



Natural Facts

Beyond
Vitamin D

Health Advice:
Vaginal Candidiasis

Health Advice:
Stroke Recognition

Benefits of
Herbs and Spices

Articles, Recipes, Information, and New Product Announcements

Free • July/August 2015





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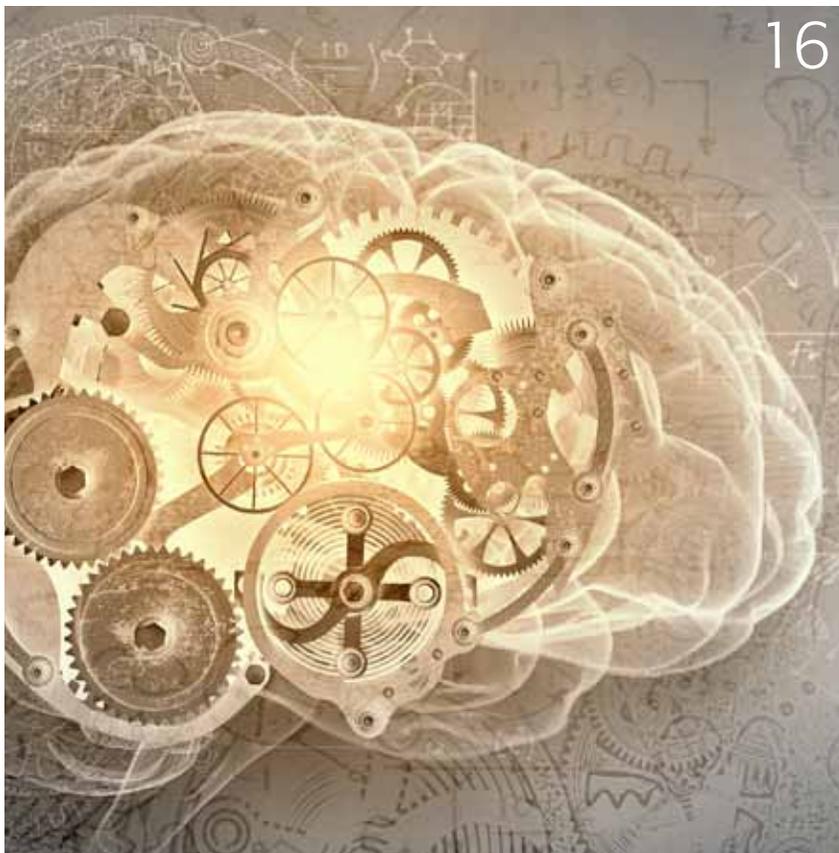
- Our ISO 17025 accredited laboratory has **15 scientists**: 3 PhDs, 4 MScs, and 8 BScs
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Table of Contents

July/August 2015



- 05 No Vacancy
- 06 Health Advice: Vaginal Candidiasis
- 07 Joints and Bones: Strengthen your Connection
- 08 Naturopathic Currents: Beyond Vitamin D
- 11 GSE: Something to Sink Your Teeth Into!
- 12 In-Depth Information at your Fingertips
- 14 Fifty Shades of Tamanu?
- 15 Have an Affair with Skin Lovers
- 16 Health Advice: Stroke Recognition
- 19 NHP Laboratories: The Certified Science Behind Every Bottle!
- 21 Now Available: Matcha Green Tea
- 22 Benefits of Herbs and Spices
- 24 Culinary Corner
- 26 Create a Bug-Free Zone with Herbs
- 27 Choose to Care: Sierra Club Canada Foundation

Editor's Letter



A French proverb says that “travel shapes youth.” As a travel enthusiast, I particularly like this saying. Traveling allow us to get out of our routine and live new experiences. With an open heart and mind, there’s no limit to the amount we can enrich our lives through exposure to new people and their cultures. This holds especially true for children and the lasting and positive impact it can have on their development.

A journey can change your future! Whether it’s a honeymoon, a business trip or a family vacation, all you need is an open mind to discover what the world has to offer.

The experience of visiting the world’s famous landmarks such as the Eiffel Tower in Paris, the Colosseum in Rome, the Great Wall of China, or a stunning beach down south leave us with postcard-perfect memories and a feeling to remember for a lifetime. However, it is not necessary to travel abroad to experience breathtaking landscapes or cultural diversity and to meet with extraordinary people; our own country has wonders to unveil. In fact, literally setting up a tent in your own backyard with the kids provides lasting memories and magic of its own!

In this issue, we offer tips for exotic trips, weekend camping adventures, or a stay at the cottage. We also discuss the pros and cons of exposure to the sun. Our Culinary Corner has a couple of refreshing and original recipes, from backyard grilling to a decadent all-natural ice cream that should inspire you this summer.

This summer season, enjoy every precious moment with your loved ones, and have fun!

Sonia Lamoureux
Editor-in-Chief

New Roots Herbal is always ready to support great causes such as Purolator’s Tackle Hunger program which collects donations and helps raise awareness about the issue of hunger in Canada. We chose to care by donating 10,000 bottles of Red Palm Fruit Oil.

New Roots Herbal believes that any contribution can make a difference. To make a donation, visit <https://www.purolator.com/en/resources-and-support/about-us/tackle-hunger/index.page>



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We're in an era where booking travel and accommodations is simple and affordable. However, it wasn't that long ago that the weary traveler would fear the glow of the neon "No" being illuminated on the vacancy sign of a roadside motel.

When it comes to the more than six-meter (20-foot) journey of the entire gastrointestinal tract, having no vacant attachment sites for harmful, potentially pathogenic microorganisms is a good thing. The trillions of microorganisms that populate our intestinal tract help digest food, prevent disease-causing bacteria from invading our bodies, account for up to 80% of immune function, and synthesize essential nutrients and vitamins. With a range of responsibilities for intestinal flora (microbiome) that rival any organ, maintaining the population of healthy probiotics in your gut is critical, whether you're at home or "on the road."

New Roots Herbal's **Travelers' Probiotic** is the ideal hybrid probiotic supplement to safeguard the delicate balance of your intestinal flora. Exposure to unsafe drinking water or local cuisine with harmful bacteria can lead to excessive gas, bloating, and travelers' diarrhea.

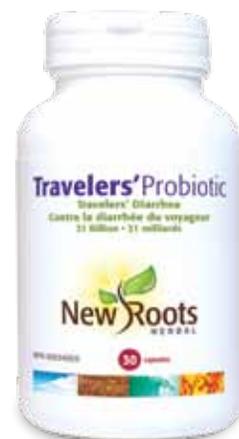
Travelers' Probiotic protects you in two ways. Eleven billion colony-forming units (CFUs), sourced from eleven scientifically proven probiotic strains, increase the amount of beneficial probiotics within the entire intestinal tract. Our formula also delivers ten billion cells of the transient probiotic yeast *Saccharomyces boulardii* per capsule, which crowd out harmful bacteria from attachment sites within the intestines, while neutralizing their toxins.

Vitamin and mineral supplements are dynamic in nature, with the body generally flushing out what

it can't assimilate. Probiotic supplements differ in the sense you can bulk up your defenses in anticipation of challenges.

New Roots Herbal's **Travelers' Probiotic** is recommended to be taken several days prior to your adventure, with any remaining capsules to be finished upon return from travel. It's also safe and effective when used with other probiotic supplements.

Why not bring **Travelers' Probiotic** along for your next adventure? Bon voyage!



Health Advice

Vaginal Candidiasis



by Heidi Fritz,
MA, ND

Vulvovaginal candidiasis (VVC), also known more commonly as “yeast infections,” is a common vaginal infection due to overgrowth of *Candida albicans*, a yeast species. Symptoms typically include burning; itching; and a thick, white “cottage cheese-like” discharge. VVC may be acute or chronic, with chronic or recurrent vulvovaginal candidiasis being defined as four or more episodes over the course of a year.

Risk factors for vulvovaginal candidiasis include the use of antibiotics, problems with blood glucose regulation such as diabetes or a high-glycemic diet, and impaired immune function. Vulvovaginal candidiasis is also frequently associated with hormonal changes that occur at certain points in the menstrual cycle, with many women experiencing aggravations before or after menses. Although acute yeast infections are usually responsive to antifungal medications, taken either vaginally or orally, the emergence of recurrent infections suggests that underlying factors have not

been addressed. In addition, the emergence of resistance is possible with recurrent use of antifungal medications.^[1]

A number of natural strategies have been shown to be useful in the management of VVC. Frequently, dietary changes aimed at improving dysglycemia and maintain a more stable blood glucose level are helpful. This involves reducing consumption of refined sugar, sweets, sugary drinks, and alcohol, as well as limiting refined carbohydrates such as breads, baked goods, and refined grains. In addition, the presence of food sensitivities may impair optimal immune function; to address this, removal of commonly offending foods from the diet may be indicated. Some of these may include wheat, gluten, dairy products, and/or eggs. Consultation with a licensed naturopathic doctor can help individuals identify foods they are sensitive to and monitor the therapeutic response.

Since VVC is associated with a reduced number of *Lactobaccilli* and overgrowth of *Candida* species, supplementation with a high-quality probiotic is a rational approach and has been demonstrated to be effective in human trials. Collectively, these studies show that the use of probiotic supplements results in symptomatic improvements, increase the cure rate for VVC when used alongside antifungal medications, and reduce the recurrence of VCC.^[2-4] Probiotic

products exist for both oral and vaginal ovule use, and a combination of both is often most effective. In addition, for women who are prone to yeast infections as a result of antibiotic therapy, the addition of a probiotic taken concurrently with, but two hours apart from, the antibiotic may be especially important.

Finally, several other natural health products have been shown to be useful based on clinical experience; however,



they have not been adequately investigated in human studies. Some of these include garlic extracts, diluted tea tree oil, and antimicrobial herbs such as goldenseal (*Hydrastis canadensis*) and *Echinacea* species.

References

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Joint and Bones

Strengthen your Connection

"My aching bones" is a familiar phrase we use a little more as we age. In reality, pain within bones is rare and, in a very small percentage of cases, is symptomatic of serious disease. Wear-and-tear on attachment sites of bones and connective tissue including cartilage (bone-to-bone), tendons (bone-to-bone), and ligaments (muscle-to-bone) are the most common causes of bone (joint) pain. However, this condition, commonly referred to as osteoarthritis, is not a life sentence.

New Roots Herbal has a product pairing that delivers nutrients that help increase bone density, nourish connective tissue, and ease inflammation that contributes to joint pain and to limit range of motion.

StrongBones is formulated with the most biologically active



and easily recognized form of calcium: microcrystalline hydroxyapatite. It also contains an additional 21 advanced forms of vitamins, minerals, and specific nutrients that strengthen bones and support them in their many additional biological roles. Our formula also strengthens subchondral tissue, the surface where cartilage, tendons, and ligaments anchor to bone.

JointPain Relief is a hybrid formula which feeds connective tissue and has active constituents that soothe inflammation and

relieve joint pain. It contains the powerhouse nutraceutical NEM® (Natural Eggshell Membrane), which has proteins specific to maintaining healthy cartilage and synovial fluid. Synovial fluid serves the critical functions of nourishing the cartilage and as a lubricant that protects joints from wear and tear. It's also an abundant source of naturally occurring glucosamine, chondroitin, and hyaluronic acid. **JointPain Relief** also draws therapeutic energy from standardized extracts of *Boswellia serrata* (boswellic acid), Devil's claw, curcumin, and black pepper for side effect-free relief from joint pain and inflammation.

Make your connection with **StrongBones** and **JointPain Relief** to discover how good life can really get.



Beyond Vitamin D

The Benefits of Sunlight



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Sunlight has been an integral part of human evolution and the development of life on this planet. Sunlight provides energy to grow plants, providing us with food, shelter, and various tools. It is also essential to regulating the seasons. Thus, it has become a necessary component of life as we know it. From a human physiological perspective, sunlight is a well-known source of vitamin D. There have been many suggestions that if you are not exposed to sunlight, then take your vitamin D supplements. However, sunlight has a number of other physiological mechanisms associated with it other than simply providing vitamin D. This paper will address some of these mechanisms as well as sunlight's positive and negative effects, and some sun-safe strategies.

Effects of Vitamin D

Vitamin D₃, also known as cholecalciferol, is the most active form of vitamin D. It acts as a potent steroid hormone that has a number of functions in the body, such

as immunomodulatory effects (i.e. balancing inflammatory responses), regulating growth, and influencing the differentiation of epithelial cells. This may have a number of benefits, such as inhibiting cancer and decreasing inflammation in Crohn's disease. It may also have certain negative impacts, such as depressing defences against pathogens through some of its immunosuppressive qualities.

Sunlight's Effects on Physiology

Although vitamin D is often used synonymously with sunlight, sunlight is also likely to affect other mechanisms. One study found that sunlight exposure and not vitamin D improved depression and fatigue in individuals with multiple sclerosis. It has also been found that the same ultraviolet radiation found in sunlight will inhibit demyelination and inflammation of the spinal cord in animal models with experimental autoimmune encephalomyelitis. This occurs independently of vitamin D by altering other factors such as spinal-cord chemokine CCL5 mRNA and protein levels, as well as suppressing IL10 in the skin and spleen.

Sunlight may also have the potential to suppress obesity and metabolic syndrome, as was found in studies with mice. However, vitamin D supplementation did not elicit

the same results. This study found that the ultraviolet radiation induced other mechanisms such as nitric oxide, which led to the suppression of obesity and metabolic syndrome. It is interesting to note that if sunlight does directly affect nitric oxide, there are a number of other potential benefits that may occur through this mechanism. Nitric oxide is also responsible for other actions in the body, such as in platelet function, inflammation, vasodilation, and pain perception.

A large prospective cohort study of women in the Agricultural Health Study found that increased sunlight exposure was associated with a decreased risk of breast cancer. This study also indicated that exposure over a longer period of time may have more protective effects. It was also found that vitamin D, including supplementation, did not appear to play a role in reduced breast cancer risk.

Sunlight, though, has the potential to damage the skin in various ways. However, it also promotes a number of adaptive responses through both vitamin D and other mechanisms that may help to mitigate this damage. Responses associated with vitamin D may help to reduce sunlight-induced DNA damage. Other mechanisms, such as melanin, which is produced by melanocytes in response to ultraviolet radiation damage

from sunlight, enhances skin pigmentation; this is a natural protective response. However, some individuals have a tendency to burn and not tan, such as those with a fair-skinned complexion, freckling, and red/blonde hair, and therefore the protective responses are not likely to be as effective for everyone.

Exposure to sunlight may produce a number of other local responses as well. In studies using isolated cultured skin cells, it has been demonstrated that ultraviolet B can stimulate a number of local neuroendocrine factors, such as corticotropin-releasing hormone, proopiomelanocortin, ACTH, *beta*-endorphin, the glucocorticoidogenic pathway, and glucocorticoid receptors. Wavelength-dependent changes in almost all aspects of the skin's hypothalamic-pituitary axis functions have been observed, indicating that ultraviolet radiation can coordinate homeostatic mechanisms in the skin via stimulation through various neuroendocrine stress responses.

Similarly, sunlight has the ability to regulate various rhythms in the body. The human body will synchronize with light by entraining to its timing, duration, intensity, wavelength, and pattern of exposure. This entrainment works best when it follows natural light patterns (i.e. includes a twilight period, as opposed to abrupt

on/off cycles). The signals are received via peripheral cells and retinal photoreceptors, sending hormonal signals to the master clock in the brain, the suprachiasmatic nucleus. This entrainment has been found to influence cortisol levels, which is important, because cortisol is an important factor in regulating homeostasis.



Health Concerns of Sunlight Exposure

Excessive sunlight exposure is not recommended, because it can have damaging effects. It is considered the main cause of skin cancer, especially when it is associated with sunburns and when exposure to ultraviolet radiation is intermittent and intense. The ultraviolet light produced by sunlight has also been linked to a number of other physical changes, such as inflammation, impaired wound healing, and DNA damage.

If someone has had more than five sunburns in their life, their risk of melanoma doubles, and increased sunburns in childhood are associated with an increased risk of melanoma as a young adult. Despite the promotion of protective clothing, sunscreens, etc., the prevalence of sunburns

has not declined. This indicates that these protective strategies are not being adequately/ properly utilized. Dutch data suggests that local inhabitants are well-adapted to the Dutch climate, but when this pattern is changed, there is a steady increase in skin cancer. The shift is generally from a decrease in daily regular exposure to intermittent exposure.

Safety of Tanning Beds

In certain climates, access to sunlight in winter months is limited as a result of decreased skin exposure, angle of solar radiation, and decreasing hours of sunlight; therefore, sunlight exposure may not be adequate. Thus, tanning beds are often used to remedy to that.

Tanning beds have shown to have some benefits, such as being able to increase vitamin D levels as well as improving other functions like systolic blood pressure. Also, because tanning beds utilize ultraviolet radiation, many of the other benefits discussed above may also be present.



The ultraviolet light emitted by the sun is divided into three categories: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). The ultraviolet light given off by tanning beds is predominantly UVA (95-99%) and UVB (1-5%). Although tanning beds may have some benefit, both UVA and UVB have demonstrated carcinogenic effects, similar to that in sunlight. It appears that tanning beds may be associated with the development of squamous cell carcinoma, and an increased risk of melanoma. The risk of developing melanoma was highest with more than ten sessions of tanning bed use. There was also no difference in association before or after the year 2000, which suggests that newer tanning beds may not be any safer than the older models.

Sun-Safe Strategies

Various strategies have been promoted to offer protection from the damaging effects of ultraviolet light, such as the Slip-Slop-Slap campaign (i.e. *slip* on a shirt, *slop* on some sunscreen, and *slap* on a hat) from the early 1980s. Protection from excess ultraviolet rays is important to prevent sunburns which, as mentioned above, are linked to an increased risk of skin cancer. Avoiding excess use of tanning beds is also advisable, as they have been linked with an increased risk of cancer. As well, regular screening for early detection of skin cancer is an important strategy.



Regular exposure to sunlight is likely to be beneficial although, as discussed above, irregular intense exposures that result in burning can be potentially harmful. Therefore, protection is important; this may include wearing protective clothing and sunscreen. Regular sunscreen use appears to reduce the risk of skin cancer, and studies indicate that using sunscreen does not appear to negate some of the health benefits of sunlight, such as the reduced risk of breast cancer. It appears that an adequate amount of ultraviolet light is able to penetrate sunscreen to produce vitamin D. However, more research may be needed to assess whether the other physiological mechanisms promoted by sunlight are affected by sunscreen use.

There may also be some adverse effects associated with sunscreen use. Animal studies have indicated that certain compounds in sunscreens may promote developmental/reproductive toxicity as well as disturb the hypothalamic-

pituitary-thyroid axis. Therefore, more research may be required in this area to ensure that the sunscreens used are safe.

A number of natural and synthetic products are available that may help mitigate ultraviolet-induced damage by enhancing antioxidant enzymes. Antioxidants may include *alpha*-tocopherol, ferulic acid, flavangenol, phloretin, lipoic and uric acids, lipid-soluble carotenoids, vitamin C, and a number of flavonoids derived from plants. Thus, products and sunscreens containing these and other related substances may be of benefit in protection against ultraviolet-induced damage.

Supplementation

As discussed above, vitamin D is an important aspect of sunlight exposure and has a number of physiological benefits. Supplementation may be relevant, especially for individuals in northern latitudes who are at an increased risk of deficiencies associated with decreased sun exposure.

However, because vitamin D may also have negative effects, supplementation should be done under the guidance of a health professional. Despite vitamin D often being referred to as a sunlight substitute, there appears to be a number of other mechanisms involved in sunlight exposure.

Conclusion

Overall, it appears that our understanding of sunlight's benefits are limited. It is also apparent that not everyone has the same tolerance to sunlight, and thus may be more prone to its ill effects. Speaking with your health-care providers can

help you to develop sun-safe strategies to maximize its benefits and minimize its dangers.

For references and other great articles, visit NaturopathicCurrents.com

GSE: Something to Sink Your Teeth Into!

Grapefruit Seed Extract (GSE) is recognized to be among the most effective and versatile broad-spectrum antimicrobial, antifungal, and antiparasitic products in the natural health products industry. Its therapeutic applications span from treating dysbiosis (intestinal disturbances) and topical use for athlete's foot to being a handy traveler's companion for improving the safety of drinking water.

With current publications by the Harvard Medical School galvanizing the correlation between dental plaque accumulation and coronary heart disease, GSE could prove promising for its broad range of antibacterial properties in the management of major risk factor for this deadly disease.

In excess of 700 bacterial species have been documented to inhabit the human mouth, with the average person hosting less than 100 species. Most species are harmless, with many delivering probiotic benefits from initiating digestion to exerting a protective effect on teeth and gums. There are, however, many species of harmful anaerobic bacteria, including *Aggregatibacter actinomycetemcomitans* and *Streptococcus mutans*, that thrive without the presence of oxygen, burrowed within plaque deposits between the teeth and gums. These pathogenic microorganisms can enter the bloodstream and cause inflammation within the arterial walls, and contribute to the formation of arterial plaque. Arterial plaque formation is commonly called hardening of the arteries or atherosclerosis.

A study published in the *Journal of Alternative and Complementary Medicine* has shown GSE to exhibit a broad range of antimicrobial activity against both gram-negative and

gram-positive bacteria. GSE kills bacteria by breaking down the cell membrane to release the cytoplasm (thick solution within cells) and cause their death. GSE has been found to retain bactericidal activity at concentrations as diluted as 1:152. The quality of being highly antibacterial while being nontoxic makes GSE naturally safe and effective.

Several drops in an eight-ounce glass of water for a light gargle before and after flossing could definitely become a welcome addition to your oral hygiene routine and much more.



About Naturopathic Currents



In-Depth Information at Your Fingertips

The Naturopathic Currents project delivers professional, unbiased, up-to-date, and evidence-based information on integrative medicine and natural health products from leading naturopathic doctors across Canada.

So many natural nutrients, herbs, and accessory molecules have proven themselves as immensely valuable medicines over the decades, yet there is also a large volume of

misinformation circulating within the media.

Receiving accurate information positively transforms lives, improves health-care, and strengthens the voice of integrative health-care across the country.

Misinformation can be costly, outright dangerous, and casts a negative shadow on a system of health-care with an impeccable record of safety and benefit.

Peter Wilkes, the founder and president of New Roots Herbal, created the Naturopathic Currents project to create a hub of knowledge people could turn to for sound advice in the natural health products industry. Naturopathic doctors from across the country are invited to provide their input.

Should you have any questions, comments, or concerns, please do not hesitate to contact our editorial team directly through the Contact Us link on the site.

NaturopathicCurrents.com; your source for in-depth scientific articles on natural health products as well as news and safety alerts.



Our Team



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Dr. Fritz is a naturopathic doctor practicing in Bolton, Ontario. Her areas of clinical focus include women's health (PCOS, endometriosis, fertility, menopause, menstrual issues), children's health, autoimmune conditions (fibromyalgia, asthma, allergy, eczema/psoriasis/acne, inflammatory bowel disease, etc.), and cancer. She is certified in the use of intravenous vitamin therapies. Heidi is a Research Fellow with the Canadian College of Naturopathic Medicine (CCNM), having published nearly a dozen systematic reviews and human trials of natural medicines. In addition to these contributions to Pubmed-listed journals, Heidi has published extensively in the Journal of Integrative Healthcare Practitioners and the Townsend Letter.



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Dr. Rouchotas is a naturopathic doctor practicing in Bolton, Ontario. His areas of clinical focus include metabolic syndrome (diabetes, cholesterol, blood pressure, overweight/ obesity), autoimmune conditions (arthritis, asthma, allergies, inflammatory bowel disease, IBS, migraine, etc.), psychiatric concerns (depression, anxiety, insomnia, ADHD, bipolar, etc.), and autistic spectrum disorders. Philip is an Associate Professor at the Canadian College of Naturopathic Medicine (CCNM), delivering the second-year curriculum in Clinical Nutrition.



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Chris is a Naturopathic Doctor who graduated from the Canadian College of Naturopathic Medicine. Prior to this, he completed his Honours Bachelor of Science at the University of Toronto with a double major in Life Science and Psychology, and conducted medical research about diabetes at the Hospital for Sick Kids. Chris has completed an accredited two-year research residency, making him the first in Canada to complete this prestigious residency. As a result, he has accumulated over 10 years of post secondary education in the health-care field. Chris is the Clinic Director of a multidisciplinary clinic called Mahaya Forest Hill Integrative Health. He also teaches at the Naturopathic College, where he is the Clinic Supervisor.

Here is a preview of some of our articles.

What You Need to Know About Fats

[The Good, the Bad, and the Ugly](#)

By Philip Rouchotas MSc, ND



Confusion about the harmful and beneficial health effects of fats abounds. Low-fat, no-fat, good fat... Where does the truth in all this really lie? As you might suspect, the answer

is more complex than the no-fat/low-fat proponents would have you believe. Fats form the lipid membrane that surrounds each cell in your body, and the relative proportions of different fats present in the membrane...

Irritable Bowel Syndrome

[Dis-entangling a Multifactorial Condition](#)

By Heidi Fritz MA, ND



Irritable bowel syndrome (IBS) is an increasingly common digestive condition, affecting up to 20% of individuals. IBS is protean in its manifestations, with symptoms

variable from person to person, and can include a combination of any of the following symptoms: bloating, diarrhea, constipation, abdominal pain, and cramping. It is not unusual for IBS to be intermittent; becoming worse...

Find more at NaturopathicCurrents.com

Tamanu Oil

Fifty Shades of Tamanu?

Wild-harvested from the sun-drenched shores of the South Pacific, cold-pressed tamanu oil has been a mainstay for total skin health and beauty in countless coastal communities.

The supply chain and flowchart of this exquisite oil is simple. Tamanu fruits are wild-harvested, and the fruit pulp and nut shell are removed to expose the delicate kernel. The kernels are subsequently air-dried on curing racks, and only when they begin to seep a thick, rich, succulent oil after up to eight weeks are they ready for cold-pressing. Tamanu trees blossom twice annually. With the variables in weather between growing seasons, coupled with the intensity of heat, wind, and humidity during the curing process, no two yields of tamanu oil are identical.

New Roots Herbal's **TamanuOil** is not highly refined or deodorized, and can vary in colour from a light chartreuse green to a rich mahogany brown. Its scent can also span from a light nutty aroma to having rich notes of coffee and espresso. Differences in colour and scent are natural for tamanu oil as well as other oils in our entire collection of exotic oils.



The distinct characteristics between yields of our exotic oils collection bear a similarity to wines, which vary in flavour, minerality, and intensity among vintages.

What does remain constant is the unique fatty acid profile, which delivers anti-inflammatory, antibacterial, and antifungal properties.

Tamanu oil is renowned for accelerating the healing of cuts, bug bites, burns, abrasions, rashes, stretch marks, sores, and other minor health issues. It's also up to the task of healing cracked skin on fingertips for those that make a living exposed to the elements, or massaged into sensitive skin such as armpits and legs after shaving. A few drops are also excellent for men to avoid that dry feeling of tight skin following a morning shave. It also works wonders on

dry, damaged hair to restore a silky, smooth, and manageable look.

New Roots Herbal's **TamanuOil** truly is the "tropical topical" for the bathroom cabinet, first aid kit, medicine chest, or to take along for your weekend adventure.



Have an Affair with Skin Lovers

There's a common theme for the benefits to be harvested from our entire Exotic Oils Collection: healthy, succulent, great-looking skin. Although they have a lot in common, the unique fatty acid profile of each oil delivers specific benefits such as minimizing age spots, protecting against UV, evening out skin tone, and reducing fine lines and wrinkles, to name a few.

No two people are exactly alike, so each has his own needs. To that end, there are a few oils within our collection that anyone can find themselves more than comfortable with. For those of us with no condition-specific needs, our proprietary **SkinLovers** blend is an excellent fit.

SkinLovers oil was formulated to amplify the common benefits of several oils while delivering and highlighting the species-specific dividends of each individual oil.

It works wonders when applied to a freshly washed, still-wet face and neck prior to bedtime. An ecstatic 40-year-old consumer shared this routine with us and reports looking and feeling years younger: a few drops prior to applying your daily moisturizer in the morning complements the evening regimen to reduce the look of large pores, frown lines, crow's feet, and even furrowed brows. Our apologies for the cliché, but we're grateful she revealed her "youth movement" secret with us.



Flight C93

The romance of air travel has long since taken flight. Gone are the days of visits to the cockpit, replica planes for kids, and real cutlery for a complimentary meal. With the stress of security checks to wondering if the person beside you paid half your fare; why not bring along a bottle of WildOregano C93? Several drops under the tongue swished down with a glass of spring water or fruit juice will deliver added protection from bacterial and viral infection, and some peace of mind. Bon voyage!

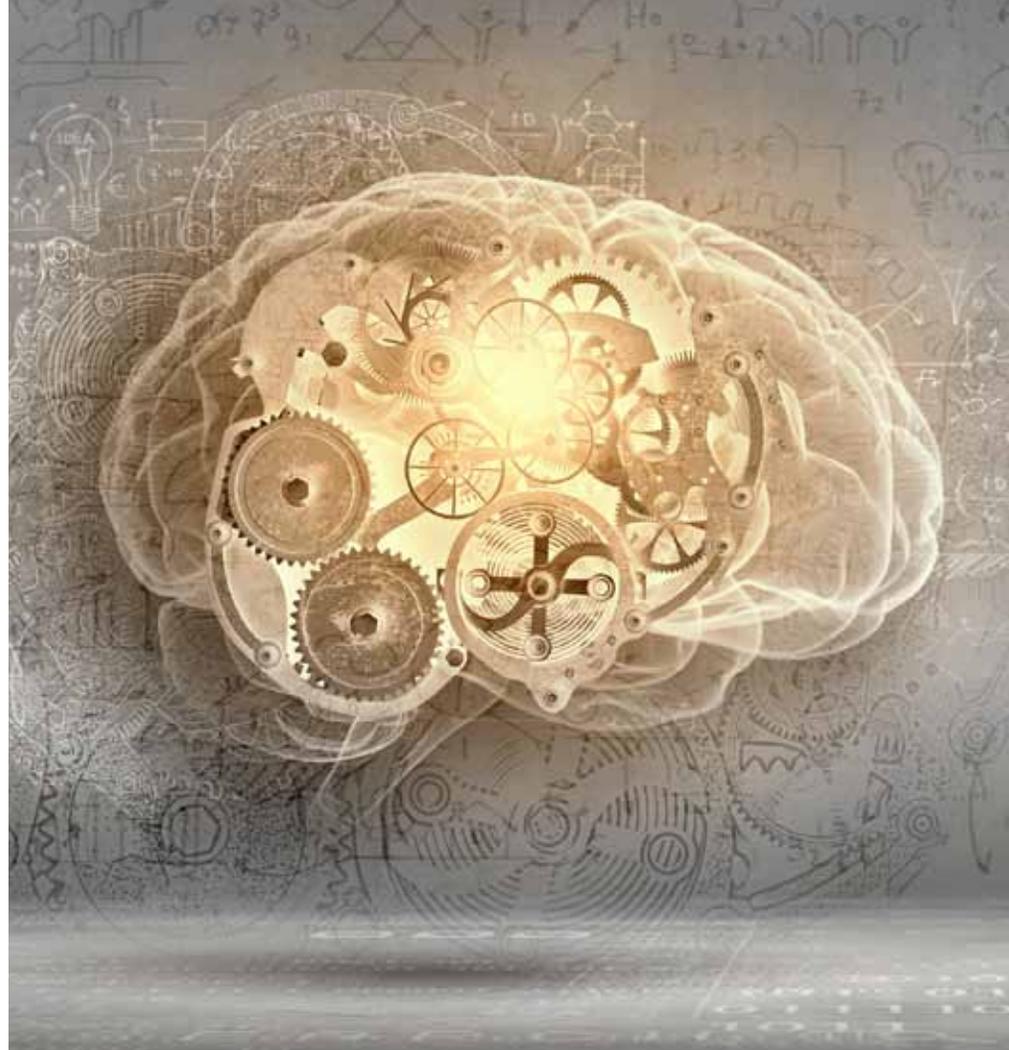
Health Advice

Stroke Recognition



by Philip Rouchotas,
MSc, ND

Stroke, also known as a cerebrovascular accident or CVA, involves an interruption in blood flow and oxygen delivery to the brain, with subsequent damage to the specific areas of the brain affected. It is analogous to a heart attack that occurs in the brain. The cause can be due to either a clot or blockage of one of the blood vessels in the brain (ischemic stroke), or to the rupture of a blood vessel with bleeding into the brain (hemorrhagic stroke).



Early recognition and treatment of a stroke are associated with better outcomes, including improved survival and more complete recovery.

The warning signs of a stroke are summarized by the acronym FAST:

F: Face drooping

A: arm weakness

S: Speech difficulty

T: Time to call 911

Other signs may include a sudden severe headache; sudden numbness or weakness of the face, arm, or leg, especially if this occurs on one side of the body; confusion or difficulty with speech or comprehension; altered vision and difficulty

seeing out of one or both eyes; trouble walking, dizziness, and loss of balance and coordination. If you or someone you know experiences these symptoms, it is essential to contact 911 immediately.

In some cases, a full stroke may be predated by a “ministroke,” also known as a transient ischemic attack or TIA. Some of the symptoms of stroke may be present; however, they are temporary and reversible. With a TIA, there is no permanent brain damage, and symptoms typically resolve on their own within a few minutes or a few hours. It is important not to ignore such an event, however, since it often heralds an imminent stroke. It is important to obtain medical care



immediately, since there may be a window of opportunity to offset the risk of a full stroke.

Medications to help control blood pressure and clot formation may be prescribed. Other modifiable risk factors include smoking, overweight and obesity, diabetes, a high-stress lifestyle, and lack of exercise. Individuals who have a history of migraines may also be at elevated risk of having a stroke. Certain medications, including antidepressants, are associated with increased risk of stroke.^[1, 2] *Do not discontinue these medications without medical supervision!*

In addition, the Mediterranean dietary pattern has been associated with protective effects. One large study found that over a period of 6.5 years, the Mediterranean diet was associated with an almost 20% reduction in risk of stroke.^[3]

Finally, certain natural health products that promote optimal heart function and healthy function of the vasculature (muscles and cells lining the blood vessels) may help to reduce risk of

stroke. Some of these include fish-derived omega-3 fatty acids, coenzyme Q₁₀, and acetyl-L-carnitine.^[4-7] Consult a licensed naturopathic doctor to make sure these are appropriate for you.

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Here's a neat idea...

There's a science dedicated to burning calories without exercising. James Levine, of the Non Exercise Activity Thermogenesis (NEAT) lab at the Mayo Clinic, has determined the average person can easily burn an additional 350 calories per day. With a pound being equivalent to 3,500 calories, several painless gestures such as taking stairs instead of elevators, standing during phone conversations, and opting for a face-to-face conversation in lieu of an e-mail could help you shed a pound in ten days. Think of the possibilities!



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At New Roots Herbal, we believe that superior natural health products require thoroughly tested ingredients. Which is why our team of scientists dedicate more than 600 hours a week to research, testing, and quality control.

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- **Potency**, to guarantee that the ingredient is at the strength it is claimed to be
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This recognition elevated New Roots Herbal to a new rank; the only Canadian manufacturer of natural health products with an internal laboratory awarded with this certification.

This makes us a leader in the production of natural health products and it encourages us to continuously set the bar higher.

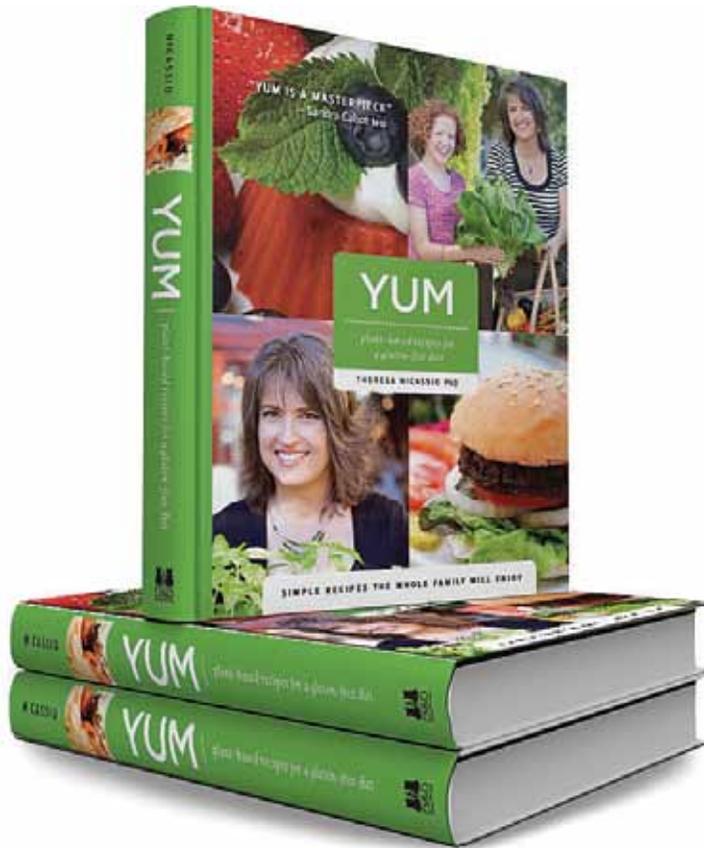
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Matcha is Good for You!

OK, this old slogan is borrowed from the iconic Irish stout (Guinness). Truth is that **Matcha Green Tea** benefits your health in so many ways that it's difficult to confine it to a single wellness category.

Sourced from the young, tender tips of the first tea harvest, **Matcha Green Tea's** journey from leaf to powder involves the time-honoured process of gently steaming the entire leaf and then removing the spine and stem to expose the sweet flesh of the inner leaf (tencha). The tencha is then air-dried and stone-ground to a fine, bright-green powder known as Matcha.

Matcha Green Tea is a force of nature weaving together antioxidants, minerals, and nutrients equivalent

to as many as 10 cups of green tea per serving.

As with all our products, our certified organic **Matcha Green Tea** is tested, notably, for pesticide residues, a common contaminant in commercial teas.

Our certified organic **Matcha Green Tea** delivers both short- and long-term benefits. It's rich in naturally-occurring L-theanine, a mood-enhancing amino acid that relaxes the mind and sharpens concentration. It also stimulates metabolism of stored fat for increased energy, endurance, and stamina. Long-term benefits are harvested from the mosaic of antioxidants in Matcha, with epigallocatechin gallate (EGCG) as the principal compound, defending cells and tissues throughout the body from oxidative stress that contribute to age-related degenerative diseases. It also helps cells assimilate blood glucose for relief from symptoms of type II

diabetes, while also interfering with the process of plaque formation (atherosclerosis). The antioxidant properties of Matcha even defend collagen from free radicals to preserve supple, vibrant, youthful-looking skin.

Between traditional whisked tea, lattes, smoothies, desserts, and blended creations, incorporating a teaspoon per day of New Roots Herbal's **Matcha Green Tea** is functional, fun, healthy, and simply good for you!



Matcha Green Tea is great-tasting alone, but can also be used in many recipes. Here's one to try out this summer to create a cool, refreshing ice tea.

Ingredients

- 2 cups filtered water
- 2 tsp. of New Roots Herbal's Matcha Green Tea
- 2 cups crushed ice
- 1 lime, sliced
- Mint leaves
- A pinch of Smooth Stevia or your favourite New Roots Herbal stevia product

Instructions

Whisk New Roots Herbal's Matcha Green Tea in a small quantity of almost-boiling water to make it into a thick, smooth paste.

Pour the Matcha paste into a cocktail shaker (or a large jar) and shake with the filtered water until homogeneous.

Add the ice, Smooth Stevia, a squeeze of lime, a handful of mint, and shake it some more.

Pour into glasses with extra lime slices and mint. Serves two.



Benefits of Herbs and Spices

Spice Up Your Life!



submitted by
Joanna McDonald
joannamcdonald.ca

While fresh produce is plentiful this time of year, get your hands on some aromatic and flavourful options for festive salads, barbecue marinades, desserts, and even bug repellent and first aid!

Herbs and spices are an excellent way to better health! Adding so much depth of flavour and originality to any dish, most herbs and spices are minimally processed and good for all parts of your health. Try them alone or together, fresh or dried, and you'll be amazed at the combinations that you can come up with.

They are an excellent replacement for sugar and salt, and they come in varieties such as sweet, spicy, pungent, savory, musky, or peppery; take your pick. Nothing beats the fresh scent of herbs in the summer



(or year-round); try easily growing your own at home and avoid unwanted chemicals and pesticides.

Check out the following chart for easy reference.

Basil

Benefits

- Anti-inflammatory
- Fights free radicals
- Contains magnesium for cardiovascular, immune, and brain health

Cooking Uses

- Italian, Asian, or curry dishes
- Salads
- Marinades
- Pesto sauce
- Dips

May Aid

- Diarrhea
- Stomach ailments
- Anxiety
- Wound healing

Did You Know?

Basil belongs to the mint family

Cilantro

Benefits

- Boosts immunity
- Raises "good HDL cholesterol" levels
- Helps maintain a healthy blood pressure
- Promotes healthy vision

Cooking Uses

- Spanish & Mexican meals
- Salads
- Vinaigrettes
- Dips
- Salsa

May Aid

- Digestive system
- Fungus
- *Candida*
- Body odour
- Muscle spasms

Did You Know?

The whole plant is edible: leaves, stem, root, and seeds

Cinnamon

Benefits

- Promotes brain health
- Lowers blood sugar
- Boosts healing
- Antiviral

Cooking Uses

- Natural food preservative
- Desserts
- Tea
- Beverages

May Aid

- Diabetes
- Weight loss
- Colds and flu
- Heart disease

Did You Know?

In biblical times, cinnamon was considered more precious than gold

Ginger

Benefits

- Promotes a healthy gut
- Cleanses the skin
- Purifies the blood
- Stimulates the appetite

Cooking Uses

- Asian meals
- Salad dressings
- Desserts
- Tea

May Aid

- Flatulence
- Nausea
- Indigestion
- Morning sickness

Did You Know?

The major producers of ginger today are Brazil and Jamaica

Oregano

Benefits

- Antiaging
- Antiviral
- Antibacterial
- Rich in antioxidants

Cooking Uses

- Italian cooking
- Soups
- Sauces and marinades
- BBQ spice rubs

May Aid

- Food poisoning
- Parasites
- Traveler's disease
- Colds and flu

Did You Know?

When oregano oil is applied to the soles of the feet, it is absorbed into the body faster than by mouth

Parsley

Benefits

- Immune supporting
- Body cleansing
- Calms the nervous system
- Supports the kidneys by flushing out toxins

Cooking Uses

- Salads
- Mediterranean cuisine
- Salad dressings and sauces
- Dips
- Smoothies

May Aid

- Bad breath
- Kidney stones
- Menstrual cramps
- Digestion
- Bone breaks and fractures

Did You Know?

Parsley is a very rich source of vitamin K

Rosemary

Benefits

- Improves circulation
- Clears your head
- Promotes concentration
- Aids digestion

Cooking Uses

- Goes nicely with lamb
- Fresh bread
- Tomato sauces
- Egg dishes

May Aid

- Sinusitis
- Headaches
- Vision fatigue
- Brain fog and memory

Did You Know?

Rosemary was traditionally given in Olde England as a wedding gift to promote fidelity

Thyme

Benefits

- Clears up acne
- Helps arthritis
- Anti-inflammatory
- Insecticide

Cooking Uses

- Lamb or poultry spice rub
- Vinaigrettes
- Soups

May Aid

- Insomnia
- Lung infections
- Fungus
- Skin irritations

Did You Know?

In the Middle Ages, knights were said to carry thyme with them for strength courage

Please check with your favourite health-care provider before commencing any new diet that may interfere with medications and/or treatments you may be

presently taking. Information presented is for general information and should not be taken in place of medication or medical advice.

Culinary Corner

Vanilla Ice Cream



submitted by
Theresa Nicassio
yumfoodforliving.com

Photo by
Alejandra Aguirre

With the sizzling summer months upon us, there is nothing better than cool, delectable ice cream. This creamy vanilla treat couldn't be easier to make, and with its low glycemic sweetening, you can enjoy this pleasure guilt-free!



Ingredients

- 1 × 13.5 fl. oz. (400 ml) can premium full-fat coconut milk
- ½ tsp. New Roots Herbal Stevia Sugar Spoonable
- 3-4 large dates, pitted, to taste
- ½ tsp. vanilla extract, vanilla powder, or ½ vanilla bean
- ⅛ tsp. Himalayan salt, or to taste
- pinch cardamom

Instructions

In a blender, process all the ingredients until very creamy. If using the chilled-canister type of ice-cream maker, refrigerate the blended ingredients for 1-2 hours before processing for best results. If you don't have an ice-cream machine, use the Freezer-Stir Method (right column).

Ice Cream Freezer-Stir Method

No ice-cream machine? No problem!

While more time intensive than an ice-cream machine, the freezer-stir method can be used to make ice cream. Simply pour the blended mixture into a large bowl or flat pan and set in the freezer, stirring or whisking it every 15-20 minutes to break up the crystals until it reaches your desired consistency.



Dos Hermanos Relish



submitted by
Gordon Raza

This zesty condiment is a must for summer grilling. It goes great with grilled chicken, burgers, sausages, and many more meals. It will keep well refrigerated for several days or frozen for months in Ziploc® bags.

Ingredients

- 2 tbsp. Red Palm Fruit Oil
- 2 cups roasted red peppers* (diced)
- 2 Jalapeño peppers (diced)
- 1 cups diced red onions
- 2 tsp. sea salt
- 5 tbsp. (1/3 of a cup) apple cider vinegar
- 1 tsp. freshly ground black pepper
- 1 tsp. brown sugar
- Pinch of Smooth Stevia or favorite New Roots Herbal stevia (approximately 50 mg)
- 6 plum tomatoes, coarsely chopped (or diced and

unsweetened canned tomatoes without the juice)

- 2 bay leaves
- 2 cloves garlic (minced)

*Roasted red peppers in a can or jar are a convenient alternative to roasting.

Instructions

Heat Red Palm Fruit Oil in a large skillet; sauté onions and jalapeños for several minutes over medium heat. Introduce remaining ingredients, then simmer for at least ten minutes or until desired consistency. Remove bay leaves and let cool.

Photo by Cédric Primeau

Herbs to Chase Bugs Away

Create a Bug-Free Zone with Herbs



submitted by
Joanna McDonald
joannamcdonald.ca



How can you create a bug-free garden this summer with herbs? It's relatively simple by planting different herbs in your garden and around your patio. Effortlessly discourage mosquitoes and other pesky bugs from driving you crazy this summer with easy-to-find herb plants at your local nursery.

Get started today with some ideas below:

- Basil
- Bergamot
- Citronella
- Eucalyptus
- Lavender
- Lemon Balm

- Lemongrass
- Peppermint
- Rosemary
- Tea Tree (*Melaleuca*)
- Thyme

Please remember: Not all the herbs listed are edible; use caution before consuming.

Learn More Through our Website

The screenshot displays the website layout with three main sections: 'Our latest news feed' featuring a post about a Father's Day gift basket, 'Contact Us' with address and phone number, and 'Naturopathic Currents feed' with an article on common headaches. A newsletter sign-up form is also visible.

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that was established in 1892. Throughout the years, the organization has been continuously working to help us move beyond fossil fuels, preserve our wilderness, and have us enjoy our outdoors and their benefits to our wellbeing.

New Roots Herbal is very proud to work hand in hand with Sierra Club Canada to support the environment and the welfare of all Canadians. Since the launch of our Choose to Care program in 2009, we had the chance to have a closer look of the importance of the diverse programs and projects that they

are involved in. We are pleased to see how such an organization is making a difference in our lives on a daily basis and we encourage all our consumers, their family, and friends to become more aware of their great role. By purchasing New Roots Herbal products, you are helping us to increase our annual contribution to support Sierra Club Canada's programs. You can also donate directly by visiting their website at <https://secure.sierraclub.ca/civicrm/contribute/transact?reset=1&id=2>

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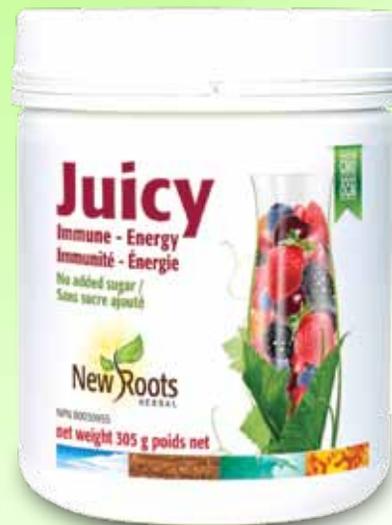
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