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**Probiotics:
More than
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The New Science
in Cosmeceuticals

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Heading for a Burnout**
And How to Prevent It

Vol. 5, No. 4 · Free
Autumn 2021

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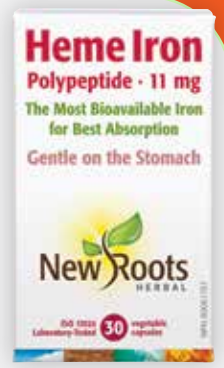


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Editor's Letter



As much as I enjoy the beautiful autumn colours, hiking in cool weather, and, of course, pulling out my favourite fall boots and cozy sweaters, I don't normally enjoy what follows. Fluffy white snow blanketing the ground is lovely, until it turns to sloppy slush, treacherous ice, and 30-below temps.

Taking on winter in Canada can be a challenge, and some cities have it harder than others. But during this ongoing pandemic, "unbending personal beliefs" and worrisome "what-if scenarios" seem to be creating more storm fronts than anything The Weather Channel could report on.

We can't change aggressive variants; at best, we can try to avoid them. And we may not be able to sway fiery opinions, but we can choose not to stoke them further. We always have a choice in how we react to a situation. Our words, our actions, and especially the patience and consideration we show are choices we make. Smiles and kindness are free to give, yet they can be priceless gifts.

I hope we can encourage one another to share more of these, so everyone can *flourish* in the coming days. Happy reading!

Sophia Golanowski, BCom, MBA
Editor-in-Chief

Flourish

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Table of Contents

06 Probiotics: More than Skin-Deep

09 Synergism in Medicine

12 Facing Stress as a Family

15 Signs You May be Heading
for a Burnout
And How to Prevent It

18 Nurturing the Soil of Your Soul

22 Common Ground for
Immune Health

25 Men's Health Awareness Starts
"Down Under"

26 Could you be suffering
from SIBO?

29 Face Winter-Related Joint Pain
Head On!

32 For the Gourmands...

35 Culinary Corner

39 Ask Gord

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Probiotics: More than Skin-Deep

The New Science in Cosmeceuticals

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

We know probiotics can ease the symptoms of gastrointestinal (GI) discomfort. We are also familiar with probiotics for our immune health and even for addressing mental health through the gut-brain axis. But did you know that probiotics can improve skin health as well? Now, we can better understand the gut-brain-skin axis and the benefits of probiotics for our skin.

The skin's primary functions are to serve as a barrier to the entry of microbes and viruses in the body. Other important functions of skin are homeostatic control of body temperature, sensory reception, water balance (the skin prevents the loss of water and extracellular fluid), synthesis of vitamins and hormones, and absorption of topical materials. The gut microflora appears to play a key role in the development of many inflammatory disorders of the skin. Intestinal dysbiosis or leaky gut has the potential to negatively impact the skin microbiome and its basic function.

This can contribute to common skin disorders such as acne, psoriasis, atopic dermatitis (eczema), and rosacea.

There are three ways to use probiotics for skin care:

1. Topical (skin application)
2. Oral intake of probiotic supplements
3. Eating probiotic foods

Skin-care products containing probiotics for topical application are not an entirely new idea—we have all heard of yogurt mask. What is new is that cosmetic companies are beginning to bottle probiotic-containing products. Some challenges with topical probiotic skin-care are storage requiring refrigeration, as they are sensitive to heat, light, and humidity; a short shelf life of six months or less. In order for a probiotic to be effective, it must be alive. For this reason, most topical skin-care formulas do not contain live probiotics; instead, they contain prebiotic (nondigestible fibre to feed the good bacteria) such as xylitol, fructooligosaccharides (FOS), glucomannan, and inulin or a postbiotic (byproduct from natural bacterial function) such as *Aqua Posae Filiformis*, a postbiotic ideal for dry skin, or *Lactococcus* ferment lysate for skin wrinkle and rejuvenation.

Even though topical probiotics have shown efficacy in several clinical trials—particularly those involving the treatment of acne, atopic dermatitis, and rosacea—a great deal of research still needs to be carried out to demonstrate large-scale effectiveness. With safety concerns, cosmetic products are expected to have a low content of microorganisms—below 500 colony-forming units (CFU) per gram for eye-area products, and 1,000 CFU/g for the rest of the face.

Alternately, the most reliable and safe way to get enough probiotics is to ingest them. Fermented foods like yogurt, kimchi, kombucha, sauerkraut, and natto may provide a good nutritional alternative. Even though these

foods provide a natural source of prebiotic and postbiotic nutrients, the number and strain of probiotics in the food may not actually survive passage through stomach acid. For moderate to inflammatory skin conditions, a much higher dose than that available in fermented foods is needed; thus, an oral probiotic supplement is the most reliable way to get the desired dose.

In particular, multistrain, enteric-coated probiotics will ensure survivability through the stomach acid into the large intestine, where we need them.

Probiotic strains are now being categorized for different functions for antiaging skin-care. Below is a list of probiotics (topical and oral) and their corresponding effects.

Oral Probiotics	
<i>Lactobacillus plantarum</i>	Wrinkles, elasticity, and improved hydration in the skin. Also for photoaging, particularly relevant for the summer, as it might help to serve as an additional form of protection for your skin against damaging ultraviolet rays.
<i>Lactobacillus rhamnosus GG</i>	Reduce eczema in newborns when mothers take it for more than 10 weeks during pregnancy. Protective of ultraviolet (UV) damage in skin.
<i>Lactobacillus paracasei</i>	Anti-inflammatory properties and helps strengthen the skin barrier to prevent moisture loss.
<i>Lactobacillus johnsonii</i>	Protect skin from UV damage.
<i>Lactobacillus fermentum</i> KBL375	Antioxidant properties for protecting the skin from free-radical damage, which can lead to skin cancer, brown spots, melasma, and wrinkles. Hydration for severely dry skin.
<i>Lactococcus lactis</i>	Helps with wound healing, skin hydration, and elasticity.
<i>Bacillus coagulans</i> (topical and oral)	A free-radical scavenger that helps with oxidative stress (lentigos/brown spots, acne, and fine lines). Increases the skin's synthesis of moisturizing ceramides to reduce wrinkles. Beneficial for inflammatory skin conditions such as eczema.
Topical Probiotics	
<i>Lactobacillus plantarum</i>	Decreases the number and size of acne lesions as well as redness; may also help with rosacea flares.
<i>Lactobacillus paracasei</i>	Inhibits Substance P (a pain-promoting neuropeptide) to regulate inflammation and oil production. Potential role in acne and rosacea patients.
<i>Bifidobacterium longum</i>	Helps with sensitive skin or skin that easily reacts with stinging or burning.
<i>Enterococcus faecalis</i> SL-5	Acne reduction.
<i>Lactococcus</i> sp. HY 449	Excretes antimicrobial agent to control the growth of <i>Propionibacterium acnes</i> and prevent inflammation and acne breakouts.
<i>Staphylococcus hominis</i> and <i>epidermis</i>	Suppresses the growth of <i>Staphylococcus aureus</i> , an infectious bacterial strain that drives the symptoms of eczema and skin inflammation.
<i>Streptococcus salivarius</i> or <i>thermophilus</i>	They secrete a bacteriocin-like inhibitory substance (BLIS) that reigns in the acne-causing bacteria, <i>P. acnes</i> . They also augment ceramides in the skin to counter moisture loss and irritation, with benefit for eczema and sensitive dry skin.

In summary, when it comes to skin health, the best evidence for oral probiotic is the strongest for effectiveness and safety, while topical postbiotic skin care is gaining more acceptance. Hopefully, from this article we can gain more appreciation for the interconnectedness of our gut to our skin. By taking care of our internal gut, we can make a significant and more sustainable improvement on our skin.



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

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

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Synergism in Medicine

by Wendy Present, RHNC, CFMP

I'm settled at my laptop, green tea in hand, and I am thinking about popcorn. I am especially thinking about popcorn with butter and salt. You know how the flavour in buttered salted popcorn is elevated beyond what any of the three single ingredients has to offer? It's an effect called synergism! The Cambridge Dictionary defines synergism as: "The combined power of a group of things when they are working together that is greater than the total power achieved by each working separately."

Complementary medicine can also involve synergism. Many botanical formulas combine herbs that work on different organ systems to produce a better total effect on a health condition than a single herb would. Probiotic combinations, rather than single strains of bacteria, can also provide a more robust effect on health. Conventional medicine also uses the idea of synergism in their pharmaceutical formulas: for example, in combining several antibiotics together to treat an infection. Now, however, there is great excitement and huge potential in the medical community, as new research is showing the effects of the synergism of using both complementary and conventional medicine together to optimize healing. Throughout my personal and professional experience, I have seen how our gentle traditional medicine works alongside conventional medicine and makes it even more effective!

I witnessed some of the most profound synergy examples in my patients with cancer when I practiced as a naturopathic doctor. The treatments recommended by the medical doctors usually worked well, but they could be very harsh on the body. There was a balancing act between using the amount of the drug necessary to stop the cancer cells, and yet not causing irreversible harm to the healthy cells. If the patient could remain strong and relatively comfortable through the chemotherapy treatment, they were less likely to need a break from it and more likely to complete the course of treatments. One of my first actions in working with a cancer patient initiating chemotherapy treatment was to learn more about the types of drugs being used and what specific side effects my patient might expect. I also needed to know what organs could be harmed by the treatment.

I then advised on herbs, supplements, and/or probiotics to work alongside the medical treatment to reduce or prevent side effects. I always encouraged the person to discuss these complementary treatments with their doctor before beginning them. Some natural remedies, properly selected, can even increase the effect of the chemotherapy: Synergism at work!

Probiotics have been widely used and studied alongside conventional cancer treatment. Thanks to the Human Microbiome Consortium Project, which was a five-year effort to map the genes of bacteria in our body, we know a lot more about where these bacteria are and how they function. When we talk about using probiotics, we are discussing a way to deliver beneficial bacteria to the body in the form of food or supplementation. Many readers will be familiar with the recommendations to use probiotics with or after antibiotic therapy, since this can help replenish the friendly gut bacteria that has been destroyed.



Replenishing the beneficial gut bacteria is vitally important, because the microbes in the gut play a major role in our immune system. It turns out that there are two important ways that probiotics can play a synergistic role in cancer. The first lies in preventing or reducing side effects from the chemotherapy. The second lies in bolstering the immune system so that the body helps prevent or fight the cancer. In a review of the use of probiotics in cancer treatment, the authors note that a gut without enough of the beneficial types of bacteria can be connected with the cause of many types of cancer. Impaired immunity associated with gut dysbiosis (an unbalanced bacterial community favouring harmful over helpful bacteria), can also interfere with the ability of the body to heal from the cancer. Using probiotics throughout cancer therapy can therefore help maintain the integrity of the immune system. They can also decrease some of the effects of chemotherapy, such as diarrhea and mucositis (inflammation of the oral mucous membranes, causing sores). It is always a good idea to check with your medical doctor first, before starting any complementary therapies, such as probiotics, if you have cancer.

It's not just in cancer treatment that probiotics can exhibit these synergistic effects. We also know that our healthy bacterial colonies live in many other places beside the gut, even in areas previously thought to be sterile, such as the lungs. The Human Microbiome Consortium Project mapped out the genes of the bacteria in the nooks and crannies of the human body and found that our health depends on maintaining adequate levels of beneficial bacteria in the gut, which then affects the bacterial populations in the other parts of our body.

For example, a healthy gut population influences a healthy lung-microbe population. The lung bacterial population in a healthy person is different than that of a person with asthma, allergic rhinitis, or chronic obstructive pulmonary disease (COPD). Promising work is being done showing that the long-term supplementation of probiotics can reduce the allergic potential of babies and young children. From this, we can surmise that probiotics may provide a safe way to supplement and possibly minimize the use of antihistamines and steroids used for allergic rhinitis.

Another example of probiotic synergy deals with combating a tenacious bacteria named *Helicobacter pylori*. *H. pylori* is a main cause of ulcers and is very difficult to eradicate; the bacteria develops antibiotic resistance almost as fast as the doctors can throw antibiotics at it. Adding the probiotic *Lactobacillus* to an antibiotic regime increases the effectiveness of the treatment.

Enhancing the effect of synergism by using probiotics—and many other forms of complementary medicine that we have not discussed in this article—alongside conventional treatments can help give you less side effects and heal more quickly from many conditions.

Butter and salt make your popcorn taste better indeed!



Wendy Presant, RHNC, CFMP

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Facing Stress as a Family

by Dr. Juliana Rosario Yeung, ND, BScAgr, BSc



Within the last two unprecedented years, parents everywhere have been experiencing novel situations of stress. Stress can be good for the body, but in the long term, it often causes more bad than good. Chronic stress can make our body's immune defences weaker. Many parents continue to accumulate this stress as the new school year starts, and they are noticing its effects on themselves and their children. We cannot control the current pandemic, but we can absolutely control how we respond to it. Let's focus on solutions and prevention.

Our body was built to react to stress with the “fight-or-flight” response, also known as the sympathetic nervous system. This physiological response helps us fight off invaders or run away from them. But our body does not distinguish between the stressors it was originally built to react to and modern-day stressors. A stressor in the past might easily have been a carnivorous animal chasing you, while a present-day stressor can look like accumulating work deadlines, struggling to keep grades up, an argument with your child, or chores to be completed at home. Our lifestyle has changed with evolving technology, but our biological response has remained the same.

Issues start showing when stressors are constant and simultaneous. When your body is constantly in a stress response, there is no time for a break or closure of previous stressors. Your body essentially is lacking adequate time in the opposite, balancing response of the parasympathetic nervous system: “rest and digest.” This system is responsible for an optimal immune function.

Chronic stress is shown to negatively affect the immune system, amongst many other health concerns it can cause. Parents are noticing that they are inadvertently carrying this heightened stress and decreased immunity into the household, affecting their children in the same way.

Children might not completely understand the intricacies of raising a family, politics, or world news, but they are sensitive to changes in tension, mood, or stress at home.

A lowered immunity in both adults and children makes viral infections more likely, especially during the cold-and-flu season. Because symptoms of respiratory viral infections are quite similar from one to another, minor colds have often been overmanaged in precautions of it being COVID-19 since the last two years. COVID-19 protocols have forced out-of-the-ordinary changes in people's routines, causing increased stress for all. Stress, lowered immunity, higher chances of infection, routine interruptions, stress—uncertainty is creating a vicious circle.

There is nothing much to do about the presence of stressors in one's life, but the way stress is managed is what makes a world of difference. Here are some strategies that have been shown to encourage the body to come out of the "fight-or-flight" mode and to spend more time in "rest and digest."

• Movement

Exercise being good for health is nothing new. The type of exercise is what is the most important: moderate-intensity cardio exercise. To make it easier to remember, choose a physical activity that will get you breathing faster, but not out of breath, and still be able to carry a conversation. Thinking of it more as movement rather than exercise may feel less of a task for some people.

• Laughter

Laughter reduces the stress hormones cortisol and epinephrine, while positively affecting your happiness and pleasure hormones, dopamine and serotonin.

The name of the parasympathetic system tells all: "rest and digest." For optimal digestion, create encouraging habits and a supporting environment around it.

- **Chew Your Food:** Focusing on chewing is often a simple tip to bring awareness and to slow down eating. Counting how many times you chew before you swallow may be enough to make you realize how fast you've been eating! Chewing each bite 10–15 times is good for digestive health and helps to reduce stress
- **Take Away Distractions:** Many see eating as another task to be checked off during the day. If it is done while trying to complete a task that raises the stress response (e.g., work deadlines), it is no surprise that the parasympathetic system is not getting all the attention it deserves.

What we put into our bodies is as equally important as how we eat it. Certain ingredients and herbs are known to help with stress and immunity.



Dr. Juliana Rosario Yeung, ND, BSc Agr, BSc

Dr. Juliana is a mother and a naturopath passionate to guide other parents into their naturopathic journey of parenthood. She supports whatever stage one may be in: preconception, pregnancy, and postpartum.
drjulianand.com

• Breathing Exercises

One of the most noticeable aspects that changes when we are stressed is our breath. Some people are so used to short shallow breaths that it has become normal for them. Focusing to make our breaths longer and deeper is one of the most tangible ways to shift our system from sympathetic to parasympathetic.

• Nature

Being in nature has been shown to have so many benefits, all related to the parasympathetic system. It decreases pulse, heart rate, blood pressure, muscle tension, as well as cortisol (the stress hormone); and it improves immune function.

• Lavender:

This essential oil is well-known in aromatherapy for its relaxing effects. Taken internally in capsules increases its stress-reducing effects.

• Magnesium:

It helps with both the psychological and the physical consequences of stress. Magnesium helps lower stress and relaxes tight muscles.

• Vitamin D:

Vitamin D is increasingly found to affect the body positively when adequate levels are reached. Both stress reduction and immunity benefit from this ingredient.

• Tryptophan:

It is a precursor of serotonin, our key hormone that stabilizes our mood. It can be found in eggs, oats, cashews, and collard greens. It is also available as a supplement for more concentrated dosages.

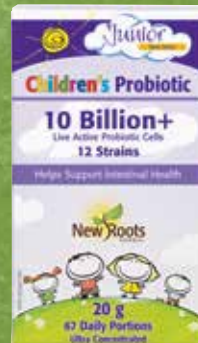
The pandemic has created and will likely continue to create stress for many. Proactive stress management will prevent consequences of chronic stress and also prevent stress from being passed onto children. With lifestyle changes, encouraging parasympathetic system activities and specific ingredients to include in their diet and nutrition, families can start sustainable changes to the vicious cycle that stress can create.



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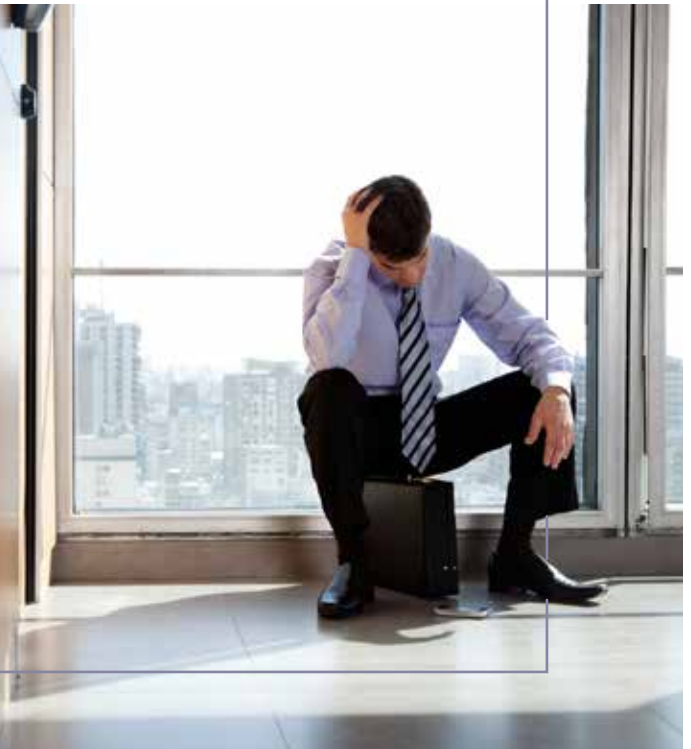
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Signs You May be Heading for a Burnout

And How to Prevent It

by Dr. Krista Mackay, BSc, ND



What a year or two we have had! How are you coping with the constant unpredictability, the lack of social activities, or the children in your home office? It is possible to detect the signs of stress and burnout, and there are ways to prevent it.

So, what is a burnout, and what does it look like? Stressors can cause a burnout when there is an imbalance between the demands and resources. Previously, stress was only looked at in relation to workplace scenarios, but now we see a multifaceted construct involving emotional exhaustion, physical fatigue, and cognitive burnout—the key component being exhaustion. It is possible to evaluate someone’s stress levels through cortisol levels, a stress hormone, by doing a saliva test. Although, even with this test, it is not easy to define, as it can manifest itself in different ways with different individuals.

When our autonomic nervous system perceives danger, it sends signals to our adrenal glands, which start secreting messengers and hormones (adrenaline, cortisol, etc.) to increase energy, alertness, hearing, and sight.

When facing this acute stress and to survive the “danger,” the body redirects blood towards the brain and muscles, at the expense of digestive and reproductive organs as well as other secondary systems. This “fight-or-flight” response was ideal in hunter-gatherer times, creating sudden bursts in dangerous situations, then discharging the reaction. The difference today is that we are dealing more with a perceived danger and, instead of using this sudden burst of energy, we are just sitting at our desks.

Whether you have significant work stress, have lost a loved one, are feeling socially isolated, suffer from an illness, or simply being a parent, this response to stressors is often triggered and is very real.

A burnout—a state of advanced chronic stress defined by a decrease of daily cortisol levels—is complex and multifactorial. It is defined by three components:

- Neurological: The way we think and what we perceive
- Physiological: The secretion of adrenaline and cortisol
- Genetic: Our natural resilience.

The length of exposure, the frequency, and the phases of stress are also important. I like to use the analogy of a car. Acute stress that creates adrenal overdrive involves revving the engine and accelerating—in this case, you are functioning on adrenaline. In an extreme situation of burnout or adrenal exhaustion, the hormonal gas tank is almost empty and you can barely get going.

Signs and Symptoms Related to Burnout

- **Sleep:** Insomnia, interrupted sleep, difficulty getting out of bed.
- **Mood:** Irritability, impatience, anger, feeling overwhelmed.
- **Depression and anxiety:** Sadness, difficulty coping.
- **Weight:** Gain or loss—chronic stress often leads to weight gain in the belly.
- **Fatigue:** Low energy, but initially high while functioning on adrenaline.
- **Food cravings:** Desire for sweets, salty foods, and/or fatty foods.
- **Need** for caffeine and stimulants.
- **Libido:** Decreased sex drive.
- **Musculoskeletal:** Unmotivated to exercise, heavy/tired/stiff muscles, aches and pains.
- **Skin:** Rashes, psoriasis, eczema, hair loss.
- **Immune:** More frequent colds, autoimmune conditions.
- **Cardiovascular:** High or low blood pressure, swelling in extremities, puffy face.
- **Mental:** Difficulty with concentration/focus, escapism—frequent phone or TV use, alcohol, smoking, marijuana, overeating.
- **Digestion:** Bloating, diarrhea, constipation, IBS.
- **Headaches and migraines.**
- **Menstrual changes.**

As we see, our entire body is involved. The solution? A holistic whole-body approach, aiming to restore physical, mental, and emotional balance.



Exercise

The natural response our body has to stress involves the use of our muscles, so this is an excellent way to manage stress. Conversely, once you have reached a burnout, it's often difficult to get motivated to exercise. Take it slow and listen to your body. If exercise is too intense, you will feel worse afterwards.

Breathing

Try taking a few minutes daily to connect with your breath. The idea is not to force deep or long breaths, just to consciously follow your rhythm. Any breathing technique is helpful, but my favourites are alternate nostril breathing and diaphragmatic breathing. Their calming effect on the nervous system contributes to reduce the effects of stress, and it is always easier to practice these breathing techniques before stress is initiated and the “fight-or-flight” response is triggered.



Mindfulness

An area of much research today, there is a lot of science behind this new trend. The idea is being present or connecting with how you feel in the moment. In the long run, this awareness can help you to be more efficient, make clear decisions, and ask for help, which in turn prevents burnout.

Schedule in Self Time, Set Limits, and Ask for Help

Today's society is extremely accelerated and many live on autopilot. What if we could set better boundaries and knew our limits before we reached them? Resilience, social support, and perceived organizational support are associated with less symptoms of anxiety. To reduce the impacts of stress, slow down and add activities in your schedule that bring you joy; get together with friends and family; laugh, dance, sing; take a warm bath with Epsom salts (magnesium); give yourself a foot massage with an essential oil; or take a walk in nature or sit in a park.



Ditch the Phone for a Few Hours Daily

Frequent mobile phone use has been associated with stress, sleep disturbances, and depression, all contributing to burnout. Interestingly, frequent cell-phone use was not associated with more social support.

Nutrients

B vitamins, especially B₅ and B₆, are essential nutrients for the adrenal glands and the production of energy. Vitamin B₆ is also important in serotonin production, which becomes depleted under chronic stress. Magnesium is another consideration to help with sleep and relaxation.

Remember: Prevention is key. If you are feeling any of the signs or symptoms of stress, you could well be on your way to a burnout. Try the strategies listed above and reach out for the support you need. Stay tuned for my next article on how to recover from a burnout.



Dr. Krista Mackay, BSc, ND

Krista practices both in Montreal, Quebec, and Montevideo, Uruguay. A busy mom of two boys, she focuses on naturopathic general/family medicine, helping to find a reasonable balance to optimal wellbeing and stress management, including nutrition, herbal medicine, and mind-body work.

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Nurturing the Soil of Your Soul

Harvest the Wisdom of Your Garden to Cultivate Hope, Love, and Abundance

by Dr. Theresa Nicassio, Registered Psychologist

“To plant a garden is to believe in tomorrow.”

—Audrey Hepburn

One of the unexpected silver-lining gifts of the pandemic, for many, has been the invitation to live more simply and closer to the land.

Quieting the mind and seizing the opportunity to commune with nature and spend time in the garden have become a new way of living for many of us. A source of solace, connecting with the land is more than just a way to pass the time: Gardening can also be very nourishing on a deeply “soul” level. As a psychologist, I love that the very root of the word “psychology” means “study of the soul.” Thinking of gardening as offering a form of therapy that can be psychologically and physically transformative, inexpensive, and serve as an empowering way to become more self-reliant can be a game changer. And, best of all, it can be incredibly fun!

This fall season of harvesting from the earth is a wonderful time to take a moment to reflect on many of the blessings and lessons in your life. Here are a few of my musings about how you can allow yourself to be guided by the wisdom of the soil to help you cultivate more goodness in your world, in a way that enriches your soul and gain a new perspective of who you are and how you can make a difference in the world.

Rediscover Your Child-Like Wonder and Awe

Living in the trance of habituation, busyness, and expectation robs you of vitality, curiosity, and the deliciousness of the magical space of wonderment. When you allow yourself to embrace the privilege of tending to the soil, lovingly planting the tiny seeds of life and carefully tending to the children growing before you, humility and awe of the joy of serving others changes the very fabric of who you are. Witnessing the challenging journey inherent in life melts away entitlement, replacing it with profound gratitude.

Most people don’t realize that expectations and their close cousin, feelings of entitlement (which I think of as “expectations on crack”), create the toxic landscape for weeds of victimhood to germinate and thrive, sabotaging our own personal wellness as well as the relationships in our lives that we value most. The simple antidote of choosing to cultivate gratitude through mindful witnessing and appreciation creates the fertile soil that makes joy possible and enriches relationships.

When Stress is a Good Thing

This year, I've been deeply moved and inspired by learning from Dr. Jeffrey Bland, the founder of the Institute of Functional Medicine, about a very special plant that has been cultivated for over 3,000 years and has been celebrated for its many health benefits for centuries. He said that what makes Himalayan Tartary buckwheat particularly special is its ultrahigh density of phytonutrients. This unique heirloom plant evolved into being the powerhouse that it is because of the multitude of environmental stressors that it had to endure, like drought, extreme cold, and less-than-optimal soil. In its adaptation, the plant has developed through the centuries into having a robust immune system, from which we benefit when we eat it.

While this plant is a literal immune-system superhero, the lesson of the possibilities of becoming more powerful and vital by finding ways to cope with the challenges of life is valuable wisdom for all of us, especially during the trying times in which we are currently living. Being curious about ways you might fortify your personhood as you navigate this seemingly crazy landscape can help you access your personal power and prevent the temptation of feeling like a victim.



Make a Difference

Did you know that every teaspoon of soil has as many microbes as there are people on the planet? When I learned this from regenerative agriculture educator Dr. Philip Gregory when he was on my show a couple of years ago, my jaw hit the floor. Taking care of the soil and transforming dead or desertified dirt matter into healthy and enlivened soil is a beautiful way each and every one of us can make a difference, even if it's just one cup at a time.

In our fast-paced world that can feel overwhelming with all the technology, climate change, mass extinction, and sustainability challenges that we are facing as a species, it's sometimes hard to feel like you can make a difference. Knowing that with every cup of soil that you nourish by regenerating it with organic vegetation, you can make a significant impact on trillions of lives that all contribute to our global food web. The best part is that it doesn't need to cost you a penny, because all you need to make this happen are scraps from your organic food to make compost.

Final Thoughts

Stepping fully into the radiance of who you are and finding meaning through service and gratitude is easier to do than you think. One of my teachers would often say: "You are the earth and the earth is you." By celebrating the abundant life that is all around and within you, you will step more fully into your power, and your soul will effortlessly be nurtured in ways you never would have before thought possible.



Theresa Nicassio, PhD, Psychologist

Theresa is a wellness educator, radio host, and the award-winning author of *YUM: Plant-Based Recipes for a Gluten-Free Diet*.

TheresaNicassio.com

MAKE MEMORIES AT JOLLYMORE RANCH

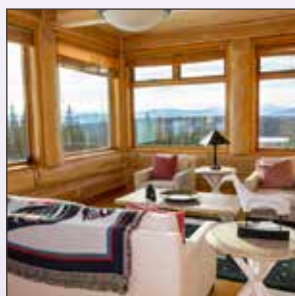
While you may not have heard of Smithers, British Columbia, no guest is soon to forget their visit to Jollymore Ranch—a trio of luxurious all-season cabins nestled in alpine meadows with 270-degree views of mountain vistas. Boasting 1,310 acres of breathtaking wilderness, an abundance of wildlife, and rugged hiking trails—this is natural beauty in all its pristine splendour.

An hour and forty minutes from Vancouver by plane, Jollymore is distinctly remote, yet connected. The area is famous for fishing, but horseback riding, mountain biking, paddling, and golfing also draw outdoor enthusiasts. Jollymore offers the perfect backdrop to connect with nature and the people you care most about.

Whether you visit as a couple, family, or large group, you will have everything you need to indulge in pampered, meaningful time together. Luxe interiors and grand fireplaces compete with sun-soaked decks and sensational views for your attention. Spend all day enjoying countless activities in the rugged, untouched outdoors—and then, ease into the evening with delicious cocktails, food, and even better company in the great room.

Jollymore Ranch is unlike anything you have ever experienced. An unparalleled place where true luxury lives in perfect harmony with the untamed wilderness.

Due to international travel restrictions caused by the pandemic, we still have some availability for this fall or winter. Don't miss your chance to cross this once-in-a-lifetime experience off your bucket list.



“Wow! An experience to treasure forever. A spectacular place.
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Common Ground for Immune Health

by Gordon Raza, BSc

The past two years have been like no other. The global impact of the SARS-CoV-2 coronavirus—which causes COVID-19—has revealed cavernous divisions regarding how to safeguard our collective health. One thing we can all agree upon is the importance of a healthy immune system for resilience to viral infection.

It's human nature to experience some complacency and "COVID fatigue," but the reduction of seasonal cold and flu infection in the Northern Hemisphere has illustrated that many of the measures taken have helped. Frequent hand washing and protocol for preventing aerosol transmission from the mouth and nasal cavities will likely become second nature for many.

There are also many lifestyle choices that contribute to better immune performance. Let's begin with a healthy active lifestyle; for those of us over fifty, how about taking a "Body Break"? Remember Hal Johnson and Joanne McLeod? Their active living television segments began in 1988 and they're still going strong. You don't have to change much to get fitter; you can schedule a twenty-minute walk with a friend or bring your yoga mat outside. Don't let the crisp air stop you, it can be more refreshing to move in cooler temperatures. Try a new activity and take advantage of the last few rays of sunshine or the first blanket of snow.

Healthy culinary habits are a must. Dark-skinned fruits and vegetables, along with nuts and seeds, are packed with vitamins and minerals critical for immune health. If you're feeding a gang of children or teens, Google can help with tips and tricks to sneak in some kale, broccoli, peppers, garlic, ginger, or other immune-boosting foods into your meals.

For those delving into the science of immune function, there are many convenient and affordable supplements readily available.

A comprehensive multivitamin can help meet minimal daily requirements for key vitamins, but targeted supplementation can deliver therapeutic results. Let's begin with a few key vitamins:

Vitamin D₃, which the body synthesizes via exposure to the sun, is the single most researched nutrient for immunity protection. The problem is 40% of Canadians are deficient in the winter and 25% in the summer months. Supplementation year-round is crucial. Vitamin C has long ranked as a cornerstone vitamin for immune function and its popularity has soared. Our bodies cannot synthesize it nor store it for prolonged periods, so an extra boost is a smart idea to help with immune function. It's also a master antioxidant that helps curb inflammation within the lungs associated with viral infections.

The tandem of zinc and selenium are minerals central to immune performance. They've been



extensively researched for their antioxidant action and for activating immune response. They're available as standalone supplements—always look for the label claim for elemental amounts—or within comprehensive immune-driven formulas.

There are numerous botanical approaches to enhance immunity. Elderberry, astragalus, and *Andrographis* are sought-after for immune support and shortening duration of cold and flu symptoms. Quercetin, a naturally occurring flavonoid found in green tea, onions and apples has been a rising star for immune performance. It has been extensively researched for its antiviral properties here in Canada at The Montreal Clinical Research Institute. The most common source in therapeutic supplement form are flower buds of the Japanese pagoda tree.

Mushrooms are deeply rooted in natural and alternative medicine for immune support. Look for hot water extracted supplements with potency validated label claims for polysaccharide content. Reishi, cordyceps, chaga and shiitake populate the Mount Rushmore of mushrooms for building immunity, with maitake, coriolus, and lion's mane worthy of honourable mention. Can't decide which one to choose, try a multimushroom formula for better resilience to viral infection.

Looking for convenient daily immune protection? Probiotics have centuries of health benefits "under the belt" with fermented foods such as sauerkraut, kimchi, yoghurt, and kombucha to name a few. Modern science has confirmed what our forefathers knew generations ago, shoring up your digestive tract with probiotics benefits health in many ways. In fact, up to 80% of immune health is fueled by probiotics within your gut. Focus on *Lactobacillus* and *Bifidobacterium* strains in supplement form. Look for refrigerated capsules with a natural enteric coating for protection from stomach acid and targeted delivery within the intestines.

Perhaps an increased awareness in lifestyle, nutrition, and natural approaches to better immune health could be the silver lining visible to all of us.

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Men's Health Awareness Starts "Down Under"

by Gordon Raza, BSc



Men are notorious for not taking care of their health as well as women. Here's an interesting fact: married men live longer than their unmarried counterparts. There are several theories for this disparity, mine being that our significant others urge us to take better care of ourselves and seek guidance of a health-care professional when necessary. Men's Health Awareness took a giant step forward in 2003 with the inception of the Movember Foundation by a group of Australian men. Thanks to their initiative, men are starting to pay better attention to their health. But it's still not enough.

According to the Canadian Cancer Society, one in seven men will be diagnosed with prostate cancer in their lifetime—which ranks it second to non-melanoma skin cancers. Benign Prostate Hyperplasia (BPH), on the other hand, afflicts one in every two men over fifty. Prostate enlargement occurs in both, so it's only natural that they will have symptoms in common. Symptoms of BPH can be early warning signs of prostate cancer; ignoring the symptoms of one can delay accurate diagnosis of the other.

Potential Symptoms	BPH	Prostate Cancer
An urgent need to urinate	✓	✓
The urge to urinate many times during the day	✓	✓
Waking up to urinate at night (nocturia)	✓	✓
Trouble starting to urinate or having to push to release urine	✓	✓
Weak or dribbling urine stream despite the feeling of urgency	✓	✓
Intermittent urine flow	✓	✓
Feeling of bladder not fully emptied	✓	✓
Pain or burning sensation during urination		✓
Presence of blood in urine		✓
Erectile dysfunction		✓
Painful ejaculation		✓
Lower volume of semen during ejaculation		✓

If you are experiencing these symptoms, you owe it to yourself and your loved ones to visit your health-care practitioner. Diagnostic tests are readily available, and an early diagnosis could help save your life.

Get yourself tested!

Another thing these conditions have in common is that neither should be left untreated.

If cancer is confirmed, an oncologist will provide appropriate treatment plans. Natural supplements and botanicals may be used as adjunctive therapies to help manage side effects, often brought on by conventional therapies.

If diagnosed with BPH, proven botanical approaches can be used to effectively manage symptoms.

Could you be suffering from SIBO?

by Dr. Darcie Pawlick, BSc, ND



Small intestinal bacterial overgrowth (SIBO) is an overgrowth of bacteria that have migrated from the large intestine, where they are useful, into the small intestine. Unfortunately, once they reside in the small intestine, they can cause numerous symptoms because they ferment foods that are being consumed, a process normally taking place in the large intestine. This abnormal fermentation releases hydrogen and/or methane gasses, which are the main cause of SIBO symptoms. SIBO may be the cause of many digestive issues, especially for those diagnosed with irritable bowel syndrome (IBS), as 80% of people with IBS have been shown to suffer from SIBO.

SIBO symptoms can include abdominal bloating and/or discomfort/pain after meals, excessive burping and/or gas, nausea, heartburn/GERD, sensation of fullness and slow digestion, chronic loose stools and/or constipation, alternating loose stools and constipation, urgent bowel movements, fat in the stool, iron and/or B₁₂ deficiencies, and skin issues like acne rosacea. SIBO is also suspected if the low-FODMAP* diet is helpful and if supplementing with probiotics seems to aggravate or is not very effective. The main cause of SIBO is a dysfunctional migrating motor complex (MMC), but others can include hypochlorhydria (low stomach acid), bile insufficiency, traumatic brain injury, intestinal strictures/adhesions, and ileocecal valve dysfunction.

The MMC, when properly functioning, moves digested food from the small intestine to the large intestine. If you get food poisoning or gastroenteritis (an inflammatory digestive-tract illness causing vomiting/diarrhea), then this could cause the MMC to weaken. It has been shown that about 1 in 5 people's MMC does not recover after the illness, thus leading to SIBO. When the MMC is weak, food is slower to move out of the small intestine which, in turn, causes bacteria from the large intestine to enter the small intestine, where they start to proliferate and overgrow. This overgrowth can negatively impact the body in many ways, and conditions that can be associated with SIBO include IBS, anemia,

intestinal permeability, nonalcoholic fatty liver disease, rosacea, interstitial cystitis, hypothyroidism, restless leg syndrome, histamine intolerance, and autoimmunity.

If SIBO is suspected, then the SIBO breath test is recommended. If positive, then appropriate administration of a bacteria-eradication treatment is utilized based on the results. Once the overgrowth is treated and the digestive and associated symptoms resolved, the digestive tract can then be healed.

The SIBO breath test requires a prep diet the day before testing, with the goal being to starve the bacteria so the most accurate results can be seen during testing. There is an overnight fast, then a baseline breath sample is collected. After this, a solution called lactulose is taken, that will feed the SIBO, if they are present. These will in turn release hydrogen and methane gasses that will be detected on breath samples that are collected over the next three hours.

* Fermentable oligosaccharides, disaccharides, monosaccharides, and polyols

If there is a rise in gasses, then this would be considered a positive result.

There are two phases of SIBO treatment, which include the antimicrobial or eradication phase, and the recovery phase, which includes digestive healing and prevention of SIBO from returning. For dietary treatment of SIBO, it is imperative to leave 2½–3 hours between meals in order for the MMC to be able to complete its full contraction. During the treatment, fermented foods like kimchi, sauerkraut, kombucha, yogurt, miso, etc. should all be avoided, as they contribute to bacterial overgrowth in the small intestine. Treatment is dependent on the amount of gasses present and typically includes 2–4 weeks of antimicrobials, including biofilm disruption. Biofilm disruptors are key to the success of SIBO treatment and include a combination of bismuth subnitrate; 2,3-dimercapto-1-propanesulfonic acid (DMPS); and *alpha*-lipoic acid (ALA), *N*-acetylcysteine (NAC), or black cumin seed oil. Biofilms are produced by the bacteria as a defence and a way to evade antimicrobial treatments, thus it is key to disrupt the biofilm in order for the antimicrobials to be effective. The most common antibiotics that are used to treat SIBO include rifaximin and neomycin.



Other herbal antimicrobials that can be included in treatment are goldenseal, myrrh, thyme, garlic, oregano, berberine, and silver hydrosol. It is important to also include very specific probiotics to replenish the good gut bacteria that may be killed off in the large intestine during the antibiotic treatment. The specific probiotics include only *Bifidobacteria* species, as *Lactobacillus* species can further aggravate the overgrowth. Occasionally, *Saccharomyces boulardii* probiotics are included in the treatment. It is always essential to support the liver when doing antimicrobial treatments, and this can be done by liver-support supplements that can include milk thistle, turmeric, dandelion, artichoke, ALA, schizandra, and NAC. In more acute cases of SIBO, longer-term biofilm disruption alone may be required to break the barrier down before using antimicrobials.

Once eradication is successful, recovery treatments can begin. Gut-healing supplements can include L-glutamine, zinc carnosine, and *N*-acetylglucosamine. The MMC also needs to be restrengthened in order to prevent SIBO recurrence. This can be done with a pharmaceutical called prucalopride or natural treatments like 5-hydroxytryptophan (5-HTP) or ginger. It is also crucial to repair low stomach acid or lower esophageal dysfunction via betaine hydrochloride and/or D-limonene.

SIBO is a very common cause of digestive issues and, as mentioned above, can cause several other problems in the body. If you suspect you may have SIBO, visit a local naturopathic doctor to have a breath test done.



Dr. Darcie Pawlick, BSc, ND

She practices in beautiful Kimberley, BC, with a special interest in women's health, prenatal health, and digestive health. She utilizes diet and lifestyle counselling, botanicals, acupuncture, and nutritional supplementation to ensure patients receive an individualized, research-based, holistic approach to treatment.

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Face Winter-Related Joint Pain Head On!

by Dr. Katie DeGroot, BSc, ND, MScN

Joint pain is an incredibly common health challenge, faced by an estimated 1 in 5 Canadians. It is typically due to arthritis, in which joints are damaged due to time-related “wear and tear”—osteoarthritis—or inflammatory attack—autoimmune arthritis.

Many folks, whether they have an arthritis diagnosis or not, notice worsening joint pain especially with cold weather. There is no one clear reason for this, but speculation exists that decreased atmospheric pressure—associated with temperature drops—causes expansion of tissues, increasing pressure and pain in joints. Or perhaps cold weather causes muscles to tense up and reduce overall mobility, thus increasing the perception of pain. Here are some ideas that may help reduce joint pain frequency and severity both in the short and long term.

Diet

There are some general dietary recommendations that may help reduce long-term joint pain frequency and severity. The most widely studied dietary pattern showing benefit in inflammatory conditions is the Mediterranean diet. This diet emphasizes a whole food, plant-based approach, high in fish and seafood, fruits, vegetables, nuts, legumes, and whole grains; while being low in red meat, high-fat dairy, processed foods, or foods high in refined sugar.

A key feature of the Mediterranean diet is that it is low in pro-inflammatory *trans*-fats and saturated fats typically found in processed foods, high-fat dairy products, and red meat, while being high in good anti-inflammatory fat sources such as olive oil—high in monounsaturated fat—and fish, seafood, nuts, and seeds—high in omega-3 fatty acids. These monounsaturated fats and omega-3 fatty acids both appear to exert an anti-inflammatory effect upon the body, in part by reducing the production of inflammatory chemical messengers (cytokines) produced in response to injury and inflammation.

People sometimes find that there are specific foods that worsen their joint pain more than others—dairy products; gluten-containing foods such as wheat, oats, barley, and rye; as well as nightshade fruits and vegetables like tomatoes, potatoes, peppers, and eggplant. Avoiding animal products entirely via a vegan or vegetarian diet may be helpful for some individuals. However, it should be noted that everyone experiences the same response to these foods!

Supplements

There are several nutraceutical products that have been studied and found reasonably effective in providing pain relief and reducing inflammation due to arthritis. They can be divided into two groups by main effect: supplements that provide pain relief and reduce inflammation, and those improving joint health and reducing joint damage.



You may have heard about turmeric—or curcumin—a popular supplement often suggested for joint pain. It is thought to exert both analgesic (pain-relieving) and anti-inflammatory effects by inhibiting the production of inflammatory messengers and modulating the immune system.

Curcumin appears to work similar to NSAID drugs, and some studies have shown it to be comparable in effect to ibuprofen in relieving joint pain. Other herbs and spices with similar influences include boswellia, Devil’s claw, ginger, and white willow bark. While each herb or spice acts differently, pain relief can occur within hours—especially in the case of ginger and white willow bark—while inflammation relief may take days to weeks for curcumin and ginger.

Comparatively, supplements that appear to improve joint health and reduce damage and destruction include glucosamine sulfate, chondroitin, MSM, and collagen. These supplements may also have anti-inflammatory and pain-relieving effects similar to turmeric and ginger, as described above. But they need to be taken on a regular basis for an extended period of time before symptoms start to improve—typically four weeks or longer, sometimes from eight weeks to two months.

Probiotics

Research also suggests probiotics may be helpful in improving arthritis symptoms, especially rheumatoid arthritis. Rheumatoid arthritis is a type of autoimmune arthritis and is often associated with gastrointestinal (GI) inflammation, changes in intestinal flora, and gut dysbiosis. As probiotics are well documented to locally improve gut health and decrease GI inflammation, it is thought that probiotics decrease gut inflammation and modulate the immune system, thus resulting in lowered levels of systemic inflammation and, subsequently, less joint pain. So, including probiotics—through food or supplements—may help reduce joint pain severity and improve long-term outcomes.

Acupuncture

Acupuncture is a well-researched therapy that may help with joint pain relief, both in short and long term. A practitioner of acupuncture will insert fine needles at select points on the body and physically stimulate them, either manually or through the application of heat or electricity. This is thought to stimulate the nervous system and alter pain perception

at multiple levels in the body, often providing short-term pain relief and long-term reduction in inflammation and pain.

Lifestyle

Some lifestyle changes may help reduce joint pain in cold weather. Dress warmly or in layers, so affected joints don’t get too chilled. For symptomatic relief, the application of heat for a maximum of 20 minutes, with about 20 minutes break between applications, may help. For long-term benefit, remaining active with gentle physical activity will help keep joints as healthy as possible. Choose whatever fits your lifestyle and doesn’t worsen pain: walking, swimming, stretching, yoga, or tai chi. Ensuring a good night’s sleep can also help, as pain often worsens with fatigue and poor sleep.

Conclusion

Winter is often a time when people experience joint pain flares, but there are a number of diet, supplement, lifestyle, and therapeutic options that may help manage pain in both the short and long term. Be sure to consult with a qualified health-care provider for the most appropriate recommendations for you, and absolutely speak with your doctor if you experience worsening or persistent joint pain, or have difficulty using a joint.



Dr. Katie DeGroot, BSc, ND, MScN

Dr. DeGroot is an Alberta-registered naturopathic doctor who also holds a Master’s of Science in Nutrition. She offers nutritionally focused care and has a special interest in digestive issues and supportive mental health-care. drkatiedegroot.ca

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For the *Gourmands...*

by Guillaume Landry, MS, Naturopath

For those who enjoy food, our stomach craves gastronomic pleasure like our heart yearns for love. So, long live the festive end-of-year celebrations where we rediscover our culinary roots, to the delight of our taste buds—and of our souls.

Celebrating is food in itself: A source of pleasure, sharing, and discovery, but also of sweet memories. Our sensory memory, more specifically scent-related, is the most developed, and cultivating our taste and olfactory roots can not only embellish everyone's daily life, but also shared celebrations. We possess a library of tasty memories that magnifies the experience of eating. I remember the delicious aroma of the sun-drenched fruit pies that Grandma baked for us as an after-school treat, or the savoury flavour of a simmering stew staving off autumn's first chill. Perfectly balanced bites of Comet (unripened cheese), apple pie, and fresh walnuts perked up the spirit of this young man to help his father split frozen hardwood during the carefree days of our youth. Doesn't that remind you of some warm memories of your own?

With the first chills that Hora, Greek goddess of winter, blows upon us, there is also a gust of celebrations. Halloween, Thanksgiving, Saint-Nicolas, but also Hannukah, Sukkot, Mawlid, Bodhi, Diwali, and of course Christmas... so many occasions to celebrate our roots, but also to revive the senses and—for all cultures—to tease the pleasure of taste. Taste, closely linked to smell, depends on countless factors that influence the perception of flavours, such as the appearance and colour of food, the physical environment and social atmosphere, or the prevailing mood of the moment. The pleasure of eating is therefore a universal recipe, with

multiple ingredients that contribute to the alchemy of health. As long as our meals, festive or otherwise, are eaten in moderation, they can be rich in flavour and as colourful as Mother Nature's landscapes.

The gourmet is a gourmand with self-control. But irresistible temptation during festive times can take you from gourmet to gourmand. Should you succumb, I offer some remedies that can rescue your digestive system, which may be crying out when the festive dinner is eaten..

You can try hot and cold differential thermotherapy, inspired by the Gardelle method, with a cold cloth on your head and a hot-water bottle placed on your liver to stimulate its digestion and detoxification. Bundling up for a brisk walk in the cold, crisp air also works for many.

Another naturopathic method to balance festive eating and health: The ever-more-popular intermittent fasting. Its beneficial effects are observed not only at the level of intestinal health, but also for aging in better health and for longer. Twelve hours or more of deprivation, and fasting metabolic processes kick in, resulting in less fatigue, better appetite, improved body composition, and vitality.



My favourite soothing herbal tea for calming euphoria—both culinary and nervous—is made with sweet, refreshing lemon balm. This plant from the universal pharmacopoeia was used in ancient Greece to relieve digestive and nervous disorders; taste it, you'll fall for it!

If there's another drink from the Natural Medicine Hall of Fame to lighten up post feast afternoons, it's apple cider vinegar. A few spoonfuls in hot water, with your favourite honey or a natural sweetener like stevia, will work wonders.



Bitter plants—such as wormwood, known since ancient times to help with difficult digestion—are also simple and effective natural solutions. Wormwood is used in traditional herbal medicine as a stimulant to improve appetite and to relieve symptoms of dyspepsia.

It is said to be carminative. For those who prefer taking a capsule instead of a digestif such as Chartreuse.

For those who have difficulty digesting certain nutrients, some of the most effective nutraceuticals are digestive enzymes. Some formulas contain, for example, dipeptidyl peptidase-4 (DPP-4), which breaks down gluten and relieves possible sensitivities; others provide ox bile, for people who cannot manage fatty meals. Be mindful there are various complete formulas tailored to your needs.

Let's not forget today's nutraceutical stars, probiotics; these friends with whom we live and without whom we could not live! Diarrhea, constipation, gas, headaches, and more—they take care of all of this so that their host (you) can enjoy the festivities, but also their health, and in return provide them with a microbiome where they thrive!

I will end this brief review of digestion-friendly plants and nutraceuticals with an honorary mention for a staple of herbal medicine, *Silybum marianum* or milk thistle, which relieves digestive disorders and, above all, protects and regenerates the liver like no other.

The holidays are an opportunity to enjoy epicurean and social pleasures, to cultivate good humour, the pleasure of taste, and the joy of living. These moments spent in good company are positive for mental health, and therefore health in general. Finally, if there is an unusual greedy gap, naturopathy, plants, and nutraceuticals are always there to the rescue!



Keep the pipes clean



Keep the filter working



Let the good times roll



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Poached Pears with Elderberry Syrup

Ingredients

- 4–5 large pears for poaching
- 1 tsp. ground cinnamon or 1 cinnamon stick
- ¾ cups New Roots Herbal's Elderberry Fruit
- ½ tsp. dried cloves or 3 whole cloves
- 3 cups of filtered water
- ½ vanilla bean, split in half
- ¾ cups of honey
- ¼ tsp. star anise seeds or one pod
- 1 tbsp. fresh ginger

Instructions

Combine all ingredients, except for the pears, into a large saucepan. Stir mixture and bring to a boil.

Reduce heat to medium-low and simmer for 10 minutes.

Prepare pears by peeling them, leaving the stem on.

Once the berry mixture has simmered for 10 minutes, add whole pears to the pot, laying on their side, and continue to simmer for 30 minutes. Move pears around every 10 minutes to allow syrup to reach all sides.

After 30 minutes, gently remove pears with a slotted spoon and set on dish to cool.

Strain berry mixture through mesh strainer into a new pot. Use spoon to press elderberries against mesh to extract as much liquid as possible.

Return liquid to heat and bring to a boil. Boil mixture for another 15 minutes. Adjust sweetness with more honey if you wish.

Serve pears with a side of vanilla ice cream or a dollop of whipped cream, and a drizzle of elderberry syrup. Also pairs great with a cheese board.

Store syrup in an airtight container in fridge and use within 1–2 weeks.

Sick with a cold or a flu? Research indicates that the complex sugars in elderberries help support the immune system in combatting and relieve cold and flu symptoms. Elderberries naturally contain vitamins A, B, and C, and they stimulate the immune system.



Tammy-Lynn McNabb, RHNC

A registered holistic nutrition counselor and television host/producer of *Health Wellness & Lifestyle TV*, she believes that eating healthy shouldn't be difficult and should never compromise taste.



Sweet Potato and Apple Soup

The perfect sweet and savory soup to warm up on a cool fall day.

Ingredients

- ½ medium butternut squash, peeled, diced, and seeds removed
- 2 medium sweet potatoes, peeled and diced
- 2 medium apples, peeled and diced
- 2 carrots, peeled and diced
- 6–8 cups vegetable broth
- 1 can (340 ml) full fat coconut milk
- 3 tbsp. olive oil, divided (2 tbsp. for roasting, one for soup)
- 1 tbsp. grated ginger
- 1 tsp. cinnamon
- Salt and black pepper to taste

Instructions

Peel and dice all veggies and fruit (sweet potatoes, butternut squash, apples, and carrots). It may be easier to remove seeds from halved butternut squash. Cutting it up raw can be difficult at times.

Heat oven to 425 °F (218 °C). On a large baking sheet—or two—lined with parchment paper, place carrots, sweet potatoes, and squash. Drizzle with olive oil and sprinkle with cinnamon, salt, and black pepper. Place squash face down to roast.

Bake in oven for 40–60 minutes.

Add roasted veggies to a large pot with 1 tbsp. olive oil. Sauté in pot for 1–2 minutes. Add apple, ginger, and broth. Season with salt and black pepper.

Let simmer for 20–30 minutes. Taste and adjust seasoning as needed.

Add 1 can coconut milk and remove from heat. Use an immersion blender to blend to desired consistency.

Sprinkle with garnish of choice (my favourites include toasted pumpkin seeds, kale chips, or fresh microgreens).

Serves 4–6



Angela Wallace, MSc, RD

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

eatrightfeelright.ca

Paleo Quiche

Gluten-Free and Paleo

This quiche is complementary for those who are looking to decrease grain-based carbohydrates from their diet. This meal is made by mashing cooked butternut squash, creating a healthy, starchy base rather than one made of refined grains. Full of both flavour and nutrient-dense ingredients, this dish can be described as simply blissful.

Ingredients

- 4 organic free-range eggs
- 1 medium butternut squash, peeled and chopped
- 1 small or medium white onion, diced
- 1 stalk chives, diced
- 3 cups water (to boil)
- ½ cup coconut milk
- 1 tsp. nutritional yeast
- ¼ tsp. New Roots Herbal's Fermented Turmeric
- ¼ tsp. paprika
- ¼ tsp. red pepper flakes
- 3–4 pieces organic or local well-sourced bacon
- A pinch of pepper and sea salt

Instructions

Preheat the oven to 375 °F (190 °C). Place a medium pot with water on the stove and bring to a boil. Put the peeled and chopped butternut squash into the boiling water. If choosing to add bacon, begin cooking in another pan.

Beat the eggs in a large bowl. Dice up white onion and chives, and place in the bowl. Add the coconut milk, nutritional yeast, Fermented Turmeric, red pepper flakes, sea salt, pepper, and paprika.

Once butternut squash is soft with a fork, drain out the water and begin to mash with a potato masher.

Place the butternut squash on the bottom of a small casserole dish. Pour in the egg mix and place in the oven. Cook for 15–20 minutes or until the middle is no longer liquid or runny when removed from the oven.

Serves 4–5.



Megan Luder, CNP

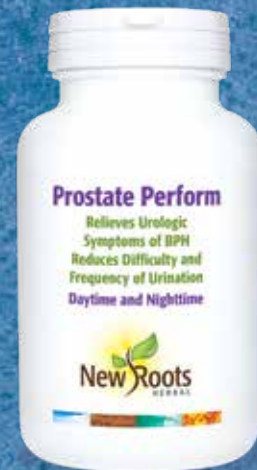
A certified nutritional practitioner who is passionate about creating and educating on the health benefits of nutrient-dense whole food!





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AskGord



I know enteric coating is important for probiotics to be protected from stomach acid, but is it natural?

Many pharmaceutical enteric coatings are synthetic, so look for natural ingredients when choosing a probiotic. Seaweed-sourced sodium alginate and stearic fatty acids of plant origin are ingredients you'll find listed as nonmedicinals for probiotic enteric coating. They're sprayed on in multiple coats to seal the seam and fully protect the plant-sourced capsule.

This protects capsules from harsh stomach acid, then selectively dissolves with the higher pH level of the intestines.

Having folks return to school and the workplace this fall is making me a little nervous. What supplements would you suggest to better protect myself?

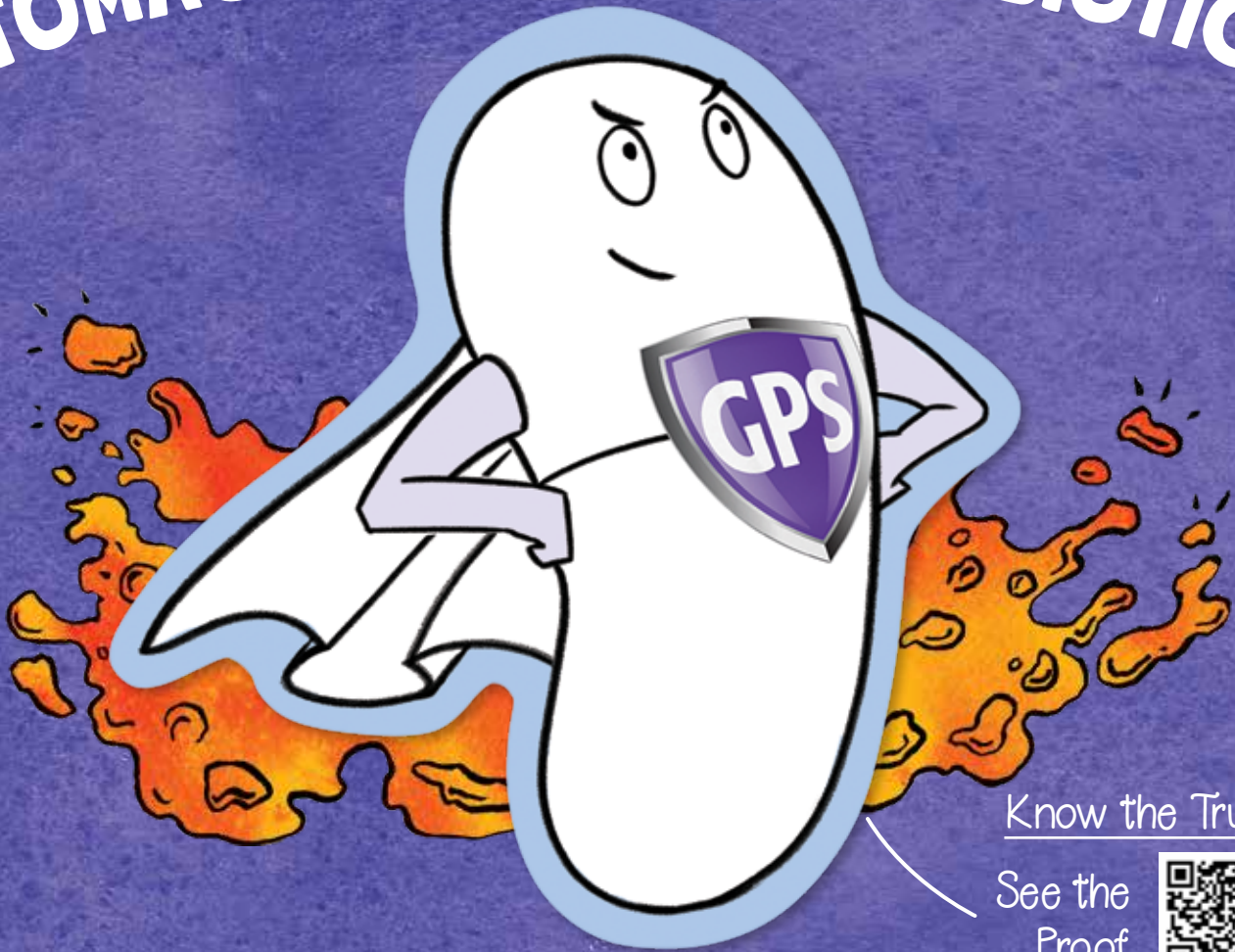
Focus on variables you can control. There are many simple and affordable steps you can take to elevate your immune status. Start with vitamin D₃—winter months leave 40% of Canadians deficient in this immune-enhancing powerhouse. Vitamin C is also critical for immunity and our bodies can't create it, so make sure you're getting enough. Supplementing with a broad-spectrum, enteric-coated probiotic can also work wonders for daily immune support. Potency-validated mushroom extracts and botanical like astragalus and elderberry can also shore up your immune system.

A strong immune system can help you both resist viral infection and shorten duration of symptoms should you get infected. It's your health: Defend it!

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

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

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