colds and influenza affect Canadians and the many factors that can increase the risk of infection, naturopathic doctors are well-positioned to assist. Their focus on holistic health allows them to identify and address underlying vulnerabilities and risk factors, helping Canadians not only prevent these illnesses, but also alleviate symptoms during cold-and-flu season.

## The Power of Prevention

As many of us know, prevention is of paramount importance in avoiding illness from a cold or the flu. Focusing on the foundations of good health helps keep the body equipped to defend itself against the microbes that may come its way.

Good hygiene, including regularly washing your hands, is among the most important tools in reducing exposure to the viruses responsible for the common cold and influenza. Proper nutrition—which entails eating more whole foods; cooking with more garlic, onions, herbs, and spices; and reducing or avoiding sugar, fast food, and alcohol—also helps to support your body's immune system. Additionally, getting 7–9 hours of sleep, exercising regularly, and incorporating relaxation practice are equally essential year-round for maintaining a healthy immune system.

But, beyond the basics of cold and flu prevention, supplements can play an important role in reducing one's risk of developing cold and flu symptoms and can help speed up recovery.

## Supplements to Consider

Supplements that support healthy immune-system function are primarily formulated to offer a degree of prevention while also helping to minimize the intensity of symptoms. Many of these supplements are backed by clinical research that demonstrate their ability to strengthen your body's general immune response. Here are a few of my favourites:

- Vitamin C has been a go-to supplement for immune support for decades. As an antioxidant, vitamin C plays an important role in the growth and function of immune cells and helps support the integrity of key immune barriers, such as the skin. There is evidence that high doses of vitamin C, taken consistently, are associated with a decreased duration of colds as well as a reduction in symptom intensity.
- Vitamin D is involved in many cellular processes, including the regulation of immune cells during infections, and as such, it's unsurprising that a deficiency can leave us vulnerable to viral infection. In fact, epidemiological studies show an association between low vitamin D levels and a greater risk of upper respiratory infection. A systematic review and meta-analysis of data from randomized controlled trials found that taking vitamin D could help prevent upper respiratory tract infections.



- South African geranium (*Pelargonium sidoides*) contains tannins that can help prevent bacteria from attaching to the lining of the throat and lungs. These tannins may be the reason for the growing evidence that *Pelargonium sidoides* may reduce the duration and severity of colds. In addition to its antibacterial activity, *Pelargonium sidoides* has demonstrated dose-dependent antiviral activity against influenza.
- Elderberry is rich in antioxidants that support your immune system and may help reduce the symptoms of a cold or the flu.
- Zinc is an essential mineral that plays a role in hundreds of metabolic processes including supporting the function of antioxidant enzymes. It has been shown to reduce the duration of the common cold. Zinc lozenges, in particular, can reduce virus replication at the nasal epithelium and can reduce both the duration and intensity of cold symptoms.

For more information on how to support yourself and your family through this year's cold-and-flu season and what dosages are right for you, contact your local naturopathic doctor for a tailored approach to supporting your immune system.



### Dr. Colleen Hartwick, ND

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# Keeping our Filters Clean

by Jill Northrup, ND



## Which Organs Are Filters?

The filtration of waste products, toxins, and metabolites is an important process within the body. The kidneys and liver are the primary organs which serve this purpose. These organs filter blood with varying purposes: the kidneys, to produce urine and control blood pressure, and the liver, to aid in digestion and detoxification. When these filters are not operating as they should, health suffers greatly. The dysfunction of these filtering organs can sometimes have a common thread.

## The Liver

Early stages of liver dysfunction are often asymptomatic. When symptoms do manifest, fatigue is one of the most common. Other symptoms can include right upper-quadrant abdominal pain, bloating, nausea, loss of appetite, and jaundice (yellowing of the skin). Various insults including viruses, alcohol, toxins, and genetic factors, amongst others, can impair liver function. One of the most common liver pathologies, affecting approximately 25% of Canadians, is nonalcoholic fatty liver disease (NAFLD).

Nonalcoholic fatty liver disease is often accompanied by metabolic dysfunction, including insulin resistance, dyslipidemia, and hypertension. Despite its increased prevalence amongst obese individuals, NAFLD can still develop in lean individuals. NAFLD has various stages of progression. More severe stages including cirrhosis (scarring) can become irreversible and be accompanied by an increased risk of hepatocellular carcinoma. Abdominal ultrasound and blood testing—including liver enzymes, albumin, ferritin, and complete blood count—can be used to assess liver health.

## The Kidneys

Early stages of chronic kidney disease (CKD) are often asymptomatic, and detection occurs during assessment of comorbid diseases. Issues with kidney function, if not asymptomatic, often present as impaired fluid balance. This can include oedema, hypertension, electrolyte abnormalities, increased or decreased urine output, and fatigue. Amongst kidney pathologies, CKD is one of the most common. CKD has various etiologies. Similarly to NAFLD, CKD is most commonly caused by diabetes, hypertension, and obesity, but may also be associated with old age, autoimmune disease, toxin exposure, infection, and stone obstruction. Complications of uncontrolled CKD include cardiovascular disease, anaemia, and bone diseases. Kidney function can be assessed through urinalysis and bloodwork, including eGFR, albumin, and electrolytes.



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## Lifestyle Medicine

As cardiovascular disease (CVD) and diabetes are two of the most common causes of NAFLD and CKD, preventative measures for these diseases include those which promote cardiovascular health and reduce the risk of insulin resistance. Regular physical activity is a cornerstone of maintaining cardiovascular and metabolic health. Exercise reduces the risk of type 2 diabetes and cardiovascular disease. Exercise also helps improve markers associated with NAFLD, including cholesterol, liver enzymes, and intrahepatic lipid content.

Smoking cessation and limiting alcohol consumption can also be useful strategies for reducing the risk of kidney and liver disease. In adults aged 20–39 years, it was found that as smoking quantity increases, renal function declines. With smoking cessation, as the duration of smoke-free periods increases, the risk of adverse kidney health outcomes decreases.

Nutrition can also play a role in the risk of cardiometabolic disorders, which can further increase the risk of NAFLD and CKD. The Mediterranean diet, characterized by a high intake of vegetables, fruits, olive oil, nuts, and fish, is well-studied in the context of cardiovascular and metabolic diseases. In addition to reducing overall mortality and cardiovascular events, a Mediterranean diet can also reduce the risk of CKD by 10%.



## Berberine

Berberine is a compound found in various herbs, including goldenseal and Oregon grape. Berberine is best known for its antimicrobial, hepatoprotective, and blood glucose- and cholesterol-lowering activity. Administered at a dose of 0.5 g two to three times per day for a minimum of three months, berberine used as an adjunctive therapy significantly reduces liver enzymes, total cholesterol, triglycerides, and LDL cholesterol amongst adults with NAFLD.

Nonalcoholic fatty liver disease has also been found to be associated with dysbiosis, an unhealthy imbalance in intestinal bacteria. In an animal model, berberine administration was shown to modify gut microbiota and improve intestinal membrane integrity, thereby exerting protective effects on NAFLD.

Evidence is also suggesting a potential therapeutic role of berberine in supporting kidney health via the “gut-kidney axis.” Microbiome changes can lead to the production of uremic toxins, which are associated with chronic kidney disease and renal failure. In an animal model with CKD, berberine supplementation was found to reduce the production of renal toxins within the intestine and increase butyric acid production, which has renoprotective effects.



Berberine has also exhibited renoprotective effects in humans. Amongst participants diagnosed with hypertension and type 2 diabetes, administration of berberine alongside conventional hypotensive and hypoglycemic agents led to a significant reduction in renal damage. Participants receiving berberine also exhibited significantly reduced levels of inflammation and oxidative stress.

## Summary

The organ “filters” within the body serve an important role in health. Both the liver and kidneys are susceptible to damage by metabolic and cardiovascular dysfunction. Various strategies, including lifestyle measures and supplementation, show evidence for potential prophylactic or therapeutic use.



**Dr. Jill Northrup, ND**

A Toronto-based naturopathic doctor with a passion for health and natural medicines, she values an evidence-based treatment approach and emphasizes patient education and preventative medicine in her practice.

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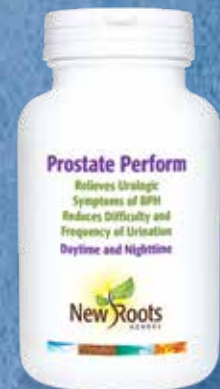
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A photograph of a woman with long brown hair, wearing a white sleeveless dress, holding a baby in her arms. They are standing in a grassy field with trees in the background, bathed in warm, golden light. The image is framed by a thin orange border.

# An ND's Experience as a *First-Time Mom*

by Kaitlyn Richardson, ND, HbSc

There is no better feeling than the first time you hold your newborn in your arms. After months of anticipation and hours of labour, those first moments just feel so surreal. I was prepared to bring my new daughter home, but I am not sure that I was really prepared for the first weeks and months of navigating this monumental change. From one new mom to another, here are some things that I found helped to keep us grounded during this exciting time.

## *Rest*

Your body just grew a small human in about 40 weeks and then went through some sort of labour, delivery, or surgery to get them out into this world. It takes time and a ton of energy to recover from this, not to mention the trauma that your tissues experienced to make it all happen. The more you can rest in those first few weeks, the faster you will get back to feeling yourself again. This is where your village (if you are fortunate enough to have one) comes in. Having support from the people around you can make all the difference. Do not be afraid to ask for help; the people who love you want to help and are—more often than not—happy to do it. Having the support of others around you will not only help you get back on your feet more quickly, but can also help prevent you from feeling even more overwhelmed than you may already feel.

Getting out and doing the things that you love can also be therapeutic and restful. Being alone with your baby all day can feel isolating. Incorporating some alone time to go for a walk, visit friends, or get back

to an activity that you enjoy can be helpful to ensure that you don't lose your own identity and are getting a mental break from always being in “mom mode.”

## *Diet*

For the same reason as rest, diet is extremely important for healing in the postpartum period, but if you will be breast-feeding, diet is also very important for encouraging lactation. In general, a well-balanced diet, rich in fruits, vegetable, proteins, and quality fats, is ideal. Protein is vital for tissue and wound healing. We also know that lactating mothers have a higher protein requirement during this period to sustain both milk production and their own recovery. Fruits and vegetables are often rich in vitamin C, among many other nutrients, which has been shown to improve tissue healing.



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Fat is also a significant addition to the diet, through foods such as nuts and seeds, avocados, fish, eggs, and olive oil. The amount of fat that is present in breast milk will be impacted by dietary intake, so making sure that you eat enough is important.

### Boundaries

The first few weeks and months of postpartum are really hard. This is when you need to recover and settle into your “new normal,” but it is also a very exciting time for you and the people closest to you. Keep in mind that, in addition to your body and life changing dramatically, your hormones have, too, and this can change the way you feel or what you feel up to doing hour by hour and day by day. Setting boundaries early on or even before the birth is so important. Family and friends have the best intentions, but they can’t understand the bond between you and your baby. Sometimes they feel as though they are helping by trying to soothe your baby, but you are feeling stressed and overstimulated. In those first few weeks, I learned that it is okay to ask people to leave so the baby can sleep, to tell them that they cannot come for a visit, or to simply bring your baby to another room for some quiet times alone together. Remember that this time is yours to recover, to heal, and to bond with your new baby... Mom really does know best.



## Supplements

My daughter was born in the middle of winter, so keeping her healthy and safe were our biggest priorities. Aside from limiting visitors, insisting on hand washing and physical precautions, I also wanted to make sure that both she and I were getting all the nutrients we needed. I also know that less is often more when it comes to babies and breast-feeding, so I had a few key supplements in my repertoire. We both took vitamin D, to prevent illness and to support her growing bones. We also introduced probiotics to our daughter after a few months to support her digestive health. Probiotics have been studied and are thought to be supportive for preventing regurgitation in infants.



The first year of motherhood is an experience that no one can prepare you for. There are times where you can feel isolated, overwhelmed, and exhausted, but, from my experience, the joy and love are so much more powerful. Some days are harder than others, but the love you feel and the pride that overcomes you when your baby accomplishes something new, makes everything worth it.



### Dr. Kaitlyn Richardson, ND, HbSc

A naturopathic doctor in Milton, Ontario, with a clinical focus in sports and performance medicine, she believes in using individualized, holistic, and evidence-based strategies to help active individuals feel and perform their best.

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# Any Truth to the Fountain of Youth?

by Ky Lo, BA, BSc, ND, LAc

Does the fountain of youth exist? The concept of human physical immortality, free of aging, has enticed humanity for centuries. Today, this question remains elusive. What we can say for sure is that science has discovered a way to reverse aging based on a Nobel prize-winning discovery by Japanese stem-cell scientist Shinya Yamanaka. He discovered a group of protein transcription factors that play a vital role in the creation of induced pluripotent stem cells (cells that have the ability to become any cell in the body) by wiping clean the epigenetic marks in a cell, giving it a fresh start. Collectively, these proteins are known as the Yamanaka factors (Oct3/4, Sox2, Klf4, c-Myc) or are sometimes referred to as OSKM genes. Yamanaka demonstrated how adding just four proteins to human adult cells could reprogram them so that they look and act like those in a newly formed embryo.

Even though this is an enticing idea to reverse aging at the stem-cell level, some may want a less invasive method. One of the most potent molecules involved in antiaging processes is nicotinamide adenine dinucleotide (NAD<sup>+</sup>). It plays an essential role in cell functions such as energy metabolism, stress response, and gene expression. Perhaps the most important role of NAD<sup>+</sup> is its ability to repair DNA, which is our blueprint



for gene expression. Before you start googling where to buy it, it is important to note that NAD<sup>+</sup> is a molecule that cannot be absorbed in the GI tract. NAD<sup>+</sup> is not a vitamin in itself, but it is derived from vitamin B<sub>3</sub> (niacin) and other precursors like tryptophan, nicotinamide riboside (NR), and nicotinamide mononucleotide (NMN).

Nicotinamide adenine dinucleotide levels naturally decline with age, and by age 40, this decrease becomes particularly pronounced in the skin. This significant drop in NAD<sup>+</sup> is a key factor in the accelerated aging of the skin after 40. In fact, NAD<sup>+</sup> levels drop by 50% every 20 years. In your body, NAD<sup>+</sup> is converted to NADH, which is then used to drive the production of adenosine triphosphate (ATP) in the mitochondria. ATP is the most usable form of energy for your cells. NAD<sup>+</sup> is continuously synthesized, consumed, and recycled within the cell to maintain stable levels.

NAD<sup>+</sup> is crucial for activating sirtuins, which are proteins that play a role in regulating cellular processes such as DNA repair and metabolism. Sirtuins, in turn, help drive mitochondrial ATP production within the cell. Without sufficient ATP energy from the mitochondria, cells become weakened and are less capable of repairing themselves,

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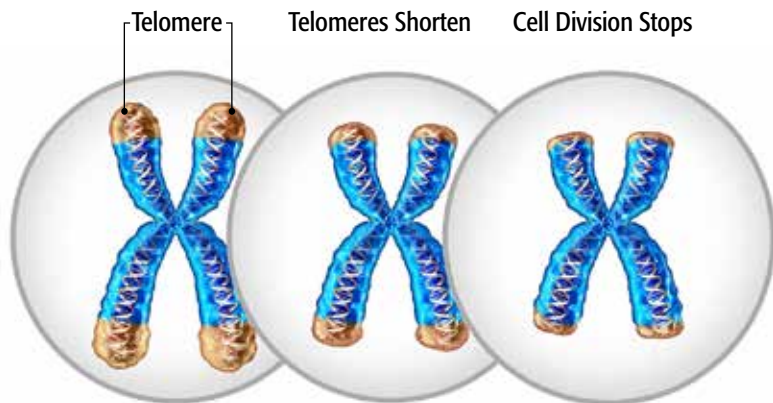
which can lead to chronic inflammation, autoimmune reactions, and tissue damage.

As mentioned previously, since NAD<sup>+</sup> is a molecule that cannot be absorbed in the GI tract, if you do choose to take an NAD<sup>+</sup> supplement, you are most likely taking one of its most direct precursors, nicotinamide mononucleotide (NMN) or nicotinamide riboside (NR).

Even though NMN is a smaller molecule than NAD<sup>+</sup>, some scientists considered it too large to be fully absorbed. However, recent genomic data show that humans have a gene, called *SLC12A8*, similar to one in rodents, that might help transport NMN into cells, especially in the gut. This gene is highly active in the small intestine, stomach, testis, thyroid, and colon, allowing NMN to enter the bloodstream and be distributed to various tissues for use and transformation into NAD<sup>+</sup>.

Nicotinamide riboside, another precursor to NAD<sup>+</sup>, is also absorbed in the gastrointestinal (GI) tract. Once inside cells, NR is first converted to NMN. NMN is the final step before being converted to NAD<sup>+</sup>. Researchers found that NR significantly boosts NAD<sup>+</sup> levels in yeast. Subsequent research has demonstrated that NR can increase NAD<sup>+</sup> levels in mammalian cells by as much as 270%.

## Aging Process



There is a significant link between telomere length and cell damage. When there is an abundance of NAD<sup>+</sup>, sirtuins, the antiaging proteins, are activated, promoting cellular resilience and DNA repair. Sirtuins are proteins implicated in the aging process by their ability to minimize telomere attrition (shortening). Telomeres are the protective endcaps on chromosomes, much like the aglets on the ends of shoelaces that keep them from fraying. With each cell division, these telomeres shorten until they are eventually depleted, which can lead to cellular aging and cellular damage. When telomeres become critically short, cells enter a state of senescence where they can no longer repair themselves, leading to increased chromosome instability and accelerated aging. This process is associated with age-related diseases such as cancer and weakened immune function. Research shows that biological aging is a more accurate predictor of mortality than an individual's chronological age (age based on date of birth).

## What Factors Lead to Accelerated Telomere Shortening?

Factors such as stress, smoking, excess weight, poor lifestyle, immobility, and overconsumption of food are some of the factors that may lead to telomere attrition.

## What Can You Do to Help Preserve Your Telomeres?

Stress-reduction techniques—such as meditation and getting good sleep—can increase telomere stability. Another popular method to enhance telomere length is fasting. Intermittent or prolonged fasting was shown to activate sirtuins. Fasting also triggers processes that boost NAD<sup>+</sup> levels, which play a role in metabolic pathways including fat burning. When you are not fasting, your body uses glucose for energy, which can lower NAD<sup>+</sup> levels. To maintain consistent NAD<sup>+</sup> levels and support fat burning after fasting, it is beneficial to take NAD<sup>+</sup> supplements.

Supplements such as resveratrol are important in preserving telomere integrity and genomic stability. NMN and NR, while effective in boosting NAD<sup>+</sup> levels, can degrade into niacin (vitamin B<sub>3</sub>), especially in unstable forms. Although NAD<sup>+</sup> supplements are available over the counter, high doses of an unstable form can pose risks similar to those of niacin, such as serious muscle pain or liver damage. In the realm of NAD<sup>+</sup> supplementation, the microcrystalline forms of NMN and NR chloride are recognized as stable and effective options for maintaining optimal NAD<sup>+</sup> levels.

In conclusion, NAD<sup>+</sup> is a crucial substance that mitochondria use to create ATP, the energy source that every cell in your body needs continuously. Supplementing with NR or NMN is an effective way to boost your NAD<sup>+</sup> levels. While the Yamanaka factors, or OSKM, have shown promise to reverse aging, they still require more research before broad application to the general population. For now, the clinical evidence indicates that NR, NMN, and resveratrol may provide safer and effective options for stabilizing chromosomes and slowing down telomere attrition to potentially counteract the aging process that promote production of NAD<sup>+</sup>.



**Dr. Ky Lo, BA, BSc, ND, LAc**

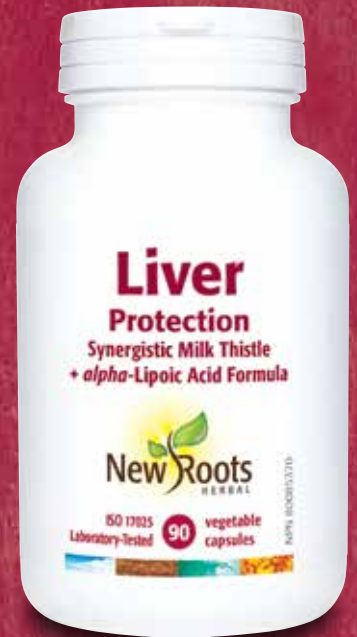
Dr. Lo is a naturopathic doctor who graduated from the Canadian College of Naturopathic Medicine (CCNM) in 2006. With over 20 years in the medical esthetics industry, she combines her knowledge with naturopathic training to offer a unique perspective on antiaging.

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# Is It the Sniffles or Something Worse? *Make a Plan!*

by Wendy Presant, RHNC, CFMP



“What’s that? You’re sick?” My voice sharpened with concern as I spoke with my daughter on the phone. I had been anticipating a visit with her in Ottawa for months, but this news could mean my trip was off. I didn’t want to get sick, but I especially needed to protect my parents, who live in a long-term care facility, from illness when I visited them upon my return. “Are you sure it’s not COVID-19?” I continued: “Did you test?”

“I’m sure it’s not, Mom. It’s nothing, really, just a little cold. I was tired yesterday at school and today, my nose is a bit runny. It will probably be gone by tomorrow.”

Later that day, she called me back with the news that she had tested positive for COVID-19. COVID-19 now often produces cold-like symptoms, which are certainly less severe than those of the original disease. Experts say it’s because most of us now carry the antibodies, and that current variants of SARS-CoV-2 that causes it can produce a milder disease. Testing told us this was COVID-19, but otherwise it can be a mystery as to what might be causing your “cold” symptoms. Consider allergies, for example...

An allergic reaction requires a specific trigger, such as exposure to mold, dust, pollens, etc. A respiratory allergy can cause watery eyes, runny nose, sneezing, and—if asthma is also present—wheezing or coughing. When the trigger is removed, the worst of the attack is usually over. Allergies tend to be seasonal and fairly predictable. They are not contagious.

A severe allergy attack, causing anaphylaxis, is a medical emergency, but for most people, allergy symptoms are mild and treated at home. An allergy does not cause a fever, muscle aches, or nausea and vomiting.

If you are not sure that it is an allergy, then it is most likely a virus. There are around 270 viruses that can make us sick. At times, bacteria and fungi can cause cold-like symptoms too, but viruses are much more likely than either of these to be the cause of the illness.

Some of the more common viruses include the rhinovirus, which causes the common cold, and the respiratory syncytial virus (RSV). The Government of Canada website states that in healthy adults, “RSV usually causes a mild illness with cold-like symptoms.” In the very young and elderly, however, the disease can be more severe. There are also various influenza (“flu”) viruses, which are usually seasonal and have more severe symptoms.



These days, it doesn't really matter what type of virus you have, because the advice for dealing with all of them is the same. The keys to recovery are monitoring your symptoms, resting, and hydrating. If your symptoms develop beyond that of a "mild cold" and include fever, headache, bone pain, and/or nausea or vomiting, contact a health-care practitioner.

The groups that suffer the most from viruses are the very young, the elderly, those in a group-living situation, the immunocompromised, and people with serious underlying health issues. These groups may need medical treatment or hospitalization. The Centre for Disease Control website states: "Most deaths from respiratory viruses occur in people older than 65, with risk increasing sharply with advancing age."

In fact, older people can even die from the rhinovirus, so it is extremely important not to visit them if you are sick. Infection from that common cold can lead to more serious illness, pneumonia, hospitalization, and even death in an older person.

This means that, in addition to managing our own symptoms, we have an added responsibility to develop a plan to prevent the transmission of the virus. To everyone's surprise, after being warned of the probability of a double flu/COVID-19 pandemic in 2021, there was actually a much lower incidence of influenza and



pneumonia. This was later attributed to greatly reduced transmission due to masking, handwashing, and distancing.

The new recommendations from the Center for Disease Control (CDC) to reduce transmission of a virus are as follows:

- Stay home and away from others until you are fever-free for at least 24 hours and your symptoms are improving.
- For the next five days, wear a mask around others, distance, gather outside or in well-ventilated areas, and clean your hands and surfaces frequently.

I made the decision to go ahead with my trip. Fortunately, my daughter's case of COVID-19 was very mild, and her symptoms were gone by the time we met up. Since COVID-19 can still be contagious for ten days or more after the first symptoms, we made a plan based on the CDC recommendations.

For the first few days when we were indoors, we both wore N95 masks. We ate our meals outside and spent most of our time walking or sitting outdoors, spaced apart. The hardest part for me was not hugging my daughter until we said goodbye.

I am glad I didn't cancel the trip. All our efforts were worth it, because I had a great visit, didn't get sick, and kept my parents safe!



**Wendy Present, RHNC, CFMP**

With a background in nursing, naturopathic, and functional medicine, Wendy Present is currently registered as a health-and-nutrition counsellor. She provides virtual coaching services to individuals looking to optimize their health.

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# Pumpkin Perks

## From Seed to Spoon

by Felicia Assenza, HBSc, ND



As we approach midautumn, pumpkins are plentiful and make fun, spooky Halloween decorations, but did you know that these orange beauties can be used for so much more than decoration? With the many ways to cook and eat pumpkins, let's make the most of this special fall fruit and enjoy all its health benefits.

### Can I Eat Any Pumpkin?

Yes! All pumpkins are edible, and all parts of the pumpkin are edible. That being said, different varieties of pumpkins have different flavour and nutrient profiles, and the same goes for different parts of the same pumpkin. What a versatile fruit!

The smaller pumpkins tend to be more flavourful than the larger ones and are great for pies. The larger ones are commonly used for pumpkin carving, but both can be eaten and prepared in different ways.

#### The Pumpkin Flesh

The firm, edible part of the pumpkin that is located between the skin and the seeds is high in vitamins A, B, C, E, and K as well as in antioxidants like quercetin and minerals like magnesium.

#### The Pulp of the Pumpkin

The stringy, fibrous material that surrounds the seeds inside the pumpkin is also high in vitamins and minerals and can be added to soups or smoothies. Pumpkin flesh can be simply enjoyed roasted or can be puréed for various sweet or savoury dishes.

#### Pumpkin Seeds

Excellent sources of various proteins, healthy fats, and elements like zinc, selenium, magnesium, phosphorus, and potassium, these also taste great roasted or can be shelled and added to various dishes or smoothies.

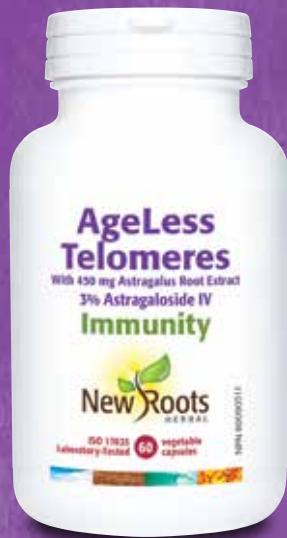
Pumpkin skin, or the peel, is also edible and nutritious. The peel contains protein; healthy fats; fibre; and minerals like potassium, iron, and magnesium. A great way to enjoy these benefits is to make pumpkin-peel chips in the air fryer or dehydrator.

### How Do I Cook a Pumpkin?

You can start by cutting the pumpkin in half and scoop out the pulp and seeds. Don't forget to save these for later, now that you know they are edible and packed with nutrients. You can then brush the pumpkin flesh with some oil (like olive or coconut oil) and sprinkle with some salt. Place the pumpkin halves flesh-side down on a baking sheet, pierce the skin a couple of times with a fork to let steam escape, and bake at 350 °F (175 °C) for about 45 minutes. Once you have roasted your pumpkin, you can remove (and save) the peel for pumpkin chips or other recipes later.



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You can enjoy your freshly roasted pumpkin as is or purée it in a blender to be used in other fun dishes. The purée can also be frozen for use all through winter.

## Why Eat Pumpkins in the Fall?

Fall is a time when the seasons begin to change. The air becomes cooler, less sunlight is available, and cold-and-flu season is just around the corner. The abundance of pumpkins available at this time of year offers some nutritious support to help bolster the immune system. As mentioned earlier, pumpkins are high in nutrients like vitamins A, C, and E; zinc; and selenium, which can help support your immune system to function at its best.

Combining pumpkin with warming spices like cinnamon, nutmeg, ginger, and clove at this time of year is also a tasty way to help warm the body as the air gets cooler. No wonder pumpkin-spice everything is so popular in the fall! Just be sure to watch out for any pumpkin-spice treats that contain more sugar than pumpkin, as this would be decidedly less supportive for your immune system. Pumpkins provide lots of nutrients that are especially helpful in the fall, but they can still be enjoyed year-round thanks to canned pumpkin purée.

## Do Pumpkins Have Any Other Health Benefits?

Yes! The healthy fats, antioxidants, vitamins, and minerals found in pumpkin make it helpful in supporting cardiovascular health. Its high-fibre and low-calorie profile make it a helpful food in weight management. It has also been reported to help support healthy blood-sugar regulation and the prevention of diabetes. Pumpkin seeds have also been studied for their use in men's health and managing symptoms of an enlarged prostate or benign prostate hyperplasia.

Hopefully after reading this, you now have a deeper appreciation for pumpkin. Have a happy pumpkin season!



**Dr. Felicia Assenza, HBSc, ND**

A Hamilton-based naturopathic doctor whose goal in every patient visit is to share the knowledge and experiences that she gained on her own journey.

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# Calories Matter... *Right?*

by David G. Harper, PhD

“If you want to lose weight, you must count Calories.” Isn’t that what everyone says? You’ve all heard this before: If you “burn” more Calories than you consume, your weight will reduce, and vice versa. So, weight management, therefore, is Calorie management. And, since fats have a high energy density (Calories/gram), about twice that of the other two macronutrients—proteins and carbohydrates—you should eat as little fat as possible. Makes sense, right? Unfortunately, no, it doesn’t. Here’s why.

To make this explanation simpler, I’ll generalize. The average person needs about 2,000 net Calories per day of energy to power their anabolic (building) reactions. This is provided by catabolic reactions that break down organic compounds in the food we eat to release that energy. Calories are a measure of heat energy, not mass. A calorie is the amount of energy needed to raise one gram of water by one degree Celsius. A food Calorie is 1,000 calories, or a kilocalorie, which is why we capitalize the “C” in this article (some authors don’t make this distinction). But that’s all about energy, not mass.

Every gram of weight that comprises your body entered only one way: through your mouth. Your weight is a measure of how many grams you ingest, digest, and assimilate, minus the amount of weight you lose in urine, feces, and carbon dioxide. You gain weight based on the mass you eat if that exceeds the mass you lose. Feces consist of the food you eat that is not absorbed. Urine is the fluid intake, from both fluids and the water in solid foods, that are absorbed and then excreted. The rest is what becomes “you,” and it’s the change in mass that makes you heavier, lighter, or the same.

This is what most people don’t understand. I think it’s largely because they haven’t thought about it. Since you need to consume those 2,000 Calories for energy, but want to reduce the weight you consume, you should eat the most Calorie-dense foods (fats), not the least (proteins and carbohydrates).

To keep things simple, mathematically, I’ve taken some liberties with the values for energy content and rounded them to the nearest integer and assumed the energy needs of an individual are 2,000 Calories/day. Of course, the latter would increase with body mass, basal metabolic rate, and level of activity. And we all eat a mix of the three macronutrients.

Macronutrient	Energy Content (Calories*/gram)	Mass Consumed to Meet Energy Needs
Carbohydrates	4	500 g
Proteins	4	500 g
Fats	9	222 g

\* Note that one food Calorie = 1,000 kcal of energy, which is why we capitalize the “C.”

To ingest a mass sufficient to provide 2,000 Calories of energy as carbohydrates or proteins, you'd need to consume 500 grams. But if you consumed only fat, you'd intake only a little over 200 grams because it's more energy-dense. So, you consume twice as much mass eating carbohydrates and proteins than fats; ergo, it is twice as likely to make you gain weight. But there's more...

Only carbohydrates cause a significant rise in blood sugar (glucose), which necessitates a rise in insulin, the hormone that removes glucose from the blood and deposits it largely in muscle and fat cells. At low levels of insulin, the glucose is selectively absorbed by muscle cells where it is stored, to a small degree, or burned, if those muscles are active. If not, and the blood sugar and insulin rise—even slightly—our hormones drive glucose to be absorbed by adipose cells and stored as fat. High-carbohydrate diets—as prescribed by our health policymakers—bias our metabolism towards the latter. We gain weight and get fat.

The other simple fact most people don't know is that, while there are essential proteins (amino acids) and fats (fatty acids)—meaning we must consume them because we can't fabricate them in our own cells—there are no essential carbohydrates. The only metabolically useful carbohydrate is glucose, and we can manufacture all the glucose we need—about a teaspoon in our blood at any point in time—from noncarbohydrate



sources (proteins and glycerol) in a process called gluconeogenesis (literally, “making new glucose”) in our liver and kidneys.

So, it's not the Calories you consume, it's the quality of those Calories that matter. Our bodies have evolved on a high-fat, low-carbohydrate diet, known today as a ketogenic diet, and when adopted, you will find a new, more natural set-point for your weight, now relatively devoid of carbohydrates. For the average male, that is at least 20–25 pounds lighter, and for the average female, about 10–15 pounds lighter. If you are already obese—and that's now about 1/3 of the population or more, depending on where you live—it could be much more.

There's a well-known adage in weight management: “If you're overweight and you lose that extra weight, whatever you did to lose it, you have to keep doing for the rest of your life.” That's why Calorie-restricted diets—which are most “diets”—won't work in the long term. As soon as you go off them, the weight comes back. Plus, by restricting Calories, you are also restricting the micronutrients (vitamins, minerals, phytochemicals) that come with the food you eat, so you are likely malnourished. The other well-known adage is: “Weight management is about 80% diet and 20% exercise.” Stated another way, you can't outrun your fork. If you have a poor diet, all the exercise in the world won't have much effect.

There is a healthy, natural, drug-free way to reduce and manage your weight. It is a well-formulated ketogenic diet. And the great news is that you also reduce your likelihood or severity of chronic disease (cancer, cardiovascular disease, cancer, Alzheimer's) by about 70%. I'll explain more on that in the Winter issue.



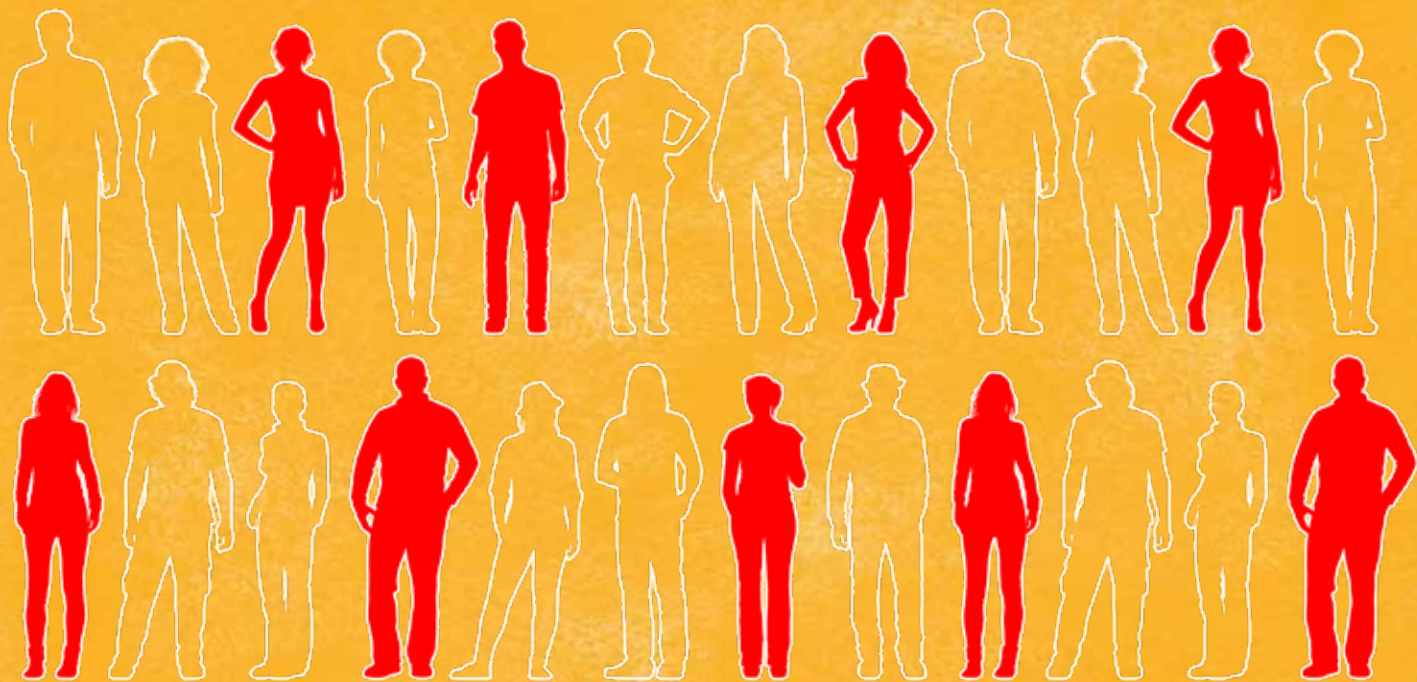
### Dr. David G. Harper, PhD

Dr. Harper is an Associate Professor of Kinesiology at the University of the Fraser Valley and was a Visiting Scientist at the BC Cancer Research Centre, Terry Fox Laboratory. He holds a PhD from the University of British Columbia and completed his postdoctoral fellowship in comparative physiology at the University of Cambridge.

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# Embrace Autumn with Self-Care Rituals

by Kaitlyn Zorn, HBSc, ND



As the leaves turn vibrant hues and the air crisps, autumn presents an opportunity for rejuvenation and self-care. Transitioning from the light and breezy summer days to the coziness of fall is the perfect time to adopt new rituals that nurture your body, mind, and spirit. Here's a guide to some autumn self-care practices to help you embrace this season fully.

## Savour Seasonal Nourishment

Autumn brings a variety of delicious, nutrient-rich foods. Incorporate seasonal produce like pumpkins, apples, pears, sweet potatoes, and squash into your meals. Not only are these foods comforting, but they are also packed with vitamins and minerals to boost your immune system. The squash family provides vitamin A and zinc which amp up immune function, and they are also good sources of fibre. Warm soups, stews, and herbal teas are perfect for cozying up on cooler days. Adding other healing spices—such as cinnamon for blood sugar or ginger for inflammation and digestion—are other ways to use food therapeutically during this time.

## Hydrate and Moisturize

As the air becomes drier, your skin needs extra attention. Swap your lightweight summer moisturizer for a richer, more hydrating formula. Consider adding a nourishing serum or facial oil to your routine. Don't forget to drink plenty of water and enjoy herbal teas to stay hydrated from within. Herbal teas also give your body a break from caffeinated beverages, which prevents drying of the skin.

## Create a Cozy Atmosphere

Embrace the essence of *hygge*—a cornerstone of Danish culture that embodies cozy and mindful living—by transforming your living space into a warm and inviting haven. Soft blankets, warm lighting, and autumn-scented candles—like those with hints of cinnamon, clove, and vanilla—can enhance the autumnal ambiance and create a soothing, relaxing atmosphere in your home.

## Embrace Nature

Despite the cooling temperatures, spending time outdoors is incredibly beneficial. Take leisurely walks in the park, hike through wooded trails, or simply sit outside with a warm drink. The crisp air and natural beauty of the changing leaves can be incredibly grounding and refreshing.



We are designed to be in nature and reconnect with it during the change of seasons. Keeping up with exercising also improves immunity going into cold-and-flu season. Seeing the colourful leaves also helps to boost your mood while going for an autumn walk.

## Practice Mindfulness and Gratitude

Autumn is a wonderful time to slow down and reflect. Incorporate mindfulness practices, such as meditation or journaling, into your daily routine. Reflecting on what you're grateful for can boost your mood and overall wellbeing. Consider starting a gratitude journal to capture these moments.

## Prioritize Restful Sleep

As days shorten, it's natural to feel a bit more tired. Listen to your body and prioritize getting enough rest. Create a bedtime routine that promotes relaxation, such as reading a book, taking a warm bath, or practicing gentle yoga. Ensure your bedroom is a peaceful sanctuary conducive to sleep. Disconnect from technology at least thirty minutes before going to bed, and be sure to change your screen to the night-mode setting. Wearing blue light-blocking glasses is also a great way to soften harsh lighting in the evening.

## Engage in Creative Activities

Autumn is a great time to explore your creative side. Try activities like knitting, painting/colouring, puzzles, listening to podcasts, or cooking new recipes. Engaging in creative pursuits can be fulfilling and a great way to relax and express yourself.



**Dr. Kaitlyn Zorn, HBSc, ND**

A Guelph naturopathic doctor who uses a blend of modern science and traditional healing therapies to treat the whole person. Her journey has helped her develop an interest in brain health, pain management, and critical illness relief.

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## Pamper Yourself

Indulge in some self-pampering. Treat yourself to a home-spa day with a warm bath, exfoliating scrub, and a nourishing face mask. Self care is about treating yourself with kindness and giving your body the care it deserves. Fall can sometimes be hard when transitioning from summer holidays to more rigid work schedules.

## Connect with Loved Ones

Autumn is a season of gathering and togetherness. Spend quality time with friends and family, whether it's a cozy dinner at home, a pumpkin carving session, or a virtual catch-up. Connecting with loved ones can provide emotional support and joy, and it can prevent seasonal affective disorder in the darker months.

## Embrace the Season

Autumn is a season of transition, offering the perfect backdrop to nurture yourself and prepare for the colder days ahead. By incorporating these self-care rituals, you can enhance your wellbeing and embrace the beauty and tranquillity of fall. Remember, self care is not a luxury but a necessity for a balanced, healthy life. Enjoy the season and all the self-care opportunities it brings!

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# Five Ways to Reduce Food Waste in Your Home

by Angela Wallace, MSc, RD

Canada faces a significant food-waste crisis, with an estimated \$31 billion worth of food wasted annually. This staggering figure represents 40% of the food purchased each year—nearly half!

In 2022, the National Zero Waste Council conducted research on household-level food waste in Canada and discovered that 63% of the food Canadians throw away could have been eaten. In addition, each household wastes approximately 140 kilograms of food annually, translating to an average household waste of \$1,300 per year. All types of foods are wasted, but a majority consists of fruits and vegetables.



Love Food Hate Waste ([lovefoodhatewaste.ca](http://lovefoodhatewaste.ca)) published the following statistics which truly put our waste into perspective:

## *Every day, in Canada, we waste...*

- 1.3 million tomatoes
- 2.6 million potatoes
- 1.3 million apples
- 1 million cups of milk
- 130,000 heads of lettuce
- 470,000 eggs

Food waste isn't just about the food itself—it's also a waste of resources! Growing, producing, and distributing food takes a lot of effort and energy. It has been estimated that Canada's 2.3 million tonnes of avoidable food waste each year produce the same emissions as 2.1 million cars on the road.

The most effective way to reduce our environmental impact is to prevent food waste. In this article, I am sharing five ways you can do this in your household.

## *Plan Your Meals*

Planning your meals can significantly reduce food waste. We often shop with the best intentions, but busy schedules can lead to once-fresh produce going to waste. In fact, research indicates that approximately two-thirds of food waste consists of fruits and vegetables.

- **Make a Weekly Plan for Your Meals.** Before going grocery-shopping, plan your meals and purchase only what you need. Be realistic and consider your week ahead when planning. What will you have time to prepare? If you must, keep it simple: for example, making spaghetti and meatballs with salad. Avoid buying more than you need or have time to use.



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- **Check Your Pantry, Fridge, and Freezer.** Use what you already have before buying more.
- **Create a Shopping List.** This helps you stick to your meal plan while minimizing impulse purchases.



### Shop Mindfully

Here are two things you can do at the grocery store to help reduce food waste.

- **Pick the Imperfect Produce.** Imperfect produce is just as tasty and nutritious as its perfect counterpart. A large proportion of total food waste comes from imperfect produce that is rejected before even making it to the grocery store. The good news is that many companies and retailers are recognizing how big of a problem this is and now sell imperfect produce.
- **Pick the Ripe Produce.** Especially when you will be slicing, dicing, or mincing them into your meals, choose the ripe produce. What will you be using that item for, and can it be ripe? For example, are you using the tomatoes to make tomato sauce or the avocados to make guacamole? If the softness isn't an issue or can be worked into your meal, choose the ripe produce. Choosing ripe produce in the grocery store can help reduce the amount of food wasted at home.

### What about "Best Before" Dates?

"Best before" dates are chosen by companies based on products' peak quality. That doesn't mean the product is no longer good after that date: it simply means the product is no longer at its peak quality. In fact, many foods can go bad before the best before date or stay fresh up until way past the date. It's always best to inspect your food by looking, touching, and smelling to determine freshness.

### Buy Local Produce

Buying locally grown food reduces the carbon footprint associated with transporting food over long distances. This helps both our environment and supports our local economy. In addition, buying fruits and vegetables in season not only supports local farmers but also ensures you get the freshest produce, which lasts longer and tastes better. Here is how you can buy more locally.





- **Join a Community-Supported Agriculture (CSA) Program.** These programs allow you to support local farmers directly and in return receive fresh, seasonal produce regularly. This not only reduces waste but also fosters a stronger connection with where your food comes from.
- **Shop at Local Farmers' Markets.** Farmers' markets often offer a wider variety of produce than supermarkets, encouraging you to try new things.
- **Choose Locally Grown Produce and Eat Seasonally.** When fruits and vegetables are in season, you can often find these locally grown foods at your grocery stores. Eating seasonally not only ensures fresher and tastier food but also supports local farmers and reduces the carbon footprint associated with transporting out-of-season produce from far away.

## Store Your Food Properly

Understand produce needs and how to extend their “shelf life.” Some fruits and vegetables should be stored in the fridge while others do better at room temperature.

Here are some examples:

- Tomatoes and bananas ripen best on the counter.
- Potatoes and onions are best stored in a dark, cool place.
- Herbs do best on your counter, with their stems in a little bit of water.
- Store leafy greens with a paper towel in a crisp drawer or inside a plastic container to maintain freshness. I often like to dampen the paper towel and roll my dark leafy green bunch in that.
- Berries last longer and stay fresher when stored in the fridge. To prevent them from spoiling quickly due to moisture, place them in an airtight container lined with a paper towel. This method helps extend their shelf life. If you have lots of berries that are ripening too quickly, freezing them is a great solution. Frozen berries can be mixed into yogurt bowls, added to oatmeal and cereal, or blended into smoothies.

I recommend using the website of Love Food Hate Waste, which is an excellent resource for food storage tips for produce from A to Z.



### Angela Wallace, MSc, RD

A registered dietitian with the College of Dietitians of Ontario, personal trainer, and family food expert who specializes in women and child nutrition and fitness, she loves helping families get healthy together.

[eatrightfeelright.ca](http://eatrightfeelright.ca)

## Get Creative and Reinvent Your Leftovers

This fall, find different ways to use your leftovers instead of wasting them. You can also be intentional about creating multipurpose dishes. For example, you can make a roasted chicken one night, then use the remaining chicken scraps to make a chicken-and-veggie soup the next night.

- Soups and stews are a great way to use leftover vegetables, meats, and grains. Just add a little broth, some spices, and get creative.
- Casseroles and stir fries are also a great way to use up leftovers and create something new and delicious. I always love to use older veggies to create a stir fry with a protein and rice.
- Smoothies and muffins are a great way to use up overripe fruit like bananas and berries and prevent waste.

See the Culinary Corner for an “Empty Your Fridge” veggie stock recipe.

Visit our blog for the full article including references: [newrootsherbal.com/en/blog](http://newrootsherbal.com/en/blog)

# SHOW MENOPAUSE SYMPTOMS THE DOOR



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## Spicy Espresso Mockini

This alcohol-free martini has plenty of spirit! It straddles sweet and savoury as an excellent postdinner beverage.

### Ingredients for Two Glasses

- Two shots espresso (about 150 ml)
- 1 oz. (30 ml) cream
- 1 tsp. cocoa powder
- 1 tsp. organic sugar for decorative rim
- ½ tsp. cinnamon
- ½ tsp. chili flakes or chili powder for more intensity
- Dark chocolate shavings for garnish
- Several ice cubes

### Instructions

Moisten glass with lemon wedge. Invert glass and sprinkle with sugar.

Steep chili powder, cocoa, and cinnamon (optional: add sugar) in espresso for a few minutes. Combine coffee, cream, and ice cubes in tumbler. Shake, strain, and serve after garnishing with chocolate shavings.

### Flourish Original Recipe

## Keto Mock Mojito

I love that this drink is a great alternative when you don't want to consume alcohol or sugar at social events. It has become my favourite drink to order, as most bars have sparkling mineral water, mint leaves, and fresh lime juice. I add monk-fruit sweetener, which I carry in my purse—stevia drops would also work. Rum is made from fermented cane sugar, so it is important to avoid it when embarking on a sugar-free lifestyle. You can double this recipe and use a standard bottle of sparkling mineral water for a great party share.



### Ingredients

- ½ cup ice cubes
- 1½ cups sparkling mineral water
- 2 to 3 tbsp. lime juice (1 to 2 limes)—reserve half a squeezed lime for the drink
- 8 to 10 drops pure monk-fruit extract, or 4 to 5 drops of New Roots Herbal's Liquid Stevia
- ½ cup fresh mint leaves

### Instructions

Place the mint in a sturdy 16-ounce glass and bruise it with a wooden muddle or spoon.

Drop the squeezed lime half in the bottom of the glass. Add the rest of the ingredients into the glass.

Add ice and garnish with a sprig of fresh mint leaves or lime wedge.



### Julie Daniluk, RHN

Julie Daniluk is a highly sought-after anti-inflammatory expert, speaker, and award-winning author of four bestselling books. Her passion is to speak in venues where she blends her skills and experience in fun and positive ways to provide breakthrough results with her audiences.

JulieDaniluk.com



More delicious recipes are available in Julie's recipe book: *Becoming Sugar Free*



## "Empty Your Fridge" Veggie Stock

Do you ever buy veggies with the best intentions and recipes in mind, only to have them sit in your fridge for too long and start to go bad? Before you throw them out, try this recipe! Empty all your veggies into the slow cooker, and let the magic begin!

### Ingredients

- 5–6 cups veggies (use whatever you have in your fridge, e.g., spinach, carrots, celery, green beans, etc.)
- 2 garlic cloves, minced
- 8–10 cups water
- 2 bay leaves
- 1 tsp. ginger, minced (optional)
- Salt and black pepper to taste

### Instructions

Mix all ingredients in your slow cooker. Be sure to wash and chop veggies evenly before doing so.

Add seasoning and cook on low heat for 8 hours. Stir occasionally and press veggies to release flavour. Taste throughout and adjust seasoning if needed.

Use a colander and strain liquid (you will be left with very cooked veggies) and lots of delicious veggie stock. You can use this stock to cook with, make simple soups, or even it freeze it for future meals.

Enjoy!



### Angela Wallace, MSc, RD

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## Keto-Friendly BioDiet™ Cheesecake©

This is a simple and easy-to-prepare recipe for those who are already keto-adapted. It makes a good breakfast option too. You can use any nonsugar sweetener you prefer, but be sure to use powdered sweetener for the filling. This recipe makes 16 slices and freezes well.

### Crust Ingredients

- 1½ cups of fine almond flour
- ½ cup coconut flour
- ⅓ cup melted butter (measure before melting)
- 3 tbsp. sweetener
- 1 tsp. pure vanilla extract
- ¼ tsp. nutmeg

### Filling Ingredients

- 32 oz. (850 g = 3½ 250 g packages) cream cheese (leave out an hour to soften)
- 3 large eggs
- 1 cup powdered sweetener
- 1 tbsp. lemon juice
- 1 tsp. vanilla extract

**Tip:** You can add fresh fruit toppings like blackberries, raspberries, or strawberries.

### Crust Instructions

Preheat oven to 350 °F. Line a 9" springform pan with parchment paper.

Melt the butter and add the sweetener and vanilla until the sweetener dissolves. Add to the flour mixture in a medium bowl.

Mix until the dough is crumbly but moist. Press into the bottom of the springform pan.

Bake for 10–12 minutes or until golden brown. Let cool for one hour.

### Filling Instructions

Beat the softened cream cheese and powdered sweetener until fluffy, then beat in the eggs, one at a time. Add the lemon juice and vanilla.

Pour the filling into the pan (I grease the sides with clarified butter first). Smooth the top with a spatula.

**Tip:** If your chosen sweetener is more granular than powder, whizz it up in a coffee grinder to get it to a powdered consistency.

### Cake Instructions

Bake on center rack at 350 °F for one hour until the top starts to brown and the centre is jiggly.

Remove from the oven and let cool, covered, then refrigerate for at least four hours, preferably overnight. (If you are making this cheesecake for a special recipe, make it one day in advance).

Do not try to remove the springform sides until it is completely set. Run a knife around the edges if necessary.

Serve on a chilled side plate and enjoy!



### Dr. David G. Harper, PhD

Dr. Harper is an Associate Professor of Kinesiology at the University of the Fraser Valley and was a Visiting Scientist at the BC Cancer Research Centre, Terry Fox Laboratory. He holds a PhD from the University of British Columbia and completed his postdoctoral fellowship in comparative physiology at the University of Cambridge  
[biodiet.org](http://biodiet.org)





# Emphasis on Quality



At New Roots Herbal, all our testing is done in an ISO 17025–accredited laboratory, by a team of 16 scientists.

All our ingredients are tested for identity, purity, potency, and contaminants like heavy metals, pesticides, and much more. If the ingredients don't pass, they don't get used—***period!***



Our products are manufactured in Canada



Our production facility follows GMP guidelines



All finished products are tested to meet our high standards of quality and are safe from microbial contamination



Finished products go through a process of detection for unwanted metals

New Roots Herbal is proud to employ another 18 scientists in Quality Assurance, Quality Control, and Regulatory Affairs.

We focus on safety and quality, so you don't need to.  
***Can all your suppliers certify the same?***

# AskGord



*My mood tends to dip during winter months. I think it might be seasonal affective disorder—can supplements help?*

Seasonal affective disorder (SAD) is a form of depression that affects 2 to 3% of Canadians in their lifetime. Symptoms include daytime drowsiness, loss of interest in activities, increased appetite for sweets and carbohydrates, low libido, trouble thinking clearly, and excessive seasonal weight gain. If this is your case, you should seek professional help.

Fifteen percent of us experience “winter blues”: waves of low emotions, increased need for sleep, cravings for comfort food, and perhaps Netflix binging. If you fit this description, adopting a few healthy habits can help. Soak up more sunlight, adopt a healthy sleep routine, and keep active to help release mood-friendly hormones.

Supplements have also been proven beneficial. An omega-3 high in EPA, methylcobalamin (the active form of B<sub>12</sub>), and vitamin D<sub>3</sub> all contribute, via different pathways, to elevate your mood and provide your body with more energy so you can navigate the winter blues.

*I'm a 56-year old male, and trips to the urinal have gotten more frequent. Now, I've also started waking up at night needing to go. Is this normal aging, or should I be concerned?*

These symptoms cannot be dismissed as a normal part of aging. They are common to both prostate cancer and a condition called benign prostate hyperplasia (BPH), an enlargement of the prostate gland affecting over 50% of the male population aged 60+. Do your family and friends a big favour by visiting your health-care practitioner. A physical examination and blood test to detect your prostate-specific antigen (PSA) level will help diagnose your cancer risk.

Once you've ruled out the dreaded “C,” you can reduce your annoying symptoms with a combination of clinically proven natural ingredients, including saw palmetto fruit extract, rye flower pollen extract, free plant sterols, and stinging nettle extract.

These products may not be right for you. Always read and follow the label.  
Content provided is for informational purposes only, and does not intend to substitute professional medical advice, diagnosis, or treatment.

You have a question you would like answered about your health and supplements? Gord would be happy to answer them! We could even feature them in this page if others could benefit from the information.

Reach out to him at [facebook.com/newrootsherbal](https://www.facebook.com/newrootsherbal) or call 1 800 268-9486 ext. 237

# SICK OF GETTING SICK?



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