Flourish

HEALTHY BODY, MIND, AND SPIRIT

Why Vitamin B_6 Deserves the Buzz

Declared Versus Certified

Why cGMP Is Critical

The New Midlife (Belly) Crisis

Rethinking Menopausal Weight Gain

Vol. 10, No. 4 · Free
Autumn 2026

New Roots HERBAL

Emphasis on Quality

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

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

Our products are manufactured in Canada

Our production facility is cGMP certified by an independent third party

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

Finished products go through a process of detection for unwanted metals

New Roots Herbal is proud to employ another 19 scientists in Quality Assurance and Quality Control, as well as 6 scientists in Regulatory Affairs.

We focus on safety and quality, so you don't need to.
Can other brands certify the same?

Take a tour of the lab

Editor's Letter

Last week, standing in the grocery aisle, I found myself checking labels for the Made in Canada symbol. It's become second nature these days. But as I was placing it in my cart, a new thought stopped me: How did this get here?

I don't mean on the shelf, but everything before that. The people who grew and harvested it, packaged it, tested it for quality, and delivered it, long before it ever reached my cart. We rarely think about them. We might be impressed by the packaging, and we certainly enjoy the meal. But how often do we stop to think of the long, quiet chain of people who got it there—people who will never take a bow.

Call them silent heroes, if you like. Whatever the name, they're the reason quality products actually reach our hands. And in a country like ours, many of those hands belong to fellow Canadians, quietly keeping our industries working, our communities employed, and our economy strong.

So, the next time you check a label, take a moment to consider everyone who made it possible. Because we all *Flourish* a little more when we recognize the many hands that help us.

Happy reading!

Sophia Golanowski, BCom, MBA
Editor-in-Chief

Flourish

Flourish magazine is published quarterly and distributed throughout Canada.

Editor-in-Chief
Sophia Golanowski

Assistant Editor
Mélissa Thibodeau

Scientific Content Editor
Annick Moffatt

Graphic Designer
Cédric Primeau

Translation/Revision
Pierre Paquette • Cédric Primeau

Advertising Sales
Sophia Golanowski, BCom, MBA
1 800 268-9486 ext. 266
golanowskis@flourishbodyandmind.com

Legal Deposit: Library and Archives Canada
Legal Deposit: Bibliothèque et Archives Nationales du Québec
ISSN 2371-5693 (Print Version)
ISSN 2371-5707 (Online Version)

Recipe Contributors

Krystle Lussier

Article and Ask an Expert Contributors

Kim Abog, ND
Dr. Kim Abog helps people thrive navigating their reproductive-health journey: periods, transitions, fertility, pregnancy, postpartum, and beyond.

Wendy Presant, RHNC, CFMP
A former nurse, retired naturopathic doctor, and recent author, she is passionate about helping people optimize their journey through life.

Danyelle Lachowich, ND
A licensed naturopathic doctor who provides personalized naturopathic care, specializing in integrative oncology, mental health, and preventative wellness.

Peter F. Wilkes
A natural medicine advocate and entrepreneur, he founded New Roots Herbal and N.H.P. Laboratories, advancing quality, innovation, and natural health.

Annick Moffatt, ND
With more than 20 years of experience in the health domain, she brings a holistic approach to health problems.

Table of Contents

07 **Declared Versus Certified**
Why cGMP Is Critical

11 **Curcumin: Small Amount, Big Interest**

15 **The New Midlife (Belly) Crisis**
Rethinking Menopausal Weight Gain

21 **Your Microbiome at Work**
A Healthy Gut Takes Teamwork

25 **Why Vitamin B_6 Deserves the Buzz**

31 **Not All Oregano Is Created Equal**

32 **Culinary Corner**

37 **One Tiny Berry, Two Very Different Oils**

38 **Ask an Expert**

© 2026, Naturopathic Currents Inc. All rights reserved. The information contained in this magazine is provided for informational purposes only and does not constitute medical or other professional advice or opinion of any kind. The information contained in this magazine is not intended to diagnose, treat, suggest a course of treatment, cure, or prevent any disease, condition, infection, malady, or illness of any kind. Readers are advised to seek medical advice by contacting their health-care practitioner regarding any specific diagnosis or treatment. Naturopathic Currents Inc. does not warrant nor guarantee the quality, accuracy, or completeness of any information contained in this magazine and completely disclaims all liability arising from or in any way connected with any such use.

The content of this magazine may not be reproduced without written authorization. *Flourish* magazine declines all responsibility concerning the ad content published in its pages. Opinions expressed in the articles are not necessarily shared by Naturopathic Currents Inc., *Flourish* editor, or other *Flourish* contributors. *Flourish* magazine is the exclusive property of Naturopathic Currents Inc.

NEED A REST FROM STRESS?

FIND OUT WHICH FITS YOUR NEEDS

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

ND Approved

NON GMO

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

New Roots HERBAL

newrootsherbal.com

To ensure these products are right for you, always read and follow label directions.

Congratulations to Our Winner!

In our last issue, we asked you to fill out a survey so that we can keep giving you the content you want to see in *Flourish*. Your comments and insights are important to us, and as a thank-you for participating, we offered one respondent a selection of New Roots Herbal products.

Our winner is
Anita M.
from
Barrie, Ontario.

Be on the lookout for our next contest for a chance to win New Roots Herbal products!

SEE THE DIFFERENCE!

PROTECTING PROBIOTICS IS KEY

All Uncoated Capsules

GPS™ Enteric-Coated Capsules

Dissolve in Stomach Acid

Survive Stomach Acid

Destroying **80%+** of Probiotic Benefits

Deliver **100%** of Probiotic Benefits as Promised on the Label

FIND THE RIGHT ONE FOR YOU

Probiotics Only Benefit You if They Are Alive

GPS™ Enteric-Coated Capsules Are Tested and Proven to Fully Protect Probiotics from Harsh Stomach Acid That Kills Probiotics

WHICH WILL YOU CHOOSE?

GPS™ = Gastric Protective System

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

Declared Versus Certified

Why cGMP Is Critical

by Peter F. Wilkes

Anyone Can Say They Follow or Surpass GMP Guidelines—But How Do You Prove It?

When you have been manufacturing natural health products for over four decades, you learn that quality is rarely about one dramatic decision. It is built through hundreds of smaller ones:

- Where did this ingredient come from?
- Was it properly identified?
- Does it meet our specifications?
- Was the correct amount weighed?
- Was the equipment properly cleaned?
- Was the process documented?
- Did the finished product pass testing before it was released?

Most consumers will never see those decisions being made. But they matter enormously to us, here at New Roots Herbal. And there is a simple analogy I often use to explain why.

Would You Buy a House without a Certified Inspection?

Most of us know someone who has had a bad experience with a contractor. The house looks beautiful when it is finished. The walls are freshly painted. The new kitchen shines. The contractor assures you that the electrical work was done correctly, the plumbing meets code, and everything behind those walls is exactly as it should be. But you cannot see behind the drywall. So, whose word do you take? There is a big difference between a contractor saying: "I followed the rules" and having a certified independent inspector examine the work while the walls were open and guarantee that the standards were really met. That is why certified building inspections give homeowners confidence. And it is one of the easiest ways I can explain how we view Good Manufacturing Practices and cGMP certification.

Saying You Are Following a High Standard Versus Proving It, Year after Year

Good Manufacturing Practices (GMP) are designed to establish many disciplined systems controlling how products are manufactured, documented, and released. A company can establish procedures and declare that they follow or surpass GMP. But without impartial, external certification—meaning all your records and all your procedures get examined every year—what does the declaration really mean?

New Roots Herbal was following—even exceeding—GMP standards for years. But we wanted to go further. We already had experienced people, including a Quality Control / Quality Assurance team (QC/QA) where 88% hold at least a bachelor's degree. We had detailed procedures, extensive quality controls, and something I consider equally important, namely a

New Roots HERBAL

GREAT-LOOKING SKIN STARTS FROM WITHIN

- Results in 28 days!
- Contains 6% elastin
- Clinically validated

LEARN MORE

Made in Canada
cGMP CERTIFIED
ND Approved
NON GMO
TESTED IN AN ISO 17025 ACCREDITED LABORATORY
CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

To ensure these products are right for you, always read and follow label directions.

company culture in which doing things properly matters. Quality was not a new initiative we needed to create for an audit. It was already how our employees worked. Eventually, that led us to ask a very straightforward question: If we believed so strongly in the systems we had built, why not put them to the test? So, we did.

We pursued Current Good Manufacturing Practices (cGMP) certification and opened our manufacturing operation to a rigorous assessment:

- Our facility was inspected.
- Our documentation was examined.
- Our procedures and quality controls were scrutinized.

And we passed on our first attempt. I am proud of that achievement, but perhaps not for the reason you might expect. The certificate itself matters, but what matters even more is what had to exist behind it: a solid professional foundation.

Preexisting Quality Control

Stringent quality-control measures had to be built into the process. You cannot inspect the quality of a product at the very end. It needs to begin before manufacturing even starts. At New Roots Herbal, quality-control oversight begins with raw materials and continues throughout production and finished-product release. Our current manufacturing process includes steps for raw-material verification and quarantine, in-process controls, bottling and labelling, final-product quarantine, and quality-control analysis before release. Our team of quality-control and quality-assurance specialists oversees these processes, sending ingredients and finished products to be tested in an on-site, independently managed ISO 17025–accredited laboratory—the highest, strictest accreditation standard for analytical laboratories.

Some companies state they only buy from trusted suppliers. While we appreciate good suppliers, we don't trust them blindly. We always test everything they send us. First, we test their sample. If it meets our expectation, we place a full order. When the full shipment arrives, we test it again, in full.

Those details may sound technical, but the philosophy behind them is very simple: Trust is stronger when it can be verified. When you pick up a bottle of vitamins, probiotics, herbal extracts, minerals, or another natural health product, there is a great deal you cannot see.

You cannot look at a capsule and determine the identity of every raw material.

You cannot judge potency by looking at a powder.

You cannot see the manufacturing records, testing results, cleaning procedures, or quality systems that preceded that finished bottle.

Much like the wiring or plumbing behind the wall of a new home, much of what determines quality is hidden from view. That makes accountability particularly important.

Certification Is Not the Finish Line

I also do not believe certification means a company gets to congratulate itself and stop improving. The "c" in cGMP stands for current: For us, that extra word matters. Manufacturing technology accelerates. Analytical testing improves. Scientific knowledge advances. Equipment evolves. Expectations rise. A serious quality system must keep pace with these changes.

That mindset is reflected in our continued investment in manufacturing, testing, technology, and quality assurance. New Roots Herbal describes its facility as a certified cGMP manufacturing operation, with quality controls extending from incoming raw materials through finished products. And that is the standard we intend to keep building on.

Why This Matters to You

Consumers should not need to become manufacturing experts to choose a natural health product. But I do believe you deserve to know what stands behind the name on the bottle. When we say quality matters at New Roots Herbal, we do not want you to simply accept that because we said it. We chose to have our systems assessed. We chose accountability. We chose to demonstrate that the manufacturing standards we talk about are standards we are prepared to be measured against. Because after more than 40 years in the natural-health industry, one principle has remained remarkably simple: What is inside the bottle matters.

Anyone can say they follow GMP.
We have the certification to prove it.

Peter F. Wilkes

A Montréal native and natural-medicine advocate, he has built a distinguished career in natural products, founding successful ventures including New Roots Herbal and NHP Laboratories. He remains committed to developing innovative, high-quality products that support evolving health-care needs in Canada and beyond.

New Roots HERBAL

CHRONIC BRONCHITIS RELIEF

- Helps relieve lingering symptoms such as chronic cough, excess mucus, wheezing, etc.
- Therapeutic support from clinically studied ingredients

LEARN MORE

Made in Canada
CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED
ND Approved
NON GMO
TESTED IN AN ISO 17025 ACCREDITED LABORATORY
CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

To ensure these products are right for you, always read and follow label directions.

YOU CAN DO MORE WHEN YOU HAVE STRONG BONES

New Roots HERBAL

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

newrootsherbal.com

To ensure these products are right for you, always read and follow label directions.

Did You Know?

Curcumin

Small Amount, Big Interest

Turmeric may be famous for its golden colour, but its best-known active compounds, curcuminoids, make up only about 3–5% of the root.

And curcumin comes with another challenge: it is poorly absorbed on its own. In one human study, pairing 2 g of curcumin with 20 mg of piperine, a compound from black pepper, increased its bioavailability by approximately 2,000%.

Why all the interest? Curcumin's antioxidant and anti-inflammatory actions have made it the subject of extensive research, including studies on joint comfort and mobility. Research also suggests curcumin can reach the brain, crossing the protective blood–brain barrier, which has sparked growing interest in its potential role in brain and cognitive health.

From joints to the brain, curcumin is a good reminder that with botanicals, how much reaches its destination can matter as much as how much you take.

Scan to read a curated article to expand your insights on inflammation.

Combatting Winter Aches, Pains, and Injuries

by Kaitlyn Richardson, ND, HbSc

New Roots HERBAL

MANAGE YOUR CHOLESTEROL

- Lowers bad LDL and maintains healthy HDL
- Contains 350 mg of plant sterols plus organic flaxseed oil, a plant-based omega-3 source

LEARN MORE

Made in Canada

cGMP CERTIFIED

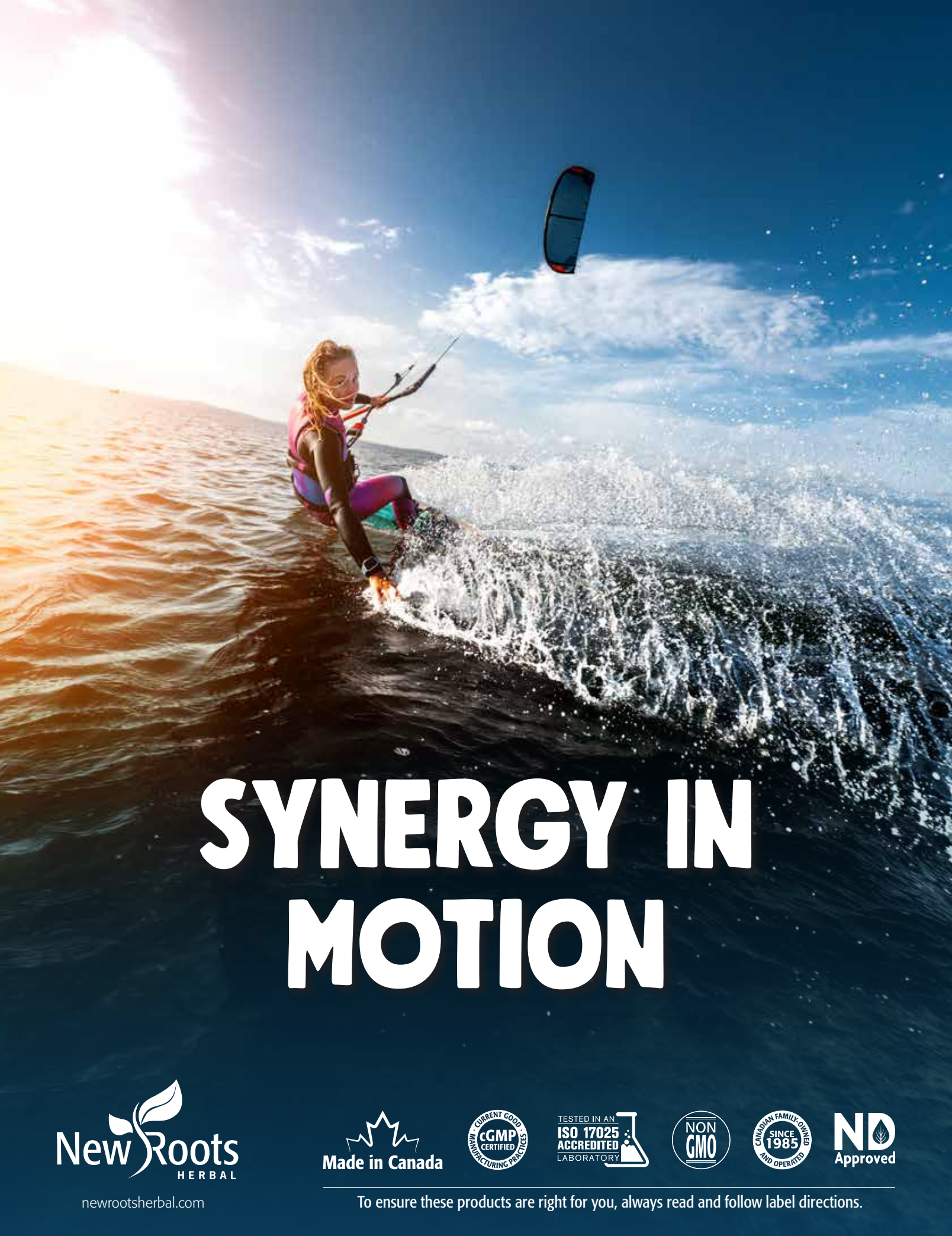
ND Approved

NON GMO

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

To ensure these products are right for you, always read and follow label directions.


SYNERGY IN MOTION
New Roots HERBAL
newrootsherbal.com
Made in Canada
CURRENT GOOD MANUFACTURING PRACTICES
cGMP CERTIFIED
TESTED IN AN ISO 17025 ACCREDITED LABORATORY
NON GMO
CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985
ND Approved
To ensure these products are right for you, always read and follow label directions.

YOUR BODY IN MOTION STARTS WITH ENERGY IN MOTION

TARGETED SUPPORT, ACTIVE FORMS

FULL-SPECTRUM B-VITAMIN SUPPORT

ADVANCED DAILY FORMULA THAT GO THE DISTANCE

FIND YOUR EDGE:

REWRITE THE RULES FOR AGING

YOU HAVE THE POWER TO CHOOSE

LEARN MORE

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

The New Midlife (Belly) Crisis

Rethinking Menopausal Weight Gain

by Kim Abog, ND

Your POV: Menopause is just around the corner, and everything you thought you knew about weight management suddenly seems less straightforward. For most of your life, you have been told that weight loss comes down to one golden rule: calories in v. calories out. So, you have cut back on carbohydrates, you have added more protein to your meals and snacks, you are committed to exercising regularly, and you even made stress management a priority. Yet, the stubborn belly fat is still not coming off. Why?

Menopause and the Hormonal Juggling Act

While the thought can be hard to avoid, it is important to know that your body is not broken. Many factors—such as hormonal fluctuations, lifestyle changes, aging, stress, and more—can affect weight and fat distribution, especially in a hormonally dynamic time such as perimenopause or menopause.

Estrogen and Progesterone

Estrogen and progesterone are two main hormones produced by the ovaries and that are primarily involved in the menstrual cycle. What some people may not realize is that these ovarian hormones also have a significant influence on metabolism. As estrogen and progesterone levels begin to decline in perimenopause and remain low after menopause, metabolic rate decreases. There is also a relative predominance of androgens (i.e., testosterone) during this time, as they are no longer opposed to the same degree by estrogen and progesterone. These hormonal fluctuations set the stage for obesity. Fat distribution can also shift towards the abdomen or midsection. The transition from perimenopause to menopause then to postmenopause is associated with an average weight gain ranging from 2 to 5 kg.

Another hormone, called follicle-stimulating hormone (FSH) and which is involved in menstrual-cycle regulation, conversely rises in menopause. The FSH level increase in menopause seems to have an independent effect on metabolism. Estrogen does not fully suppress FSH, so this may explain why estrogen therapy alone may not fully mitigate fat changes in menopause.

Insulin

Insulin sensitivity can decrease during perimenopause, making some people more prone to higher insulin levels and becoming insulin-resistant. Insulin is a hormone that acts like an energy storage switch. When you eat, carbohydrates are broken down into glucose (sugar), and your blood-glucose levels rise. Insulin is then produced by the pancreas to help your cells and tissues take up the glucose and convert it into usable energy. When there is more energy consumed than what your body immediately needs, insulin

helps to store the extra glucose for later use as glycogen in the liver and muscles, or, when energy intake exceeds storage needs, it turns it into fat.

The metabolic effect of decreased estrogen levels during perimenopause may contribute to increased abdominal fat, which in turn is associated with reduced insulin sensitivity and increased inflammation. Interestingly, abdominal fat is considered an active endocrine (hormone-producing) tissue, able to produce many adipokines and other substances associated with insulin resistance, type 2 diabetes, and metabolic syndrome. Reduced sensitivity or resistance can be a major driver for weight gain during perimenopause, even without significant changes in diet, lifestyle, exercise, or stress.

Cortisol, Stress, and Sleep

Outside of biological and hormonal changes, life changes—such as shifts in employment or changes in family dynamics—can occur at any stage of life. When these stressors overlap with perimenopause and menopause, they may place additional strain on the stress response and contribute to its dysregulation.

Chronic stress can lead to persistently elevated cortisol, often referred to as the "stress hormone." Stress may also contribute to behavioural changes—such as increased cravings, greater consumption of comfort foods, etc.—that can lead to weight gain over time. Abdominal or visceral fat accumulation and weight gain, as well as sleep disturbances, can happen as a result. Your circadian rhythm influences not only the regulation of sleep but also many other functions, including appetite,

hormonal activity, and glucose and lipid metabolism. When your internal clock is disrupted—for example, by poor sleep quality, sleep apnea, irregular schedules, or other reasons—insulin sensitivity may be reduced. Some known consequences of poor or insufficient sleep are increased hunger hormones like ghrelin and decreased levels of leptin, the hormone that signals fullness.

Aging

Aging and the natural loss of muscle mass and function, known as sarcopenia, play a role in metabolism too. The significant reduction in estrogen during perimenopause, along with age-related changes in testosterone levels, may amplify sarcopenia. Researchers have identified different mechanisms involved, such as mitochondrial dysfunction, increased inflammation, and reduced muscle contractility. Muscle-mass decline can also be attributed to a decrease in physical activity.

Thriving in Menopause

Weight gain can feel like an insurmountable project, let alone experiencing it on the hormonal roller-coaster of perimenopause/menopause. A few strategies can help target what we know to be the key barriers to healthy weight management. Work with your trusted health-care practitioners to get properly screened, run necessary laboratory tests, and develop a personalized plan for what your body needs.

Mindful and Substantial Nutrition

Before you get started on the long and winding road of confusing dietary trends for weight loss, aim to have consistent nutrient-dense meals. Prioritize consuming enough protein and fibre during the day to support

muscle health as well as insulin sensitivity. The recommended goal is for 1–1.2 g of protein per kilogram of body weight per day and to aim for 25–30 g of fibre per day. Protein- and fibre-rich foods—such as fish, eggs, whole grains, beans, nuts, legumes, lean meat, and poultry—also play a key role in keeping you feeling full longer. Eating mindfully and staying present during meals may also help prevent digestive disturbances, help to regulate the stress response discussed earlier, and potentially minimize excessive snacking later.

Regular Movement

While all physical activity is beneficial, strength training at least twice a week may be important for menopause. This type of exercise can promote muscle building, which is important to stave off sarcopenia and hormonal decline. Start at a comfortable pace and ideally seek help from a trainer or professional that can safely guide you with muscle-strengthening exercises that target major muscle groups.

Stress Management and Self-Compassion

Being kinder to yourself is not just cheesy advice: it is logical. Bodies change over time. A practical way to apply self-compassion at the table is by not putting yourself under stress with dietary restrictions. High food restrictions can be a significant source of stress on the body, which may complicate already complex processes of weight management during menopause.

Feeling chronically stressed can be exhausting and does not make the transition to menopause any easier. Stress is not always escapable, hence why it is so important that you are supported in affirming your boundaries and applying techniques to help you cope. Consider mindfulness and meditative practices; deep-breathing exercises; gentle stretching; practicing gratitude; ensuring you get enough sleep; and prioritizing doing activities that can help you feel more like yourself such as going outside and enjoying nature, playing a musical instrument, or spending time with friends and family.

Discuss Nutrient Supplementation

Working with a health-care practitioner who is trained in prescribing targeted nutritional supplementation—like a naturopathic doctor, dietitian, or nutritionist—can be beneficial in furthering your weight-management

Want to Strengthen Canada?

Now more than ever, choosing Canadian matters.

New Roots HERBAL

Choose a Canadian family-owned supplement brand. With formulas developed by Canadian naturopathic doctors. Manufactured in Canada in a cGMP facility by Canadian workers. Fully tested in an ISO 17025–accredited laboratory by Canadian scientists.

And because New Roots Herbal products are sold exclusively through natural health-food stores, every purchase also supports local Canadian retailers, local jobs, and the communities they serve.

Choose Canadian.
Choose New Roots Herbal.

New Roots HERBAL

TIME-HONOURED SKIN CARE

NEW!

- Treats age spots on the face and body
- Helps remove common warts
- Calms dry skin and seborrhea

LEARN MORE

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

ND Approved

NON GMO

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

To ensure these products are right for you, always read and follow label directions.

goals. Certain micronutrients and herbs have been reviewed and regarded for promoting insulin sensitivity, improving sleep quality, modulating cortisol metabolism (stress resilience), reducing hot flashes, and mitigating metabolic disease processes associated with nutrient deficiencies.

Consider Hormone Therapy

Besides weight gain, some people going through menopause may also experience other disruptive symptoms that are significantly affecting their daily life and overall function. Hormone therapy (including bioidentical hormone therapy) is clinically indicated for relieving vasomotor symptoms (e.g., hot flashes or night sweats), mood swings, and insomnia. Do consult with your health-care practitioner (e.g., medical doctor, naturopathic doctor, or nurse practitioner) to get a thorough health history and risk assessment to receive appropriate care.

Menopause: A New Lease on Life

For something that affects half the population, menopause remains an underdiscussed health topic, and its research is globally underfunded. Fortunately, the cultural stigma of menopause is finally lifting. Perspectives can be positively shaped by seeing menopause not as something pathological but rather as a catalyst and the beginning of a welcomed chapter: A new lease on life, if you will, where you are finally being done with menstruation and fertility worries. It is having the opportunity to be clear on what you want, what you no longer need, and how you can focus on your nourishment, recovery, health, and peace.

Dr. Kim Abog, ND

Dr. Kim Abog is a registered naturopathic doctor and doula based in Toronto, Ontario. She has a special interest in fertility and reproductive health. She helps people by facilitating health-management plans with them, connecting them to evidence-informed integrative health solutions, and helping them thrive.

kimabog.com

Visit our blog for the full article including references: newrootsherbal.com/en/blog

Scan to read a curated article to expand your insights on menopause.

5 Easy Ways to Improve Digestion During Perimenopause and Menopause

by Andrea Donsky, RHN

BOOST YOUR IMMUNITY

DEFEND FROM WITHIN

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

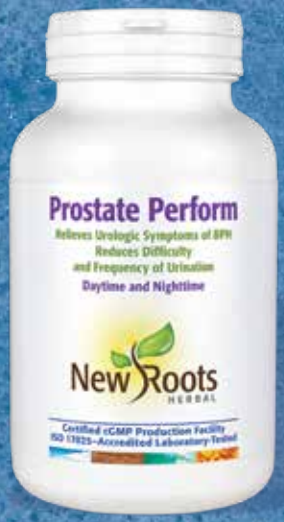
CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

FEWER PEES MORE FUN

ENJOY ACTIVITIES WITHOUT FREQUENT STOPS TO USE THE RESTROOM



New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

Your Microbiome at Work

A Healthy Gut Takes Teamwork

by Wendy Presant, RHNC, CFMP

Think of your microbiome as a large, complex company made up of many specialized departments. Each department has its own role, but the organization functions best when its teams communicate and work together. In the microbiome, those "departments" are interconnected microbial communities, known as microbiotas, made up primarily of bacteria along with fungi, viruses, and other microorganisms. Together, they help support and regulate many body functions, interacting closely with the immune system, contributing to certain vitamin production, influencing hormone and neurotransmitter signalling, and communicating with organ systems throughout the body. In fact, we could not survive without them. Still, when the balance or communication within these communities changes, the effects can be felt throughout the body. So, what shapes our microbiome, and how can we support it?

Our microbiome began at birth. If we were born vaginally, it was inherited directly from our mother. If we were born by C-section, it was acquired from exposure to surface bacteria. Over the years, it was influenced by diet, hormones, environment, health, and medications, until adulthood where it stabilized.

The gut microbiota is one of the most influential microbial communities in the body, communicating with and influencing many other body systems. The nature of these communications depends on the type of bacteria in the gut microbiota. Different bacteria will send out different messages. Simply put, we can think of gut bacteria as beneficial, potentially harmful, or relatively neutral. Beneficial bacteria make useful products for the body like vitamins and substances involved in hormones and neurotransmitter signalling. They also help protect against infection and help regulate inflammation by keeping potentially harmful microbes in check. Harmful bacteria, on the other hand, can cause acute infection or contribute to chronic inflammation. We also have neutral bacteria, which don't have a significant effect on the body that we know of.

Naturally, we want more of the good guys and less of the bad guys. If our microbiome is less than ideal, then how can we change it? It is difficult to permanently change our adult microbiome, but we can temporarily alter the bacterial composition toward a healthier balance, as long as we keep repeating the steps we take to do that. The body will respond quite quickly to this continuous intervention, by improving the health of our microbiome. Once we stop taking care of it, however, the effect can wear off within days, with the microbiome reverting toward its baseline.

It's pretty empowering to realize that we have considerable control over inflammatory states in our bodies to help heal disease. There are so many chronic diseases that have good research showing a reduction in

New Roots HERBAL

WHEN CRAVINGS CALL

- Supports healthy glucose metabolism
- Helps metabolize carbohydrates and fats

LEARN MORE

Made in Canada
cGMP CERTIFIED CURRENT GOOD MANUFACTURING PRACTICES
ND Approved
NON GMO
TESTED IN AN ISO 17025 ACCREDITED LABORATORY
CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

To ensure these products are right for you, always read and follow label directions.

inflammation and healing with an improved microbiome. Let's take a look at one, eczema—an inflammatory disease of the skin—as an example. It's a common condition, and one that a doctor may have given you a cream for. The cream works, but the eczema often returns once you stop applying it. Your gut communicates with your skin along the gut-skin axis. One way gut microbiota may influence the skin is through short-chain fatty acids, compounds produced when certain beneficial bacteria ferment fibre. These compounds can help regulate immune responses and inflammation and may also support the skin barrier. If we don't have enough of the good bacteria, or enough of the short-chain fatty acids, inflammation persists.

We have two main goals for improving our gut microbiota. The first is to increase the numbers and diversity of the good bacteria. The second is to provide these beneficial bacteria with enough material to break down so that they can make short-chain fatty acids and other products.

We can simply increase the number of good bacteria in the gut by eating fermented foods, which add to our microbial diversity, such as yogurt, kefir, and fermented vegetables. The other way, which is a more targeted approach, is to take a probiotic supplement. With probiotics, you know exactly the strains of bacteria you are getting—certain strains influence

specific health conditions more than other strains. You also know how much of the bacteria you are getting, something that can't realistically be calculated through nutrition alone.

Probiotic supplements are delicate. Many of them are easily destroyed by your stomach acid and heat. Make sure the ones you buy have been kept refrigerated from the time of manufacture through to use. There also needs to be a guarantee on the bottle that they will survive stomach acid to reach the intestines. A quality probiotic will also guarantee the amount of bacteria that will still be present by the expiry date on the bottle.

In addition to providing the gut microbiota with beneficial bacteria, you need to make sure they are properly supplied with source material. These are called "prebiotics" and are found through eating a variety of fibre from fruits, vegetables, whole grains, and beans. Your gut bacteria will break them down into molecules such as short-chain fatty acids, which help nourish the gut lining and communicate with the immune system and other organs. Ditch ultraprocessed foods, excess sugar, and alcohol, which may encourage a less favourable balance of gut bacteria and promote inflammation. The saying "you are what you eat" has never been truer! We need to eat a diversity of fibres every single day!

Although these are the two main ways to directly improve your microbiome, it is also key to keep an eye on your exercise, stress management, and mindset. Stress in itself can alter your gut microbiota. Stay social. Remember that feeling well inside and out is beneficial to your microbiome.

Wendy Presant, RHNC, CFMP

A former registered nurse and a retired naturopathic doctor with credentials in health and life coaching, Wendy is passionate about helping people over the age of 40 optimize their continuing journey through life. She enjoys writing and is the recent author of *Dry—A Holistic Guide to Sjögren's Disease*.

dryhelp.ca · wendy.happyaging@gmail.com

Visit our blog for the full article including references: newrootsherbal.com/en/blog

New Roots HERBAL

VERMIFUGE AND DIGESTIVE SUPPORT

NEW!

- Eliminates pinworms and roundworms
- Bitter liquid tonic used to enhance digestion
- For age 2+ to adults

LEARN MORE

Made in Canada

cGMP CERTIFIED · CURRENT GOOD MANUFACTURING PRACTICES

ND Approved

NON GMO

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

To ensure these products are right for you, always read and follow label directions.

SICK OF GETTING SICK?

LOWER RISK · REDUCE SEVERITY · RECOVER FASTER

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

Why Vitamin B_6 Deserves the Buzz

by Danyelle Lachowich, ND

You've likely heard that you need vitamin B_6, but with so much buzz around newer supplements, it can be easy to forget why the basics matter. Vitamin B_6 is a key factor in the processes that keep our bodies functioning. However, if we dive deeper into its applications, we find that vitamin B_6 can play a role in a number of other health conditions, and we can begin to see it as far more than a basic daily requirement.

What Is Vitamin B_6?

Vitamin B_6, a water-soluble vitamin commonly found in supplements as pyridoxine, is the precursor to our body's active form, pyridoxal-5′-phosphate (P-5-P). It is involved in hundreds of reactions within our bodies that support the metabolism of carbohydrates, proteins, and fats; it helps in the formation of red blood cells; it maintains normal nervous system function; and, generally, it prevents B_6 deficiency.

When you consume a food or take a supplement that contains vitamin B_6, it gets rapidly absorbed in your small intestines and travels to the liver. Within the liver, it is converted to P-5-P and returned to the bloodstream. This mighty nutrient is now ready to accomplish its many functions.

Am I Getting Enough?

Daily requirements for vitamin B_6 vary based on factors such as age, sex, lactation, and pregnancy, but the general daily recommended intake of vitamin B_6 for an adult is around 1.3 mg.

So, where are you getting it in your day-to-day?

The foods richest in vitamin B_6 include meats such as turkey, tuna, salmon, and chicken breast. Some plant-based foods, like chickpeas, contain a reasonable amount per serving, while others are enriched to help you achieve the required levels. If your dietary pattern doesn't include these foods, you may consider consulting with a professional to evaluate your intake and make sure you are getting enough vitamin B_6.

Food	Portion	Vitamin B_6
Chickpeas, canned	1 cup	1.1 mg
Tuna, yellowfin, cooked	3 oz (85 g)	0.9 mg
Salmon, sockeye, cooked	3 oz (85 g)	0.6 mg
Chicken breast, roasted	3 oz (85 g)	0.5 mg
Potatoes, boiled	1 cup	0.4 mg
Turkey, roasted	3 oz (85 g)	0.4 mg
Banana	1 medium	0.4 mg

SHOW MENOPAUSE SYMPTOMS THE DOOR

New Roots HERBAL

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

newrootsherbal.com

To ensure these products are right for you, always read and follow label directions.

The Other Many Uses of Vitamin B_6

Now that we have gone over the basic uses of vitamin B_6, let's dive into some of the more interesting applications and the current evidence.

Nausea and Vomiting

The use of vitamin B_6 to treat nausea and vomiting in pregnancy is actually not new. In Canada, doxylamine combined with pyridoxine (vitamin B_6), sold as Diclectin, has long been used for nausea and vomiting during pregnancy. Canadian clinical guidelines recommend either pyridoxine alone or doxylamine/pyridoxine combination therapy as first-line treatment because of their established efficacy and safety. A 2023 meta-analysis on vitamin B_6 supplementation found that, when used alone or in combination with a pharmacologic option, it was beneficial for individuals experiencing pregnancy-related nausea and vomiting. A 2026 meta-analysis further confirmed these findings and compared the effectiveness of vitamin B_6 with additional natural and pharmacologic options.

Furthermore, it might have a role to play in managing postsurgery nausea in patients who have undergone certain elective procedures.

Premenstrual Syndrome (PMS)

For some women, premenstrual symptoms can be debilitating. Research on vitamin B_6 has been exploring the potential ways it could alleviate some of these symptoms. A meta-analysis found that vitamin B_6 could help in managing psychological symptoms of PMS like depression, irritability, and tiredness. While research is not conclusive, there's an emerging interest in studying the effect of vitamin B_6 as a treatment option for those who experience mastalgia (breast pain and tenderness).

Cognitive Health

We know that vitamin B_6 is important for maintaining the function of the nervous system, but does that mean that it could help with conditions of the nervous system?

New Roots HERBAL

TARGETED INFLAMMATION SUPPORT

NEW!

- Featuring curcuRouge®, a higher-bioavailability curcumin
- Supports joint health to reduce pain, especially for those suffering from osteoarthritis

LEARN MORE

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

ND Approved

NON GMO

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

To ensure these products are right for you, always read and follow label directions.

Growing evidence suggests that vitamin B_6 may offer small but meaningful benefits for certain aspects of cognitive function as we age. Specifically in postmenopausal women, vitamin B_6 improved cognitive function domains such as attention and delayed recall.

Depression

A 2026 randomized controlled trial concluded that vitamin B_6 was beneficial in managing depressive symptoms. This is thought to be due to the role that vitamin B_6 plays in the formation of neurotransmitters such as serotonin, GABA, and dopamine. An additional potential action is that vitamin B_6 helps to regulate inflammation, which is known to be related to depression.

Cardiovascular Health

Elevated blood homocysteine levels are associated with an increased risk of coronary heart disease and other negative cardiovascular events. Reducing these levels has become an area of focus when it comes to preventing coronary heart disease. While vitamin B_6 is not able to accomplish this reduction on its own, it is a necessary part of the pathway that breaks down excess homocysteine into amino acids that have beneficial functions.

What to Know before You Add B_6 to Your Routine

Hopefully, you are feeling excited about the potential role of vitamin B_6 on your health, but before you rush to grab a bottle, there are a couple of additional considerations.

First, I mentioned that vitamin B_6 (pyridoxine) is converted into its active form, P-5-P, after it is absorbed. Vitamin B_6 supplements are available as pyridoxine, P-5-P, or a blend of both. So, which one should you choose?

While both forms can support your health goals, I strongly suggest P-5-P for individuals with poor digestive health, liver dysfunction, or a known deficiency of vitamin B_6.

Another consideration before starting any new supplement is safety. It is recommended that individuals not exceed 100 mg daily of vitamin B_6, and doses above the recommended intake should be taken with the guidance of a health-care practitioner. Risks of overconsumption include numbness and/or burning pain of the hands and feet, increased sun sensitivity, and difficulty walking.

Ultimately, whether it is to ensure you meet your daily requirements or for condition-specific use, there is a reason for all of us to think about vitamin B_6.

Dr. Danyelle Lachowich, ND

Dr. Lachowich is a licensed naturopathic doctor specializing in integrative oncology, mental health, and preventative care. She is passionate about personalized care, patient education, and empowering individuals to achieve optimal health.

naturallyinclinedhealth.com

Visit our blog for the full article including references: newrootsherbal.com/en/blog

STRONGER FOR WHAT'S NEXT

GIVE YOUR BODY MORE OF WHAT IT NEEDS TO KEEP PERFORMING

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

THE POWER OF OMEGAS

YOUR HEART AND BRAIN THRIVE ON IT. WE HELP ENSURE YOU'RE GETTING THE BEST.

- AMONG THE STRONGEST POTENCIES ON THE MARKET
- ULTRAPURE, TESTED AND VALIDATED SAFE FROM HEAVY METALS
- EPA AND DHA AMOUNTS CLEARLY INDICATED
- FISH-BASED SOFTGEL AVAILABLE, WITH ZERO PORCINE OR BOVINE
- OPTIONS FOR KIDS AND LEMONY LIQUID FOR THOSE WITH DIFFICULTY SWALLOWING PILLS

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

Did You Know?

Not All Oregano Are Created Equal

More than 20 species of oregano grow wild in Turkey alone, and their essential oils can have very different chemical profiles.

One particularly interesting species is *Origanum minutiflorum*, a wild oregano native to the mountainous regions of southwestern Turkey. It grows at elevations of around 1,500 m and higher, and is naturally rich in carvacrol, one of oregano oil's best-studied active compounds.

In one laboratory analysis, carvacrol accounted for an impressive 90.87% of its essential oil.

Why does that matter? Carvacrol has been widely studied for its antimicrobial and antioxidant activity, making the botanical species (and not simply the word "oregano" on a label) an important part of the story.

Scan to read a curated article to expand your insights on other botanicals for your health.

Five Herbs to Start Your Own Medicinal Garden: Herbal Essentials

by Felicia Assenza, HBSc, ND

New Roots HERBAL

TRIPLE-ACTION SUPPORT FOR LASTING MOBILITY

NEW!

- Stronger formulation with 3.4× more devil's claw
- Helps relieve joint pain due to osteoarthritis
- Supports cartilage integrity and flexibility

LEARN MORE

Made in Canada

cGMP CERTIFIED

ND Approved

NON GMO

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

To ensure these products are right for you, always read and follow label directions.

Pork Scalopinni

Thin-pounded pork loin, dredged and pan-fried light, then blotted dry—a great way to turn an affordable cut of pork into something that tastes like a million bucks. Serve with your favourite sauce, we make ours with a mushroom sauce.

Ingredients

- 1.25 kg (2.75 lb) boneless pork loin roast, fat cap trimmed off
- 1 cup (150 g) all-purpose flour (rice flour works as a 1:1 swap for a gluten-free version)
- 3–4 tbsp. avocado oil, for frying, added as needed
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. table salt
- ½ tsp. black pepper, optional

Instructions

1. Slice the trimmed loin against the grain into scaloppini 0.5–0.75 cm thick (up to 1 cm if that's easier to cut evenly).
2. On a cutting board, pound each cutlet on both sides with a meat mallet until as thin as it will go without tearing. The thinner the cutlets, the more tender they will be.
3. In a shallow dish, whisk together the salt, flour, garlic powder, onion powder, and pepper.
4. Dredge each cutlet in the flour mixture, shaking off the excess.
5. Working in batches, fry the cutlets in a thin layer of avocado oil over medium-high heat for about 1½–2 minutes per side, or until golden.
6. Transfer immediately onto paper towel, pressing another sheet gently on top. Replace with fresh paper towels between batches to blot away as much excess oil as possible.
7. In an oven-safe dish, layer the mushroom sauce (recipe on the next page) and cutlets, alternating between the two. Make 2–3 layers, depending on how many cutlets you have, and finish with a layer of sauce on top.
8. Heat in the oven at 175 °C (350 °F) for 10–15 minutes, until heated through. Serve warm.

Makes 10–12 servings.

Option

Make it a day ahead: Prepare through step 6, and refrigerate until the next day. Then pick up at step 7.

To serve: Brown rice and a simple roasted vegetable, such as cauliflower work well. Just toss the vegetable with a little oil and salt and roast until golden, no separate recipe needed.

***Flourish* Original Recipe**

Mushroom Sauce

A rich, savoury mushroom sauce that pairs perfectly with the scaloppini on the previous page. Spoon it over the cutlets, then gently reheat everything together just before serving so the flavours come together.

Base Ingredients

- 900 g (2 lb) mixed mushrooms, (see table below)
- 2 medium yellow onions, diced (≈ 400 g)
- 3 cups (750 ml) chicken stock, homemade if available
- 2 tbsp. avocado oil
- 2 tbsp. butter

Finishing Ingredients

- 1 cup (250 ml) cream—35% for a classic rich sauce or 15% for a lighter version
- 2 tbsp lion's mane mushroom powder
- Salt and pepper, to taste

Instructions

1. Heat the oil and butter in a wide skillet over medium heat. Add the onions and cook, stirring occasionally, until soft and translucent, 8–10 minutes. Transfer to a bowl.
2. In the same pan, fry the mushrooms one variety at a time, following the timing in the table below. Season each batch lightly with salt as it goes into the pan, then transfer to the bowl, leaving as much oil behind in the pan as you can.
3. Return the onions and mushrooms to the pan, add the stock, and simmer 8–10 minutes.
4. Stir in the cream, then whisk in the mushroom powder. Simmer 1–3 minutes until glossy and thickened. Season to taste.

Makes about 1 litre, enough for the full batch of cutlets from the previous page.

Suggested Mushroom Mix	Amount	Cut	Fry Time
King oyster / trumpet	300 g	Thick rounds	7–8 minutes, dense; you want a real sear
Oyster mushrooms	300 g	Torn or sliced	3–4 minutes, delicate; watch closely
Cremini (baby bella)	300 g	Sliced	5–6 minutes

Roughly equal amounts by weight, any mix works. Swap in fresh porcini when available (cook like cremini). With dried porcini, rehydrate 20 minutes in warm water, chop, and strain the soaking liquid into the stock.

Option

Make it a day ahead: Cook through step 3, then cool and refrigerate overnight. The next day, reheat gently and continue with step 4, adding the cream and mushroom powder.

Other Thickeners

No lion's mane powder on hand? Either of these works well in its place. Mixed with cold water first; never add the starch directly into the hot sauce.

Arrowroot (2 tbsp. + ¼ cup cold water): a lighter, neutral option.

Cornstarch (2–3 tbsp. + ¼ cup cold water): a classic, reliable choice.

Easy-Peasy Pumpkin Pie

As a full-time professional and busy mom of two, I know how challenging it can be to make healthy choices while juggling a busy life, which is why I'm passionate about simple, practical ways to support balanced eating. This pumpkin pie is a perfect example: I save time with a store-bought crust but make the filling with simple, wholesome ingredients, less refined sugar, pure pumpkin, and no dairy. It's naturally sweetened and can also be made gluten-free by baking the filling crust-free in a greased pan.

Ingredients

- 1 pie crust
- 3 eggs
- 1¾ cup pumpkin puree or 1 can (15 oz/425 g) pure pumpkin—*not* pumpkin pie filling
- ¼ cup unsweetened almond or coconut milk (you can use any milk of choice)
- ¼ cup pure maple syrup
- ¼ cup coconut sugar (can substitute with organic cane sugar or an equivalent amount of spoonable stevia, according to package directions)
- 1½ tsp. cinnamon
- 1 tsp. vanilla extract
- ¼ tsp. salt
- ½ tsp. allspice
- ½ tsp. ground ginger
- ½ tsp. nutmeg

Instructions

Preheat oven to 175 °C (350 °F).

Prepare or bake the pie crust according to package directions (easy-peasy with already prepared store-bought).

In a large bowl, combine the pumpkin purée, eggs, maple syrup, coconut sugar or other sweetener, milk of choice, vanilla, cinnamon, nutmeg, ground ginger, allspice, and salt. Mix well until smooth and fully combined.

Pour the filling into the prepared pie crust and bake for 50–60 minutes, or until the filling is set and no longer jiggly in the centre. Check the pie periodically to make sure the crust is not getting too dark.

Baker's tip: If the crust is getting too dark but your pie isn't cooked enough yet, cover the pie edges with foil.

Let the pie cool for about an hour before serving. Top with whipped cream and sprinkle a little extra cinnamon or nutmeg on top, if desired. Store your pie in the fridge once cool.

Enjoy!

Note: If using coconut sugar, the colour of the pie filling will be darker, but I promise it will be delicious.

Krystle Lussier, Nutrition and Health Wellness Counsellor

Krystle brings extensive experience in sales, administration, customer care, and nutritional wellness. With NFH since 2008, she supports communications, growth, and development while promoting nutrition, wellness, self-confidence, and cleaner beauty care.

nfh.ca

Visit our blog for more delicious recipes: newrootsherbal.com/en/blog

DON'T LET PAIN STOP YOU!

PAIN MANAGEMENT MADE POSSIBLE

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

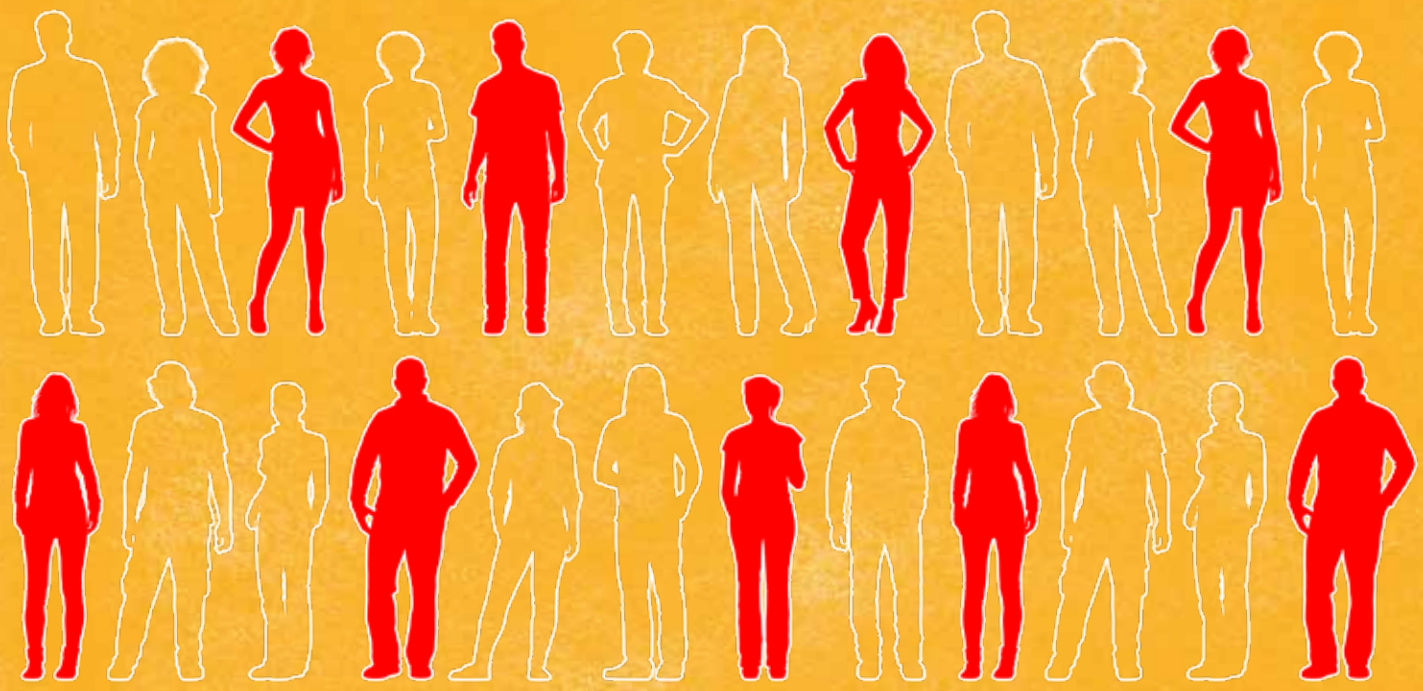
CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

1 IN 3 CANADIANS

DOESN'T GET ENOUGH MAGNESIUM



ENSURE YOU'RE GETTING ENOUGH!

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

Did You Know?

One Tiny Berry, Two Very Different Oils

Sea buckthorn may look like a simple orange berry, but it hides two nutritionally distinct oils.

The pulp oil, extracted from the fleshy part of the berry, is especially rich in omega-7 and naturally occurring carotenoids—the pigments behind its vivid orange colour.

Hidden inside, the seed oil has a different specialty: omega-3 and omega-6 fatty acids can make up roughly 60–70% of its fatty-acid profile in some varieties.

And sea buckthorn isn't only a skin-care ingredient. Taken orally, its fruit and seed oils provide a broad spectrum of fatty acids—including omega-3, omega-6, and omega-7—that have been studied for their role in skin health and fatty-acid balance.

Same berry. Different parts. Different gifts.

Scan to read a curated article to expand your insights on exotic oils for skincare.

Exotic Superstars: Oil Therapy for Your Skin

by Ky Lo, BA, BSc, ND, LAc

REVISIT. REDISCOVER. KEEP FLOURISHING!

Discover more autumn wellness tips everyone can learn from, such as how to keep bones strong as we age, Autumn superfoods to discover, how to keep a healthy gut through the holidays, and uncool supplements we should all know about.

Scan to explore last autumn's complete issue of *Flourish*.

Ask an **Expert**

Annick Moffatt, ND

When should I start taking supplements to support my immune health for the cold-and-flu season?

You do not necessarily need to wait until you feel a cold coming on. Nutrients such as vitamins C and D help support healthy immune function and can be part of your regular wellness routine. Starting before cold-and-flu season may make it easier to establish consistent habits rather than reacting only after symptoms appear.

For those who want a little extra seasonal support, you might also consider a four-week preseason routine with immune-bolstering supplements such as astragalus or colostrum.

Supplements are only one part of seasonal wellness. A balanced diet, sufficient sleep, regular movement, stress management, and good hand hygiene all help support your body during the colder months.

Every year, with back-to-school, shorter days, and the start of holiday planning, my stress level rises while my mood seems to drop off. Are there supplements that could help me stay balanced?

This concern comes up more often than you might expect. As a society, we tend to place a great deal of emphasis on productivity and getting everything done. The return to school, changing routines, and holiday responsibilities can add even more stress to an already busy schedule.

Simple habits can make a meaningful difference. Try setting aside time for yourself, practicing deep breathing, spending time outdoors, and making room for activities you genuinely enjoy.

Certain natural health products may also provide support. Ashwagandha is traditionally used as an adaptogen to help increase resistance to stress and anxiety, while saffron may help support a healthy mood balance, particularly when irritability is part of the picture. Sleep is equally important. Maintaining a consistent bedtime routine and using a sleep-support product for occasional disrupted sleep may help you feel better-equipped to manage the demands of the season.

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

New Roots
HERBAL

You're Committed to Your Health. We've Been Committed to You for Over 40 Years.

Thank you for letting us be a part of your story!

Proudly Canadian-Made

TRADITION WITH PRECISION

GROWN WITH EXPERTISE.
EXTRACTED WITH PURPOSE.
TESTED FOR WHAT MATTERS.

LEARN MORE

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.