



Natural Facts

Back to School...

Three Tips to Help Kids
Eat Healthier Food

Stress and Kids:

Developing Healthy
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The Gut-Brain Axis:

Probiotics and Mental Health

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Editor's Letter



It's back to school!

We hear and see it all the time at this time of year : yes, it's "back to school" time! For most, back to school means going back to class, but for others, it's simply a time to return to our duties, to our activities... in summary, a return to routine.

This summer in Montréal was exceptional; I do not ever recall spending so much time outside!

The summer always goes by quickly, but when the change of seasons comes, I'm happy to move to a new rhythm. I think of my vegetable garden, that will inspire me to make good dishes that I will prepare on the cooler days of autumn.

While the arrival of fall brings change, it can also bring us stress which summer had made us forget. Children integrate into their school environment, and we adapt to the responsibilities that come with the new school year.

Stress, especially in times of change, affects both children and adults. Several techniques and natural products help reduce stress in children and prepare them for a new, healthy, and smooth school year. You will find some articles about this in this issue. Adults may consider participating in inspiring activities such as workshops, courses, conferences, or spiritual events. However, as Isabelle mentions in her article on overconsumption, it would be a shame to lose yourself in it all.

In conclusion, take time for yourself in this season of change to refocus and recharge. Nature is beautiful this time of year. Take the opportunity to go out for a walk... but leave the smartphone at home!

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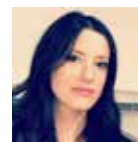
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A Return to Routine

by Dany Lévesque

As each new school year begins, we exchange our summer schedule, which is a little more relaxed, for a rigorous fall schedule; back to school for the kids, resumption of extracurricular activities, piano lessons, all kinds of courses, etc. What about our place in all of this and the actual time remaining for us?

Do you take at least one hour a week to rejuvenate, rest, and relax?

This is a question we answer “No” to most of the time. However, some tools can help us find ourselves, whether it be breathing techniques, tai chi, or antigymnastics that we practice once a week to find the necessary perspective to refocus and continue in the right direction.

At New Roots Herbal, we have a product that will help you manage stress so that you keep the “chill” side in you; that’s why we formulated **New Roots Herbal ChillPills** to support your nervous system, your adrenal glands, your sleep, and even your immunity.

ChillPills contains a blend of nervine plants; adaptogenic plants; B-complex vitamins; and L-theanine, a black-tea amino acid (fermented green tea). L-Theanine brings an anxiolytic action, and keeps you better concentrated during activities involving work and home life. The vitamin-B family will nourish your nervous system and give you the energy to feel more resistant during your evening. You will be more effective and efficient.

New Roots Herbal ChillPills is an excellent tool to help you during periods of overwork and exhaustion, especially back-to-school and the holiday season.

New Roots Herbal ChillPills helps you lower cortisol levels, which remain high at night when stress is too high, preventing you from sleeping well and regenerating overnight.

If insomnia problems should persist despite taking **New Roots Herbal ChillPills**, we also have a formulation to combat this issue: our market-acclaimed **Sleep⁸**.

Sleep⁸ contains a mixture of sedative plants (passionflower, catnip, skullcap, chamomile, hops, etc.), magnesium, and melatonin, which allow you to reach a satisfactory level of relaxation to allow you to sleep several hours straight.



Lavender as an Anxiolytic (Antianxiety Medication)

by Philip Rouchotas, ND

Lavender oil (from *Lavandula angustifolia*) is an approved substance in Germany for the treatment of anxiety and restlessness.^[1] Human and in vivo studies indicate that lavender may possess anxiety-lowering, mood-stabilizing, sedative, analgesic, anticonvulsive, and neuroprotective properties.^[1] Lavender has been shown to enhance the effect of serotonin, a mood-regulating chemical, in the brain.^[2]

Evidence from clinical trials shows that oral use of lavender oil can help reduce symptoms of generalized anxiety disorder (GAD), posttraumatic stress disorder, and chronic fatigue (neurasthenia).^[3-5] Effects were similar to that obtained by anxiolytic medications (SSRI paroxetine)^[3] and lorazepam,^[4] with fewer adverse effects. Lavender oil significantly improved quality and duration of sleep, and improved mental health without causing oversedation.^[6, 7]

Two important clinical trials to date suggest that there is a relatively small chance of interactions between lavender oil and several medications. First, a randomized, double-blind, crossover trial examining the effect of lavender oil on liver enzyme induction found that oral use of lavender oil at 160 mg for 11 days had no effect on cytochrome CYP enzymes, which are major pathways for drug activation, metabolism, and elimination: CYP1A2, 2C9, 2D6, and 3A4 activity.^[8] Secondly, a recent clinical trial demonstrated lack of interaction between lavender oil (Silexan) and markers assessing the effectiveness of hormonal contraception.^[9]

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Spiritual Events

Beware of Overconsumption

by Isabelle Beaudoin

During this back-to-school period, I am very inclined—and you possibly are as well—to participate in many activities related to overall health and spirituality. There is something for everyone: courses, workshops, conferences on running, yoga, dance expression, creative writing, communication with the soul, energy healing... in short, the offering is immense, and it is easier to get lost rather than being able to find yourself. I am not against these events; on the contrary, I organize some of them, and I am convinced that countless people are strongly

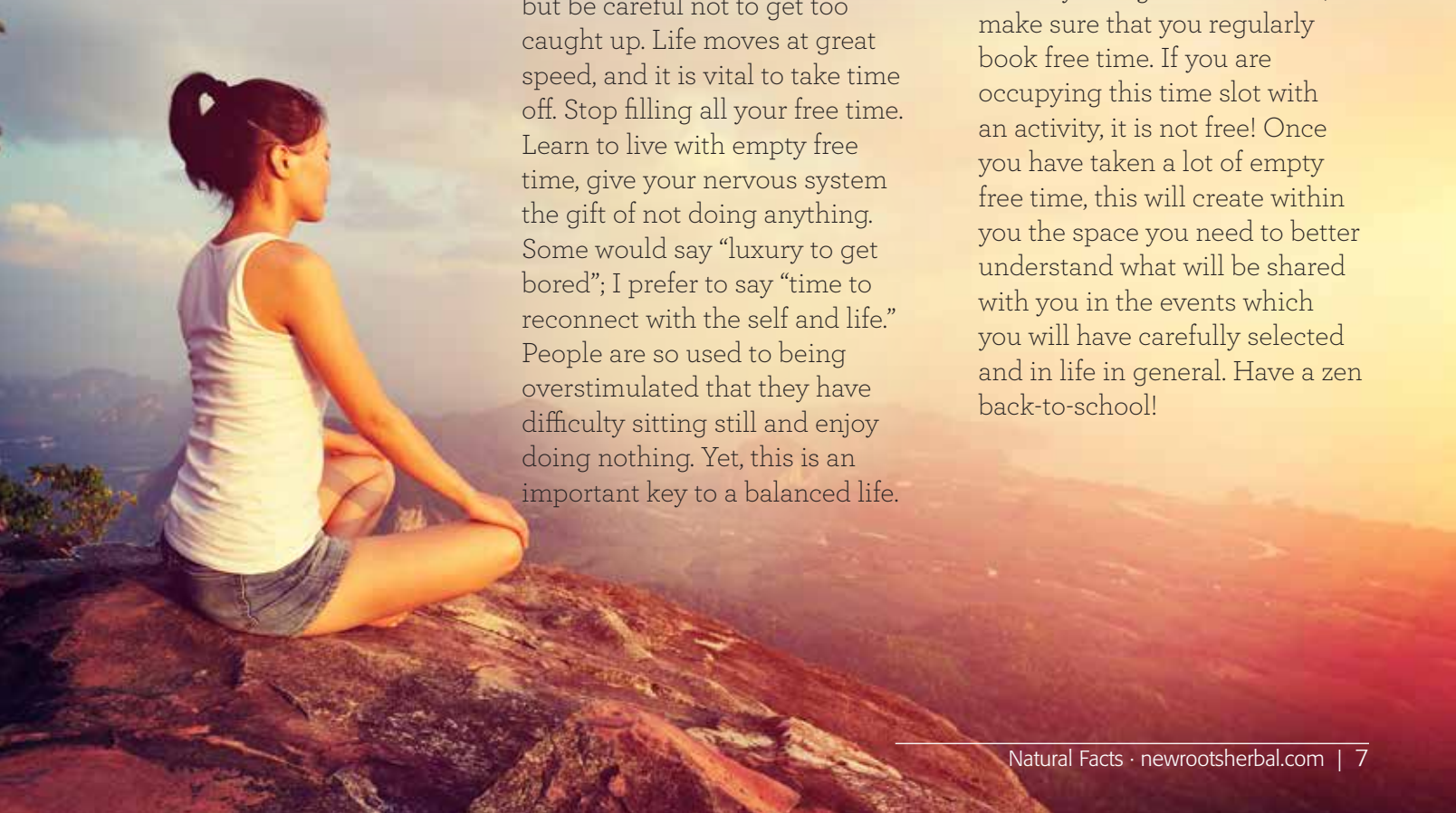
inspired to change their lives for the better, including myself. What I'm saying is that with an offering as abundant and diverse, it is tempting to believe that by attending many events in a short period of time, you will be magically freed of all your ills and worries. I'm sorry to tell you that this is rarely the case. Spiritual awakening and overall health involve a process that requires time and discipline.

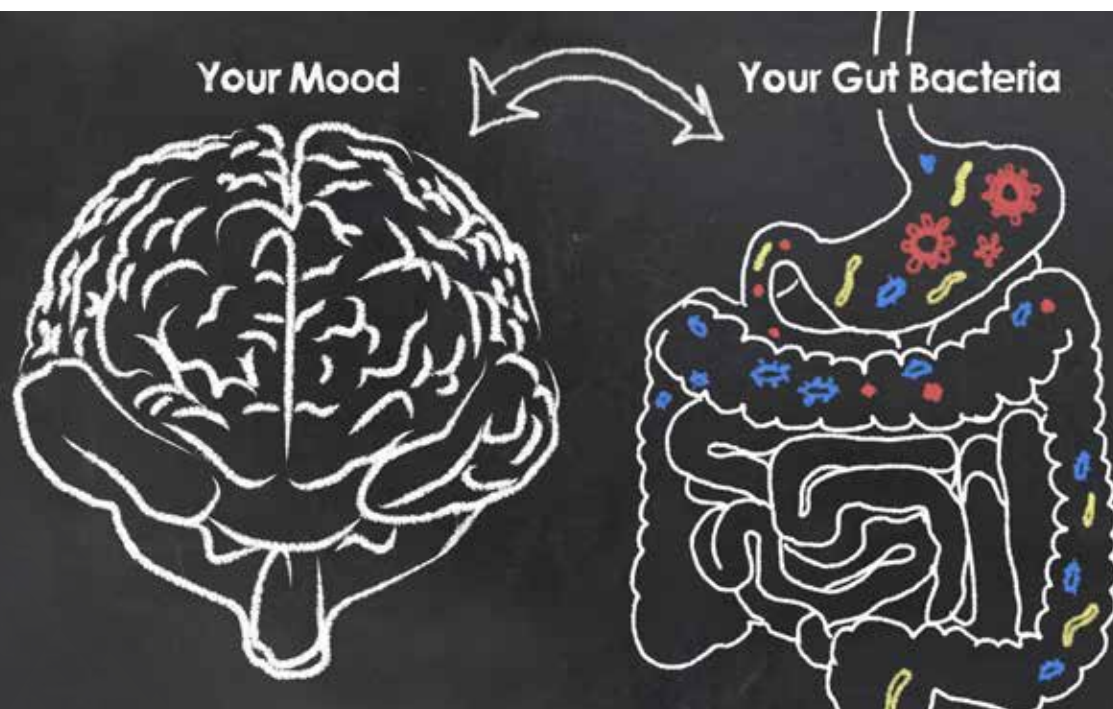
These workshops, courses, and conferences suggest different ways for you to get to know yourself better—and that's good—but be careful not to get too caught up. Life moves at great speed, and it is vital to take time off. Stop filling all your free time. Learn to live with empty free time, give your nervous system the gift of not doing anything. Some would say “luxury to get bored”; I prefer to say “time to reconnect with the self and life.” People are so used to being overstimulated that they have difficulty sitting still and enjoy doing nothing. Yet, this is an important key to a balanced life.

One Simple Trick to Refocus, Relieve Stress, and Cultivate Inner Peace

Close your smartphone, and sit quietly and alone outside, ideally in nature. Breathe the ambient smells, listen to the birds singing, and carefully watch the trees, colours, lights, and shadows. Feel the temperature of the air on your skin, and feel the wind in your hair. Be in union with what surrounds you, without judgment, in complete harmony. Simply be present with what is in the moment, without waiting for anything in return. Let nature help you empty your thoughts, and gradually bring about inner silence, stillness, and contemplation. Soon enough, you will feel all the benefits: physically, emotionally, spiritually, and mentally.

Before you register for events, make sure that you regularly book free time. If you are occupying this time slot with an activity, it is not free! Once you have taken a lot of empty free time, this will create within you the space you need to better understand what will be shared with you in the events which you will have carefully selected and in life in general. Have a zen back-to-school!





The Gut-Brain Axis

Probiotics And Mental Health

by Philip Rouchotas, ND

The role of probiotics in gastrointestinal health has been clearly demonstrated in recent research and is an emerging area of interest.

Several clinical trials have examined the effects of probiotic supplementation on mental health, including anxiety and depression, and have shown effects on brain activity and information processing, as well as hypothalamic-pituitary-adrenal (HPA) axis responsiveness. Animal studies show that enteric (gut) bacteria may impact mood, in part through effects on the autonomic nervous system which is present in the gut—for

instance, vagal nerve activity, intestinal barrier function and permeability, as well as modulation of HPA reactivity.

Here are some highlights from these studies...

In a randomized, double-blind, placebo-controlled trial, 70 subjects were treated with either 100 g of conventional (containing no probiotic) yogurt and one placebo capsule, 100 g of probiotic yogurt and one placebo capsule, or 100 g of probiotic yogurt and one probiotic capsule, daily for six weeks.^[1] After six weeks, subjects who received either the yogurt containing probiotic or the

probiotic capsule experienced significant improvements in their general health score as well as their depression, anxiety, and stress scale score. There was no significant change in the conventional yogurt group.

Two randomized, placebo-controlled trials demonstrated anxiety-lowering effects in animals and humans following administration of a probiotic formulation (PF) consisting of *Lactobacillus helveticus* R0052 and *Bifidobacterium longum* R0175.^[2, 3] In humans, supplementation with probiotics for 30 days was found to reduce ratings of psychological distress, anxiety, depression, and anger/hostility. There was also a significant reduction in urinary cortisol.

In patients under stress due to undergoing surgery for laryngeal cancer, supplementation

with probiotics was shown to blunt the stress-associated increase in cortisol-releasing factor (CRF) and decreased ratings of anxiety compared to placebo.^[4] Another study found that supplementation with a prebiotic was associated with a lower salivary cortisol awakening response, compared with placebo.^[5] This data suggests that enteric bacteria may be associated with a decrease in the neuroendocrine response to stress, and may have anxiolytic effects.

Another study found that probiotic supplementation alters brain processing, including processing of emotional and sensory input.^[6] Supplementation with a fermented milk product containing probiotic was associated with improvements in connectivity and communication within the brain as measured by MRI, which researchers theorized may be linked to anxiety-lowering effects.

Studies have also demonstrated benefit on anxiety among patients with chronic fatigue syndrome,^[7] and improvement of mood among patients with depression.^[8]

Together, this evidence suggests that probiotics may improve mood and anxiety by modulating stress-responsive HPA axis reactivity, and improving brain processing of emotional input. Other ways probiotics may

affect mental health include the modulation of intestinal permeability and intestinal nervous system function, as well as the production of various molecules such as cytokines and neurotransmitters that affect brain function.^[9-12] This emerging data on the link between enteric bacteria and neuroendocrine function positions probiotics as new therapeutic agents in the field of naturopathic psychiatry.

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Exponential Probiotic Potential

by Gordon Raza

The emergence of scientifically proven, well-researched, commercially viable probiotics has spawned a wide variety of functional foods and illness-specific probiotic supplements. Products that contain probiotics run the gamut from yogurt, kefir, and kimchi to tablets, capsules... and even chocolate! What remains critically important is the actual amount of probiotics that survive harsh stomach acids to make a measurable impact for your health.



With this in mind, all the peer-reviewed research for the therapeutic benefits of a probiotic strain are strictly hypothetical if it fails to survive gastric conditions to colonize within the intestines of the host (yourself). Probiotics definitely adhere to the saying that there is “strength in numbers.”

Variables that affect survival rates begin with how robust the probiotic strain is, whether it is partially protected by inclusion in a functional food, or taken on a full or empty stomach, both factors which measurably affect survival rates. Certain strains of *Lactobacillus rhamnosus* will indeed only survive stomach acids in the presence of specific sugars.^[1] *Lactobacillus paracasei*, a popular probiotic, has further been proven to wither to undetectable levels within 30 minutes of exposure to stomach acids at a pH of 2.0.^[2]

The only way to guarantee 100% of the investment you’ve made in your health is with an enteric-coated delivery system. When you take into consideration that the true value of probiotics is measured by their ability to colonize and multiply within the intestines, your health benefits are maximized by the quantity of living probiotics ready to work once they reach the intestines.

Pure Pancreas

by Gordon Raza

There are approximately 78 organs within the human body; despite its critical importance, the pancreas fails to crack the “Top 10 List” of important organs for many health and medical websites.

The average person may indeed be hard-pressed to describe its functions. The pancreas is a hybrid organ: it manufactures enzymes that digest fats, proteins, and complex carbohydrates; and it’s also the hub of metabolic activity, as it produces the hormones glucagon and insulin. Glucagon converts glycogen stored within the liver to glucose, while insulin allows glucose to be absorbed by cells for their energy needs.

Stress, alcohol consumption, exposure to environmental toxins, and aging are among the many factors that can compromise pancreatic function.

The popularity of glandular therapy (the consumption of glands and their extracts) has decreased with advancements in the isolation and synthesis of specific hormones. It is, however, still a popular therapeutic practice in traditional Chinese medicine and contemporary naturopathic practice.

The roots of glandular therapy originate with the belief that consumption of an animal gland will strengthen the corresponding gland in the host (you). The scientific basis for animal glandulars is that they’re a rich source of organ-specific nutrients in their naturally occurring form. In fact, the science of glandular therapy is essentially the backbone for many modern-day synthetic prescription drugs including thyroid, corticosteroid, and estrogen replacement therapies.

Pancreatic insufficiency can lead to incomplete digestion and poor nutrient status, even for those with a well-balanced diet. It can also contribute to a diagnosis of type II diabetes. A premium-quality pancreas extract can deliver nutrients that will make a positive impact for your health.

New Roots Herbal’s **PurePancreas** is sourced from grass-fed New Zealand lamb. It’s freeze-dried for freshness and potency, and free from pesticides, growth hormones, and antibiotics.



D-Stress is Going Organic

Sourced from the fragrant flowers of the lavender plant (*Lavendula angustifolia*), each **D-Stress** softgel contains 80 mg of steam-distilled lavender oil. Its unique mosaic of naturally occurring phytochemicals have been shown to help manage tension, stress, and insomnia.

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Glandular Extracts

Traditional Medicine for the Modern Times

by Heidi Frtiz, MA, ND

Glandular therapy involves the administration of extracts produced from specific organs or glands of animals. The use of glandular therapy dates back thousands of years in traditional Chinese medicine (TCM), and began in Western medicine in the 19th century, gaining traction in the early twentieth century.^[1, 2]

The *philosophical* basis of glandular therapy is that oral ingestion of an animal gland—such as the liver, spleen, thyroid, etc.—will strengthen the function of the corresponding gland in humans. The *scientific* basis for the use of animal glandulars is that they contain hormones; hormone precursors; and an array of nutrients such as vitamins, minerals,

and amino acids required for healthy organ function. In addition to providing nutrients, glandulars are thought to have organ-sparing properties; by supplying exogenous hormones and hormone precursors, they allow rest and recovery of the overburdened organ. In Western medicine, glandulars were used prior to the availability of synthetic hormones. For example, desiccated thyroid gland was used for patients with hypothyroidism, and adrenal glandular was used for its corticosteroid hormone content to treat conditions such as Addison's disease.^[2] Although glandular therapy has since fallen into disuse within conventional medicine, it is still

used within TCM and modern naturopathic medicine.



Liver

Liver extract has been studied and used historically for conditions including chronic hepatitis and chronic liver disease.^[3-5] Liver extracts have been shown to improve fat utilization, promote tissue regeneration, and prevent liver damage.^[5] A double-blind study of 556 patients with chronic hepatitis, who were treated with

70 mg of liver hydrolysate or placebo three times daily for three months, showed that the patients treated with liver extract had dramatically lower liver enzyme levels, demonstrating improvement of liver function and prevention of further liver damage, compared to the group receiving placebo.^[5]

Liver is a rich source of nutrients, specifically iron—it contains up to 3–4 mg of heme iron per gram of extract—hence its use in the treatment of iron deficiency and iron-deficiency anemia. Liver extract should not be used by persons with iron overload such as hemochromatosis.



Spleen

According to Pizzorno and Murray, spleen extract may be used for immune conditions ranging from immune potentiation, infection, cancer, celiac disease, dermatitis

herpetiformis, ulcerative colitis, rheumatoid arthritis, glomerulonephritis, systemic lupus erythematosus (SLE), vasculitis, low white blood cell counts, and thrombocytopenia.^[5] Several of these conditions are associated with low spleen function. In the 1930s, spleen extract was shown to improve white blood cell counts as well as benefit infections such as malaria and typhoid fever, while in modern-day Germany, spleen extract has become popular for its immune-potentiating effects in treating infection and cancer.^[5] Peptides derived from spleen extract, including tuftsin and splenopentin, are immunologically active and have been shown to stimulate macrophages, enhance natural killer (NK) cell activity, and enhance the body's response to colony-stimulating factors.^[5]



Thymus

The thymus gland is essential in immune cell (T-cells) development and maturation.

Thymus gland extract has been shown to help normalize levels of immune cells and prevent recurrent respiratory tract infections in children; treat asthma, hay fever, and food allergies in children; improve immune function in the elderly; benefit acute hepatitis B infection; and help improve white blood cell counts in patients with cancer and chemotherapy-induced immune suppression.^[6–14]

In a double-blind study, when children with recurrent infections were treated with thymus derivative over the course of a year, there was a significant decrease of the monthly frequency of recurrent respiratory infection compared with the previous year.^[11]



Adrenal

Although “adrenal fatigue” or “adrenal burnout,”—also known as “subclinical hypoadrenalism” or “mild adrenocortical

deficiency (MAD)” in medical language^[15]—remains an unrecognized diagnosis among the medical profession at large, it is used in complementary medicine to describe the long-term effects of stress on the body.

The adrenal glands produce several hormones including cortisol, popularly known as “the stress hormone,” which is responsible for helping the body adapt to stress. Symptoms of adrenal fatigue include fatigue, weakness, anorexia, nausea, vomiting, weight loss, salt craving, hypotension or orthostatic hypotension, hypoglycemia, hyperpigmentation of the skin, decreased body hair in women, poor immune function, and poor tolerance to stress or exertion.^[16] Supplementation with adrenal glandular can help supply the nutrients and hormone precursors required for healthy adrenal function and cortisol synthesis.

Pancreas

Pancreatic extracts are rich in enzymes required to break down fats, proteins, and carbohydrates. Most commonly, pancreatic enzyme therapy is a treatment for pancreatic insufficiency, which may be characterized by impaired digestion, malabsorption, nutrient deficiencies, and abdominal



discomfort. Pancreatic enzymes may also be used as a treatment for cystic fibrosis, cancer (especially tumours affecting the pancreas), and inflammatory or autoimmune disorders. When used as a digestive aid, pancreatic enzymes should be taken three times a day at least 20 minutes before meals. If used as an anti-inflammatory, pancreatic enzymes should be taken on an empty stomach.

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2016 FALL AND WINTER FASHION TRENDS

LET YOURSELF BE INSPIRED!

by Shirley Séguin

Unfortunately, the summer is winding down! Although not everyone feels the same way, in my case, mourning the summer season passes quickly when I check out future fashion trends, which get me inspired!



The looks on the catwalks seem eccentric and sometimes rather difficult to introduce into our daily lives. It is true that some designers are pushing fantasy and extravagance to the extreme, but... Here are some fall fashion and beauty essentials that are

easy to perform and incorporate into your busy day!

From candy pink to a declination of nudes from peach to beige, these three inspirations have one thing in common: they are 100% sentimental and girly!

Across the vast diversity that is offered to the designers for this season, I retained these looks, simply because we often darken our closet when winter turns up its nose... Why not get out of our comfort zone this year? The variations of peach and pink generally have the effect of giving us good looks, no matter our skin tone, which is an undeniable asset when we are in the cold season!

The bun remains a timeless classic and, most importantly, easily executable at home! This fall it is down, twisted or regular, retro or disheveled... in short, it is fun to reinvent for different events. For the more adventurous as well as the fashionistas, it can also be worn as the “wet look” version!

Armed with a well-placed bun and well-drawn red lips, it is hard to go wrong.

PRO TIP 1

Get used to exfoliating your lips well before applying a bright or dark red. A small amount of olive oil mixed with brown sugar, and voilà! Otherwise, you can gently brush your lips with your toothbrush, without wetting it. This way, you make sure to have impeccable colour and that it is well distributed!

PRO TIP 2

If you do not dare to use more pigmented colours for fear that they will get all around your mouth, here's an infallible trick: apply your lipstick and simply finish up by using a small soft brush blending it in, distributing a very fine amount of translucent powder over your entire work.

PRO TIP 3

A small amount of blush powder + some colourless lip balm in stick form = A long-lasting gloss!



New Roots Herbal's CHILDREN'S LINE

by Dany Lévesque and Gordon Raza

Are you really prepared for the upcoming school year?

You've likely combed through the bag of weekly circulars for the best value on back-to-school necessities. However, have you considered investing in memory, concentration, and immunity for academic excellence, personal success, and happiness for your child this semester?

New Roots Herbal has a great selection of supplements that will help your children reach their full potential.

Children'sMulti

The difficulty of bidding farewell to summer and heading back to the structured routine of school cannot be underestimated. New Roots Herbal's **Children'sMulti** will ensure your child has great health and energy to spare for homework, sports, and after-school activities.



Children'sMulti is formulated by leading naturopaths with a comprehensive list of nutrients for the growth and development of children from infancy to adolescence.

Each scoop contains 250 mg of vitamin C, 100 mg of calcium citrate, 50 mg of magnesium bisglycinate, 10 mcg (400 IU) of vitamin D and 30 mg (45 IU) of vitamin E (mixed tocopherols). New Roots Herbal's **Children'sMulti** also contains zinc citrate and copper citrate, which support the immune

system by helping the body to produce white blood cells that defend against viruses and bacteria.^[1, 2] Vitamins C and D₃ promote collagen formation; the production of collagen is critical for healthy joints, bones, blood vessels, and skin.

Children'sMulti delivers active forms of B vitamins including vitamin B₂ (riboflavin-5'-phosphate), B₆ (pyridoxal-5'-phosphate), B₉ (from calcium L-5-methyltetrahydrofolate), and the active form of vitamin B₁₂ (methylcobalamin). B vitamins allow for better absorption of macronutrients such as proteins, lipids, and carbohydrates. In addition, the formula contains iodine, which regulates the metabolism and helps develop nervous and skeletal systems. Other nutrients include biotin to maximize the absorption of nutrients, iron for oxygen transport and immune support, and choline to support fat metabolism and produces the important neurotransmitter acetylcholine.^[3]

In a convenient powder form with natural berry and lemon flavours, our stevia-sweetened formula tastes great with water, but can also be added to plain yogurt. Furthermore, stevia will not spike blood sugar levels or damage tooth enamel.



Children's Omega-3

Omega-3 fatty acids are critical for the development of a strong immune system and for healthy brain function necessary for focus, concentration, and learning. However, the challenge of eating enough omega-3-rich species of fish and other food sources to quench childhood and adolescent demands is difficult, to say the least. Adding an omega-3 fatty acid supplement to your children's routine will ensure they get the nutrients they need to flourish.

New Roots Herbal **Children's Omega-3** contains a 2:1 ratio of EPA to DHA: 100 mg of EPA (eicosapentaenoic acid) and 50 mg of DHA (docosahexaenoic acid) per

capsule. This is the clinically proven ratio of the fatty acids a developing body and mind crave.

EPA has been the subject of many research studies determining its effectiveness to counter inflammation, including asthma.^[5-7] It also helps maintain cognitive, immune, and cardiovascular health.

DHA has also been proven to benefit cognitive function. Its ancient name is "cervonic acid," which refers to the brain and the benefits it can bring to nerve function. A third of our brain's lipids are made up of DHA, and it is also present in high concentrations in our retina.

We recommend four chewable softgels of New Roots Herbal's **Children's Omega-3** daily. Research proves that concentrated dosages of EPA can reduce cognitive problems related to attention deficit hyperactivity disorder (ADHD).^[8] Omega-3s can also work to stabilize the mood of your child.

Omega-3 supplementation can help with seasonal allergy symptoms and for children that suffer from inflammatory skin conditions such as hives and eczema,^[9, 10] as well as psoriasis.

Our **Children's Omega-3** are sweetened with stevia and have a natural lemon flavour that tastes great. They're easy to swallow, and even popular with adults who experience difficulty with larger capsules.



Children's Probiotic

New Roots Herbal's **Children's Probiotic** is formulated with 12 distinct probiotic species. It delivers the ideal balance of *Lactobacillus* and *Bifidobacterium* strains at a potency of 10 billion CFU per two scoop (daily dosage).

Probiotics multitask as they travel throughout the digestive tracts of children. They participate in enzyme activity critical for helping the breakdown and assimilation of proteins, fats, and carbohydrates. They modulate (balance) immune response to protect children from inflammation that can contribute to asthma and dermatitis (urticaria, eczema, psoriasis). Daily protection from infections such as colds and flu are also among its many benefits.

Our ultraconcentrated powder also includes a tandem of prebiotics: inulin and arabinogalactan. These prebiotics fuel colony formation

of both our formula and the resident probiotics within children's intestines.

Children's Probiotic is most effective when taken with food such as yogurt, fruit purée, smoothies, fresh juice, or pudding.

It is safe and effective for children of all ages, as well as for adults who experience difficulty swallowing capsules. It's also a must for children following antibiotics use, to accelerate rebuilding of intestinal flora. This will reduce the risk of atopic dermatitis, asthma, and diarrhea for children.^[1-4]

Children's Probiotic strengthens immune health, helping to avoid chronic infections and especially ensure that your child misses school less often. Better yet: you'll use less sick days staying at home with your child, and free up time to enjoy life!

Children's Vitamin D3

Vitamin D is the sunshine vitamin for childhood mood and immunity!

New Roots Herbal's **Children's Vitamin D3** provides 400 IU (10 mcg) per drop. Vitamin D₃ (cholecalciferol) is the biologically active form of this critical vitamin produced through exposure of the skin to sunlight. D₃ is essential for the absorption and utilization of calcium and phosphorus, as well as for the development of bones, teeth, and nails.



A deficiency of the sunshine vitamin can also negatively affect mood and immune-system development. Therefore, adequate levels of D₃ are crucial throughout childhood and adolescence. This is especially true for North Americans, whose vitamin D levels are among the lowest worldwide. The excessive use of sunscreen products is one of the factors that can negatively affect the body's natural ability to manufacture vitamin D₃.

Clinical trials have shown promising results with vitamin D₃ supplementation for children in regards to conditions ranging from irritable bowel syndrome (IBS) to respiratory infections including pneumonia. In addition, research conducted at the University of California at San Francisco has explored the use of liquid vitamin D₃ for the core symptoms of autism. A correlation was also found between low levels of this vitamin and poor production of serotonin, which has been linked to symptoms of autism.

At 400 IU per drop, the dosage can be easily adapted to suit individual needs. The dosage is simple and convenient, and its neutral taste allows you to take it on its own or with cold drinks, cereal, fruit, or even yogurt.

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Light Your Fire with Magnesium!

by Gordon Raza

From a health perspective, magnesium is the sparkplug essential for human survival. In fact, if you google the words “magnesium” and “survival,” it typically leads to a demonstration of an outdoorsman using magnesium shavings to light a survival fire. The problem for the majority of North Americans is that it’s critically deficient in our modern-day food chain.

Magnesium is active throughout the body as the catalyst that sparks countless metabolic, skeletal, and nervous-system functions. It’s also important for maintaining optimal heart rhythm, skeletal health, blood pressure, and blood glucose management. Potential signs of magnesium deficiency include constipation, muscle spasms, leg cramps, insomnia, and migraines.

Magnesium regulates nerve and muscle function. It helps relax muscles, whereas low levels of this precious mineral can cause muscles to tighten and contract. This can lead to muscle spasms and frequent cramps, and

even contribute to restless leg syndrome. Nerve cells rely upon the presence of adequate levels of magnesium to conduct impulses across the minute gaps between them, called the synapses. The impairment of these impulses can contribute to additional health concerns that vary from anxiety to Alzheimer’s disease.

Magnesium is a critical cofactor for the assimilation of calcium within bones; its synergy with calcium helps prevent osteoporosis. It also regulates levels of calcium within the bloodstream to prevent hardening of the arteries, kidney stones, and arthritis. Magnesium supplementation can also decrease insulin resistance that allows cells to easily assimilate blood glucose to lower the risk of type II diabetes.

Considering the importance of magnesium, identifying a mineral deficiency might avert the long-term implications of a prescription drug to solve a preventable health concern. Supplementing with highly bioavailable magnesium bisglycinate is a safe and effective therapeutic initiative that could make a lasting difference in your quality of life.





Stress and Kids

Developing Healthy Coping Mechanisms

by Ashley Weber, ND

It is clear that everyday stress in the 21st-century Western world is high. As adults, we often think of “stress” as a reaction to a traumatic event such as losing a loved one or being fired from a job, as well as from the pressures of everyday life including meeting deadlines in a high-paced work environment, personal relationship difficulties, and the all too common “glorification of busy.” In children, stress also presents from different situations including traumatic life events, difficulties with family and home life, and pressures from school and social life.

In a recent publication on childhood stress by the National Center for Injury Prevention and Control and the Centers for Disease Control and Prevention, stress is described as “internal or external influences that disrupt an individual’s normal state of wellbeing. These influences are capable of affecting health by causing emotional distress and leading to a variety of physiological changes. These changes include increased heart rate, elevated blood pressure and a dramatic rise in hormone levels.” The primary hormone that is considered in the stress response is cortisol, a hormone

released from the adrenal glands. Cortisol has a positive function in our bodies and is essential for many physiological mechanisms. However, harm arises when cortisol becomes too high, remains high for too long, or does not appropriately decrease during the day. High levels of stress and cortisol have been associated with many adverse health outcomes including:

- Suppression of the immune system, increasing risk of infection and other health conditions.
- Mental health disorders, such as anxiety and depression.
- Metabolic syndrome and type 2 diabetes.
- Damage to the part of the brain called the hippocampus, which is responsible for learning and memory.
- Headaches, indigestion, fatigue, and muscular tension.

In young girls, high cortisol is associated with anxious behaviour, while in boys it is associated with more aggressive behaviour.

Many of these conditions are on the rise in the pediatric population, and this may be in part due to stress levels.

It is important to realize that not all stress is bad. The term “positive stress,” as it relates to children, often involves a new experience such as meeting

new people or starting at a new school, and can manifest in feelings of anxiety and physical symptoms such as an increase in heart rate. With the help and guidance of adult caregivers, the child should be able to appropriately manage and overcome the situation, which teaches the child situational management and coping techniques. This is positive stress and is essential for normal childhood development.

Starting the discussion about stress when children are young is essential, as it helps to acknowledge and normalize these unpleasant feelings, and it provides a gateway to learn healthy coping mechanisms which can be carried into adulthood. There are many techniques that can be used to reduce stress in children, some of which are discussed here.



Yoga

Yoga is a physical and spiritual practice that has multiple components including physical postures, breathing techniques, and spirituality. The practice was started in India over 2000

years ago, but has only gained significant popularity in Western society in the last 20 years, and is now being used as an adjunctive therapy for various medical conditions. For children, it can be used as a way to connect with their body, cultivate mindfulness, as well as teach breathing techniques that can then be applied to other areas of life.

Significant research showing the benefits of yoga for adults exists; however, as we often see, similar research in children is lacking. However, one recent study examined the impacts on stress of a ten-week yoga program implemented in a second- and third-grade classroom, consisting of thirty minutes of yoga from a qualified practitioner once a week, for a total of ten weeks. Salivary cortisol was collected and measured for each student at each session. After 10 weeks of the weekly yoga sessions, there was a statistically significant improvement in salivary cortisol levels in the second-graders. In addition, subjective questionnaires by the classroom teacher showed improvements in children's behaviour including attention span, self-esteem, and ability to deal with stress. Although this was an isolated program and may not be generalizable to all pediatric populations, it's groundwork that yoga is not only beneficial for adults, but can be adapted well for children and shows positive outcomes.

Many yoga studios are now offering specific children's classes, and some even offer more specific classes that focus on different health conditions. If a parent is familiar with yoga, practicing basic breathing exercises and postures, and helping children implement them during specific times of stress, can also be a way of incorporating yoga principles into a child's life.



Guided Imagery

Guided imagery is a mind-body technique that is used to help the participant generate a mental image or visualization for a specific health outcome. It is typically led by a qualified practitioner, either in a one-on-one or group setting, and often used as a series of sessions. Images generated by the participant can either be general relaxation images, or more specific such as an image of healthy eating habits or positive behavioural changes.

Research using guided imagery has been conducted in adults, with positive outcomes on work-related stress, anxiety,

pain, and infertility. One recent study used guided imagery in obese adolescents, and looked at markers of stress as well as blood-sugar control. During a twelve-week program of weekly guided imagery sessions, salivary cortisol was significantly reduced by approximately 38% after each relaxation session. Interestingly, this study also showed that the greater the cortisol reduction, the greater the reduction in insulin, an important marker for blood sugar regulation, as well as the sessions resulting in a decrease in sedentary activity and increase in moderate physical activity. From a practical standpoint, this study also demonstrated that this type of intervention was well-received by adolescents. They enjoyed the exercises, and many applied the technique to acute situations in other aspects of their life; a very promising point for future research.

Despite the sparse research in children, the use of guided imagery in adults as well as the promising results of the study discussed above show that this technique can be very beneficial for stress reduction in children. Guided imagery teaches children a very specific tool that can be transferred to other types of settings, particularly acutely stressful situations.

Nature Therapy

Surveys have shown that kids spend about 50 hours a week



on an electronic device, and almost 90% of their time indoors. “Nature deficit disorder” is a term coined by Richard Louv in the book “Last Child in the Woods.” Although not a medically diagnosable condition, it is the idea that humans’ shift to increased time indoors with less time spent in outdoor green space is contributing to a number of different health conditions including behavioural and attention difficulties as well as emotional distress. “Vitamin N” (N is for “nature”) incorporates many different types of exposure to nature, including simply time spent outdoors, time in parks and green spaces, contact with plants, having plants inside the home, and even viewing images of nature.

Nature seems to act as a buffer for stress in children. When children experience a high-stress

life event, levels of psychological distress are 30% lower in children that live in a “high-nature” environment compared to children who experience a similar stressful situation but live in a “low-nature” environment. A high-nature environment includes the indoor environment such as outdoor views from within the home, as well as live plants inside and the immediate outdoor environment surrounding the home. This is an important study, because it shows that children do not need to live in the country surrounded by acres of forest to receive the benefits of nature, but small changes such as having plants in the home are also very beneficial.

Here are some other highlights of research on the connection of nature and stress:

- Completing a stressful mental task while in a garden environment produces lower levels of cortisol than when the same activity is done indoors.
- Having plants in a room reduced stress response in subjects that watched an emotionally stressful video. The results were even greater with flowering plants.
- Going for a walk in a forest showed greater reductions in cortisol levels following the exercise, compared to a walk of the same duration on a treadmill. Improvements were also seen in blood pressure, mood, and fatigue.

- Doing activities in green spaces has repeatedly been shown to improve attention and concentration in children diagnosed with attention deficit disorder.
- Further information on other health benefits of nature can be found at <http://www.naturopathiccurrents.com/articles/health-and-nature>

Incorporating Stress-Management Techniques

Stress in children is often overlooked and downplayed by adults; however, stress is very present in the pediatric population and is associated with significant health implications. It is important for

parents, health-care providers, and educators to recognize and address the role of stress in children. By starting this conversation when children are young, we can begin to foster the idea of the mind-body connection and teach our children healthy ways of managing stress that will serve them well in the future. In addition to incorporating yoga, guided meditation, and nature therapy into children’s lives, many other ways of reducing stress not discussed here also show significant benefits. These include—but are not limited to—professional counseling/therapy, recreational sport, art therapy, progressive muscle relaxation,

and music therapy. Not all children will resonate with every technique, so it is important to try different approaches and nurture what seems to work well for each individual child. By beginning early, we will provide tools to handle stress in children’s current lives while providing life skills to manage stress in a healthy way in the future, and ultimately lead to healthier, happier adults.

For references and other great articles, visit [NaturopathicCurrents.com](http://www.NaturopathicCurrents.com)

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Olive Oil - Are You Being Scammed?

Extra virgin olive oil (EVOO) has been used for centuries as a natural health remedy. With today’s unfortunate reality of our food industry, genetically modified organisms, and what goes into the process of industrialized farming, it is reasonable—necessary, even—to ask ourselves: “What the heck is in my olive oil?” Some [...]



Intermittent Fasting

Look around you: Obesity is a global health concern that affects the health, wellbeing, and longevity of individuals, and is considered an epidemic of our modern times. According to 2014 statistics from the World Health Organization (WHO), 39% of adults are overweight, and 13% are considered obese.[1] More alarmingly, there are more than 42 million children under the age [...]



Natural Approaches for Stress Management

Stress is a state of mental and emotional strain resulting from adverse or demanding circumstances. It is that overwhelmed feeling of worry when concerned about a particular outcome. Stress is a person’s reaction to events that are considered threatening or have the potential to throw someone [...]

Back to School...

Three Tips to Help Kids Eat Healthier Food (and Not Even Know It!)

by Theresa Nicassio, PhD

- Do your kids seem to be magnetically drawn to junk food, wherever they go?
- Does their lunch box arrive home with the healthiest food remaining, barely touched, if at all?
- Do you want to ensure that your kids are able to enjoy the pleasure of nutritiously healthy food and lifestyle habits, but just aren't sure how?

If you said “Yes” to any of the above questions, you are not alone.

With the current food supply as it is—with a majority of the food choices at standard grocery stores being filled with artificial colours, flavours, sugar, MSG, and other unhealthy fillers—the world of food that our kids are growing up believing is good for them is really skewed. Even worse, many of the substances that are used in the most popular foods are now being found to have a similar effect on the brain as some of the most highly addictive street drugs. Between that physiological reality of the food products themselves and the overwhelming peer influence

to consume these products, it's no wonder our kids are finding themselves overindulging in a lot of unhealthy food. The rise in childhood obesity and diabetes in North America is a testament to this sad reality.

The great news is that there are three simple ways to empower kids to eat healthier food that are not shame-focused or difficult, and are also really fun to do.

Three Tips for Healthier (and Happier) Kids...

Garden With Your Kids:

When kids are involved in the planting and nurturing of the food on the family's home patio or in the garden, they are more inclined to eat (and appreciate) the beautiful food that springs from the earth. In addition to the obvious health

benefits this offers, the benefits of increased awareness of food sourcing, life-skill enhancement, and environmental awareness are also great rewards. Winter gardening is an especially fun activity to do with kids, since after seed planting in the fall, the winter weather usually leads to forgetting about the garden, making the spring sprouts and harvests even more exciting to discover.

Cook With Your Kids:

As with gardening, kids are more likely to want to eat food that they prepare themselves than food that is made for them. They are more invested in the process and are also curious about what they have been able to create. Empowering and confidence-building, the benefits of teaching





While it is true that desserts may not have the same amount of nutritive value as some of the more savoury dishes we would love to see our kids also enjoying, it is a step in the right direction—a buy-in to help them with their transitioning process. As a psychologist, I know all too well the importance of meeting ourselves where we are, and then gradually taking steps in the direction we want to move towards. Our kids are no different.

kids about the magic of creating meals from real whole foods is good for their mind, spirit, and body as well.

Make Irresistible Desserts (That Are Much Healthier Options than the Junk Food Options that They Otherwise Typically Would Want to Eat):

The societal belief is that in order for food to taste delicious, it must be unhealthy (e.g. filled with sugar, gluten, butter, etc.). So, when you give your kids crazy-delicious desserts that don't have any of those ingredients in them, you can only imagine their surprise and delight to relish in delectable delights, especially if the recipes are easy enough for them to make themselves!

At my book launch last September, a 5-year-old named Harumi demonstrated how easy it was to make the baked cinnamon bananas from the book that all of the attendees

at the event were joyously devouring. Everyone's hearts melted while watching this adorable little girl so focused and proud to be learning and demonstrating how to create something special that others could enjoy sharing.

All-or-nothing thinking typically leads us to a very familiar and undesirable destination: the feeling of failure. The more we can foster feelings of success, fun, and curiosity, the more likely we can support our kids along their life paths towards greater health, vitality, and happiness.



Theresa Nicassio, PhD Author of YUM: Plant-Based Recipes for a Gluten-Free Diet, Theresa is a Registered Psychologist, Raw-Food Chef & Nutrition Educator. (www.yumfoodforliving.com)

Quinoa Crust Individual Pizza

by Sharisse Dalby, RNC

Having a good repertoire of quick-and-easy meals is imperative for starting or maintaining a healthy lifestyle. It's equally important to find healthy ways to prepare some of your favourite meals so that you never feel deprived of food, but rather thrive from food.

This recipe has to be one of my favourite meal makeovers! It's plant-based, gluten-free, and can easily be adapted for egg allergies (swap the egg for a flax egg) or dairy allergies (swap cheese for nutritional yeast). Give this recipe a try, and see how quick and easy healthy can be.

Crust Ingredients

- 1 cup quinoa, cooked and cooled
- ½ tsp. oregano
- 1 egg

Topping Ingredients

- 4-8 tbsp. low-sodium tomato paste
- ¼ cup cheese, grated
- 1 cup assorted vegetables, thinly sliced (or other favourite pizza toppings!)

Instructions

Preheat your oven to 425° F (218 °C).

Combine quinoa with egg and oregano. Spray a cookie sheet with extra virgin olive oil (or line with parchment paper). Form quinoa into four individual pizza shells and bake for 10 minutes.

Remove from oven and top each with 1-2 tbsp. of tomato paste, ¼ cup of vegetables or other pizza toppings, and cheese. Bake for 5 minutes or until cheese melts.

Makes 2-4 servings.



Sharisse Dalby is a Registered Nutritional Counsellor helping families and children beat their health struggles with a focus on digestive and emotional issues in a simple and effective way.

She is passionate about helping as many families as possible by delivering her expertise, support, and encouragement through her online consultations.

Website: sharissedalby.com

Treat a Salad Like a Sundae!

by Gordon Raza

Have you ever served a salad to a youngster, and it turns into a scavenger hunt picking out all the ingredients they dislike? Truth is, it's tough to blame them when a meal item may contain several ingredients they've never even tried.

Here's an idea: Prepare the ingredients ahead of time and pair them up. The only condition is that they include at least a choice from each pairing. Eating healthy is a must; however, empowering children to make healthy choices benefits us all.

They may even surprise you with their creativity!

Here are a few suggestions:

- Romaine / Iceberg
- Carrots / Red, yellow, or orange peppers
- Cucumbers / Cherry tomatoes
- Strawberries / Grapes
- Sunflower seeds / Diced almonds
- Vidalia (sweet) onions / Green onions
- Berry-based balsamic vinaigrette / Creamy yogurt-based ranch

When it comes to the dressing, feel free to make them naturally sweet and delicious. Don't stress over the calorie count.

Bon appétit!



Top 10 Reasons to Choose Organic Products

Provided by Michelle W. Book



Organic Products Meet Strict National Standards

The “Canada Organic” logo is your assurance that products have been grown and handled according to strict procedures and rules, and in compliance with the Organic Products Regulations. Imported products

bearing the Canada Organic logo must also meet the requirements of the Canada Organic Regime.

Cut Back on Chemicals!

Many herbicides and insecticides commonly used in agriculture have been found to be carcinogenic, hormone disruptors, or have a negative impact on children’s development. Choosing certified organic significantly reduces your exposure to chemical residues.

Organic Farms Take Water Seriously

Organic farmers are required to manage the land and life around

water systems very carefully, and are inspected annually. By not using synthetic fertilizers and persistent toxic chemicals, organic farming is also easy on our precious water reserves.

Organic Farmers Work in Harmony with Nature

Organic agriculture builds healthy ecosystems, and organic farms have higher biodiversity on and around them, which promotes sustainability and ecological balance.

Organic Methods Reduce Pollution and Wasted Energy

More energy is used to produce synthetic, fossil fuel-based fertilizers than to cultivate and

harvest crops or to transport food. Canadian studies have shown that organic farming practices can use as little as half the energy of other farming methods, and help to sequester carbon back into the soil.

Protect the Health of Farmers and Children

Farmers exposed to pesticides can have a significantly higher risk of contracting cancer compared to nonfarmers. Children are relatively more exposed than adults when they ingest pesticide residues in food. Choosing organic reduces the exposure for children and the farmers who grew their food.

Organic Farmers Build Healthy Soil

Soil is the foundation of the food chain. Organic farming is focused on using sustainable practices that build healthy soil microbiology and prevent erosion, leaving fertile land that will provide for future generations.

Organic Farming is Good for Rural Canada

The Census of Agriculture has shown that, on average, organic farming families earn more from their farms than the typical Canadian farm does, and employ more people per farm, too. There are over 3 700 organic farms in Canada, contributing more than \$3.5 billion to our economy; a value that continues to grow each year.



Organic Producers Strive to Preserve Genetic Diversity

The loss of a large variety of species (biodiversity) is one of the most pressing environmental concerns of our day. The good news is that many organic farmers have been collecting and preserving seeds and growing heirloom varieties and rare breeds of livestock for decades.

Organic is the Only Non-GMO Standard Overseen by the Canadian Government

Organic standards forbid the use of genetically modified organisms (GMOs) in seeds,

in animal feed, and in the ingredients of processed organic food and products. If you're concerned about GMOs, the only way to avoid them in your diet is by opting for certified organic products.

This information was provided courtesy of Think Canada Organic in partnership with the Canada Organic Trade Association and with support from Agriculture and AgriFood Canada through Growing Forward 2.

For more reasons why to go organic, visit thinkcanadaorganic.ca



Body Muscle Massage Testimonial

*I'm an avid golfer, gardener, and yoga instructor; since retiring, I often do them all in the same day. I love **BodyMuscle Massage** for my back and shoulder; I recently started using it for my toes and feet to start the day. It's a great way to get a leg up on nagging arthritic pain!*

—J.T.
Ottawa, Ontario

We received the following letter a few weeks ago from Habitat for Humanity®, thanking our Choose to Care program for its continuous support. As with all the organizations we support, we are happy we can help make a difference. These thanks, however, are also extended to our customers that are buying New Roots Herbal products, since part of the purchases go towards our Choose to Care program.



Patel, Pierre and team,

On behalf of our Habitat partner families, thank you for your generous gift to our homebuilding program. You are truly making a difference in the lives of Canadian families!

Thank you for your support,

Paul & the Habitat Canada team

Food Banks
Canada



“Without the food bank, I really don’t know what I would do each month for food. I try my best to do what I can with what I have, but some months it’s just so hard.”

—Chantal, food-bank client.

Have you ever had to decide between paying rent and buying groceries to feed your children? Low-income families across Canada are forced to make difficult choices like this every day.

With more than 850 000 Canadians turning to food banks each month—one-third of whom are children—you likely know an adult or even a child who is hungry in your community; maybe a coworker, an elderly neighbour, or your child’s friend?

Until we can create long-term solutions to the problem of hunger in Canada, there is a network of food banks and organizations that are providing essential food and support to those who need it most. This network consists of Food Banks Canada at the national level, working together with 10 provincial food-bank associations, over 550 local food banks, and over 4 000 food-related organizations in communities across the country.

Food Banks Canada’s mission is to relieve hunger today and prevent it tomorrow. By focussing on finding solutions to the root causes of hunger, Food Banks Canada aims to

create a tomorrow without the need for food banks at all. Until then, Food Banks Canada, alongside the extensive network of food banks and community organizations in every province and territory, are working to relieve hunger today.

These food banks and front-line organizations provide essential food to Canadians who turn to them for assistance each month. In many communities, food banks have also grown to fill important gaps and services, such as offering cooking classes to food bank clients and their kids, job skills training to help adults regain self-sufficiency, and running community gardens where people can learn to grow their own fresh food.

With work at the national and provincial level, the dedication of volunteers and food banks in our communities, and the support of caring Canadians, together we can create a Canada where no one goes hungry.

Feel inspired to help? Donate to your local food bank, or contact them to see how you can help your neighbours in need. Don’t know where to find your local food bank? Visit www.foodbankscanada.ca and click on “Find a Food Bank.”



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