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Editor's Letter



The summer vacation season is rapidly drawing to a close, with it comes the resumption of another school year and a return to a more structured routine for all of us.

With sunlight becoming scarcer, it seems like the alarm rings earlier with each passing day. Hectic mornings include checking the weather to make the right clothing call, to loading up knapsacks with all the essentials including a healthy lunch and snacks to fuel another day of living and learning.

If you're like me, you welcome the return to a more structured routine. Goodbye to lazy mornings and late evenings, and a warm welcome to restoring better sleep patterns and a healthier lifestyle. Autumn is also the season to prepare for increased exposure to illness and viruses including colds and flu. This issue features several articles that will guide families to a "zen-filled" school year while fending off illnesses that spread through crowded classrooms.

This fall also marks the 30th anniversary of New Roots Herbal. Nurtured with passion and expertise, New Roots Herbal has grown to be a respected leader in our industry. Dedicated to creating innovative formulations and natural health products of the highest quality, our ambition for the past 30 years has been to change lives and inspire a healthier future. New Roots Herbal has taken that philosophy even more to heart by creating the "Choose to Care" program which supports organizations which work both locally and globally for a better world.

This 30th anniversary would not be possible without the health food stores, their dedicated staff and loyal consumers. We also have to thank our more than 85 employees, without whom we could not offer natural solutions for better health.

Together, with passion and commitment, we look forward to helping thousands of Canadians and people worldwide to leading a healthy and happier life.

To 30 wonderful years and many more to come!

Sonia Lamoureux
Editor-in-Chief

At New Roots Herbal, we are relentless in our aim to make the best natural health products in the world. To achieve this, we have an extensive staff devoted to quality assurance.



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“Cover All your Bases” with Junior New Roots

We do our best to mentally and physiologically prepare our kids for congested daycares and crowded classrooms every autumn. However, just as the popular baseball term “cover all your bases” implies being prepared for any occurrence, the Junior New Roots’ line will strengthen the nutritional, digestive, cognitive, and immune potential of your growing child 24/7.

Our natural lemon-flavoured **Children’s Omega 3** chewable softgels “load the bases” with the perfect, balanced therapeutic ratio of EPA to DHA

of omega 3 fatty acids sourced from deep sea sardines and anchovies. These essential fatty acids fuel brain development and function. They also help establish the network of veins and capillaries crucial for a lifetime of cardiovascular and mental wellbeing. Studies have also shown EPA-rich fish oil to be beneficial for mental focus, concentration, and for symptoms of attention deficit hyperactivity disorder (ADHD).

Children’s Probiotic is an ultra-concentrated formula featuring the broad spectrum benefits of 12 beneficial strains measuring 10 billion colony forming units (CFUs) per portion. Infants to adolescents will gain better resistance to colds and flu, and establish and maintain healthy digestion as well as superior immune status. **Children’s Probiotic** in convenient powdered form can be easily added to food without changing taste or texture.

Our **Children’s Multi** delivers premium, biologically active forms of the B-Complex group which collectively benefit nervous system growth, the metabolism, healthy skin, muscle, and overall connective tissue development. Complimentary quantities of vitamins C and D₃ benefit collagen development and bolster immune performance. Our formula also contains easily assimilated forms of critical minerals of which children can’t afford a deficiency.





Back to School

Nutrition for the Brain



by Heidi Fritz,
MA, ND

By now parents and kids have settled back into the routine of the new school year. Feeding the brain is vital to optimizing kids' cognitive function and may help enhance behavior and performance at school. Eicosapentanoic acid (EPA) derived from fish oil, vitamin D, and a good quality multivitamin are musts for this purpose.

Eicosapentanoic acid is a long-chain polyunsaturated

fatty acid with an omega-3 structure, and possesses unique anti-inflammatory, mood-regulating, and cognitive effects.^[1, 2] EPA has consistently been shown in many studies to dramatically improve attention in healthy children, symptoms of childhood ADHD,^[2, 3] as well as other psychiatric conditions.^[4, 5] For instance, supplementation with EPA has been shown to improve oppositional behavior as well as teacher-rated scores of behavior.^[2] Another study found improvements in verbal-learning ability and memory in children given an omega-3 enriched food.^[6] In a 2011 meta analysis including ten randomized trials on the topic, authors concluded that omega-3 fatty acids were not only effective for the treatment of ADHD, but that the degree of effectiveness was directly correlated with the dose of EPA taken.^[3] A new study found that supplementation with EPA

and DHA reduced inattention, both in children with ADHD as well as in normally developing children.^[7] Children and young people who receive EPA for prevention and / or treatment of mood or behavioral concerns may also benefit in the long term through avoidance of mood-altering or stimulant medications.

EPA also appears to have beneficial effects on neurocognitive function as well. A recent study in young people compared the effects of an EPA-enriched supplement to that of a DHA-enriched supplement. After only 30 days, the study found that the EPA supplement, but not the DHA, resulted in better cognitive performance, such that "participants' brains worked 'less hard' and achieved a better cognitive performance than prior to supplementation."^[5]

When administered to school-aged children and adults, docosahexanoic acid (DHA), has generally failed to achieve such outcomes.^[3-5] Therefore, while DHA is most critical in-utero and in the first two years of life,^[8] thereafter EPA appears to be the more important omega-3 for brain health.^[1, 2] For this reason, it is most appropriate to supplement children over the age of 2 with an oil which is richer in EPA than in DHA.

Vitamin D is an emerging nutrient that is known to be important for mood and cognitive function in adults.^[9] Newer studies have now demonstrated an association between low vitamin D levels in children and risk of having ADHD. In one study, children with ADHD had vitamin D levels of 50 nmol/L, well below the target of 75, while healthy, matched children had levels of 85.^[10]

A good quality multivitamin is also important in maintaining healthy brain function in children. Nutrients such as the B vitamins are important in energy metabolism as well as metabolism of neurotransmitters in the brain; and micronutrient supplementation has been shown to help improve symptoms of ADHD as well.^[11] One study showed that among young children, levels of vitamin B₁₂ and folic acid were significantly associated with cognitive performance, such that each two-fold increase in vitamin B₁₂ levels was associated with a 1.3 point improvement in mental development index score.^[12]

Together, these three nutrition-based strategies have an extremely high safety profile and may help improve outcomes ranging from behavior and attention, to memory and cognitive function in school-aged children.

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Urinary Tract Infections

Natural Approaches



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Lower urinary tract infections (referred to as UTIs in this article) account for millions of doctor visits per year, with the urinary tract being the second-most common site for infection. The term urinary tract infection refers to the presence of a certain number of bacteria in the urine, usually more than 100 000/mL. UTIs can occur in both men and women; however, they are about fifty times more common in women than men. This is likely due to the fact that women have shorter urethras, allowing bacteria to ascend more easily into the bladder. UTIs affect as many as one in five women at some time during their lifetime with about 20% of these women having reoccurrence or chronic infections. The more infections one has had the higher the incidence of reoccurrence. UTIs are usually present with the following symptoms: pain or burning sensation on urination, frequent urge to



urinate, pressure or pain above the pubic bone even when not urinating, fatigue, and difficulty passing urine. Pyuria, white blood cells in the urine, causes the urine to be cloudy or milky and hematuria, blood in the urine, can cause the urine to be pink or reddish tinged. UTIs can be asymptomatic, especially in children and the elderly. Children often do not have the above symptoms but the following less specific symptoms can suggest a UTI: irritability, incontinence, diarrhea, poor appetite, and fever. If a fever, flank pain, nausea, and vomiting occur, the infection may have reached the kidneys causing acute pyelonephritis, which is a serious condition and requires medical attention.

Risk factors include being female, sexual activity, mode of birth control, menopause,

diabetes, catheter use, and urinary tract obstruction, such as a stone, tumor, or enlarged prostate. The urinary tract is normally a sterile environment, however bacteria can migrate to the urethra from the rectum or vagina. Most infections are due to bacteria with the most common agent being *E. coli*, accounting for 80% of UTIs. Other bacteria include *Klebsiella pneumonia*, *Proteus mirabilis*, *Enterobacter aerogenes*, *Staphylococcus saprophyticus*, *Enterococci*, and *Staphylococcus aureus*. *E. coli* and *Proteus* bacteria are able to adhere to epithelial cells of the urinary tract. The female urethra is prone to bacterial infection due to its proximity to the anus and vagina. The ability of pathogenic bacteria to colonize is associated with altered vaginal and colonic flora, which can be

due to other genital infections and/or the use of antibiotics and spermicides. The loss of lactobacilli, a nonpathogenic flora of the vagina and urethra, results in easier colonization of *E. coli*. Urine normally prevents infection via its antibacterial and flushing mechanisms.

Diagnosing a lower urinary tract infection involves analyzing a urine sample to look for red blood cells, white blood cells, and bacteria. Sometimes a urine culture will be done to determine which bacterium is causing the infection so the most effective antibiotic can be utilized. Imaging, such as an ultrasound or CT scan, may be done if an abnormality in the urinary tract is suspected. In the event of recurrent UTIs, a cystoscopy may be done in order to visualize the inside of the urethra and bladder.

There are a number of ways to reduce your risk of developing a UTI. It is important to drink plenty of fluids, especially water, in order to ensure you are voiding your bladder regularly to flush out bacteria and prevent their adherence. Wiping from front to back after urinating and after a bowel movement helps prevent bacteria from migrating from the anus to the vagina and urethra. Voiding your bladder soon after intercourse can help reduce UTIs especially in females who notice they develop them after sexual activity. Feminine products can be irritating to the genital and urethral areas and should

be avoided. Wearing cotton underwear can reduce the chance of UTIs as well because it is more breathable.



Conventional approaches

Since the majority of UTIs are bacterial in origin, they are most commonly treated with antibiotics during an acute episode. It is not uncommon to use an antibiotic for long-term prophylaxis in individuals experiencing recurrent infections. Antibiotics effectively treat and prevent recurrent UTIs, however frequent antibiotic use results in altered vaginal and intestinal flora as well as antibiotic resistance. Therefore, alternative methods of prevention and treatment for simple UTIs are desirable. The most common antibiotics used to treat simple UTIs include sulfamethoxazole-trimethoprim, amoxicillin, nitrofurantoin, ampicillin, ciprofloxacin, and levofloxacin. Symptoms typically clear up within a few days of treatment. In people who experience frequent UTIs, longer courses of antibiotics or prophylactic antibiotic use (i.e. after sexual activity) may be used.



Naturopathic Approaches: *Vaccinium macrocarpon* (Cranberry)

Cranberry is an anti-adhesion agent that is effective in the form of pure juice, sugared cocktail, and capsulated or tableted extracts. One study demonstrated a 20% and 18% decrease in antibiotic use when cranberry juice and tablets, respectively, were consumed compared to placebo. A study done in elderly women showed that women who consumed 300 ml of cranberry cocktail had significantly less bacteriuria with pyuria compared to the placebo-drink group after 6 months. A meta-analysis of the cranberry trials concluded that cranberry significantly reduces the incidence of UTIs over a 12-month period in women with recurrent UTIs. The current evidence suggests that cranberry juice is effective in preventing infections in women with recurrent UTI and in the elderly, but not in children or adults with abnormal bladder function requiring catheterization. Cranberry juice inhibits adherence of 75% of 77 *E. coli* isolates in vitro. In a clinical setting, 15 of 22 subjects given 15 ounces of cranberry juice demonstrated significant anti-adherence activity in urine 1–3 hours after the juice was



consumed. It was found that cranberry juice is safe and effective for the prevention of UTIs during pregnancy, which is important because UTIs are common in pregnancy and can progress more easily to acute pyelonephritis.

Cranberry may interact with warfarin due to its potential to increase INR (i.e, increased bleeding risk). This interaction, however, is limited to anecdotal reports. Clinical trials have found that moderate consumption of cranberry juice does not affect warfarin anticoagulation. Consuming more than 600 mL of cranberry juice daily could potentially affect warfarin but this amount is well over the amount recommended (i.e. 250–300 ml/day) in the treatment and prevention of UTIs. Therefore, due to conflicting data, patients should be closely monitored when initiating a cranberry juice regimen when currently taking warfarin.

Berberine

Berberine is a plant alkaloid found in various plants, including *Hydrastis canadensis*

(goldenseal) and *Berberis vulgaris* (barberry). Berberine extracts and decoctions have demonstrated significant antimicrobial activity against various organisms, including bacteria. Berberine inhibits the growth of several bacteria including both sensitive and resistant *E. coli*. Bacteria inhibited include *S. aureus*, *P. aeruginosa*, *E. coli*, and *B. subtilis*. Berberine's anti-infective activity is believed to be at least in part due to its ability to prevent adhesion to uroepithelial cells. Berberine can indirectly affect UTI occurrence due to the fact that *E. coli* often migrates from the gastrointestinal tract and therefore treating GI-associated *E. coli* can impact UTI occurrence. Using berberine to successfully treat intestinal dysbiosis may be preventative for UTIs. Berberine should be avoided in pregnancy due to its potential to cause uterine contractions and miscarriage.

Vitamin C and D-Mannose

Vitamin C prevents UTIs and may effectively treat them due to its ability to increase the production of nitric oxide in acidified urine, ultimately decreasing the growth of *E. coli*. One study found that UTI occurrence was significantly lower in the group receiving vitamin C compared to placebo.

D-Mannose is a simple sugar that prevents adherence of certain bacteria, such as *E. coli*. It has been shown to not disrupt

the gastrointestinal flora and is considered safe in children and pregnant women.

Probiotics

A number of probiotics have been studied for effectiveness in the prevention of recurrent UTIs. Improving the gut and/or vaginal flora can impact the urinary tract due to the migration of *E. coli* from these areas to the urinary tract. Lactobacilli are the dominant bacteria found in the vagina and have antimicrobial properties that help control the other urogenital flora. Lactobacilli produce lactic acid and hydrogen peroxide, which kill bacteria, and also produce biosurfactant that inhibits the adhesion of pathogenic bacteria. Therefore, vaginal *lactobacilli* protect the female urogenital tract from pathogen colonization and can aid in the prevention of UTIs. Vaginal suppositories with *L. crispatus* have been shown to reduce the occurrence of UTIs significantly. Weekly use of probiotic suppositories has been shown to reduce the incidence of UTIs after 12 months of use.

Estriol cream

Recurrent UTIs are a common problem in postmenopausal women due to the decrease in estrogen and its role in maintaining healthy vaginal mucosa and flora. Women given estriol intravaginally had significantly less incidences of UTIs as compared to those who

received placebo. *Lactobacilli* were absent in all vaginal cultures prior to treatment and reappeared after one month in 22 of 36 estriol-treated women, but in none of the 24 placebo-treated women. The rate of vaginal colonization with Enterobacteriaceae fell from 67% to 31% in women treated with estriol and remained unchanged in those receiving placebo. The use of topical estriol may be safer than oral estrogens because it does not produce the systemic effects associated with oral estrogens.

Conclusion

As outlined in this article, there are various natural therapies that

can be used in the prevention and treatment of UTIs. Given the ever-increasing risk of antibiotic resistance and side effects associated with antibiotic use, alternative treatments should be considered for simple lower urinary tract infections. Cranberry has been shown to be effective in preventing UTIs in women with recurrent infections and in the elderly due to its anti-adherence activity. D-Mannose and vitamin C decrease the incidence of UTIs by preventing adherence and increasing the production of nitric oxide, respectively. Utilizing antimicrobial agents, such as berberine, can help treat

and prevent UTIs. Establishing healthy gut and vaginal flora is crucial in the prevention of UTIs and can be accomplished using antimicrobial agents, such as berberine, and probiotics. The use of topical estriol is associated with a decrease in the rate of vaginal colonization with Enterobacteriaceae and an increase in the rate of vaginal colonization with *lactobacilli*, thereby decreasing the incidence of UTI in postmenopausal women.

For references and other great articles, visit NaturopathicCurrents.com

Eight Days a Week

Recurrent urinary tract infections (UTIs) are a common condition all too often treated with broad spectrum antibiotics of the tetracycline group. This systemic course of action, unfortunately, also decimates probiotics and can lead to the emergence of antibiotic-resistant strains of pathogenic bacteria.

New Roots Herbal's **D-Mannose with Cranberry and Probiotics** employs a side effect-free strategy for UTIs with three potent, proven, natural ingredients that target bacterial infection, 80% of which is caused by *Escherichia coli*. The therapeutic action of D-mannose works synergistically with our proanthocyanidin-rich cranberry extract; this inhibits binding of infection-causing bacteria including *E.coli* to epithelial cell

walls within the bladder and entire urinary tract. *Lactobacillus rhamnosus* actively competes for binding sites and nutrients with infection-causing bacteria. Research has also identified specific proteins within *L. rhamnosus* to exert bactericidal action.

Our new format features ten convenient sachets to be taken twice daily for two days followed by one per day.





A Zen Return to School for the Whole Family



by Isabelle Beaudoin
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Vacations are already over for many of us! The delightful moments of enjoying the pleasures of summer without worrying about passing hours have given way to the preparations for school. We

reopen the agenda and every to-do task is registered in it before the big day. We need to shop for school supplies, buy clothes, label everything with the name of the children, and the list goes on and on! We plan everything in terms of material, but have we planned for the essential?

Returning to school is a joyful event for some children, but for others, it is seen as terrifying. In both cases, stress is present because the child has to adapt to new things and to conform. Obviously, the stress level can vary from child to child depending on his personality, his past experiences, or because of pressure from peers, family, school, or daycare service. Stress is normal and vital—it can even be a source of motivation—

but over an extended period, or when it is exaggerated or inappropriate, it may be the cause of many symptoms such as irritability, inertness, sore belly, nightmares, and many others.

Yoga offers simple and effective stress-management tools, several of which apply to children. It's better to introduce these techniques in a period when the child is calm and when life goes by slowly rather than waiting for an emergency to do so. Should an event disturb his quiet happiness, he can then make use of the techniques he mastered and feels confident with. He will feel the benefits more quickly and easily this way.

Yoga is a wonderful opportunity to engage with your child

in a fun, easy, relaxing, and inexpensive activity. The child will be much more motivated alongside his mom and dad rather than by himself. This time of complicity through fun, movement, and conscious breathing helps strengthen the bond of attachment so precious to his balance. For example, to prepare your child to sleep, you could dedicate a few minutes to yoga in your evening routine by practicing with him the following abdominal breathing:

Lie down comfortably on your backs. Slightly spread your arms and feet, palms facing upwards. Place a stuffed animal or your hands on your lower belly. Inhale slowly through the nose by directing air into your lower belly and feel the hands or

stuffed animal slowly be lifted a bit, then exhale very calmly and feel the stuffed animal or hands go down. Repeat several times, the body becoming increasingly heavy and relaxed with each breath.

Whatever the tool, the time, or the place chosen, seven basic rules must be followed to let your child live a rich, fun, and safe yoga experience, which will significantly support him in his stress management:

1. Integrate yoga starting at the age of 3.
2. Integrate a notion of fun in your practices to maintain interest.
3. Ensure safety with comfortable and adapted body positions.

4. Allow the child to express his physical sensations and emotions.
5. Adjust the duration of each session according to age or attention span.
6. Avoid judgment, comparison, and especially competition.
7. Practicing a little each day is better than practicing longer and not so often.

Enjoy your yoga and have a zen back to school!

Isabelle Beaudoin is a certified teacher of yoga and yoga therapy. She devotes herself to promote the physical, emotional, mental, and spiritual blossoming of adults and children.





Infection Prevention



by Philip Rouchotas,
MSc, ND

The environment of “back to school” and the onslaught of cooler weather can make for a disastrous combination from the perspective of infection control. Children pick up viruses from their classmates and bring them home to share with the family. Parents’ stressed immune systems are not always up to the task of fending off these bugs, and with the combination of autumn temperature shifts, the results can feel like they are of epidemic proportions. Thankfully, there are reliable natural strategies to help bolster the immune system in preparation for cold and flu season.

Two basic but fundamental nutritional supplements for the immune system need to be a probiotic and vitamin D. Probiotics are thought to interact with the immune cells present in the gut, which creates a cascade effect on the rest of the immune system throughout the body. Several controlled human trials have demonstrated that probiotics can decrease the incidence of common cold, as well as decreasing the severity and duration of symptoms in



those who do become ill.^[1] A study in children found that probiotics decreased the occurrence of a cold by 25% compared to placebo, and decreased the number of school days lost to illness.^[2]

Vitamin D is an important supplement since Canadians are frequently found to have suboptimal—or even deficient—levels of vitamin D.^[3] Supplementation with vitamin D has been shown to reduce the incidence of the flu in school children by 42% when given at dosages of 1200 IU per day.^[4] You should have your vitamin D level tested by your naturopathic doctor or family physician in order to determine the most appropriate dose for you.

In addition to these foundational nutrients, a number of herbal agents can also improve the body’s ability to fight invaders. Oregano oil contains potent antimicrobial compounds such as thymol and carvacrol, which have antibacterial and antiviral activity against several



microbial species, including *Staphylococcus aureus*, *Escherichia coli*, *Pseudomonas aeruginosa*, *Candida albicans*, and others.^[5] Oregano has also demonstrated effects against antibiotic-resistant strains.^[6, 7]

Echinacea has been shown to prevent viral upper-respiratory infections by strengthening the immune response. Echinacea increases the activity of immune cells including dendritic cells and decreases the secretion of inflammatory chemicals by the *Influenza A* virus.^[8, 9] In humans, Echinacea use has been shown to decrease the overall number of illness episodes and decrease the number of episodes per child by approximately 50%; in addition, echinacea decreased the number of days of fever.^[10] A Lancet meta-analysis of 14 studies found that echinacea reduced the odds of developing the common cold by 58%.^[11]

Green tea is an emerging antiviral. Supplementation with 378 mg of green tea catechins

during the winter months has been shown to reduce the incidence of the flu among health-care workers.^[12] Another study has shown that green tea supplementation for three months reduced the number of days with cold and flu symptoms by 35%.^[13] Green tea was also shown to increase immune cell activity (T-cells).^[13]

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30th Anniversary



Cheers to 30 Healthy, Vibrant Years!

We may not look a day over 21, but New Roots Herbal is proud to be turning 30 this year. Back in 1985, our company started with one product – a body rejuvenation kit – and the desire to support people as they change their lifestyles from old, harmful habits to healthy, new beginnings. Today, we have more than 325 proven natural products that help countless customers in Canada and around the world maintain their good health, prevent disease and, when necessary, recover faster than they ever imagined possible.

What's the secret to our longevity? Our founder, Peter Wilkes, had a vision of

bringing higher standards and rigorous testing to the natural health world. While he believed in the power of natural products, he knew they required stringent testing to ensure they possessed the purity to deliver the maximum benefits possible.

Today, our lab isn't just the most advanced in the industry – it's recognized as one of the most advanced in Canada. Our staff of accredited scientists is

dedicated to creating innovative and effective formulations as well as ensuring every New Roots Herbal product offers an unrivalled level of quality and consistency. Thanks to their hard work, you can count on our formulations to support your wellbeing each and every day.

And, when you purchase a New Roots Herbal product, the benefits go beyond your good health. Our Choose to Care



program donates a portion of every product sold to charities dedicated to protecting, feeding, and caring for people and our planet. From the World Wildlife Fund, to Habitat for Humanity, to Unicef Canada and more, we donated \$124,000 in 2014 to worthwhile causes, and that number will grow every year!

Of course, New Roots Herbal wouldn't be 30 and growing stronger every year without those who have come to trust their health and wellbeing

to us. We'd like to take this opportunity to thank you for your ongoing support and look forward to providing you with the formulations you've grown to trust, as well as innovative new products to ensure you're here to celebrate with us for years to come.

Here's to your health!

Did you know...

- New Roots Herbal is sold in over 8,000 stores around the world

- New Roots Herbal is distributed in more than 11 countries
- We've invested more than 3.2 million dollars to create a laboratory that's the envy of those both inside our industry and out
- Our "Choose To Care" program has donated over \$349,362.23 in the last 5 years, \$124,000 in 2014, and donations will grow every year

Get Social with New Roots Herbal!

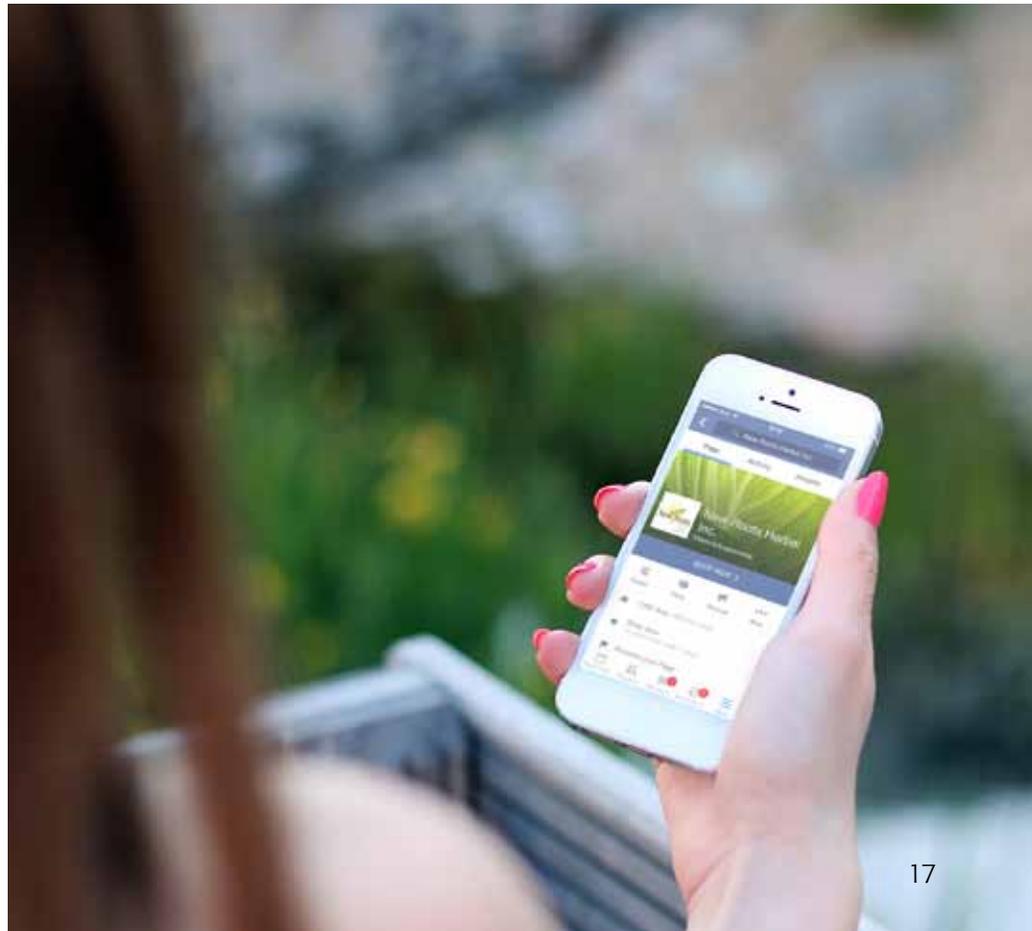
We've officially launched our Twitter profile and shifted gears with our Facebook page. Check us out for the latest New Roots Herbal events and happenings, learn more about how efficient our products are, and discover tips for leading a healthier and happier life. Follow us to stay up-to-date on naturopathic trends, learn about our state-of-the-art laboratory with our #labfacts, get the highlights of the current Natural Facts issue, and try out some of the nutritious (and seriously yummy) recipes on our page. You'll also be the first to find out about our new product launches!

Whether you're sharing your own recipes, or telling us about your experience with a New Roots Herbal product - we'd love to hear from you! Share, like, and

comment on our Facebook and Twitter pages - let's get social!

Twitter: NewRootsHRBL

Facebook: newrootsherbal





Reishi

Reishi, the Multifunctional Nutrient

Mushrooms for edible and therapeutic use are both steeped in folklore and the object of intense scientific research. There exist an estimated five million fungal species, with less than one hundred thousand having been described. With this in mind we've only realized a fraction of the potential benefits of the Fungi Kingdom.

Reishi mushrooms (*Ganoderma lucidum*) rank among the medicinal mushrooms with the longest history of use, all the while boasting an impressive resume of scientific support for effectiveness. Reishi shares many immune system-stimulating and antioxidant properties with the entire family of New Roots Herbal Medicinal Mushrooms; however it also delivers species-specific benefits within its therapeutic spectrum.

Our **Reishi** is hot-water extracted* and concentrated to a validated potency of a minimum 40% polysaccharides. These naturally-occurring compounds stimulate the immune system to defend against bacterial, viral, and parasitic infections. They have additionally been proven to enhance the activity of natural killer (NK) cells within the body to combat the growth

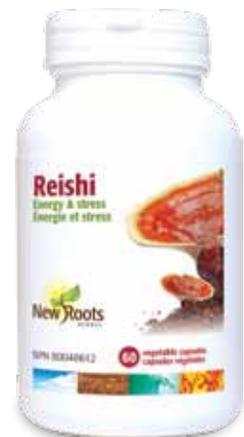


of pathogenic tumour cells. Reishi's constituents also exert antihistamine, antihypertensive, liver-protective, and cholesterol-lowering effects.

Reishi also contains another potent therapeutic component called ganoderic acid. This species-specific organic compound amplifies the antihistamine, antitumour, and liver-protective activity within the mosaic of beneficial compounds found in **Reishi**.

The unique nutritional profile of reishi makes it an excellent therapeutic option for a diverse range of disease and illnesses. It can also serve as an invaluable immune system modulator for preventing their occurrence.

*Hot water extraction is critical for dissolving indigestible cell walls to release their medicinal components intact and bioactive.





Probiotics Recovery: A Gutsy Call!

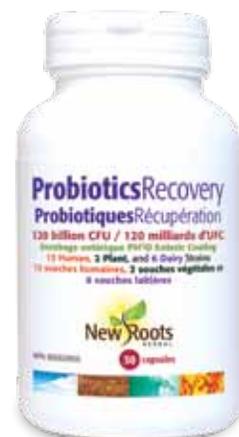
The relationship between a healthy gut (gastrointestinal tract) and great health is clearly established. What's exciting about the science of probiotics is how certain probiotic species benefit specific aspects of health. Probiotic supplements can be formulated for overall health and immunity, or to suit specific needs such as irritable bowel syndrome (IBS), travelers' sickness, and antibiotic associated diarrhea (AAD) to name a few.

In addition to isolating and culturing illness specific probiotic species, high-dose probiotic formulae are

increasingly being employed for acute situations. A specific example being the reestablishment of healthy gut flora following the use of potent, systemic antibiotic drugs. New Roots Herbal's **Probiotic Recovery** occupies a rare niche in the high-dose probiotic category in that it delivers the diverse, synergistic benefits of twenty therapeutic strains, with a population of 120 billion CFU's. The twenty beneficial species in **Probiotic Recovery** include 12 human-sourced strains, 7 dairy-sourced strains, and 1 plant-sourced strain which deliver broad therapeutic benefits throughout the entire gut. They strengthen microflora for enhanced enzyme activity essential for metabolic function and vitamin synthesis, attach to the intestines to stabilize the mucosal lining, and enhance immune performance.

Research has also shown a correlation between age-related deterioration of the immune system and a less varied intestinal microbial community. This reinforces the importance of maintaining a dominant, diverse probiotic population for people of all ages.

Trust your gut, New Roots Herbal's **Probiotic Recovery** delivers the quantity and diversity of intestinal flora critical for excellent health.



Liquid DMSO

Dimethyl Sulfoxide

DMSO is the common name for dimethyl sulfoxide. This unique compound penetrates tissue membranes, the skin in particular. For topical use, this hybrid compound delivers intense, targeted relief from the acute pain and inflammation of arthritis. It also bears long-term benefits with improved fibrin formation, the clotting process essential to wound healing, and better microcirculation critical for the function of all organ systems.

DMSO is a robust antioxidant with the ability to stabilize cell membranes and protect them from free-radical damage. It reduces leakage from injured cells and destroys free radicals that provoke inflammation. DMSO may also serve to promote cartilage formation as breakdown of cartilage is a primary cause of osteoarthritis.

DMSO has been extensively studied for conditions of weight-bearing joints including cartilage deterioration of the knee (gonarthritis). A double-blind placebo-controlled study displayed a reduction of pain intensity during at rest and exertion.

Twelve drops applied three times daily on target areas can definitely improve the quality of life for those suffering from joint pain and limited range of motion.



Clear Sailing with Liquid Melatonin

Melatonin (*N*-acetyl-5-methoxytryptamine) is an endocrine hormone produced by the pineal gland situated within the brain. Its main metabolic role is regulating a healthy circadian rhythm (sleep/wake cycle). The maintenance of a healthy circadian rhythm extends further than a good night's rest; it's also recognized for exerting a positive effect on immune system performance and is being researched for many additional wellness concerns.

Darkness is the cue for melatonin secretion, with peak production between midnight and 2:00 am. Melatonin deficiency is unfortunately common for shift workers and can also prove troublesome for travelers soaring through multiple time zones and coping with "Jet Lag". Melatonin levels also decline gradually with age, which contributes to age-related sleep impairment. Supplementation can reduce the time it takes to fall asleep (sleep onset latency) and can extend the duration of total slumber.

New Roots Herbal's **Liquid Melatonin** has a natural peppermint flavour for a fast-acting therapeutic alternative to tablet form, as you can tailor the dosage to meet individual sleep requirements.

Discover the ease of integrating **Liquid Melatonin** into your routine and see for yourself how fantastic you'll feel following a good night's rest.



Enhance your Health with Organ-Specific Nutrients

Pharmaceutical science is deeply rooted in nature. Whether it's a simple aspirin spawned from the isolation and synthesis of active constituents originally found in white willow bark, or the class of statin drugs isolated from the popular natural nutrient,

red yeast extract. Many popular hormone drugs also have a similar history having been originally isolated from the gland identified as producing and secreting a particular hormone.

Glandular therapy is still a popular therapeutic strategy employed in both Traditional Chinese and Naturopathic medicine, despite the existence of synthetic hormone drugs. The roots of glandular therapy stem from the philosophy that oral ingestion of an animal gland will strengthen the performance of the corresponding gland in humans. The scientific

basis for animal glandulars is that they're a rich source of hormones, hormone precursors, minerals, and organ-specific nutrients in their naturally-occurring form.

New Roots Herbal is excited to introduce two glandular products now available: **PureLiver** and **PureSpleen**, available in convenient capsule form. They're both bovine-sourced from New Zealand-raised, grass-fed cattle, free from pesticides, antibiotics, growth hormones, and bovine spongiform encephalopathy (BSE); they are then freeze-dried to retain freshness and potency.



Liver extract has been researched and used for both chronic hepatitis and liver ailments. It has also been demonstrated to improve fat storage and use, which translates into improved metabolism. It may also promote liver cell regeneration and prevent damage to the liver.

In addition to being an excellent source of organ-specific nutrients, **PureLiver** also contains 3-4 mg of highly bioavailable heme iron per gram of extract. This makes it an

excellent therapeutic option to counteract iron-deficiency anemia.

Spleen extract is a popular therapeutic option for conditions including hyposplenism (impaired spleen function), celiac disease, rheumatoid arthritis, and many other infections. It's also employed for strengthening immune response critical to general health.

Low molecular-weight peptides within spleen extract have also

been shown to enhance the activity of natural killer-cell activity for additional protection from disease and infection.

The spleen is integral to lymphatic performance, it also filters the blood, removes old red blood cells, and recycles iron. Supplementing with **PureSpleen** can definitely improve your immunity, energy, and overall health.

Mason Jar Salads

Lighten Up for Lunch



submitted by
Joanna McDonald
joannamcdonald.ca

It's that time of year again... New beginnings, back-to-normal routines, and time is in "fast-forward" from the lazy, slower days of summer. This fall, making lunch is easy, quick, and healthy so you are able to keep that "peaceful, easy feeling" right on into September.

In the next page, you will find some great salad ideas to mix and match depending on your mood, or to appease the individual tastes of your family. You will notice four different selections designed to get you started; the key to this is to have fun! Allow your creativity to make different combinations with flavours, textures, and colours. I find this is a great way to use up veggies in the fridge or sometimes, barbecue leftovers.

A Mason jar is a terrific choice for a salad container because:

- It helps to keep salads layered, maintaining the freshness of all the ingredients until lunch hour
- It's convenient to take on the road, to the office or to school, without leaking vinaigrette all over you, your car or lunch bag
- It will hold your entire lunch in one jar, removing the need for



- additional, messy containers
- It can act as a dish or bowl for on-the-go lunches or picnics
- It's healthier than harmful plastic containers for us, and the environment

To make a Mason jar salad, here's what you'll need:

- 1 mason jar (16 ounces or 2 cups)
- Desired ingredients (next page)

How to make your salad:

- Depending on the salad you choose, add the ingredients

into your jar following the steps indicated below. Always place the heavier items towards the bottom of the jar, keeping the lighter items from being squished and soggy

- Always blend your vinaigrette in a separate bowl first before adding it into the jar
- Amounts are approximate depending on personal preference and desired portion or appetite size
- For allergies and different diets, alternatives and options are also listed

	Mexican	Canadian	Asian	Greek
Step 1: Vinaigrette	<ul style="list-style-type: none"> • 2 tbsp. salsa • 1 tbsp. Greek yogurt • 1 tsp. fresh lime juice • ¼ tsp. minced garlic • Salt and pepper to taste 	<ul style="list-style-type: none"> • 2 tbsp. mayonnaise • ¼ tsp. minced garlic • ¼ tsp. apple cider vinegar • ¼ tsp. Dijon mustard • Salt and pepper to taste 	<ul style="list-style-type: none"> • 3 tbsp. lime juice • 2 tbsp. fish sauce • 1 tbsp. oil • 1 tsp. sugar • ½ tsp. hot pepper, minced • ¼ tsp. lime zest • Salt and pepper to taste 	<ul style="list-style-type: none"> • 2 tbsp. olive oil • ½ tsp. red wine vinegar • ¼ tsp. oregano • Salt and pepper to taste
Step 2: Grains and Rice	¾ cup brown rice, wild rice, or quinoa	¾ cup boiled & cooled nugget potatoes, diced	¾ cup cooked rice noodles at room temperature	¾ cup chickpeas or cooked lentils
Step 3: Protein	½ cup cooked, cooled, and diced chicken breast	1 boiled egg, cooled and coarsely chopped	<ul style="list-style-type: none"> • ½ cup cooked shrimp, chopped • 2 tbsp. peanuts, chopped 	<ul style="list-style-type: none"> • ¼ cup crumbled Feta cheese • 2 tbsp. sunflower seeds
Step 4: Veggies	Handful of each: <ul style="list-style-type: none"> • Diced cilantro • Kernel corn • Diced peppers • Diced red onion • Red beans 	Handful of each: <ul style="list-style-type: none"> • Sliced chives • Diced red pepper • Diced tomato • Diced avocado • Diced cucumber 	Handful of each: <ul style="list-style-type: none"> • Chopped mint • Sliced mango • Diced red pepper • Sliced carrots • Sliced green onion 	Handful of each: <ul style="list-style-type: none"> • Cherry tomatoes • Green peppers • Cucumbers • Olives • Red onion
Step 5: Lettuce	½ cup mixed greens	½ cup kale, shredded	½ cup Bok Choy cabbage, shredded	½ cup Romaine, chopped
Allergy Info	<ul style="list-style-type: none"> • Gluten-Free • Nut-Free 	<ul style="list-style-type: none"> • Gluten-Free • Dairy-Free • Vegetarian 	<ul style="list-style-type: none"> • Dairy-Free 	<ul style="list-style-type: none"> • Gluten-Free • Vegetarian • Nut-Free
Alternatives and Options	<ul style="list-style-type: none"> • Guacamole • Shredded cheddar cheese 	<ul style="list-style-type: none"> • Crumbled bacon • Mini corn cobs 	<ul style="list-style-type: none"> • Cashews or pumpkin seeds • Grated fresh ginger 	<ul style="list-style-type: none"> • Cooked chicken breast • Sliced artichokes

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

Old-Fashioned Gluten-Free Pancakes



submitted by
Theresa Nicassio
yumfoodforliving.com

Photo by
Alejandra Aguirre

If your family is like mine, you know how sacred pancakes can be! Only a fluffy, tender, and delicious-tasting pancake will do to fill the craving for this favourite comfort food. While this recipe is extremely simple to make, getting it just right took far too many renditions to count-but every bit of the time it took was

worth the delicious result. No one needs to be disappointed anymore!

Dry Ingredients

- 1¾ c. Bob's Red Mill or favourite gluten-free all-purpose flour
- 2 tsp. baking powder
- ½ tsp. New Roots Herbal's Stevia Sugar Spoonable (omit if using syrup or nectar as below)
- ½ tsp. Himalayan salt

Wet Ingredients

- 1 c. mashed banana
- 2 tbsp. maple syrup, coconut nectar, or favourite syrup (omit if using Stevia Sugar Spoonable as above)
- 1¼-1½ c. non-dairy milk, water, or juice (if using juice, omit either the syrup or stevia)

- ½ tsp. vanilla extract or to taste
- Favourite cooking oil for oiling the skillet

Instructions

In a medium bowl, stir together the dry ingredients. In a separate bowl, whisk together the wet ingredients. Add the wet mixture to the dry and mix together until just combined. Over medium-low heat, heat the oil in a skillet until it becomes more liquid, then spoon about 2 tbsp. of the batter per pancake into the pan. Flip when the bottoms are golden brown and cook the other side. Optional garnishes can be added during cooking or when served. Makes 8-10 pancakes.

Optional Garnishes

Applesauce, syrup, jam, blueberries, raspberries, strawberries, nuts or seeds, chocolate chips.



Photo by Theresa Nicassio



Endurance Energy Source



submitted by
Reid and Gordon Raza

This no-bake source of energy and nutrition “a la carte” is easy to prepare and keeps well refrigerated for a week or frozen for months.

Ingredients

- 1½ c. rolled oats
- ½ c. roasted cashews (diced)
- 1 c. tightly packed pitted dates (honey or medjool will do)
- 2 tbsp. chia seeds

- 2 tbsp. ground flax
- 2 tbsp. sunflower seeds (roasted, raw, or salted)
- 2 tbsp. hemp hearts (seeds)
- ¼ c. maple syrup or honey
- ¼ c. New Roots Herbal’s MCT Energy
- ½ c. nonhydrogenated almond butter
- 2 pinches of New Roots Herbal’s Smooth Stevia (approximately 100 mg)

Instructions

Bake oats at 350 °F for around 15 minutes or until golden brown.

Dice (process) dates until they’re like a rough paste.

Combine all dry ingredients, mix thoroughly, add dates, and mix until uniform in consistency.

Heat almond butter, maple syrup, and MCT Energy gently

until homogenous. Add to bowl of other ingredients and mix completely.

Roll tightly in parchment paper to have about a one-inch diameter roll and place in freezer for about an hour.

Keep in freezer for freshness and cut sushi-style for convenient snack-size portions.

The calorie count for the ingredients is close to 3000, which translates into 30 convenient 100-calorie portions.

Photo by Marie-Jo Mercier

Do You Eat GMOs?



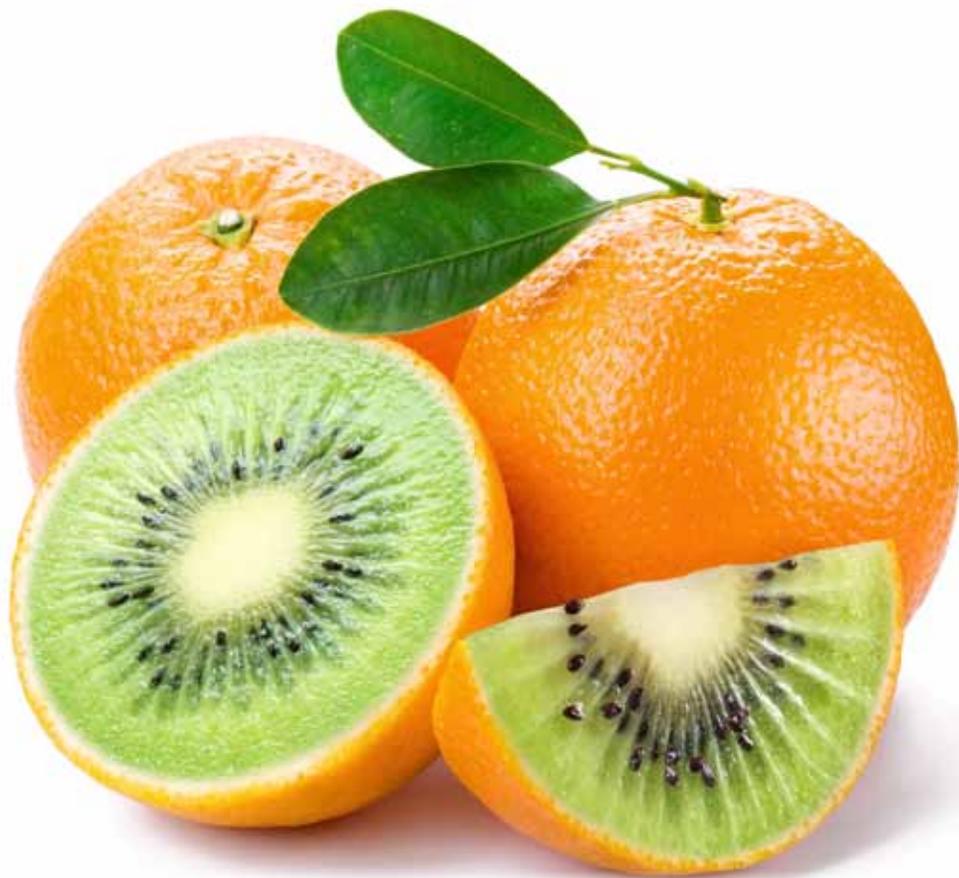
by Thibault Rehn
Vigilance OGM's
Coordinator
vigilanceogm.org

A simple question, but harder to answer since our provincial and federal governments always refuse us our fundamental right to information: the mandatory labeling of GMOs. However, I do have some good news for you and also a few tips to better understand this matter.

Lack of Transparency

In 2015, 20 years after the acceptance of the first genetically modified organisms (GMOs) in Canada, the lack of available data in terms of these crops in our fields and on our plates is problematic. Globally, Canada is an exception since it is part of the 5 countries alone that produce 90% of GMOs. This means that this technology is rejected by the vast majority of countries worldwide.

Vigilance OGM and the Canadian Biotechnology Action Network (CBAN) are the only Canadian organizations to analyze the results of GMOs after 20 years in Canada. That is why the participatory project GMO Inquiry 2015 (gmoinquiry.ca) was launched at the beginning of the year, in which we want to answer



the following questions:

1. Where are the GMOs?
2. Are GMO cultures beneficial to the environment?
3. Are GMO cultures beneficial to consumers?
4. Are GMO cultures beneficial to farmers?
5. Are GMO regulations in Canada any good?
6. Are GMOs feeding the world?

We should know more by the end of the year if GMO farming is the direction to go for another 20 years.

Good News

Yes, we think there is good news in this file. In fact, the lack of information - even misinformation - conveyed through certain medias leaves us

to think that *everything is GMO*. Fortunately, we are far away from this situation. There are only four GMO cultures that dominate 99% of the global production: corn, canola, soy, and cotton; and in Canada, we cultivate the first three with some sweet beets.

Therefore, they have a limited presence in our food. These GMOs are mainly used to feed animals. Cows, pigs, or poultry destined to a non organic food production (dairy products, eggs, cold cuts, cooked meals, etc.) are generally nourished with transgenic corn or soy.

Chips, pre-made meals, and other processed products very often contain derivatives of canola, soy, or corn. Taking into account the important proportion of GMOs in these three cultures,

their derived products are then probably issued from these same GMO cultures.

In conclusion, GMO fruits or vegetables aren't found in your groceries, if we exclude a low percentage of sweet corn and papayas from Hawaii. This positive "observation" is due to a citizen mobilization which has been on-going for many years around the world and has allowed to halt projects such as GMO rice, GMO wheat, GMO pork, and many more.

Tips

Now that you know where GMOs are, here are a few tips to avoid them:

- Cook with fresh products, since they are not genetically modified (with a few rare exceptions)
- Favour certified organic foods in terms of milk, eggs, and meat
- Also avoid non-organic processed foods containing soy, canola, or corn

These small individual gestures are very important, but shouldn't eclipse the importance of collective actions. It is increasingly clear that it is in a solidarity and collective movement that we will get to shape our agriculture towards a more sustainable model, better for our health and the environment. Actions as simple as sharing (by phone, e-mail, or in person) your concerns



and your position towards GMOs with those elected, the stores where you shop, and the companies you buy your products from. You can also support an organism such as Vigilance OGM, whose mission is to inform and teach the people the issues and risks associated to biotechnologies, as well as to promote and encourage agricultural approaches and researches which are respectful

to the environment, such as organic and non-GMO agriculture.

So, when you hear about GMOs being all around us, take the time to raise the awareness of that person by revising the facts. We eat three times a day, this subject is then too important to not get involved. We each have a role to play to insure the quality of what's in our plates.

Biography

Thibault Rehn has an engineering degree specializing in environmental issues. He is an eco-activist that wishes to encourage people to become agents of change. He is actively involved in the GMO file since over four years as secretary for Vigilance OGM, then as coordinator. He worked for seven years with Greenpeace Quebec in various positions, such as volunteer coordinator.

Vigilance OGM

It is a non-profit organization made of groups and individuals of different horizons: farmers, environmentalists, consumers, citizens, all concerned with what we put on our plates on a daily basis and the impact of our production methods on human and environmental health. Vigilance OGM aims to bring together all those opposed to genetically modified organisms (GMOs) to create a strong network between the different groups and as such, work together in certain campaigns. This network particularly facilitates the exchange of information and coordinates actions for a future without GMOs.
vigilanceogm.org

Prepare Your Skin

Citrus Scrub for Feet and Elbows



submitted by
Joanna McDonald
joannamcdonald.ca

Prepare for the upcoming colder weather with a super-simple and quick, do-it-yourself body scrub. Easily energize your circulation, make your skin feel fantastic, and treat yourself to aromatherapy in under 30 minutes with only 4 ingredients.

Ingredients

- 1 tbsp. coconut oil
- 1½ tbsp. sea salt
- 1 tsp. grated lemon peel
- 1 tsp. orange or lemon juice

Instructions

Mix all ingredients in a mason jar or container with a lid and let the mixture stand for 10 minutes.

With your fingers, gently



massage scrub on your feet or elbows in a circular motion. Rinse with warm water and pat dry with a paper towel (oil may stain cloth towels).

Considerations

- Keep away from eyes and sensitive body parts
- Store in a sealed container and use within 2 weeks
- Do not ingest recipe
- If allergic to coconut, simply replace oil with olive or grape seed oils

- 1 drop of either lemon or orange essential oils may also be used if desired. Please use caution and check with your health care provider before using essential oils

Top 5 Benefits

- Gentle exfoliation of the skin, our body's largest organ
- All-natural
- Inexpensive
- Easy to make
- Harmless to the environment, pets, and children



Did You Know...

In the same manner that vintages of wine reflect their terroir (soil, topography, and climate), organically-grown nutrients – including the berries that our rosehip seed oil are cold-pressed from – will reflect seasonal variations in climate. Our Chilean certified organic RosaMosqueta Seed Oil was harvested later than usual this spring due to the trio of volcanic eruptions of the Calbuco Volcano of the Patagonian Mountain Range. The delayed harvest has loaned an earthier aroma to the current batch of rosehip. Rest assured, it still possesses the unique fatty acid profile that contributes to healthy, vibrant, and youthful-looking skin.



OXFAM
Québec

A just, equal world without poverty. This is an ambitious and inspiring vision that, through Oxfam Quebec, is not a utopian dream but a network of action that progresses each day.

The mission of this organization is to strengthen the partners and colleagues of developing countries in designing and implementing sustainable solutions to poverty and injustice. Whether through fundraising, recruitment, or simply working to change ideas, beliefs and behaviors, Oxfam Quebec mobilizes the people of Quebec to allow the expression of its solidarity.

Oxfam Quebec consists of a group of organizations whose common purpose is to take action to help people in developing countries. Every year it carries more than 150 projects, each more diverse than the other. Whether it's for emergency humanitarian aid, fair trade coffee around the world, access to clean water in Peru, to reduce violence against women in Bolivia or to contribute to the reduction of human traffick in Vietnam, Oxfam Quebec is never short of projects.

Moreover, they have managed to create a model of sustainable intergenerational mobilization

by investing in young people from here and elsewhere, by developing several projects that include young Quebecers and young people worldwide. New Roots Herbal has chosen to help Oxfam Quebec for their importance in the future of global equity. You can also help ensure a brighter future for the developing countries by getting involved in one of the many Oxfam networks, by donating directly to the foundation, or simply by purchasing a New Roots Herbal product.

Other Supported Organizations

choosetocare.ca



© 1986 Panda symbol WWF-World Wide Fund For Nature (also known as World Wildlife Fund).
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Heme Iron

Pumping Iron

Pardon the body building reference, however iron intake is critical for general health, stamina, and endurance for people of all ages. Individual requirements depend upon many variables including age and gender, as well as menstrual and pregnancy status. In fact, iron is among the more polarizing minerals regarding its addition to foods, inclusion or exclusion in supplements, or whether it's safer to obtain sufficient iron through a healthy diet.

Iron supplementation, unlike vitamin A supplementation, is generally required to compensate for a recognized deficiency. New Roots Herbal's **Hemelron** is the best form of iron supplementation for a variety of reasons. It's the same polypeptide form found in red

meat and poultry, which is easily recognized and absorbed within the small intestine. **Hemelron** also does not lead to the frequent side effects of constipation, cramping, and nausea often associated with elemental form of iron such as ferrous fumarate, sulfate, or gluconate.

Once absorbed, this highly bioavailable form of iron becomes the structural scaffolding for hemoglobin. This specialized protein within blood binds to oxygen within the lungs for use in cellular respiration throughout the entire body. Hemoglobin also

binds to CO₂, a waste product of cellular metabolism, and carries it to the lungs for exhalation. This completes the process of aerobic respiration central to life, energy, and vitality.

New Roots Herbal's **Hemelron** is formulated with a full spectrum of complimentary nutrients. It contains vitamin C to enhance intestinal iron absorption, with the biologically active forms of folic acid (methyl folate) and vitamin B₁₂ (methylcobalamin) included as critical cofactors for hemoglobin synthesis. Our premium formula will energize every cell, tissue, and organ system throughout your body for better strength, stamina, and overall wellbeing.



Our children's line fills in all the nutritional gaps.

Junior New Roots

Junior New Roots offers the nourishment children need to grow up strong and healthy.

- Children's **Probiotic** is an ultraconcentrated formula containing 12 strains **including the most important probiotics for children: *B. infantis* and *L. reuteri***. It strengthens the immune system and resistance to diarrhea, while maintaining healthy digestion.
- Our Children's **Omega-3** provides the correct 2:1 ratio of EPA to DHA that helps brain development and addresses ADHD symptoms.
- Children's **Multi**, formulated by recognized NDs, gives children the correct selection and dose of vitamins, minerals, and nutrients. This great-tasting, convenient powder can be mixed with water, juice, apple sauce, yogurt, and more!



 Prevention & Cure® since 1985

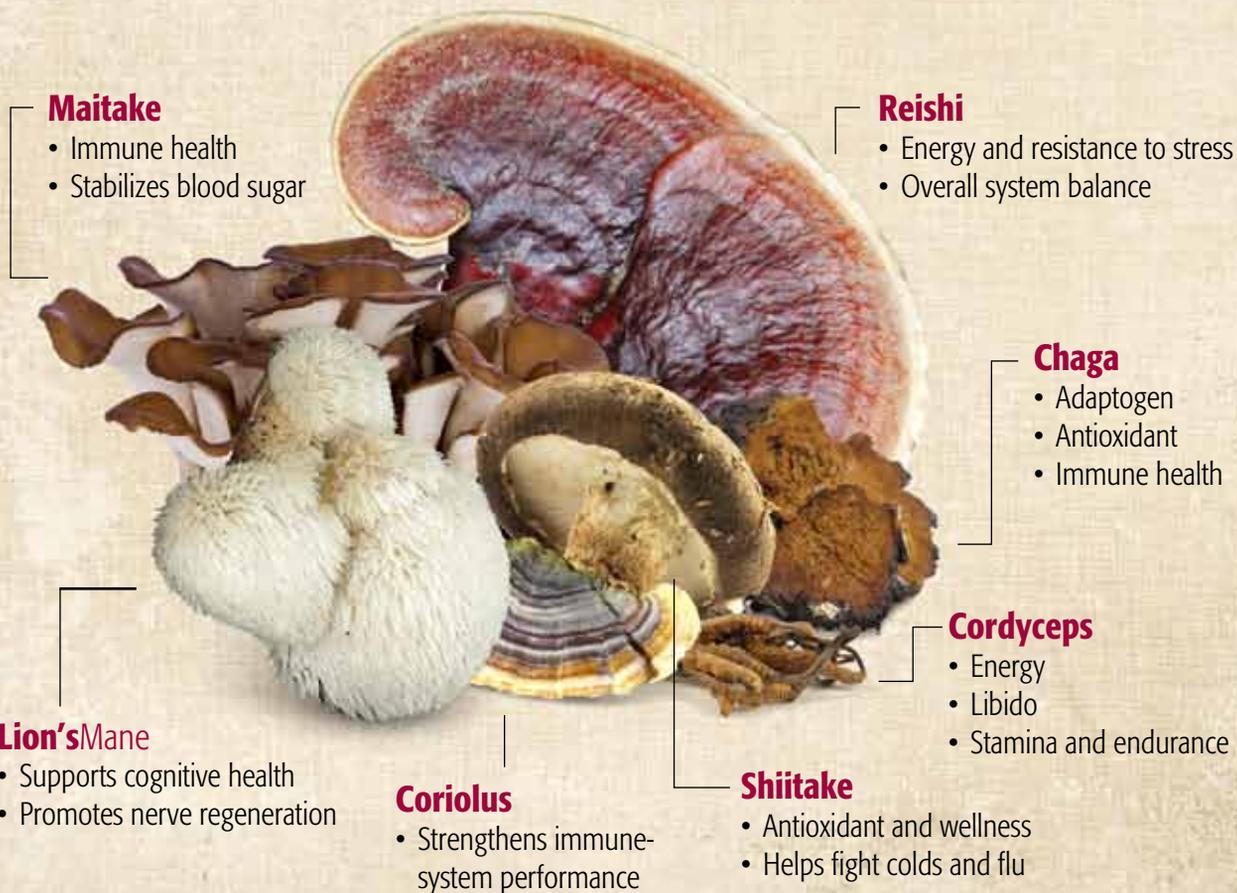


- Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs
- All our products are non-GMO

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New Roots Herbal Medicinal Mushrooms



Sustainably grown and fully tested

New Roots Herbal employs hot-water extraction to maximize polysaccharide and *beta*-glucan content. The result is a potent, effective product of the highest quality, standardized to 40% polysaccharides.

Active constituents are not useable if hot-water extraction is not performed.

Resilience

- Increases energy, stamina, resistance to stress and immunity



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