Flourish

HEALTHY BODY, MIND, AND SPIRIT



What Do You Mean, *"Probiotics Don't Work?"*

Natural Ways to Relieve Menopause Symptoms

To Be or Not to Be... *in Pain*

Vol. 5, No. 3 · Free
Summer 2021

Editor's Letter



Warm rays of sunshine have never felt better!

Summer has arrived—finally! And for many of us, it could not be soon enough, because with it comes a renewed hope for better days. Picnics in the park with family, dinner on a terrace with your beloved, or splashing around in the pool with your buddies—the list is endless. Whether you choose to enjoy the vibrant sights and sounds of summer in the city or get out to a relaxing lakeside cabin or scenic hilltop retreat in the country, this summer is going to be like no other. After everything we have been through, spending quality time with friends and loved ones is atop everyone's list of priorities. Enjoy every minute of it. No matter where the season take you, or what fun-filled activities you partake in, be sure to always wear a smile and share some joy and kindness.

With all sorts of summer activities in mind, I invite you to read on to explore how to get back into your fitness routine, ensure you stay hydrated, and boost your BBQ health quotient. We have advice for dealing with stress, reducing joint pain, and kicking menopause symptoms to the curb. We also have some eye-opening information on probiotics. And for all the new dog owners out there, we are leading the way to getting them properly trained.

Let's enjoy this beautiful season, filled with sunny days, starry nights, and happy times all around… and let's *Flourish* together!

Sophia Golanowski, BCom, MBA
Editor-in-Chief

Flourish

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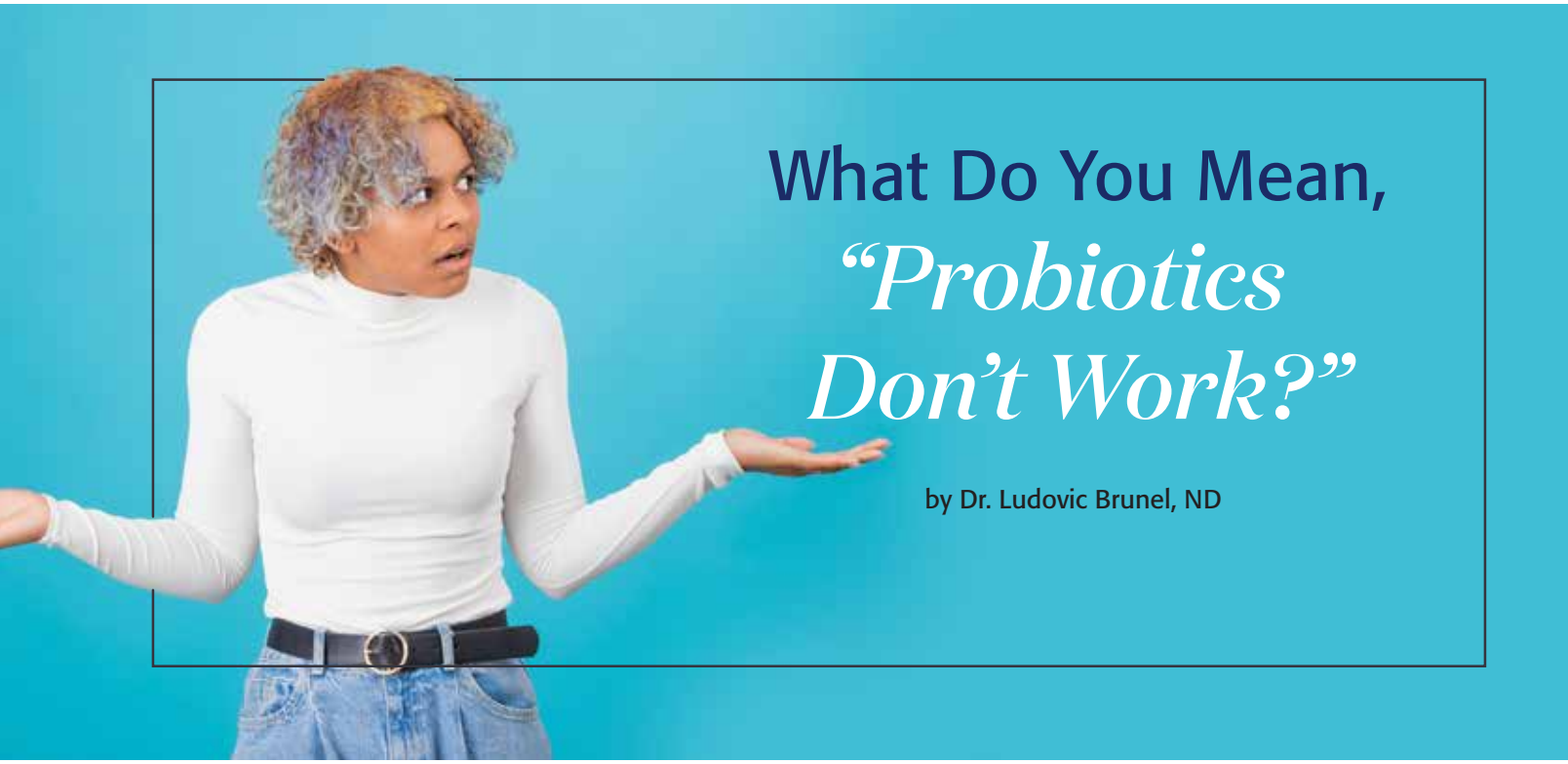
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What Do You Mean, *"Probiotics Don't Work?"*

by Dr. Ludovic Brunel, ND

With over 30,000 published studies about them, probiotics have been scientifically proven to help a multitude of conditions including antibiotic-associated diarrhea, eczema, colic, constipation, diarrhea, bacterial vaginosis, irritable bowel syndrome, high cholesterol levels, respiratory tract infections, traveller's diarrhea, as well as *Helicobacter pylori* and *Clostridium difficile* infections. Different strains have been studied for specific conditions, but overall, multistrain probiotics have been shown to be more effective.

Yet, when I recommend probiotics to new patients, I am still surprised by how often they tell me:

> *"Probiotics do not work—I've tried, been taking them for years—did not see results."*

After some digging, we found out why... and, like most things, ***quality matters***.

The Importance of Refrigeration

Let me ask you: Where do you keep your yogurt and your milk? They are sold in the fridge—and you keep them in the fridge. Not so difficult to reach in and get them out as you need them, is it? The recent rise in so-called "shelf-stable" probiotics, promising the convenience to store them in your cabinet, is one of the main reasons for problems related to efficacy—or lack, thereof. Probiotics are living cells and are therefore sensitive to heat and moisture. Alleged "room-stable" probiotics often report colony-forming unit counts at time of manufacturing, because counts will decline rapidly afterwards if the product is not refrigerated. Supposedly, room-temperature products often also mention refrigerating the product if room temperature exceeds 20 ℃, which it almost certainly does in the summer.



"After 39 weeks of storage at 4 °C and 22 °C, the stability of the Lactobacillus rhamnosus *and* Lactobacillus casei/paracasei *cultures was remarkably higher when stored under refrigeration (4 °C) compared to a storage at 22 °C."*

Studies show that probiotics do not survive well at room temperatures. Probiotic cells die off in the heat, and dead cells do not do any good. Refrigeration keeps the cells dormant and it also improves the survival of all probiotic cells, especially the delicate and hard-working *Bifidobacteria*.

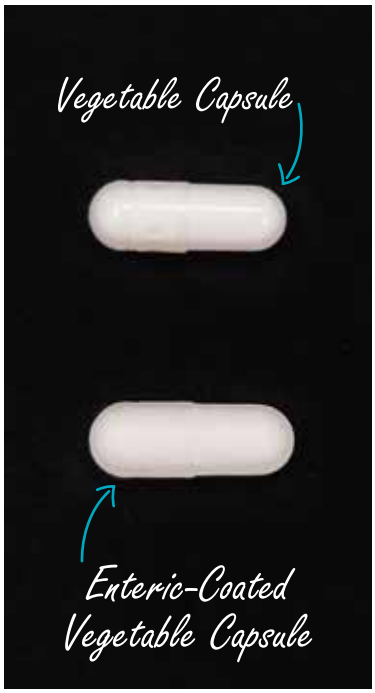
Delivery

Now let's look at the actual capsule your probiotic comes in. Vegetable capsules are made of two halves and are designed to disintegrate. You may have seen "delayed-release" or "acid-resistant" capsules, but when tested, they are not holding up and are almost completely destroyed by stomach acid. Studies show these unprotected capsules leak and disintegrate, leaving the probiotic cells they contain exposed to the acidity of the stomach.

Stomach acid is very harsh; it is designed to break down food, but also to protect us from harmful invaders such as bacteria. This is what your probiotic capsule must soak in for 45–60 minutes, if not more. Research shows that certain strains of probiotics are completely destroyed within thirty minutes of becoming exposed to stomach acid.

"The study showed that among the probiotic capsules evaluated, only those that were enteric coated were able to resist to the degradation caused by stomach conditions. The results demonstrate the importance of protecting the bacteria by adding an enteric coating to the capsules."

Studies show that a proven method to protect live probiotics from stomach acid is to use an enteric-coated capsule. So, what is this incredible protection? Enteric coating is made using natural fats and a type of vegetable fibre. Enteric coating was developed to hold together



in harsh acid and melt away once it hits your nonacidic small intestine: That's where live probiotic cells do all their magic.

The research is clear: Probiotics protected with an enteric coating are more effective after exposure to stomach acid, and probiotics that are kept under refrigerated conditions (4 °C) are more viable than those kept at room temperature (25 °C).

Reputable, professional supplement companies keep their probiotics cold and package them in capsules with an enteric coating. So, why settle for anything less?

Probiotics do work: They can work wonders for you—but only if you make the right choice.

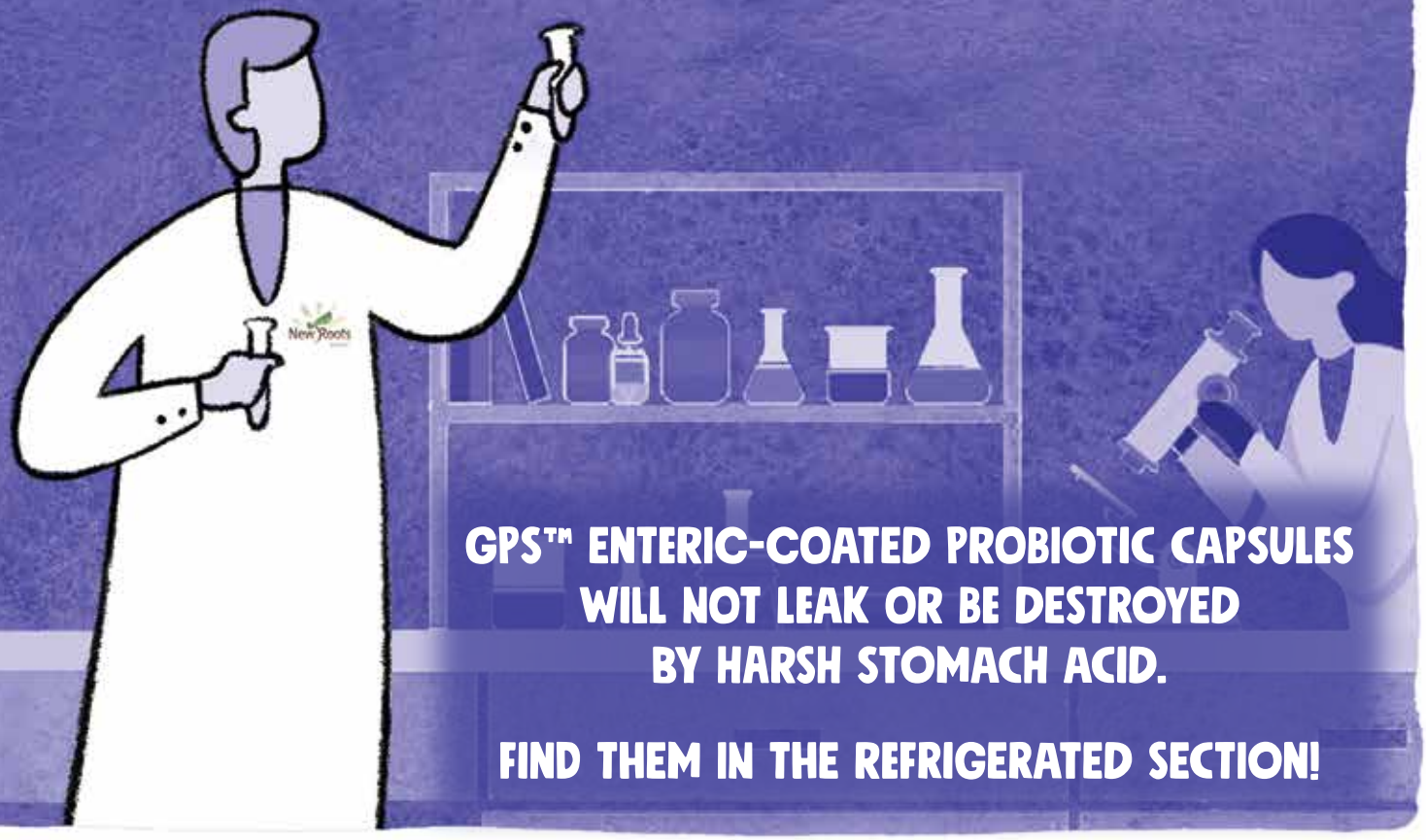


Dr. Ludovic Brunel, ND

Dr. Brunel has 15+ years' of experience as a Naturopathic Doctor and practices in Calgary. His approach has always been to improve health outcomes by relying on the best research available.

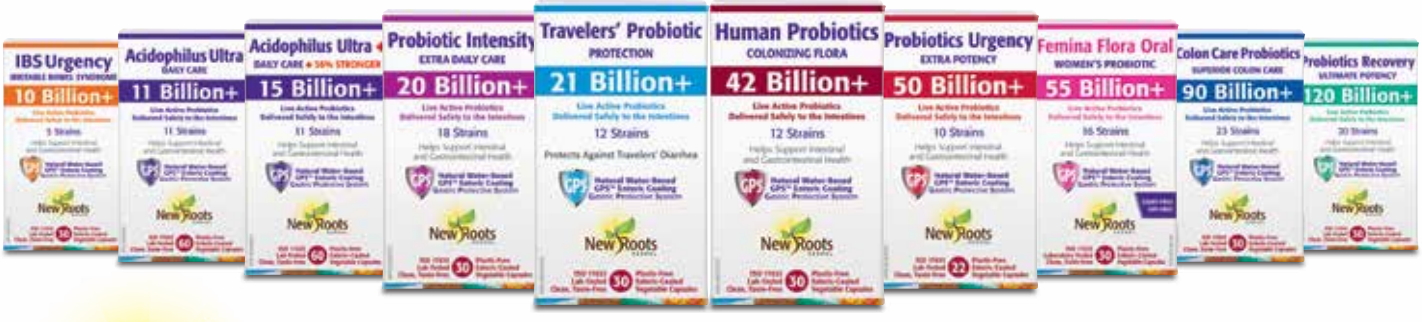
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The Chill Factor

by Guillaume Landry, MSc, Naturopath

For thirty years, the results of scientific studies on the conservation of probiotic strains have underscored the obvious: Refrigeration is a key factor for the survival for these friendly—and fragile—bacteria. While some probiotic strains are relatively stronger than others (*Bifidobacteria* are even less resistant than *Lactobacilli*), the fact remains that sensitivity to temperature and humidity is a constant concern for the durability of probiotics. Another sine qua non condition for the survival of probiotics is protection against gastric acidity. But let's focus here on the issue of refrigeration. To simply illustrate this issue, here are some study conclusions validating the importance of probiotic refrigeration.

Bifidobacteria

Bifidobacteria are very sensitive to temperature, as a study validated by showing a significantly higher mortality of *Bifidobacterium longum* during storage at 20 °C (room temperature), compared to storage at 4 °C. Along the same lines, another study showed that the vitality of *Bifidobacteria* is inversely proportional to storage temperature: at 15 °C and 25 °C, a significative decline was observed for all *Bifidobacterium* species analyzed. In a third study, microbial survival was found to be better at lower storage temperature, especially for *Bifidobacterium bifidum*. Finally, a fourth study concluded by explaining that higher temperature conditions induced greater mortality of *Bifidobacteria*.

"Bifidobacteria *are very sensitive to temperature, as a study validated by showing a significantly higher mortality of* Bifidobacterium longum *during storage at 20 °C (room temperature), compared to storage at 4 °C."*

Lactobacilli

According to a study, the survival of *L. paracasei* NFBC 338 and *L. salivarius* UCC 118 strains during storage was inversely proportional to storage temperature, being as low as 11% and 2%, respectively, after two months of storage at 15 °C. Another study, done on *Lactobacillus delbrueckii* spp. *bulgaricus*, showed high mortality rates at room temperature, while at 4 °C, survival was higher.

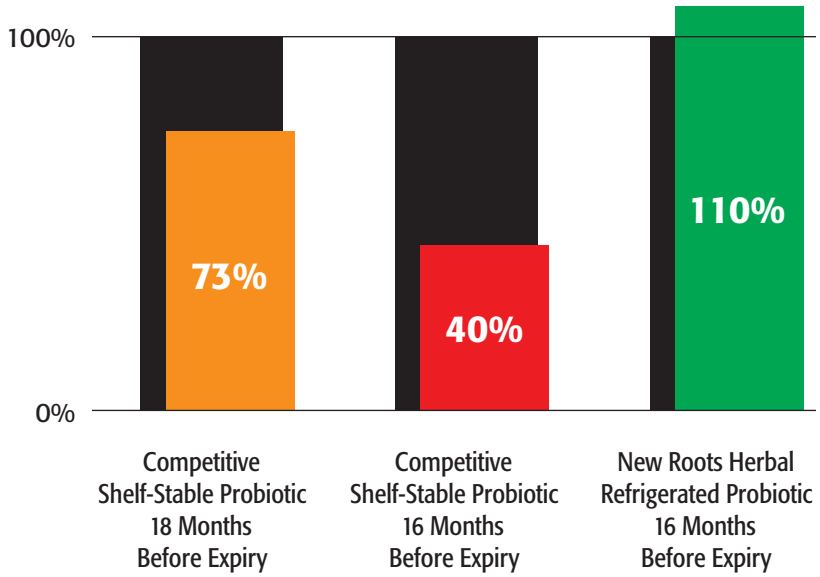




New Roots Herbal's Refrigerated Probiotics v. Competitor's Unrefrigerated Probiotics

Recently, New Roots Herbal commissioned an ISO 17025–accredited analytical laboratory to perform a stability comparison between a refrigerated product from its probiotics line and a competing nonrefrigerated product. Both products had identical expiration dates, and a remaining conservation duration of 18 months. Knowing that Health Canada labeling allows 24 months for preservation duration on probiotics, six months had therefore elapsed since their manufacture. On the first day of the test, the unrefrigerated competitor's probiotic already contained only 73% of the amount of colony-forming units (CFUs) claimed on the label; after 60 days (i.e. **16** months before its expiration date) at room temperature between 19 °C and 25 °C, the amount had fallen to only 40% of alleged CFUs. In comparison, after 60 days of storage in a refrigerator at a temperature between 2 °C and 8 °C, New Roots Herbal's product still contained 110% of the declared number of UFC on the label.

Live Colony Forming Units (CFU) Found as a Percentage of Amount Claimed on Label



"With 16 months still remaining before its expiry date, the unrefrigerated probiotic contained only 40% of the amount of CFU claimed on the label."

The Brief on Effective Probiotics

So, next time you visit to a health-food store, rather than ask the question "to be or not to be refrigerated?" simply ask: "Where is the fridge?"

Another critical factor for choosing effective probiotics is their delivery. Join us next issue for a complete review showing how enteric-coating capsules protect probiotic strains from strong gastric acid.

NEED A REST FROM STRESS?



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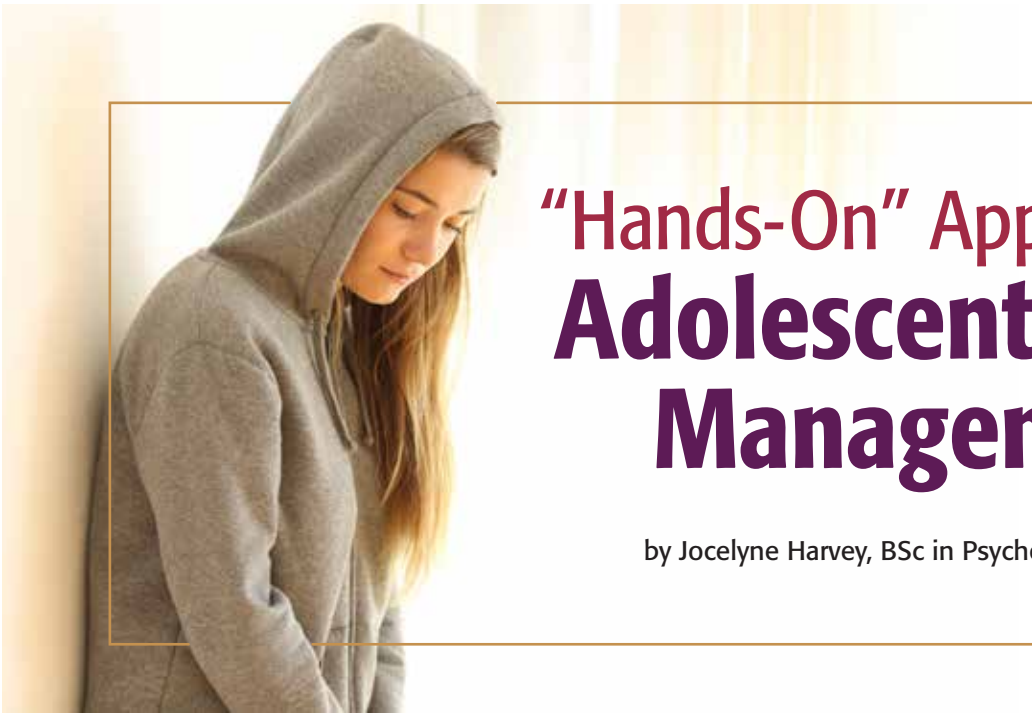
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"Hands-On" Approach for Adolescent Stress Management

by Jocelyne Harvey, BSc in Psychoeducation, BTAA

Stressed-Out Youth

Over the past several years, I am seeing an ever-increasing number of children and adolescents with symptoms of stress and attention disorders. And in these difficult times, these children feel more vulnerable and ill-equipped to deal with uncertainty. They experience sadness and fear; they have difficulty coping with loneliness; and new situations increase their stress levels. Boys often behave aggressively, and many of them develop physical symptoms: stomach aches, headaches, nausea, sleeping troubles, etc. In short, they don't have the ability to adapt or concentrate, and failure at school is often what awaits them.

There are ways of intervening to reassure, supervise, and set clear limits.

Your kids need guidance. The emotional bond is important, and the boundaries must be clear. Apart from their school obligations, their screen time must be limited, as they are very stimulating for young people. Be mindful of sugar and dyes in snacks, as they can worsen symptoms. A balanced breakfast, with good fats and a source of protein, will allow better concentration at school. Feel free to seek advice on preventive health with a qualified naturopath or nutritionist.



You need to examine your own quality of life and presence in order to offer them a stable environment.

Often, one of the parents will also confide about living with chronic stress symptoms. The apple rarely falls far from the tree! What can reassure your child? To know that there is a captain in the boat! Yes, it is you who must set clear limits and stop inappropriate actions. A child with a present parent, who establishes clear rules and who is also capable of listening and providing guidance, feels reassured, accompanied, and safe.

Are You Spending Quality Time with Your Family?

Laugh, play, cook, or just be together. Give yourself the luxury of idle time outside of duties, activities, obligations, work stress, and worries of all kinds. Your child needs you to feel good. Focus on quality over quantity, and your child will perform better. His nervous system will calm down at the same time as yours!



An Addition to My Practice

In 40 years of practice as a psychoeducator, the best training I could add to my practice was the Bowen technique, originally developed in Australia. Thanks to the addition of this technique to my practice, the young people I had been following over long periods could now benefit from a noticeable improvement in their stress symptoms, in just a few meetings.

The Bowen Technique: A Manual Therapy for You and Your Child

The Bowen technique is a very gentle body approach. The therapist applies slight movements to the body in order to promote a state of relaxation conducive to wellness and homeostasis (the control process by which the body maintains different parameters of the internal environment).

The Bowen Physical Approach to Help Calm the Nervous System

These soft and gentle movements influence the body's nervous system by promoting its parasympathetic function, which results in a state of calm and relaxation, rather than the sympathetic activity necessary in case of "fight-or-flight" danger that can often be chronically excited by the various stresses we face. By contributing to a state of relaxation via the nervous system, the Bowen technique helps to improve the functioning of the endocrine and immune systems, which are closely linked to the nervous system.

Bowen Treatment Promotes Relaxation and the Body's Natural Restoration

With the Bowen approach, not only do the soothing effects induced in the nervous system help calm your mind, but they also help, by domino effect, to relax muscles and tendons. Pain and tension, e.g, in the neck and shoulders, can decrease in intensity. When the body gradually finds a more balanced state, it effectively reacts to the movements of Bowen therapy, promoting natural repair and regulation processes.

For example, a clinical study of 20 patients suffering from "frozen shoulder" syndrome evaluated the effects of the Bowen technique on three criteria: pain, motor function, as well as general wellbeing. The results were encouraging, as all participants observed a significant improvement in pain as well as better mobility in their everyday activities.

Bowen Treatment Can Improve Your Digestive Health

Our gastrointestinal system is among the most innervated organs of the body, and it is thus particularly sensitive to stress and anxiety that disrupt the nervous system and the enteric system, thereby inducing various disorders commonly observed in anxious people such as digestive disorders, diarrhea, weight problems, and hormonal imbalances.

Bowen Treatment Can Help Relieve Headaches and Migraines

Headaches and migraines can have various causes such as digestive problems, hormonal imbalances, traumas, etc., but also stress. Following the Bowen technique can reduce the effects of stress on the body, headache and migraine symptoms can be significantly reduced.

Practical Case: A Child Regains Wellbeing and Vitality

Here is the story of an 11-year-old, whom I received as part of my practice: he endured significant insecurity at school. He hardly ever left home, only going to school, where his concentration problems made him experience an intense fear of failure. There he was agitated, anxious, and stressed, and he was aware that he was disturbing others, since he was constantly moving and making noise in the classroom. Over the years, the situation had become complicated for his parents who, despite seeing several experts, did not see satisfactory results.

From my first meeting with this boy, I used the Bowen technique's basic movements to simply help his body and his nervous system to rebalance. The week after that first intervention, he was already sleeping better, and he was calmer (which was rare before) and able to concentrate better. He himself was surprised by this appeasement, and his parents were very emotional on seeing their beloved son's symptoms start to fade!



Over the next two meetings, he had a lot to tell me. He had noted the times when his fears surfaced and very precisely described his physical symptoms to me. When working manually using the Bowen technique, I paid special attention to his head, where he had received a trauma in his early age, and to his diaphragm to help him relax and to soothe the contained emotions and stress. The results were spectacular. After only three meetings, he told me that he had "set the record straight in his head," and I can say that I had a new child in front of me. What I find spectacular is how quickly he recovered. First, because he had the will, but also because his body was ready to release the tension of this "state of emergency" that had settled in and no longer had its raison d'être.



Conclusion

For most people, stress symptoms usually go away once the conflict is resolved. However, if these symptoms do not go away and they persist for one reason or another, it could make your daily life extremely difficult.

In this case, do not hesitate to try manual therapies such as the Bowen technique; it is safe and part of a holistic approach to mental health. This technique allows me to perform in-depth and more satisfying work in the short term. Obviously, recovery time varies from one person to another, but I am constantly amazed at how quickly the physical, emotional, and mental symptoms, both in children and adults, can fade. There is nothing more satisfying than to witness the return to vitality of a teen, adult, or even senior person. And when I talk about vitality, I am talking about the **life** that is inside each of us and that keeps us healthy… globally.



Jocelyne Harvey, BSc in Psychoeducation, BTAA

A graduate in psychoeducation from the University of Montreal, in comprehensive approach to counseling, and in Bowen Therapy of Australia, Jocelyne has been spending 40 years to the development of children, adolescents, and adults.

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Rex shredded your baby's fluffy



Princess chewed up your shoes



Cooper ate your dishrag

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Leading the Way to Well-Trained Dogs

by Sophia Golanowski, BCom, MBA

Earlier this spring, we had a visit from the most surprising guest—I guess dogs were not aware of the "stay-at-home" orders in place. This adorable puppy was running around our neighborhood, darting across the street from one lawn to another. Thankfully, we were able to lure her over, scoop her up, and eventually find her home. The owner had been anxiously searching for Mishu. Relieved to have her back safely, he stated: "We got her to lift our spirits, but she needs to be trained; it's scary each time she runs off."

Numerous news reports cited 2020 as a banner year for pet adoptions. Working from home and dealing with lockdowns, for many, getting a pet made perfect sense. Research on human-animal interactions is relatively new but has shown some positive health effects. Interacting with animals can decrease levels of cortisol (a stress-related hormone) and may lower blood pressure. Other studies have found that animals can reduce loneliness, increase feelings of social support, and boost your mood. Owning a dog could go a step further, potentially improving your physical activity.

But what if your new dog becomes a source of added stress? Having it snap at people would be nerve-racking. Finding chewed-up shoes or toys will be frustrating. Or, in Mishu's case, worrying every time they run off. Dogs need to be trained. After reading some great online reviews, I sat down with Michael Wilkes, founder of Leadership Based Dog Training.



I was touched by how Michael got his start. His love for animals prompted him to volunteer at the SPCA. Of the many animals he helped with, one dog stood out: Wolf was physically out of control, aggressive towards other animals, and unresponsive to any type of intervention. Deemed much too hostile for adoption, he was scheduled to be transferred to another shelter, where he would spend six months locked up, and then be put down. Michael could not let this happen: "This was not the dog's fault." He stepped up and adopted him. Sadly, none of the trainers he went to could help. But he refused to give up on Wolf. He got to work figuring it out on his own. Among the barrage of well-intentioned advice and tools available online, he found some rare gems that worked. He refined these techniques to develop a unique approach. Three months later, Wolf was fully rehabilitated—and unrecognizable to those who had known him before. This altruistic experience turned into a new career, and Leadership Based Dog Training came into being. The following are some excerpts of our conversation.

How Is "Leadership-Based Dog Training" Different?

Leadership Based Dog Training goes beyond just training the dog. We teach owners how to guide, communicate, and engage with the dog in such a way that ensures compliance regardless of any distractions. Working in real-world settings (with doorbell ringing, out in public, in dog parks, etc.) and showing owners exactly how to lead their dog in various situations is key to ensuring the dog understands the new rules being put in place. Knowing how to react frees the dog from fear, stress, and potential aggression. Once these new rules are in place, you continue to practice every day, so the dog continues to learn through repetition, further exposure, and desensitization. Clients are always amazed to see how quickly their dog's behaviour improves.

When Is the Best Time to Start Training Your Dog?

Right away—unless the dog is less than eight weeks old. Do not wait to be on vacation, or when the kids are home from school: The sooner you start, the better.

Who Should Train the Dog?

Everyone who lives and regularly interacts with the dog, including older children. In addition, extended family, friends, and neighbours who visit should also be shown how to lead the dog. Too often, dogs are not desensitized to "new people," which can cause fear, distrust, and nervousness. This is emotionally terrible for dogs and could develop into paranoid or aggressive behaviour. The more people you have "properly leading" the dog, the better. Consistency is key.

How Long Does It Take to Properly Train a Dog?

We see results within five minutes of starting proper training drills. You can expect a full transformation over the course of three to four personal training sessions, within a span of about seven to ten days. Online training also works very well, but it may take a little longer, as you need to go through the videos before starting, then refer to them as needed. Either way, it is crucial to continue to reinforce and maintain what both the owner and the dog have learned, on a daily basis.

What Are the Biggest Mistakes Dog Owners Make?

They underestimate the importance of the "leash in the house" to practice drills and exercises. We must stop thinking of leashes as control mechanisms only for the outdoors, and embrace them as training tools, especially in the house.

Anything Special to Consider When Adopting a Rescue?

People often put too much emphasis on the dog's past circumstances. In reality, it does not matter. What does matter is learning how to transform the dog with solid leadership and proper boundaries to give it a better, happier life. Regardless of a dog's current emotional state—be it anxiety, fear, or aggressive or out-of-control physical conduct—we help our clients transform their dogs to calm and confidence, and to regain control of themselves. With proper leadership-based training, everything can change.



Leadership Based Dog Training is the only service I have seen offering a written money-back guarantee. It succeeds where others fail because, it addresses both the dog's behaviour as well as the owner's leadership skills. They offer in-person training in and around Montreal. They have also developed an online course, complete with close to 100 videos, so anyone can benefit from this great method.

Michael is extending a special offer to *Flourish* readers this summer: Visit **leadershipbaseddogtraining.com** and use promo code **FLRS2021A** to benefit from a 50% discount for the online course package.

And I am happy to tell you that Mishu has started her training!

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

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To Be or Not to Be... *in Pain*

by Dr. Nathalie Godbout, Chiropractor

With age, some people tend to experience more pain, and many of us accept it as normal. But maybe we do not have to. Let us explore how pain works. Why do we hurt, and why do some people have different pain tolerances than others? And most importantly, how do we decrease or stop pain?

What Does the Science Say about Pain?

The feeling of pain finds its origin in a part of your brain called the cingulate gyrus, also responsible for learning and emotions. This may explain why nobody feels things in the exact same way and why it is so hard to qualify the level of pain.

Pain is an amazing survival mechanism. Your brain decides that you should experience pain if it believes there is a problem or a threat. Pain can even be triggered when there is only potential threat of damage. And strangely enough, sometimes there will be tissue damage and the brain will not feel pain.

Pain can be useful and informative, as it is one of the symptoms of inflammation. It tells us to stop doing something that can injure us or warns us about our environment. Think of muscle burn in overexertion or repetitive motion, or the pain you have when you try to step on an injured foot. The pain is there to help you heal and prevent further damage.

However, in certain people, pain becomes persistent even after an acute injury is healed, and it can spread to a different area of the body. Pain then becomes the problem itself. Your brain can learn to be in pain.

The ability of the brain to adapt and make new connections and to learn new information is called neuroplasticity. The more we focus on something, the easier it is to learn. We have all heard "practice makes perfect." This is a great tool. Conversely, when we focus too much on pain, it can make it feel persistent, more intense, and harder to get rid of. What can be done if our brain has learned to be in pain?

Strategies That Help to Modulate the Pain

Having a Positive Attitude

- Focus on what makes you happy, have a gratitude list, concentrate on small accomplishments day to day. Such positivity has been shown to help patients heal.
- Meditation can also be a very effective tool to manage pain. Many different styles exist, so you must explore to find one that is a good match for you.

Getting Enough Sleep

- Sleep is the ultimate restorative activity. When we do not have enough sleep, we trigger the fight-or-flight mode of our nervous system even more. When its sympathetic system is overactive, it will increase the sensation of pain perceived by the brain.

Eating Well

- In some cases, patients report that certain foods will increase their pain level. Having a varied, colourful diet, rich in vitamins and minerals, may be helpful in providing the body with needed nutrients to repair an injury.
- Take care of your bowels. The gut is often called the "second brain" and has a big impact on brain function and inflammation.
- Certain supplements have been found to be helpful to support the healing process of both the tissue and the brain neuroplasticity. Talk to your certified naturopath or pharmacist for proper guidance.

Moving

- Do a little bit every day. Taking short walks several times a day has been shown to help decrease the level of perceived pain.
- Move in a pleasant setting; go to a peaceful park, meet with fun people, try an exciting new activity.
- Visualize the motion: When movement is impossible, thinking about it may reproduce some of the same neurological benefits.
- See your family chiropractor—really!



How Does Chiropractic Affect Pain?

The brain knows how the body is positioned and how it is moving because of a network of sensors distributed in the body. These sensors allow the brain to make a 3D image of the body and then use that information to make the body move. Eighty percent of those sensors are in the spine. The spinal movement is therefore extremely important in having an accurate perception of your body's position and motion.

Scientists have shown that chiropractic spinal adjustments can have a positive neuroplastic effect (more helpful connections) on the brain, specifically on the prefrontal cortex. This is a part of the brain that is very involved in why the pain becomes chronic. Researchers believe that the chiropractic adjustment of the spine can turn down—or even turn off—the pain signal that the brain is creating. This adjustment seems to allow the brain to better evaluate the body position and motion as well as what is happening to it, therefore allowing the body to respond more appropriately to these circumstances. The chiropractor will find the spinal segments that are not moving appropriately, which may or may not be where the pain is felt, and—with a gentle adjustment—will restore more motion in that joint. This may subsequently improve the nervous function, allowing the brain and body to have an improved communication.

Conclusion

Pain is a universal experience, and it has helped humans to survive over millennia by keeping us from harm. But it can become invasive and incapacitating when it gets out of hand. Our current fast-paced lifestyles and hectic environments may increase our bodies' tendency to live in a fight-or-flight mode, which in turns predisposes us to chronic pain and inflammation. What is important to remember is that there are solutions available to us to mitigate the impacts and find paths to deeper healing.

May your journey to health be a successful one!



Dr. Nathalie Godbout, Chiropractor

Dr. Nathalie Godbout believes that a nervous system without interference plays a key role in our health, allowing us to adapt optimally to our changing environment. Moreover, our health behaviours (sleep, exercise, nutrition, and mental health) are essential to this balance.

clinique-chiro-sante.ca

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



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Feel your muscles burning



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Turning Fitness Theory into Practice

by Stephanie Van Dystadt

With warmer weather upon us and fitness facilities that may or may not be fully open as you read this, some of you may be having mixed emotions.

On the one hand: "Hooray! I am so excited to get back in the groove and to get myself back into a fitness routine!"

On the other hand: "Yikes! How do I get back into my routine? What is the first step? What if I cannot keep up? What if I have lost everything I worked so hard to attain?"

Or maybe the pandemic made you realize: "OMG! I really need to get healthier!" If you thought there were no easy answers or shortcuts to a healthier you… um, you were right. It can be tough. Serious exercise, three to six times a week. And it never ends. But if you do it right, it can be amazing!

Whoever you are, know that hope is far from lost. Do not be discouraged to take that step. It is a beginning and a path to a stronger, more vibrant and healthier you—regardless of your starting point!

"Fitness takes longer to gain than it does to lose," says Laurie P. Whitsel, vice president of policy research and translation for the American Heart Association. "But try not to despair," she says: "life has been crazy lately, so you just have to forgive yourself and move forward." "If you have taken a break during COVID-19, that's fine," Dr. Whitsel says. "This is a stressful time. Maybe we have devoted more time to our families, or we are adjusting to working a different way. So, take time off; that is OK. Then, jump back in and do those wonderful things for your heart. You do not want to give that up."

When training becomes less frequent or ceases altogether, cardiovascular fitness tends to be lost more quickly than muscle strength. The Canadian Heart & Stroke Foundation recommends adults should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also important to combine endurance activities—such as walking or cycling—with strength-and-power activities—such as weightlifting—as well as flexibility activities—such as yoga—to get all the benefits needed for healthy living.



In addition to the physical changes which may have occurred during these past 15+ months, we must also take account as to what is going on psychologically. According to Dr. Sherry Pagoto: "Theories of human behaviour have long shown that immediate experience often outweighs future rewards." This means that it is quite challenging to do something unpleasant, even if we know it will bring us beneficial results in the long run. Exercise is uncomfortable. Combined with having "fallen off the wagon" or "never gotten on to begin with," it may leave you feeling like you are facing an unsurmountable hurdle.

The good news? Regardless of how long a break you have taken, it is more than possible for you to get back in the game.



Here are some tips to take that first step:

- Check your health: It is very important to consult your doctor before starting any new exercise routine.
- Plan. Schedule your workouts in your calendar. Carve out that time as you would any appointment or meeting.
- Start low and go slow. Do not make the mistake of starting too aggressively and then not sticking with the program because of tiredness, soreness, or—worst of all—injury. Slow and steady always wins in the end.
- Create consistent habits that will build upon one another to carry through for a lifetime.
- Pace yourself and stay consistent. Make sure to "move in some way" on most days, if not all.
- Set small, challenging, measurable, but achievable goals for yourself.
- Create accountability. Work out with someone in your bubble, commit with a Zoom exercise buddy, or join a group-based virtual program led by a coach.
- Mix it up. Move your body in some way each and every day: Walking, biking, online at-home workouts, yoga, outdoor group-based training, swimming… Find something or a combination of several things you enjoy doing and do it!

Exercise is a wonder drug, but you cannot feel the effects until you fill your own prescription.

We have provided a list of some exercises you can do to start with, even from home, to get ready for your post-COVID comeback!

You do not have any equipment? No worries. Here are some at-home hacks that can be used to easily get your sweat on.

- Heavier weights: Use 5-litre detergent jugs. Think lunges, squats, dead lifts.
- Medium weights: Use 2-litre filled plastic bottles. Think low rows, biceps curls, triceps extensions.
- Light weights: Use cans of soup or legumes. Think shoulder press, lateral and front raises.

Note: If using one in each hand simultaneously, be sure they are the same weight!

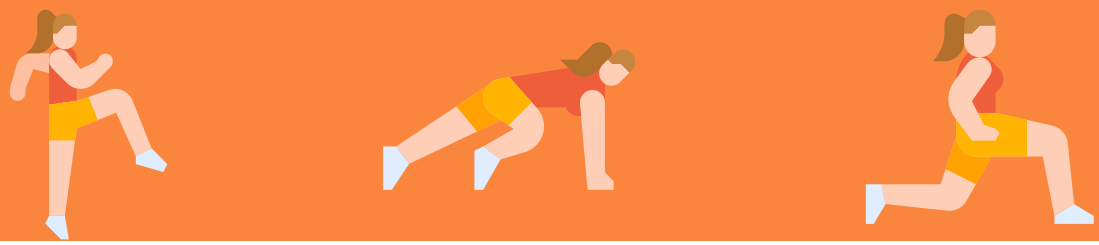
Additional exercise routines can be found on the internet. YouTube has opened the door to thousands of free videos on demand.



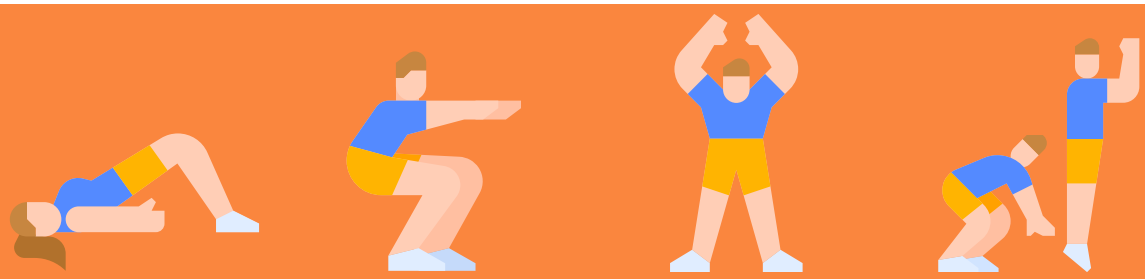
orangetheory® FITNESS

AT HOME WORKOUT

Complete all exercises then rest for 60 seconds and repeat for 3 rounds



30 High Knees | **30** Mountain Climbers | **20** Alternating Lunges



20 Hip Thrusts | **15** Squats | **40** Jumping Jacks | **10** Froggers



1 min Plank Hold | **30 sec** Side Plank Hold | **30 sec** Side Plank Hold

Level of difficulty:
To increase difficulty, add weights to alternating lunges, hip thrusts, and squats.
To reduce dificulty, convert high knees to a march, convert jumping jacks to walkouts, eliminate jump in froggers exercise to reduce impact, and all plank poses can be done with knees on the ground.

Orangetheory Fitness offers hundreds of expertly designed and coach-led workouts on YouTube. Backed by science, these endurance, strength, and power workouts can easily be done from the comfort of your living room. Visit FlourishBodyandMind.com/Orangetheory.

The most difficult part will be taking that first step. Go ahead: I dare you!



Stephanie Van Dystadt

Being impactful and empowering others to live their best life is how I choose to live each and every day. Always learning, never getting it 100%, but always trying to be better than yesterday. Fitness. Nutrition. Awareness. Living consciously and fully, one day at a time.

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Natural Ways to Relieve Menopause Symptoms

As Seen on CityLine

by Andrea Donsky, RHN

By the year 2025, 12% of women worldwide will be in menopause. Eighty-five percent of these women will experience menopausal symptoms, with over 10% having debilitating symptoms interfering with their daily lives. Our resident nutritionist, Andrea, is experiencing the symptoms firsthand and is on a mission to share natural strategies for symptomatic relief.

Tracy: I know you have been spending a lot of time understanding and researching everything you can about perimenopause and menopause. What inspired you?

Andrea: First, I am in menopause myself, so I really want to understand everything about it. In addition, it is still very much a taboo topic, so my team and I want to change that. Over the last four and a half years, we discovered that there are over 85 signs and symptoms of menopause, and we are going to talk about some of the more common ones, such as hot flashes, night sweats, weight gain, mood swings, anxiety, and sleep issues.

Tracy: According to statistics, 75% of women in perimenopause and menopause experience hot flashes and night sweats. You illustrated this exceptionally well on your TikTok feed—too funny! What tips do you have to help minimize hot flashes and night sweats?

Andrea: Yes—I am making fun of it because if I did not, I would probably cry. I suffered from hot flashes and night sweats for so many years… It is so debilitating! Some lifestyle and diet things that helped me were really reducing or eliminating my triggers. For example, caffeine, chocolate—unfortunately—alcohol, spicy foods, and sugar, for some women, trigger those hot flashes. The other thing I learned was to manage my stress levels, because stress can trigger hot flashes and night sweats. Deep breathing, walking in nature, exercising—anything that stimulates the parasympathetic nervous system to help us relax better.

"A hot flash is a sudden feeling of heat and warmth, and can be accompanied by a red flushed face and sweating."





Wearing breathable clothing and always dressing in layers for those times that you start to get warm, you can just take some off. Washing dishes with hot water can also trigger hot flashes. Of course, as a nutritionist, I recommend a whole-food diet, and stay away from sugar and ultraprocessed foods which mess with blood-sugar levels.

Tracy: Very interesting! So, managing blood-sugar levels can help here?

Andrea: It really can—research shows that women who have higher blood-sugar levels have more hot flashes. Estrogen and progesterone levels decrease during menopause, which makes our cells less responsive to insulin. This can lead to weight gain and insulin resistance, which is a step before type 2 diabetes. It is crucial, during menopause and perimenopause, that we balance our blood-sugar levels. When our blood sugar spikes, insulin spikes, which paves the way for weight gain. One of the ways that we can do that is make sure we get enough protein, which is excellent for energy. Also, fat has zero implication on blood-sugar levels, so make sure you are getting those good fats like olive oil, avocado oil, or Malaysian palm-fruit oil. Fibre is also excellent: Aim for 25–40 g of fibre per day. Fibre slows down the absorption of sugar into our bloodstream and prevents those spikes. If you are going to eat fruits, make sure they are less-sugary fruits, like green apples and berries.



"If you are experiencing hot flashes and find you sweat a lot, moisture-wicking fabrics are a smart, practical choice."

Tracy: What about anxiety and mood-related symptoms? What can you tell us about those?

Andrea: I suffered from mood symptoms for so long, from happy to sad to angry and irritated, all within minutes of each other. One of the things that helped me was balancing my blood-sugar levels, but also taking care of my microbiome. We know from research that our gut is connected to our brain: When one is upset, so is the other. Choose probiotic-rich foods, like fermented foods—kimchi and sauerkraut—or you can supplement with probiotics.



Look for one with enteric coating to avoid destruction by harsh stomach acid. Managing stress levels, exercising—even if it is for a walk around the block—and eating gut-friendly foods, like garlic, ginger, Brussels sprouts, and olive oil can all help.

"On average, women gain 10 to 15 pounds during menopause because of fluctuating hormones and other factors like loss of muscle mass."

"When it comes to mood and anxiety, 90% of our serotonin is made in our gut, so focusing on gut health is crucial for managing these two symptoms."

Tracy: Let us talk about sleep... Why is sleep such a big issue for menopausal women, and what can we do to help that?

Andrea: It is one of the top complaints, up there with hot flashes. It is really tough. Women are having trouble sleeping—whether it is insomnia or waking up at 3 a.m. from cortisol spiking at the wrong time, or night sweats, or going to the bathroom multiple times a night. Keeping the bedroom cool—like 65 to 68 °F [18–20 °C]—or using ice packs; believe it or not, putting them on your chest or behind your neck can really help.



I also use a cooling blanket: It is a weighted blanket that wicks away moisture and hugs our nervous system to help us relax. Cooling PJs with similar technology can also keep us dry while looking great. I also recommend L-theanine about 30 to 40 minutes before bed, as it is an amino acid proven, in over 90 clinical trials, to help calm us, giving us that better night sleep. This calm state will last eight to ten hours.

"Sleep disorders affect up to 47% of perimenopausal women and 60% of menopausal women."



Andrea Donsky, RHN

Andrea Donsky is a Registered Holistic Nutritionist and founder of NaturallySavvy.com—a multiple award-winning website. She has 21 years of experience in the health and wellness space, and is a multiple award-winning influencer. Her newest venture—wearemorphus.com—helps women in perimenopause and menopause. Follow Andrea on TikTok and Instagram @andreadonsky.

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*Kuate, S.P., S. Bai, and A. Hossain. "In Vitro Comparative Study of the Survival of Probiotic Capsules in a Simulated Gastric Environment." Data on file.

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Vitamin D

More Than Just Some Sun!

by Guillaume Landry, MSc, Naturopath

The beautiful days have arrived, the winter blues are gone, and the temptation can be great to abandon our bottle of vitamin D at the back of the kitchen cupboard. Although summer exposure to the sun's rays does indeed contribute to greater production of vitamin D by the body, it may be a good idea to always keep this precious bottle on the kitchen counter. Let's see why.

A multitude of health problems are associated with vitamin D deficiency, such as osteoporosis, heart disease, depression, cancer, and multiple sclerosis, not to mention the increased risks of severe symptoms of viral infections… Remember that vitamin D is a great ally in supporting immune function as well as helping the development and maintenance of bones and teeth through increased absorption and use of calcium and phosphorus.

In general, food alone (especially with fatty fish, eggs, fortified dairy products, and organ meats) is not sufficient to cover our vitamin D needs, the "inadequacy" threshold of which is 30 nmol/l of the blood marker 25(OH)D_3. Deficiency, for its part, is anything below 50 nmol/l, and while medical doctors follow a so-called "healthy" value of 60 nmol/l, naturopathic practitioners rather seek an optimal value approaching 110 nmol/l.

As science has evolved significantly, Health Canada recently reassessed the maximum safe dose of nonprescription vitamin D supplements for children 9 years of age and older, adolescents, and adults to 62.5 µg, or 2,500 international units (IU) of vitamin D per day.

The other important source of vitamin D is none other than our sun. When they penetrate exposed skin, the sun's type B ultraviolet rays (UVB) stimulate the conversion of 7-dehydrocholesterol (provitamin D_3) into vitamin D_3 (cholecalciferol), which is then metabolized to its hormonally active form, calcitriol.

However, the amount of sunshine in Canada is more limited than in the tropics… Elementary, my dear Watson! In a survey referenced by Statistics Canada, in the winter, about 40% of Canadians had a blood vitamin D concentration below 50 nmol/l, compared to 25% in the summer.

Many other factors also limit our exposure, such as cloudy or smoggy days, long hours spent indoors, or clothing, which covers a smaller or greater area of the body. Intensive use of sun protection, age (elderly people produce less vitamin D), as well as skin colour—darker skin limits the absorption of UV rays—are also limiting elements to be considered. In short, it is difficult to predict if one's summer exposure to the sun allows their body to produce enough vitamin D. That being said, spending about 30 minutes in the sun in shorts and T-shirt, without sunscreen, between 10 a.m. and 4 p.m. and at least twice a week would be enough to "recharge the batteries." However, too much exposure to the sun without protection can increase your risk of skin cancer…

In any case, an adequate intake of vitamin D can be obtained by combining food intake, sun exposure, and adequate supplementation.

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The Heat Is On

by Gordon Raza, BSc

Thirst, the body's craving for fluid, is a close runner-up to the air we breathe when it comes to survival. Our body is composed of over 50% water, which serves as the foundational compound for blood, cerebrospinal fluid, the brain, heart, lungs, kidneys, bones, and skin.

Water's main purpose is to dissolve and distribute nutrients throughout the body, making it essential for life. This includes substances called electrolytes which literally deliver the spark of life crucial for countless bodily functions, including muscle contraction and relaxation. Sodium, potassium, calcium, and magnesium represent the major electrolytes for bodily function.

When the hot weather hits, things can get a little sticky. The body uses the skin as a thermostat. During extreme heat or exertion, it perspires to regulate a safe core-body temperature. However, the process of perspiration results in the loss of these crucial electrolytes. In addition to thirst, the lack of urgency to urinate can also be a cue you are "running on empty." Clear urine is a sign you are adequately hydrated; when it becomes darker in colour, it could mean you have some catching up to do. Muscle cramps, headache, and fatigue round out the common signs you are overheating.

The best strategy for coping with summer swelter is to be proactive. Consume as much water as you can before heading out on your summer adventures and bring more along with you. Electrolyte-rich foods and beverages—such as bananas, watermelon, kiwis, strawberries, and coconut water—are great natural sources of electrolytes. There are also scientifically formulated electrolyte-rehydration beverages for next level performance and better health.

Enjoy that summer heat, including a cool drink under a shady tree, or a midafternoon nap on that Himalayan hammock you finally hung up. Just remember: Healthy living also involves keeping your electrolytes in balance.



Magnesium
The Mineral Panacea

by Guillaume Landry, MSc, Naturopath

Why is there so much emphasis on magnesium? Elementary, my dear Watson! This is because it contributes to most of the physiological processes of the body, and without this essential nutriment, our body cannot maintain its balance and stability.

There are hundreds of biochemical processes in which magnesium is involved. Magnesium is essential within cell-membrane ion-transport channels to guarantee a good electrolyte balance, with calcium for muscle contraction, or with potassium and sodium for nervous system sensitivity. Magnesium allows the activation of B vitamins and potentiates the bioavailability of vitamins D, E, and C; as well as that of potassium, calcium, and silica. It regulates blood pressure, prevents atheroma plaques and calcium lithiasis, stimulates immunity, regulates heart rate, is involved in bone architecture, etc.

In the brain, magnesium is an antagonist of stimulating molecules such as glutamate as well as an agonist of GABA, a relaxing molecule of the nervous system. Without magnesium, most of our enzymes would be unable to properly work or would not be activated. By the way, without enzymes, our body cannot function properly, because these proteins catalyze (in other words accelerate and optimize) the body's metabolic reactions. Without enzymes, everything happens in slow motion… or not at all! Enzymes are not only digestive; they also condition, for example, hormone synthesis, nerve conduction, detoxification, and cellular energy production. However, most of these enzymatic reactions depend on magnesium, right up to the heart of our cells, where the $Mg^{2}+$ ion is also an enzymatic cofactor for most genetic processes in the formation, defense, and maintenance of genetic material. This is just a hint of the importance of magnesium for our general health.

Unfortunately, magnesium is high on the list of minerals that our population is sorely lacking. Nearly one in three Canadians are not getting the 300 mg recommended daily intake for an adult. Sings of deficiency are numerous: muscular troubles, depression and anxiety, osteoporosis, premenstrual syndrome, insulin resistance, etc. Asymptomatic subdeficiencies, because the body constantly seeks balance and distributes its reserves between organs, may contribute to cancer and degenerative diseases.



Refinements in food production and land depletion are major causes of magnesium deficiency. Between 1940 and 1991, the loss of magnesium was on average 16% to 24% for fruits and vegetables, respectively, and as high as 70% in carrots!



But that is not all: Age and chronic inflammatory intestinal diseases limit intestinal absorption; stress and its hormone, cortisol, need magnesium for their regulation; pregnancy; pollutants; multiple drugs (antacids, antibiotics, diuretics, corticosteroids, contraceptives, etc.); phosphorus-rich foods (industrial drinks); excess tea and coffee; oxalic acid from spinach or phytic acid from cereals; calcium and iron supplements (magnesium antagonists)—all these factors prevent or hinder the action of magnesium. Conversely, excess magnesium, hypermagnesemia, is a very rare disorder. Generally, the main symptom suggestive of excess magnesium is looser stools. Not everyone has the same reaction to magnesium, so it is customary to start with a low dose and increase as needed. Start low, go slow.

However, your favourite market's magnesium aisle may offer so much choice as to make you dizzy. Here are a few of the most common magnesium forms on the market, with their main use.

Magnesium Bisglycinate

The form getting most of the attention is magnesium bisglycinate. Strongly chelated to two molecules of glycine, a soothing amino acid which optimizes absorption, it is clearly the most bioavailable of all forms of magnesium. It is the best choice if you want a supplement for preventing or treating magnesium deficiency.

Magnesium Orotate

Magnesium orotate is best for virtually any and all heart problems. Chelated to orotic acid, it improves blood-vessel elasticity, lowers cholesterol levels, and strengthens the heart muscle's energy state, thereby preventing hypertension, ischemic damage, arrhythmia, or atherosclerosis.

Magnesium Malate

A chelate of magnesium and malic acid, magnesium malate relieves very sore muscles, fibromyalgia, and chronic fatigue pain through its relaxing action on smooth muscles, its dilating properties at the vascular level, and its ability to normalize nerve conduction.

Magnesium L-Threonate

Magnesium L-threonate is most relevant for cognitive function support, mental health, and anything generally brain-related, as it more easily crosses the blood-brain barrier. Magnesium L-threonate potentiates receptors involved in memory and learning processes, and it regulates inflammatory reactions. In addition, L-threonate improves mitochondrial function, synaptic density, and neuroplasticity.

Magnesium Citrate

Magnesium citrate, with its slight laxative effect, is useful to alleviate constipation. Its osmotic effect attracts water into the intestine, hence requiring greater hydration to prevent dehydration.

Finally, the addition of the amino acid L-taurine to certain magnesium formulas is due to its "magnesium-fixing" power, which allows a better cellular use of magnesium.

In short, if there was another item to add to the kitchen counter, alongside the salt and pepper shakers, it would be one containing magnesium!

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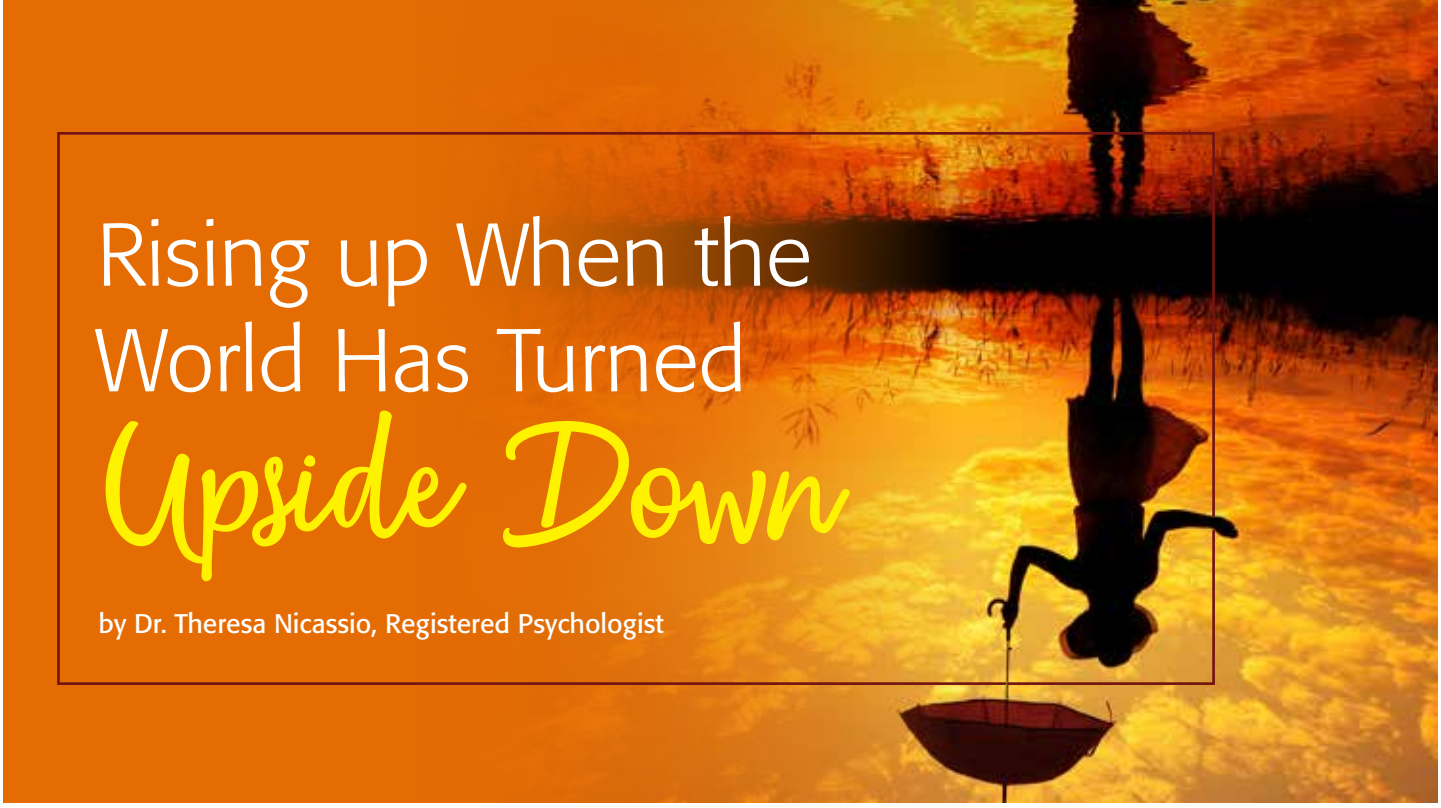
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Rising up When the World Has Turned Upside Down

by Dr. Theresa Nicassio, Registered Psychologist

"Creativity itself requires limits, for the creative act arises out of the struggle of human beings with and against that which limits them."

—Dr. Rollo May

The toll of this pandemic, on countless fronts, has been far greater than any of us imagined possible in our lifetime. It is easy to feel discouraged and disempowered, especially with the barrage of seemingly more bad news around each corner just when we start to feel optimistic about the prospect of a light at the end of the tunnel. There is no getting around the fact that this has been a challenging time for all of us not only in practical ways, but emotionally as well.

Like you and so many others, this journey has invited me to take a deep dive into my own perceptions and assumptions about life, reorienting to the new world we are all living in. Here are some of my observations, deconstructions, and useful tips to help you transform this unique time into a more positive and life-giving experience.

Make a Mental Shift

By making a mental shift about the current situation as an opportunity to use our inner creative resources to access new possibilities for transformation, hope is possible and the whole landscape irreversibly changes.

While it is true that the world as we knew it before the pandemic no longer exists, it is helpful to think about our current situation as a disruption that is fertile soil for creating something new. The pandemic policies and general practices are not in any way a reflection of a static redefinition of reality beyond this particular moment in time.

This Is *Not* the "New Normal"

Many refer to the policy and lifestyle shifts as the "new normal." This characterization is blatantly untrue and is unnecessarily limiting. Because as humans, we long for a sense of order, our brain has an uncanny tendency to make conclusions prematurely in an effort for perceived certainty.

Freeing ourselves from the belief that what we are living will persist and become an ongoing normative way of functioning, we are more likely to be able to emerge from this surreal and distressing dream with more prospects than we could have previously imagined. This is a time when we most need to courageously harness the power of possibility-thinking and become victors and agents of positive change instead.



Be a "Possibilitarian"

At its core, my job as a psychologist is to help those I serve learn how to see new possibilities to transform their thoughts and experiences in and about the world. This is especially the case in times of discomfort. I do not know about you, but amidst this unprecedented time of curfews and masks, physical distancing, border closures, and travel limitations, in my mind, there is a lot to feel uncomfortable about right about now!

When we choose to focus on possibilities, the walls that seem to bind us can evaporate. And indeed, it is in times when we are pushed to our limits that we are motivated to creatively explore strategies, resources, and perspectives that we otherwise would never entertain, as we are reminded of by the mythic story of the Baba Yaga.

Baba Yaga Wisdom

About 20 years ago, I learned about the Baba Yaga story from Eastern European culture. No one likes crossing the path of this "witch" who hides in the forest. We would much rather be able to freely carry on as we wish and not be challenged. However, when fate has it that we stumble into her lair, we are abruptly stopped in our tracks, unable to carry on unless we are able to complete the tasks or solve the riddles that she presents us with. The kicker is that, sometimes, we do not even know what it is that we are required to do.

By being confronted in such a way, if we want to survive and thrive and be able to carry on with our journey, we must be willing to be open to possibilities that are outside of our typical thinking. By igniting our creativity, we are enabled to discover more about ourselves and what we are capable of and make instrumental shifts in our thoughts, our relationships, and our behaviours that have the potential of enhancing the world that we live in.

In difficult times like we are all living with the COVID-19 pandemic, I find this perspective to be particularly empowering and helpful, offering a sense of agency that replaces the natural tendency to feel powerless and victimized.

Resist Polarized (All-or-Nothing) Thinking

Stressful situations that are experienced as crises unfortunately predispose the human brain to activate less-than-optimal heuristics, often characterized by polarized thinking. In so doing, optimal solution-seeking strategies are often lost, and the ability to appreciate the full range of perceived options can become impaired, replacing creative problem-solving practices with all-or-nothing and reactive thinking. Being aware of this tendency can enable you to pause and invite curiosity about options you may not have considered, so that you can redirect your subsequent thoughts and actions in a way that is more constructive.

Final Thoughts

As difficult as it can be to see beyond the storm and the global suffering that is infiltrating virtually every aspect of our lives, we all have a choice to either succumb to feeling like a victim, or stepping up to be a victor and do all that we can to rise above the huge challenges before us and relentlessly find ways to be a positive agent of change. Transformation is rarely an easy endeavour but, strategically directed, it is well worth the effort.



Theresa Nicassio, PhD, Psychologist

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

TheresaNicassio.com

Make Memories at Jollymore Ranch

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

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

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

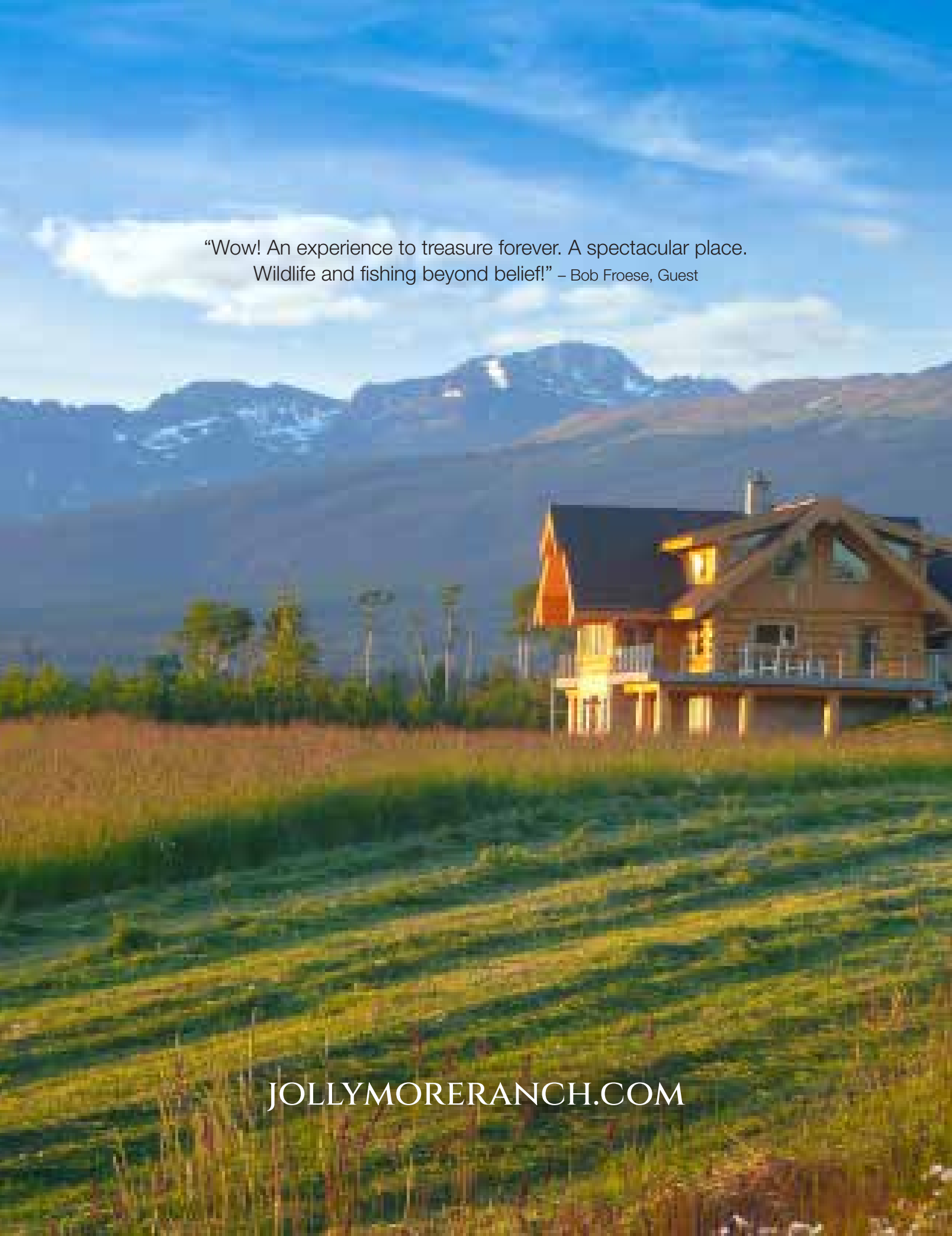
Jollymore Ranch is unlike anything you have ever experienced. An unparalleled place where true luxury lives in perfect harmony with the untamed wilderness.

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

Jollymore Ranch





"Wow! An experience to treasure forever. A spectacular place. Wildlife and fishing beyond belief!" – Bob Froese, Guest

JOLLYMORERANCH.COM



Fire Up the HQ for Your Barbecue

by Gordon Raza, BSc

When it comes to getting our "barbecue on," Canadians are second to none! Unfortunately, grilling has long been typecast for being a tad indulgent, so we have got some suggestions to elevate your "Health Quotient" for outdoor living.

You do not have to change much to make sauces, dips, marinades, dressings, vinaigrettes, rubs, and beverages trend to the healthy side of the ledger.

Plant sterols are a great place to begin. You may have seen popular margarine and orange-juice brands boasting the cardiovascular benefits of added plant sterols. Great news is they are available in concentrated forms at health-food stores and can be whisked into original recipes or condiments without altering their flavour profile. Heart-smart, plant-sterol–infused culinary oils can also be incorporated into recipes when a healthy drip or drizzle is in order.

Fermented versions of beet, turmeric, and ginger lend their versatility for applications spanning such as dry rubs, marinades, or even exotic beverages. A ruby-red beet veggie dip is seconds away when added to your favourite sour-cream creation. Fermented turmeric and beet can also lend an exotic flavour and meat-like appearance to plant-based burgers. Iced tea with a hint of fermented ginger can further soothe the soul under a sweltering sun. Concerned about advanced glycation end products (AGEs) resulting from dry and intense barbecue heat? Try marinating your meat for a slower, moist cooking style which limits their formation.

I am not sure how things roll "chez vous," but the era of a steak on every plate is over for us. However, we continue to have fun creating signature sauces, like our roasted-garlic cream sauce with organic Lion's Mane Powder, which has become a staple.

Mushroom powders can also elevate a home-made poutine from snack bar to Michelin star. Beef bone broth in powdered form can make for a great low-sodium "au jus" dip for steak strips.

Home-made mayonnaise with MCT oil energizes this must-have condiment for calories which are easily metabolized without fat storage. MCT oil can also be used for vinaigrettes and marinades.

Looking to reduce sugar and hidden calories in summer cuisine? Plant-based sweeteners with drastically reduced or no caloric value can help keep your waistline in check.

All that is left is to queue up some tunes to set that summer vibe.

"Bon appétit," everyone!



Supe up my soup



Power up my pastries



Spice up my smoothie

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Taco Tips for Summer

by Angela Wallace, MSc, RD

Tacos have to be one of my favourite meals and my family's too. The best part about tacos is they are completely customizable, everyone around your table can find a topping or something they like from a taco meal. They also make for a delicious, healthy, and fresh meal over the summer months.

I am sharing five tips to make your tacos even healthier this summer.

1. Make Veggie Tacos

Try swapping meat for things like roasted cauliflower, lentils, tofu, or roasted chickpeas. You can season them the same way you would normally season your taco meat. Use your toppings of choice and voilà!

You can even try using a white fish (cooking that taco seasoning) and topping with a delicious and fresh salsa—see more on that below!

2. Try Swapping Your Shells

Perhaps you feel like a lighter meal? Sometimes I get that feeling on really hot days. Use big romaine leaves or lettuce leaves of choice as your wrap, add in your meat, beans or veggies, and toppings of choice.

3. Mix Lentils with Your Meat

If you love your meat tacos, a great way to add some nutrients and fibre to your meal is by mixing in cooked or canned lentils. Cook your meat as you usually do and, towards the end of cooking (last 2 minutes), add in your cooked lentils (1–2 cups). Mix together and serve. The great thing about lentils (besides being super nutritious) is they are tiny and tend to blend well with ground meat.



4. Add Veggies to Your Meat

Again, if you love your meat tacos, another way to add some nutrition to your tacos is to add in shredded zucchini and carrots. Both will mix and blend well, but give you some bonus veggies. This was something a client shared with me, as it worked well for her family, and I have since been using this approach to my taco meals too (it is always a big hit).

5. Serve with some Fresh Sauces

Try making your own fresh sauces, like a salsa made with garden or local tomatoes. If you feel like fruit, add some fresh strawberries, mango, or pineapple to your salsa, and enjoy them along with your favourite taco toppings.

I hope these options have given you some ideas to make your summer tacos fun, tasty, and healthy. See the next page for a mango salsa that goes great with some white fish or that can be enjoyed as a veggie taco!

Mango Salsa for Tacos

Ingredients

- 1 mango, diced into small pieces
- 1 fresh jalapeño (more if you like spice), diced into small pieces
- ½ small red onion, diced
- 1–2 tbsp. cilantro, minced
- 2–3 tbsp. lime juice
- 2 tbsp. olive oil
- Sprinkle of sea salt
- 1 tbsp. honey (optional)

Instructions

Mix everything together and use on top of your tacos. Also pairs well with chicken, fish, or tofu that has been grilled.

Enjoy!



Angela Wallace, MSc, RD

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

eatrightfeelright.ca



Chillin' and Grillin' Contest Winner

Thanks to all who participated in our Chillin' and Grillin' contest. Our winner is Susie McAdam of Cawston, BC! She has received a great gift basket of New Roots Herbal functional food products to give a healthy boost to her recipes. Be on the lookout for our next contest!

Thanks for taking the time to read *Flourish*. Keep the comments and suggestions coming. flourishbodyandmind.com/feedback



Raspberry Chipotle BBQ Sauce

(serve with grilled chicken breast)

Ingredients

- 1½ large chipotle peppers, minced (from can of chipotle peppers in adobe sauce)
- 4 cups of raspberries
- ½ cup of red onion, chopped
- 3 garlic cloves, minced
- 15 oz. tomato sauce
- ¼ cup of apple cider vinegar
- 2 tbsp. of flaxseed oil
- 2 tbsp. of molasses
- 1 tsp. of liquid smoke
- ⅛–¼ cup of birch syrup or brown sugar
- 2 tbsp. of salt
- 1 tsp. pepper

Instructions

Heat a large sauté pan to medium-high heat and add oil and red onion.

Sauté for 3 minutes until onions are translucent; add garlic cloves and chipotle peppers. Stir and sauté for 30 seconds.

Add tomato sauce, birch syrup or brown sugar, apple cider vinegar, and liquid smoke; then, add in raspberries. Stir and bring to a boil.

Reduce heat and simmer for 10–15 minutes, stirring occasionally.

Remove from heat and let cool.

Top on your favourite protein. You may store the remaining sauce in airtight container for about 2 weeks.



Tammy-Lynn McNabb, RHNC

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

Eggplant Parmesan

This dish is simple to make and impressive even for your fussiest diner guests. It could become a family favourite in no time.

Ingredients

- 1 very large eggplant, sliced into ½-inch thick rounds
- 3 cups of your favourite marinara sauce
- ½ cup packed fresh parsley, finely chopped
- ½ cup Daiya mozzarella cheese or other favourite vegan cheese, shredded
- ¼–½ cup avocado oil or favourite cooking oil
- 2 tbsp. maple syrup or favourite sticky syrup
- 1–2 Brazil nuts, finely grated or microplaned (optional)
- 1–1½ cups gluten-free bread crumbs (optional)

Instructions

In one flat-bottom bowl, stir together the oil and maple syrup. Put the bread crumbs in a second flat-bottom bowl. Brush or dip each eggplant round in the oil mixture, then in the bread crumbs, covering all surfaces.

Place the coated rounds on a baking sheet and place in a preheated 450 °F (235 °C) oven for 30 minutes, carefully flipping each over halfway through cooking. After 30 minutes, remove the baking sheet from the oven.

In the bottom of a large glass baking dish, spread about ½ cup of the marinara sauce and then place the eggplant rounds on top of the sauce. Cover the round with 1½ cups of the marinara sauce. Sprinkle with the chopped fresh basil, followed by the remaining sauce. Top evenly with the shredded vegan cheese, followed by a sprinkle of the grated Brazil nuts (if using).

Bake for 15 minutes at 450 °F and serve hot.

Serves 2–3.



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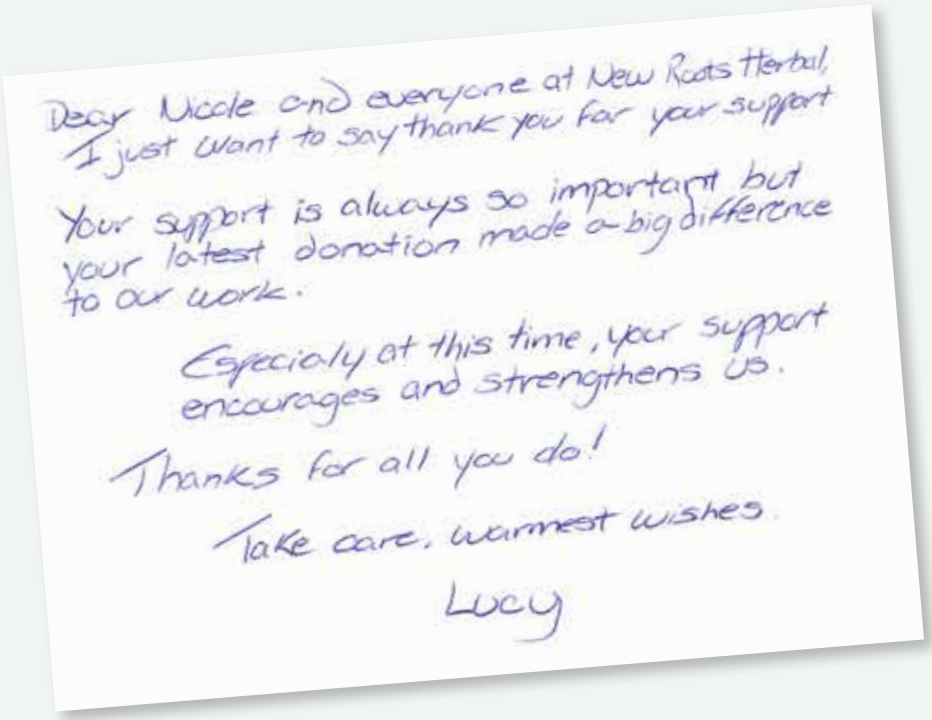


New Roots Herbal is privileged to work with many charitable organizations by means of its *Choose to Care* program. We recently received a heartfelt thank-you note from the Canadian Biotechnology Action Network (CBAN).

CBAN brings together 16 groups to research, monitor, and raise awareness about issues relating to genetic engineering in food and farming. CBAN members include farmer associations, environmental and social justice organizations, and regional coalitions of grassroots groups.

Their role in education and awareness for the risks and unexpected consequences of genetic modification in food and farming is an indispensable service.

On the right, you can find steps you can take to make a difference and help CBAN in their mission to reduce GMOs.


Dear Nicole and everyone at New Roots Herbal,
I just want to say thank you for your support
Your support is always so important but
your latest donation made a big difference
to our work.
Especially at this time, your support
encourages and strengthens us.
Thanks for all you do!
Take care, warmest wishes
Lucy

How You Can Make a Difference

When you buy food, you play an important role in determining the future of our food system and its impact on people and the planet.

Even just a few choices can make a difference. Here are some options:

- **Choose organic food.** Regularly choosing one or more certified organic products supports farmers who are committed to a high standard of care for our environment.
- **Eat with the season.** Find out which fruits and vegetables are in season in your area and prioritize eating those foods at their freshest.
- **Shop at your local farmers' market.** Choose to be a regular customer to help local farms thrive.
- **Join a Community-Shared Agriculture program (CSA).** Look for local farmers who run CSAs. In exchange for money upfront, you will receive weekly produce all season long. You help a farmer put seeds in the ground and share some of the risks of farming.
- **Find your local food products in stores.** Many provincial governments have created local food brands to help you find locally grown and locally made products.
- **Shop at your independent food store.** Independent stores are often vital to the support of family farms, local products, and small food businesses in your community.



My partner has trouble sleeping and is reluctant to take prescription medication for fear of creating a dependency.

Start with some behavioural tips such as avoiding stimulants, including caffeine and blue-light–emitting devices one hour before bed—yes, that includes cell phones! When it comes to supplements, the hormone melatonin ranks among the best to restore your sleep/wake cycle. A quartet of botanicals—passionflower, chamomile, skullcap, and hops—contain compounds called flavonoids which exert calming effects on the brain. *Panax notoginseng* extract can also shield the brain from stressors that may interfere with a good night's rest. Magnesium has many roles in general health; a calming effect on the nervous system is one of them.

These rank among the most popular nutrients for sleep hygiene and are non-habit forming. Look for them at your natural health-product store as standalone products or in well-researched formulas.

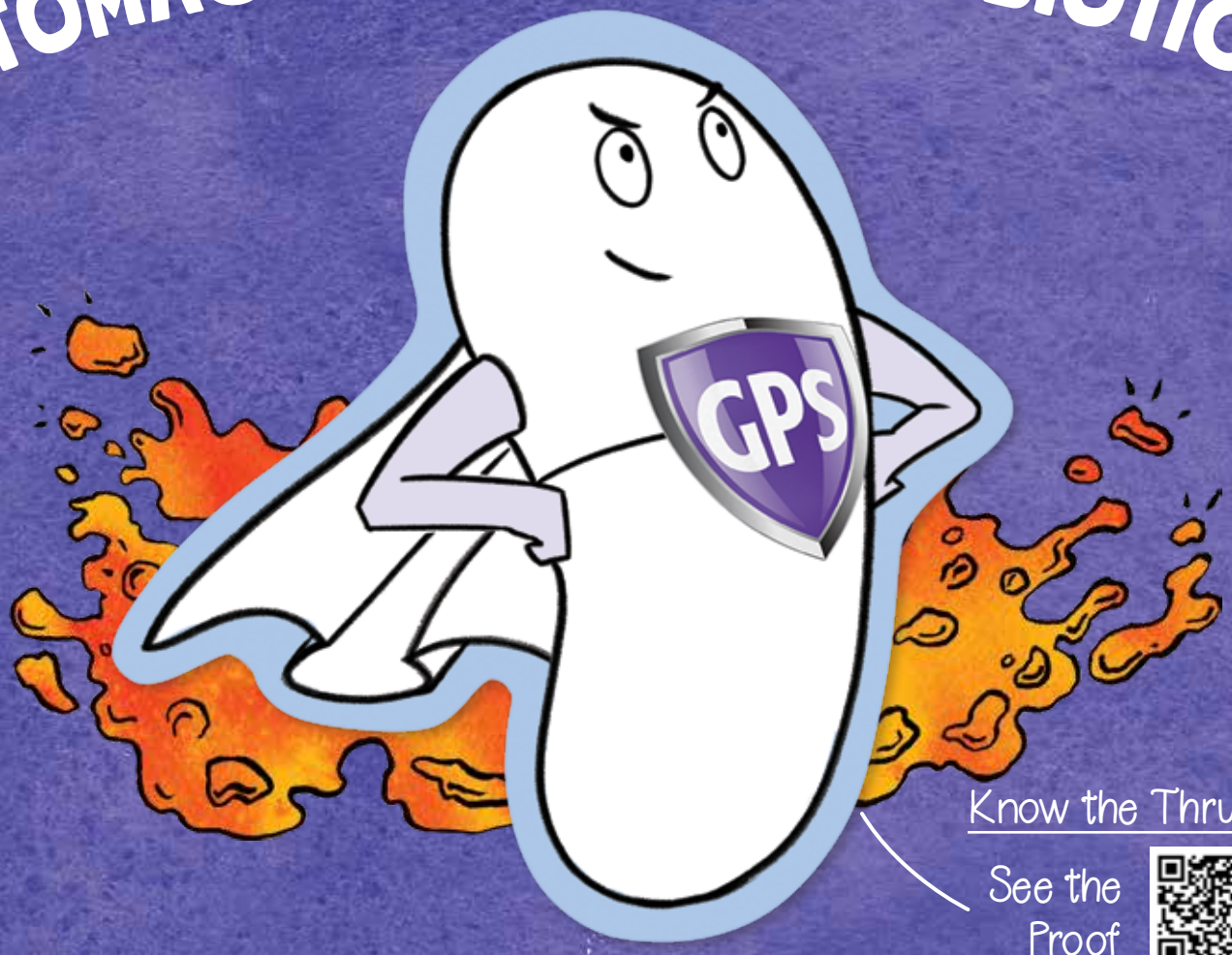
I understand the importance of physical activity to keep bones and muscles strong, but I am in too much pain. How can I break this cycle?

Great question; this situation has many moving parts. Joint pain and inflammation go hand in hand, while age-related wear-and-tear for cartilage in weight-bearing joints completes the equation. Naturally sourced glucosamine, chondroitin, and a proprietary eggshell-sourced nutrient called NEM® are excellent nutrients to reduce deterioration of cartilage and connective tissue. When it comes to managing pain and inflammation, botanical extracts such as bromelain, boswellic acid, curcumin, devil's claw, and serratiopeptidase have been proven to reduce pain and suppress inflammation.

Getting active can begin with a modest 20-minute walk and evolve into strength-training and cardio. This strengthens muscle groups to stabilize joints to help alleviate joint pain. Try keeping a journal of what works for you; before long, you will be sharing your success story with family and friends.

You have a question you would like answered about your health and supplements? Gord would be happy to answer them! We could even feature them in this page if others could benefit from the information. Reach out to him at facebook.com/newrootsherbal or call 1 800 268-9486 ext. 237

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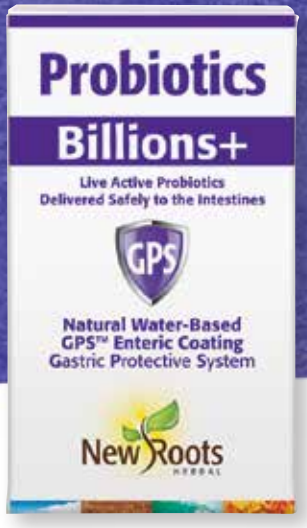
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