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### Diabetes

A Naturopathic Approach

### Caffeine


Is It Healthy?

**A Nutritionist's Advice**  
for a Healthy Holiday



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November/December 2016



Spend less time  
in the bathroom,  
and more quality time in the bedroom.

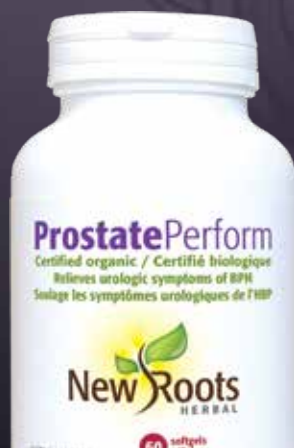
Certain things happen to men as we age. We lose hair, hurt our backs trying to relive our high-school glory days, and—for far too many of us—our prostate enlarges. This causes several problems, most notably having to run to the bathroom more often than you complain about the weather.

As men age, they start accumulating high levels of something called DHT (we'd tell you what this is, but you'll forget by the end of the ad anyway). This DHT accumulation causes cell growth in the prostate gland, which in turn puts pressure on the bladder and, well, it can be summed up in one word: trickle.

Now before you get discouraged, here's some good news.

A maintenance regime including ProstatePerform can help ensure male health and ward off, well, a lot of the above. This all-natural supplement contains ingredients that have been clinically tested to rival the effectiveness of pharmaceutical drugs, with no side effects such as impotence. Your significant others will certainly thank you for that, and for letting them sleep through the night.

*flourish*



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# 16 Save Our Supplements



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# Editor's Letter



“Change” is a word we see everywhere nowadays. Change of habits, changing the time, change of season, change in politic, change of regulations... For our magazine, I prefer to brand it as evolution. As you noticed, our old *Natural Facts* had a makeover to become *Flourish*!

If you look up the word “flourish” in the dictionary, you will see that it means “to thrive, to grow well, and be healthy.” That’s exactly what we have strived for since the beginning of this magazine. *Flourish* is not only the title of a magazine or a marketing slogan; it’s also the interpretation of what we are, both as a company and magazine, and we sincerely believe that we have all the skills necessary to achieve just that.

As usual, we’ll continue to give you advice on natural health, food, exercise, beauty, and wellbeing... and let’s not forget our healthy recipes in our Culinary Corner.

With the new year inching closer, keep getting inspired, keep yourself informed, and flourish!

*The real measure of your life isn’t how many breaths you took, but how many moments took your breath away.*

Sonia Lamoureux  
Editor-in-Chief

## flourish

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Chinese medicine, herbal medicine, crystal healing, oligotherapy, organotherapy, hydrotherapy, phytochemistry, functional medicine, etc., have no secret for him.



# A COLLEGE CARE PACKAGE

## That Makes the Grade

by Gordon Raza, BSc

A long-standing tradition for young men and women attending school away from home is the late-November care package. Standard fare back in the day were some homemade cookies, a dozen disposable razors, hot-chocolate mix, the winter hat and gloves you forgot to pack, and a mix-tape from the albums you left behind... you get the message.

A recent study including 581 academically stressed students demonstrates that packing a broad-spectrum probiotic including *Bifidobacterium bifidum* could prove to be an indispensable item in the mix. The randomized, double-

blind, placebo-controlled study featured supplementation with three different probiotic strains. The study conducted at the University of Florida (Gainesville) spanned the six-week period leading up to and including holiday exams. The group taking *Bifidobacterium bifidum* reported fewer frequency of colds and flu, less severe symptoms, and shorter duration of infection.

In fact, *B. bifidum* is among the pioneer probiotics that pass from mother to child during childbirth. Early colonization of the infant gut with this and other probiotics sows the seeds for immune strength and performance that

can positively influence illness and disease resilience over the course of a lifetime. Current literature also shows a trend towards an age-related decrease of *Bifidobacterium* probiotic species. With this in mind, supplementation with these strains as key components of probiotic formulas could be critical for healthy aging.

With estimates of up to 80% of immune-system performance stemming from healthy probiotic species within the intestines, a gut check with a potent, broad-spectrum probiotic could set the stage for a strong finish to the fall semester and excellent health year-round.



The New Roots Herbal family of probiotics features the most-extensively researched therapeutic strains available to Canadian consumers. To find the right product for your needs, visit us at [newrootsherbal.com](http://newrootsherbal.com)

## Benign Prostatic Hyperplasia

by Philip Rouchotas, MSc, ND

Benign prostatic hyperplasia (BPH), commonly known as “enlarged prostate,” is a noncancerous growth of the prostate gland that affects a large proportion of men over the age of 50. By the age of 80, the vast majority of men are affected by this condition, which includes symptoms of urinary urgency, frequency, and reduced urine flow.<sup>[1, 2]</sup> This article reviews some of the data on natural agents as well as dietary factors in managing BPH.

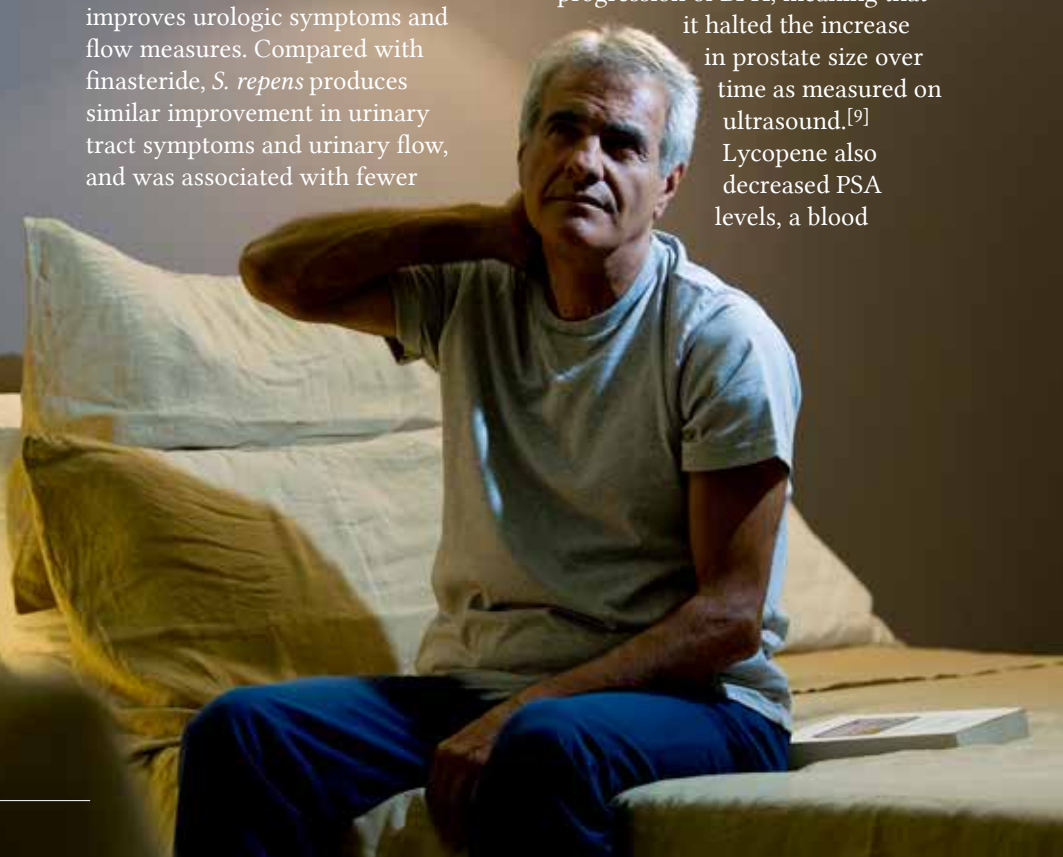
The development of BPH is thought to be driven by a lifetime of exposure to the testosterone metabolite dihydrotestosterone (DHT) and possibly estrogen.<sup>[1]</sup> In men, estrogen is produced by the enzyme aromatase, which is present in fat cells.<sup>[1]</sup> As a result, obesity is associated with a higher risk of BPH. On the other hand, prostatic cells convert testosterone to a more potent metabolite, DHT. The most common medication used to treat BPH is finasteride, which inhibits the conversion of testosterone to

DHT; however, unpleasant side effects such as erectile dysfunction affect up to 9% of men who take this drug.<sup>[3]</sup> Newer research suggests that more serious side effects may also be associated with finasteride, including higher risk of more aggressive types of prostate cancer as well as depression.<sup>[4]</sup> Researchers emphasize the importance of patients being adequately informed as to these risks when prescribed their medication.<sup>[4]</sup>

Several natural agents have been shown to be highly effective in reducing symptoms of BPH. Saw palmetto (*Serenoa repens*) has been very well studied for its effects on BPH.<sup>[5]</sup> A systematic review including 18 randomized trials concluded that “*S. repens* improves urologic symptoms and flow measures. Compared with finasteride, *S. repens* produces similar improvement in urinary tract symptoms and urinary flow, and was associated with fewer

adverse treatment events,”<sup>[5]</sup> a strong statement indeed from the *Journal of the American Medical Association*. beta-Sitosterols are another plant-derived agent that has been shown to improve BPH, likely through effects on modulating hormones and inflammation.<sup>[6]</sup> In another study, stinging nettle (*Urtica dioica*) was shown to improve lower urinary tract symptoms in 81% of patients, compared to only 16% in the placebo group.<sup>[7]</sup> This was accompanied by a modest decrease in prostate size.

Dietary factors have also been associated with BPH. Consumption of flaxseed extract has been shown to reduce symptoms associated with BPH.<sup>[8]</sup> Flaxseeds contain a type of ingredient called lignans, which are known to modulate the effect of hormones such as estrogen and possibly testosterone. An easy way to incorporate this into your diet is simply consuming two heaping tablespoons of ground flax daily. Lycopene, an antioxidant found in rich concentrations in tomato skins, has also been shown to decrease the progression of BPH, meaning that it halted the increase in prostate size over time as measured on ultrasound.<sup>[9]</sup> Lycopene also decreased PSA levels, a blood



marker associated with BPH as well as prostate cancer.<sup>[9]</sup> Dietary lycopene is best absorbed from cooked tomatoes; one study found that consumption of 50 ml of tomato paste (not sauce) daily resulted in lower PSA levels after 10 weeks.<sup>[10]</sup> In addition, vegetable consumption, moderate alcohol intake, regular exercise, and maintaining a healthy weight have been shown to reduce risk of BPH, while obesity and high meat consumption have been associated with increased risk.<sup>[11]</sup>

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# Sunshine SUPERMAN

by Gordon Raza, BSc

Sixties singer and song writer Donovan likely wasn't referring to the sunshine vitamin with his top-ranked billboard hit. However, vitamin D<sub>3</sub> ranks among the most versatile vitamins implicated in virtually every aspect of our health. Its marquee function for assimilating calcium and phosphorus for bone building make it an ally in the fight against osteoporosis. Other vitamin D benefits include stimulating insulin production, elevating mood, and providing relief for seasonal affective disorder (SAD); it also strengthens immune-system performance for increased resistance to many diseases and illnesses.

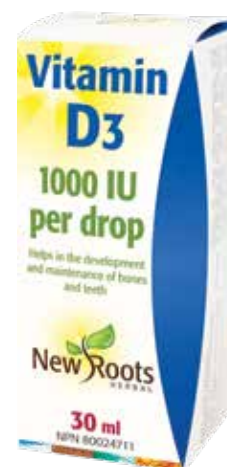
## Wait! There's More...

Results from a clinical trial published in the November 2014 edition of the *Journal of Sexual Medicine* conclude that a deficiency of vitamin D<sub>3</sub> can be a contributing factor for erectile dysfunction.

The study involving 143 men determined a vitamin D deficiency was present in 45.9% of participants. Vitamin D deficiency correlates with endothelial dysfunction, which results from damage to the

lining of the arteries associated with atherosclerosis and the loss of arterial elasticity. Simply put, this means the ability of the arteries to relax and accommodate increased blood flow to erectile tissue is compromised.

Male sexual arousal involves many variables; supplementing with vitamin D<sub>3</sub>, the biologically active form of this critical vitamin, could prove to be a simple way to raise your expectations.





## It Doesn't Agree with Me...

by Gordon Raza, BSc

**It's a common phrase we hear from folks as they age. Unfortunately, this common cliché can deflect the cause of an intolerance to food when the problem may in fact be a shortage of digestive enzymes.**

Whether it's corn, beans, onions, or any member of the cruciferous group of foods that includes broccoli, Brussels sprouts, cabbage, or cauliflower, narrowing your range of fibre- and nutrient-rich foods due to digestive concerns can compromise many aspects of your health. Indeed, even the avoidance of spices such as curry, black pepper, ginger, and chili due to acid reflux (heartburn) can deny your health of many digestive, metabolic, and inflammatory benefits... not to mention flavour.

Gas, bloating, reflux, IBS, and irregularity can all be signs of a digestive-enzyme shortage. Fortunately, supplementation can help.

Pancreatic insufficiency (often age-related) is a common cause of incomplete digestion. The pancreas is the most critical digestive organ, with the production in excess of a litre per day of enzymes that specialize in the breakdown of proteins (protease), carbohydrates (amylase), and fats (lipase). Supplementation with pancreatic enzymes of animal origin duplicates our own production of this trio of enzymes, which is an excellent therapeutic option for digestive support.

**Here's an overview of several other compounds to look for in a comprehensive digestive aid:**

- Betaine hydrochloride is essential to bolster the amount of hydrochloric acid within the stomach to initiate protein digestion and neutralize harmful bacteria.
- Pepsin A is a proteolytic enzyme that works synergistically with stomach acids to initiate protein breakdown.

- Ox bile amplifies the liver's supply of bile for natural assistance breaking down stubborn fats that can lead to bloating and discomfort.
- Papain—sourced from papaya fruit—assists in the breakdown and assimilation of stubborn proteins that, left undigested, can contribute to inflammation and food intolerances.

The importance of eating a broad range of food correlates with a diverse probiotic population within our digestive tract. Addressing digestive challenges with supplementation can deliver benefits that are more far-reaching than averting a sore stomach, gas, or bloating. It can elevate long-term nutrient status, immune performance, energy levels, and—last but not least—looking forward to culinary adventures that can truly enhance your quality of life.



# Breeze Through Holiday-Related Gas and Bloating

by Dany Lévesque, Naturopath

Indulgence in holiday food can unfortunately cause intestinal discomfort. With the Pinterest-inspired hors d'oeuvres, sweets, and pastries, don't be surprised if the extra intake of flour and refined sugars causes a little gas and bloating and forces you to loosen your belt to the next notch. However, there is a natural solution to help relieve bloating and flatulence that can crash your holiday parties.

**WindBreaker** is formulated with a tandem of ingredients that work synergistically to reduce bloating and cramps, in addition to supporting healthy digestion. It contains the enzyme *alpha*-galactosidase, which breaks down complex carbohydrates and sugars in fruits, legumes, grains, nuts, and

vegetables, which can generate production of gas that causes bloating. It's complemented with the synergistic activity of the probiotic *Bacillus subtilis*, which maximizes digestion of carbohydrates and sugars. The efficacy of this probiotic strain has been proven to reduce the symptoms of people suffering from irritable bowel syndrome, excessive gas, and bloating.

Studies have shown that *Bacillus subtilis* can survive exposure to harsh stomach acids and large concentrations of bile.<sup>[1]</sup> It can therefore travel and colonize within the intestines to act favourably on microflora. By promoting a healthy intestinal environment, your body will be protected from excessive growth of harmful bacteria that cause production of intestinal gas.

Don't let treating yourself to festive foods cramp your style this holiday season with New Roots Herbal's **WindBreaker**.

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## How much is your health worth? To us, it's worth investing millions.

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We're all about helping you feel good, which you think would be obvious considering we built a leading herbal supplements company. But maybe you don't know the lengths we go to to ensure that our products are safe and potent, and that what's on the label is exactly, positively what's in the bottle—and nothing else.

Our equipment also allows us to validate the therapeutic potency of raw materials down to one billionth of a gram, which is 1000 times better than our competition. This is perhaps why we rarely get invited to their Christmas parties.

And we're okay with that... as long as you invite us into your lives!



# Need to Lose **Excess Body Fat?** Start With Your **Liver!**

by Gordon Raza, BSc

Statistics sourced from the trusted Nielson Survey of North America have “staying fit and healthy” atop the list of New Year’s Resolutions at 37%, followed by losing weight at 32%. Let’s face it: the two go hand-in-hand, and we’ve all been guilty of urging a person we love to get fit as a polite way of pleading with them to shed a few pounds.

So why are we discussing New Year’s Resolutions ahead of time? It’s because a healthy liver could be the key to your successful weight-loss initiative. The liver is best known as the body’s principal blood detoxifier; however, its function in the storage and metabolism of fat implicate it in virtually every aspect of health, stamina, survival, and vitality.

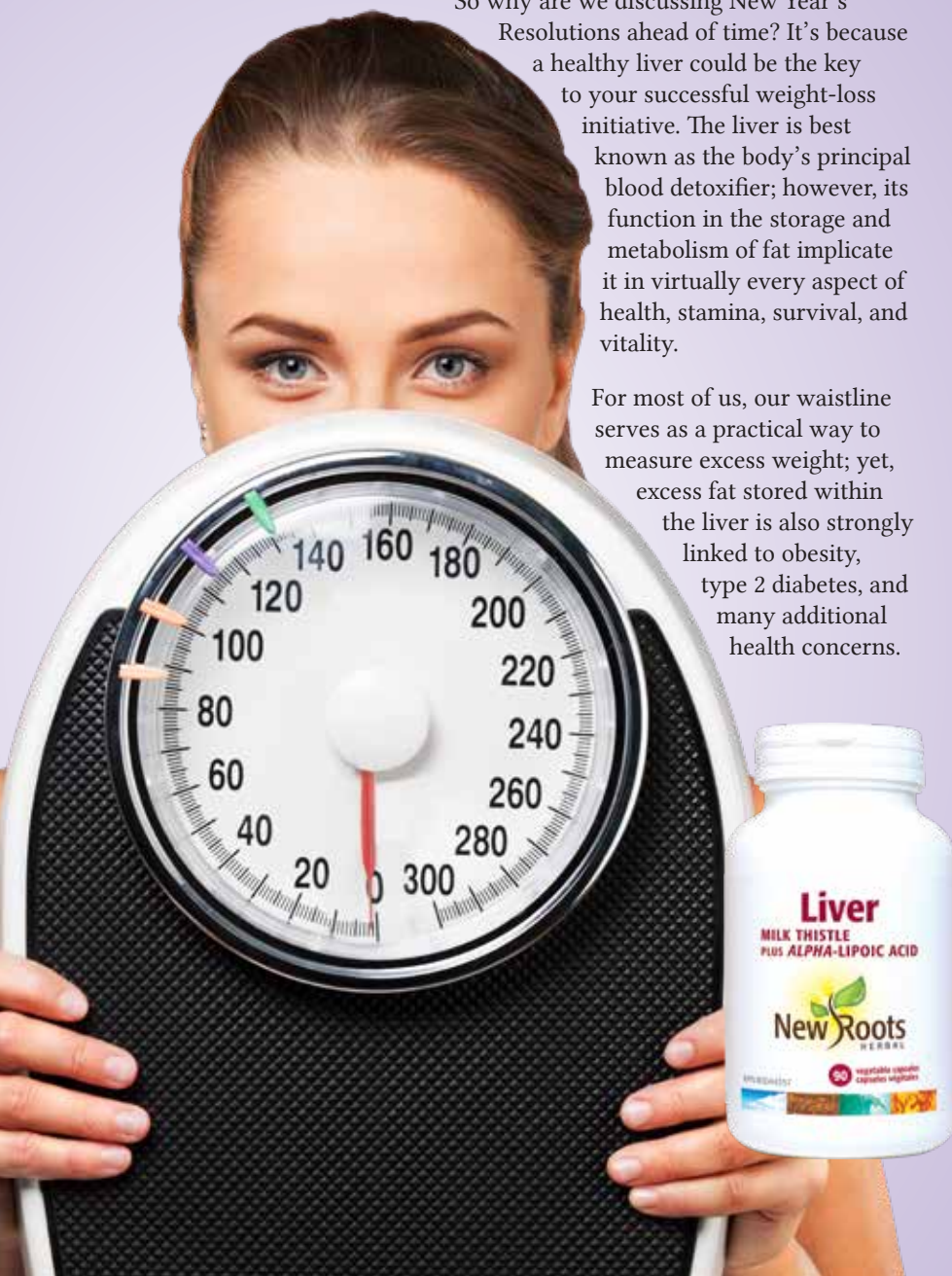
For most of us, our waistline serves as a practical way to measure excess weight; yet, excess fat stored within the liver is also strongly linked to obesity, type 2 diabetes, and many additional health concerns.

In the same way a few extra pounds may leave you out of breath climbing a few flights of steps, fat accumulation within the liver can compromise its performance—including efficient calorie consumption and metabolism of stored fat.

The liver is among the organs that can recover from tissue damage and fat accumulation. New Roots Herbal’s **Liver** is the ideal course of action to cleanse, repair, and invigorate liver function. Milk thistle extract, standardized to 80% silymarin, serves as the botanical backbone of the formula. Silymarin is actually the collective term for a complex of three compounds: silibinin, silidianin, and silicristin. This robust compound exerts protection from free radicals, provides a toxin blockade for liver cell membranes, and helps regenerate liver cells. **Liver** is formulated with seven additional ingredients that target hepatic health. Oriental radish, beet root, and dandelion extract work synergistically to eliminate accumulated toxins and accelerate bile production to ease liver congestion. Artichoke heart (3% cynarin) amplifies these effects and contributes to liver cell renewal. Schisandra berry extract (9% schisandrins) bolsters glutathione levels within the liver to help reduce chronic fatty liver symptoms; in fact, this active ingredient has been developed into a liver-protective drug in Asia.

Curcumin (95% curcuminoids) and *alpha*-lipoic acid strengthen antioxidant action within the liver and accelerate bile production for better fat breakdown and improved toxin elimination. These nutrients also improve glutathione status within the liver, which is critical for the excretion of toxins.

When you consider the value of a healthy liver and its correlation with fitness and great health, an investment in New Roots Herbal’s **Liver** could prove priceless.



# Diabetes

## A Naturopathic Approach

by Philip Rouchotas, MSc, ND

Diabetes mellitus is a chronic degenerative disease affecting multiple organ systems and that results from the inability to regulate blood sugar—also called glucose—due to problems in the function of the hormone insulin.<sup>[1]</sup>

Diabetes had been called “the epidemic of the 21st century” because it is increasingly affecting more and more people; this year, it is estimated that approximately 13% of the Canadian population has diabetes.<sup>[2]</sup> Natural strategies are effective in improving the management of this common but yet quite serious condition.

Diabetes is diagnosed through several tests, including a fasting blood glucose level equal to or greater than 7.0 mmol/L; blood glucose equal to or greater than 11.0 mmol/L in response to a 75 g glucose load, 2 hours after ingestion; or a hemoglobin A1C value equal to or greater than 6.5%.<sup>[3]</sup> Hemoglobin A1C (HbA<sub>1c</sub>) is a blood marker that correlates with the average blood glucose levels over the previous three months. While blood glucose fluctuates rapidly in response to food intake and even from day to

day, HbA<sub>1c</sub> is a valuable indicator of blood glucose levels over a longer but recent period of time. Therefore, HbA<sub>1c</sub> is used to assess how well diabetes is being managed, since it reflects a three-month average.

Several large studies have assessed the use of diet-and-lifestyle strategies to prevent diabetes. The Diabetes Prevention Program and the Finnish Diabetes Prevention Program examined intensive diet-and-lifestyle strategies in people with prediabetes.<sup>[4, 5]</sup> The program was a comprehensive diet-and-lifestyle program of individualized counseling aimed at reducing weight, total intake of fat, and intake of saturated fat, while increasing intake of fibre and physical activity. At the end of three years, 11% of subjects in the treatment group developed diabetes, while 23% of the control group had diabetes, a decrease of ~58%.<sup>[4]</sup>

Furthermore, when analyzed by how compliant subjects were in adhering to the program, those who met four of five targets throughout the program did not develop any case of diabetes, a most remarkable outcome!<sup>[4]</sup>

Targets for these studies were:

- Weight reduction of 5% of initial body weight
- Fat intake < 30% of energy intake
- Saturated fat intake < 10% of energy intake
- Fibre intake ≥ 15 g per 1000 kcal
- Exercise > 4 h per week

In addition to diet-and-lifestyle, key nutritional supplements can benefit patients with diabetes, both with reducing risk of complications and helping to improve blood glucose levels. A good-quality fish oil supplement is most important for reducing the risk of heart disease, which is higher in diabetics.<sup>[6]</sup>

With respect to improving blood glucose levels, vitamin D has been shown to improve insulin sensitivity in diabetic patients with low vitamin D.<sup>[7]</sup> Two other supplements, *alpha*-lipoic acid (ALA) and chromium, are also of interest. ALA has been shown to improve insulin sensitivity and glucose levels in combination with inositol,<sup>[8]</sup> and may help promote weight loss in combination with EPA from fish oil.<sup>[9]</sup> In addition,

ALA has tremendous evidence with respect to protecting nerves from damage due to high glucose and improving diabetic neuropathy, which results in severe nerve pain.<sup>[10]</sup> Chromium has been shown to improve the activity of insulin and lower blood glucose levels.<sup>[11]</sup>

Patients with diabetes are monitored for blood pressure as well; the goal is to keep blood pressure under 130/85. Coenzyme Q<sub>10</sub> at 200 mg per day can lower blood pressure by up to 10 points.<sup>[12]</sup> Finally, an intriguing emerging agent for diabetes is *Hibiscus sabdariffa*. Recent studies have shown that hibiscus possesses an impressive profile of metabolic effects, lowering blood pressure by up to 10 points—comparable to an entry-level blood-pressure medication.<sup>[13]</sup> In addition, hibiscus has been shown to improve blood glucose and cholesterol.<sup>[13–15]</sup>

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# Smile: Beautiful, Good, and Free!

by Isabelle Beaudoin

Here's a little trick that's simple and free. Look at yourself in the mirror tomorrow morning, see the reflection in your eyes, and repeat several times "I am a wonderful person worthy of the infinite love that created me" followed with a big, beautiful smile! Although this process seems strange, try it every morning and feed your soul with gratitude, love, and a touch of humour.

Then, make an effort to consciously offer at least one person each the day this recognition of love. For a few seconds, summon your courage and go over your pride or the embarrassment that holds you back from opening your heart and taking the leap. A smile, encouragement, a favour, a listening ear, a hug, a sincere compliment, a thank you; the greatest expressions of love are in the simplest actions. Regardless of income, title, popularity; regardless of the diploma, gender, height, weight, success; the important thing is that your intention is carried by love. Love is sincere, unselfish; love loves without expecting anything in return, without desire. It gives and forgets that it has given, it does not keep score of it! Love leaves the other free; it respects his/her choice. It is free and spreads joy in the heart of the person who receives it.

Today, you have the power to create a better world for you, but also for your loved ones and to those you meet. It's your turn! You can do it. Try it and you will see that it is viral. Love is viral; a smile is viral. They spread and always come back in one form or another! Come on: Smile with a child's heart!



**Isabelle Beaudoin**

Certified yoga instructor and early childhood educator.

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## Manage **STRESS** Naturally with Rhodiola

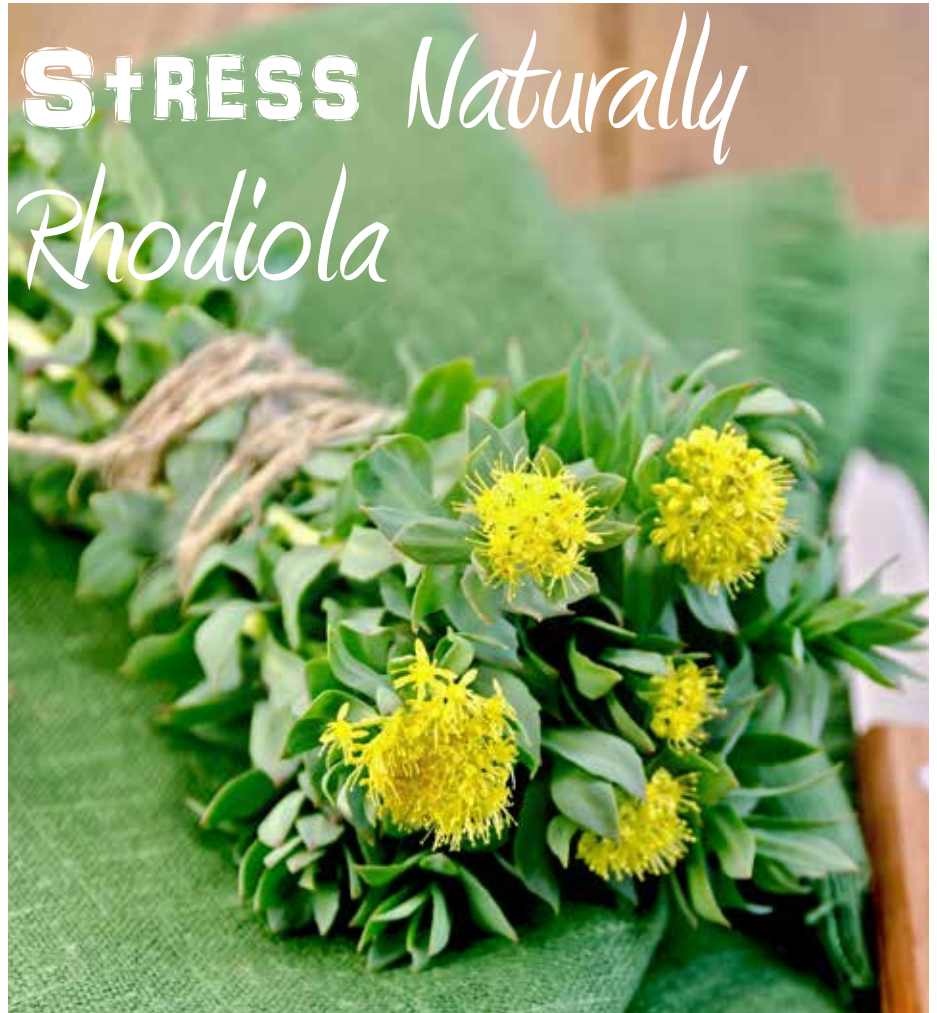
by Gordon Raza, BSc

*Rhodiola rosea* extract is among the recent additions to the New Roots Herbal product line. Despite its being “new,” we’ve identified it as a backbone botanical for over a decade with **ChillPills**, which is our stress- and anxiety-relief formula.

The systemic benefits for rhodiola span from immune support to libido enhancement. However, its therapeutic application for strengthening cognitive performance and stamina from exposure to stressors is the most recognized and researched of its therapeutic applications.

Among the complex mosaic of constituents within *R. rosea* that earn its status as a mighty adaptogen, rosavin and salidroside are the compounds recognized for the bulk of its neuroprotective properties. Rhodiola extract featuring this tandem exerts a positive effect on neurotransmitter levels, which in turn benefits healthy central nervous system function. Antioxidant action generated by rhodiola further shields cognitive activity from emotional challenges that contribute to stress- and anxiety-related illness.

The majority of rhodiola extracts contain 3% rosavins and 1% salidroside. New Roots Herbal’s **RhodiolaExtract** features a validated potency of 5% rosavin and 1.9% salidroside content measured with high-pressure liquid



chromatography (HPLC) in our ISO 17025–accredited analytical laboratory.

The management of factors that influence long-term health outcomes, such as lipid and glucose levels in blood, are easily measured with routine diagnostic tests. The effects of stress and anxiety on one’s emotional wellbeing remain the most complex aspect of overall health to quantify. Prescription drugs targeting mental health can take months to deliver results, often with the burden of harmful side effects. **RhodiolaExtract** could prove to be a low-risk investment with enormous potential for improved mental health and stamina that could prove beneficial for virtually every aspect of your constitution.



# Outdoor Natural Fitness

## Before the Winter Season

by Sherry Thacker



It's not uncommon for me to see my clients take a fitness "break" during the summer months. However, when the BBQ and sangria season becomes a thing of the past and fall is marching on, my clients flock back to the studio to get their bikini bodies ready for their winter vacations. So with a returning interest in fitness, but the hindering need to squeeze in some family time as well, why not look at what kind of activities can find us outside in the fresh air with our loved ones?

Hiking is my personal go-to outdoor fitness sport just before the snow hits. Often the leaves have all fallen, but you can still hear that "crunch-crunch" sound underfoot. The autumn leaves' scent is in the crisp air, and it's the perfect temperature for a good hike, with the right gear; it won't be long before those long trails are covered with snow.

Not the hiking type? Grab your rollerblades or bike, and clock in the kilometres with the winding paths that will clear your mind, oxygenate your body, and release the accumulated stress and pressure from work.

If you are out in the country or up at the cottage, there is always a good pile of wood to stack for the winter. The chopping, the swinging, the hauling, the lifting, and the stacking could not be a better afternoon outdoor activity. All of these natural movements make for a very productive and active, heart-pumping, muscle-building workout! Closing up the cottage? Don't forget to squeeze in one last paddle along the calm, clear lake in the early mornings. Work the entire upper body, arms, torso, abs, and shoulders by taking a relaxing, quiet tour around the lake.

The hard work in the garden is just beginning. Preparing for the heavy snow means making sure all the leaves are picked up and the beds and shrubs are properly covered. Don't just stop at your own lawn for leaves: offer to help both neighbours on either side of you. Have you ever tracked your FitBiting activity with some good old-fashioned yard work? The ab-crunching while raking leaves, the back-building when lifting the wheelbarrow—and let's not leave out the bags and bags of leaves that need to be towed to the curb!

Don't forget to keep the house cool as the temperature drops. Did you know that you could burn an approximate 500 extra calories per day by keeping your body cold? The amount of calories burned in the cold depends on your body type, your diet, the temperature, and sometimes the clothes you're wearing. Did you know that just 15 minutes spent in shivering cold weather can equate to a full hour of exercise? This was discovered by a study conducted by the U.S. National Institutes of Health.

So there you have it, folks! Plenty of ways to get fit, have fun, and stay outdoors before the hibernation (for some) begins.



### Sherry Thacker

Sherry Thacker is a highly sought-after motivational speaker, health and fitness practitioner, servicing clients on and offline. Visit Sherry's web page for ongoing streaming LIVE videos of workouts, commentary, and interviews! [100purehealth.com](http://100purehealth.com)

# Save Our Supplements

by Michelle W. Book  
CHFA Director of Communications



## How Do You Know Your Supplements Are Safe?

When you walk into your local health-food store, you can find all kinds of safe, effective, and high-quality supplements: vitamins, minerals, probiotics, herbal products, and traditional medicines. All these products make up the category of natural health products (NHPs) that you and 77% of Canadians use for the maintenance of good health.

These NHPs could include vitamin C to reduce the duration and severity of the common cold; or a probiotic to keep your immune system primed and ready to combat those winter bugs; or vitamin D, since there are few natural dietary sources, and because supplementing with vitamin D is almost universally recommended, particularly for those in greatest need like infants and the elderly.

Whatever NHPs you choose, it is important to know Canada is a global leader in the regulation of these products. The Canadian approach to regulation is often referred to as a “preapproval” system, which means that all NHPs must be licensed by Health Canada before they are allowed to be legally sold to Canadians.

## How Do You Know Your Supplements Are Going To Work?

Currently, when you buy a NHP at your local health-food store, you can feel confident knowing that the company selling that product has provided evidence to support any health claims made.

The level of evidence required depends on the claim being made, the overall risk of the product, and the condition it is being used for. A product such as a multivitamin that makes the claim “helps with the maintenance of good health” will have to provide different evidence

than an omega-3 that makes the claim “helps to reduce serum triglycerides and support brain function.”

No NHP can be licensed for sale in Canada without providing evidence to support the claims being made. Evidence can come from a variety of sources, such as modern studies and traditional sources—including pharmacopoeias (books published by a government, medical, or pharmaceutical society)—as well as references supporting the traditional use of products, like traditional Chinese medicine or herbals.

Each product that is licensed receives a Natural Product Number, or NPN, which is printed on the package. You can look up this NPN in Health Canada’s online database, which provides details including what is in the product and what claims have been approved based on the evidence submitted and reviewed by Health Canada.



## So What's the Problem?

Health Canada is now proposing changes that could significantly alter the way NHPs are regulated—based, it appears, on a single consumer survey and only six weeks of consultation.

This proposal is trying to fix a system that is not broken, and will be a step backward instead of forward. Our current regulations take into account the unique properties and low-risk nature of these products, ensuring that you have access to NHPs that are safe, effective, and of high quality, while respecting your freedom of choice and the philosophical and cultural diversity of our country.

## What Does This Mean for You?

This proposal is suggesting that Health Canada will no longer review some of the products before they are sold, and would require a disclaimer on labels to the effect of: "Health Canada has not reviewed for safety and efficacy." Additionally, current claims about the products' use may no longer be allowed and would be removed from the label. This could limit the amount of information you receive about the products you use.

While reducing oversight on some products, the proposal is suggesting increased oversight on others. These products may require a level of evidence similar to what is needed for medical drugs. Requiring this level of evidence—necessary for products developed in a lab—is not reasonable for NHPs when considering their safe nature and long history of use. This will result in the loss of some products from store shelves.

These proposed changes will require companies to begin investing in substantial research for ingredients we know work based on historical use and traditional sources. This means that the cost of bringing these products to market will increase, resulting in increased costs for you.

## What Can You Do?

To help ensure you continue to have access to the NHPs you know and love, we need your help. Please visit [chfa.ca](http://chfa.ca) right now to send a message to your Member of Parliament, letting them know these proposed changes are not acceptable. It will only take you one minute, and will make a big difference in helping us ensure you continue to have access to your favourite safe and effective natural health products.



### Michelle W. Book

A graduate in holistic nutrition and spokesperson for the Canadian Health Food Association (CHFA), she focuses on living life and raising a family focused on holistic health and wellness.

# SAVE



## our Supplements

Health Canada is trying to change **Natural Health Product** regulations. This means that some products, like supplements you trust, may disappear forever.

Protect your right to choose **safe and effective products.**

# chfa



Voice of the Natural Health Industry  
La voix de l'industrie de la santé naturelle

[chfa.ca](http://chfa.ca)   

**#SaveOurSupplements**

# Caffeine Is It Healthy?

by Christina Bjorndal, ND

Is coffee part of your morning routine? Are you convinced that it is good for you? Have you ever considered that it might not be? “Everything in moderation,” right? Since the explosion of Starbucks, Tim Horton’s, and Second Cup, the popularity of caffeine has led people to turn a blind eye to its harmful health effects. Now, the dangers are clear, and it is hard to refute that there are many symptoms generated by this addictive substance. I am often met with resistance when I ask people to eliminate caffeine (in all forms) from their diet. However, once I explain the harmful effects of caffeine and the benefits of lowering or eliminating it from their lifestyle, compliance increases. A colleague explained caffeine’s effects on the body in this useful analogy:

“Imagine you have a pair of soaked sponges. They are so full that the minute you pick them up, they spill over with excess water. These are your healthy adrenal glands that are spilling over with energy-producing and stress-regulating hormones, such as cortisol. With each event in your life, you start to squeeze the sponges little by little:

- Teenage years and parties
- University stress / cramming for exams
- College parties
- Finding a job after graduation
- Starting a career
- Buying a car
- Moving and buying a home
- Dating
- Planning a wedding and honeymoon
- Work promotions
- Having a child
- Having a second child
- Divorce
- Death of a loved one
- Moving
- etc.

If you don’t take time to recharge your batteries, or in this case refill your sponges, they will slowly start to dry out. When daily tasks become major stressors and you fall into a reactive mindset, caffeine can save the day. Caffeine does a fantastic job at squeezing your sponges (i.e. stimulating your adrenal glands) to release more water (i.e. produce more stress-regulating hormones). Unfortunately, when you’re in survival mode, you are often not taking the time to properly rest, eat healthy, and nourish your adrenal glands. As a result, your sponges dry out even more. Instead of one cup of coffee in the morning, you now need three cups to wring out the last few drops of adrenaline/cortisol, until you eventually reach ‘adrenal fatigue.’ Your body is no longer able to function properly, and you can physically collapse. This is often seen after someone finishes a big project, goes out to celebrate, and within days, finds themselves sick.”

THE ABOVE ANALOGY DEMONSTRATES THE PHYSIOLOGICAL EFFECTS OF CAFFEINE.

It is important to recognize that caffeine is an addictive substance, and that it can be a slippery slope into the dependency pit of addiction. A few questions to ask are:

1. Why do you need caffeine? Is it a pick-me-up because you are tired? If so, have you addressed *why* you are tired? If you have problems sleeping, is it possible that caffeine is disturbing your sleep?
2. Can you go without caffeine without experiencing withdrawal symptoms?

I am asking these questions so you think about your behaviour. Listen: I get it, we all do things that aren’t good for us, and the key word in life is “balance.” I find it interesting when people are so proud that they don’t drink coffee, but they eat a ton of chocolate or drink pop (both of which have hidden caffeine), eat sugar-laden foods, or drink too much alcohol. My goal as a health-care provider is to assess your diet to see if what you are consuming on a daily basis is contributing to your health issues or supporting vitality. It is important to remember that everything that passes into your body informs your body. You are made of nutritional building blocks such as water, vitamins, minerals, and fats, and some of these nutrients are essential. This means that we can’t make them ourselves—we must get them from our diet—and if we don’t, we will be deficient.

My husband, who is also an ND, is anticoffee. When we practiced in Fort McMurray, word spread that he recommended patients to eliminate coffee. Some patients preferred to see me instead of him for that reason! What they didn't know is that, depending on your individual health concerns, I may also have recommended that you quit coffee.

Let's look at the list of potential side effects from overuse of caffeine.

### Negative Influence on Vitamins and Minerals

- Caffeine's diuretic effect depletes important minerals (e.g. calcium, magnesium, potassium, zinc, iron, etc.) and vitamins (vitamin B<sub>1</sub> [thiamine], vitamin C).
- Coffee reduces absorption of iron, calcium, and vitamin D, especially when it is consumed around mealtime. These minerals are extremely important, as deficiencies can lead to osteoporosis and anemia.
- In children and adolescents, caffeinated drinks interfere with essential minerals needed for growth and development.

### GI Irritation

- As little as one cup of coffee stimulates acid secretion in the stomach for more than an hour in a healthy individual; in someone with an ulcer, the effect is greater and lasts more than two hours.
- Long-term use of caffeine can play a role in ulcer formation; it can aggravate an existing ulcer, and interferes with the healing process.
- Diarrhea can also occur with the overuse of caffeine, which relaxes the smooth muscle in the colon. The laxative effect of caffeine can also create a bowel dependency.

### Cardiovascular System Effects

- Caffeine raises blood pressure. Hypertension is a risk factor in atherosclerosis and heart disease.
- Caffeine increases blood levels of cholesterol and triglycerides, which are risk factors in cardiovascular disease.
- Heart-rhythm disturbances and

arrhythmias can occur with caffeine. Disturbances include an increased heart rate and excitability of the heart nerve-conduction system, leading to both palpitations and extra beats.

- Caffeine also increases norepinephrine secretion, which causes constriction of arteries, leading to restricted blood flow.
- Because of the cardiovascular stimulation of caffeine, it seems reasonable to assume that long-term consumption of four to five cups of coffee per day can increase the incidence of heart attacks (myocardial infarction).

### Central Nervous System (CNS) Effects

- Caffeine is a CNS stimulant—it works by blocking the effects of adenosine, which is a substance that is created in the brain. Adenosine binds to its receptors and *slows down* nerve cells. This causes drowsiness and blood vessels to increase in diameter to let more oxygen in during sleep. Caffeine has a similar shape to adenosine and binds to its receptors, but it has a *stimulating* effect and *speeds up* nerve cells, thereby increasing energy.
- Common CNS side effects of caffeine use include nervousness, irritability, insomnia, “restless legs,” dizziness, headaches, and fatigue.
- Psychological symptoms of depression, general anxiety, or panic attacks may also occur.
- Hyperactivity and bed wetting may also develop in children who consume caffeine.
- Addictions: Experiments with animals show that when coffee was added to the diet, animals voluntarily drank more alcohol than the amount consumed without coffee.
- Caffeine enters the blood and can have effects 15 minutes after it is consumed. It then takes about six hours for one half of the caffeine to be eliminated.

### The Exhausting Effects of Caffeine

- Caffeine increases blood sugar levels (especially when it is sweetened), by stimulating the adrenal glands. Over time, stress,

caffeine, and sugar consumption weaken adrenal function, resulting in fatigue. Because of tiredness, people turn to caffeine for that morning pick-me-up, as caffeine can override this fatigue by stimulating the adrenal glands. The problem is that over time, this contributes to chronic fatigue, adrenal exhaustion, and subsequent inability to handle stress and sugar intake. As such, adrenal exhaustion / stress / fatigue / hypoglycemia syndrome are associated with caffeine use.

### Cancer-Causing Effects

The incidence of bladder, prostate, ovarian, stomach, and pancreatic cancers is increased with caffeine use.

- Bladder cancer is aggravated by the combination of nicotine and caffeine, due to the mild dehydration that results from the use of these two drugs.
- Ovarian cancer is increased in women with an association of long-term coffee intake.
- Pancreatic cancer has also been in question as occurring more frequently with increased coffee use (more than three cups per day).
- Pancreatic cancer has also been in question as occurring more frequently with increased coffee use (more than three cups per day).
- Prostate enlargement and cancer may also be attributed to increased caffeine intake.
- There is a higher incidence of stomach cancer with more than five cups per day.

### Other Effects

- Kidneys: Caffeine is also correlated with kidney stones, possibly as a result of its diuretic effect and of the effects of chemicals used in processing coffee.
- Fibrocystic breast disease may also be a consequence of caffeine use, as there is an increase in the size and number of cysts with caffeine consumption. A reduction/reversal of the condition is experienced when caffeine is eliminated from the diet.



### Common Symptoms of Caffeine Abuse:

- Agitation
- Fatigue
- Increased cholesterol and triglycerides
- Nutritional deficiencies
- Anxiety / nervousness
- Gastrointestinal irritation
- Increased or irregular heart rate
- Poor concentration
- Bed wetting
- Headache
- Insomnia
- Tremors
- Depression
- Heartburn
- Irritability
- Ulcers
- Diarrhea
- Increased blood pressure
- Upset stomach
- Dizziness

### Common Symptoms of Caffeine Withdrawal:

- Anxiety/nervousness
- Depression
- Headache
- Rapid heart rate
- Apathy
- Digestive upset
- Insomnia
- Ringing in the ears
- Constipation
- Dizziness
- Irritability
- Runny nose
- Cramps
- Drowsiness/fatigue
- Nausea
- Shakiness
- Craving
- Feeling cold
- Poor concentration
- Vomiting

### What Foods Contain Caffeine?

Drink	Portion	Amount of Caffeine
Coffee	1 cup (8 oz.)	95–150 mg; varies depending on the roasting and grinding. Dark roasts tend to have less caffeine than lighter roasts, but it is a subtle difference.
Coffee (decaf)	1 cup	2–12 mg
Green tea	1 cup	24–45 mg
Black tea	1 cup	14–70 mg
Hot chocolate	1 cup	8 mg
Coke, Mountain Dew, Tab, Pepsi	12 oz. (1 can)	46 mg
Cocoa/Chocolate	50 g	3–63 mg
Guarana root		3.6%–5.8% by weight
Kola nut		2.0%–3.5% by weight
Yerba mate tea	1 cup	85 mg

### Drugs That Contain Caffeine

Excedrin	65 mg	Midol	32 mg
Anacin	32 mg	Dristan	16 mg

### How Much Is Safe?

Three hundred milligrams per day (300 mg/d) is thought to be a moderate daily intake, and is not linked to any negative health effects; however, we often recommend drinking less than this.

### Pregnancy and Caffeine

Although research is conflicting, there is enough evidence that large daily doses of caffeine are harmful in pregnancy. Therefore, we recommend eliminating caffeine if trying to conceive or in pregnancy, until more research is done. Some studies have shown that caffeine intake of more than 300 mg/d can cause delayed conception.

Birth defects have been noted with higher levels of caffeine use during pregnancy. Caffeine crosses the placenta and affects the fetus, and it has mutagenic effects (i.e. it breaks

chromosomes in nuclei of cells and interferes with the repair of DNA).

There is strong evidence that large daily caffeine consumption may increase miscarriage, preterm delivery, and low birth weight (especially when infants are premature).

Caffeine easily passes from mom to fetus through the placenta. Due to the immature fetal organs, the fetus may have a harder time breaking down caffeine.

Even moderate amounts of caffeine can increase fetal heart rate and movement patterns.

### Maternal Effects

Hydration is important in pregnancy, since blood volume increases. Since



caffeine acts to increase urination, it therefore decreases body fluids and blood volume.

A pregnant women's ability to break down caffeine slows down as pregnancy progresses

Breast-feeding: High caffeine intake by a nursing mother can cause the baby to be irritable and have disturbed sleep cycles.

### Ways to Decrease Caffeine Intake

- Cut back gradually: Keep a log of how much caffeine you consume (remember to include medications), then gradually decrease coffee by one cup per day.
- Substitute with herbal tea, hot cider, or healthy coffee substitutes.
- Ask others to decrease coffee intake with you, as there is strength in numbers.
- Ask others to decrease coffee intake with you, as there is strength in numbers.
- Drink lattes with more milk than coffee.
- Brew tea/coffee for less time.

- Change routines—for example, if you need caffeine in the morning to give you a boost, try a light walk for 20 minutes; physical activity can greatly increase energy levels.
- Ensure you are drinking the minimum water requirement, which is half your body weight in ounces—for example, if you weigh 180 lb, your minimum water amount is 90 oz. or 3 L. Remember that coffee is a diuretic, so depending on how many cups your are drinking per day, you may be in a negative water balance and most likely need to consume more.

For references and other great articles, visit [NaturopathicCurrents.com](http://NaturopathicCurrents.com)



### Christina Bjorndal, ND

Dr. Bjorndal has a clinical focus in the natural treatment of mental illnesses such as depression, anxiety, bipolar disorders, eating disorders, OCD, ADD/ADHD, and schizoaffective disorders.

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# Do Organic Cosmetics Really Work?

by Shirley Séguin



We're getting more interested in organic makeup, their use, and, above all, the multiple benefits they can bring to our skin. Despite this growing curiosity and this new accessibility, we must admit that many of you probably have not yet made the big leap—that is to say, completely change all your conventional daily care for 100% organic!

“But will I get the same results on my skin with organic cosmetics?” Since it is difficult to know where to start, I will try in this article to demystify the subject and, above all, to inform you seamlessly so you finally know whether or not you will have visible results!

## Composition

You can imagine of course that the composition of organic care differs widely from what is done conventionally. But I think it is worth explaining the difference in greater details. First, in the formulations, you will not find harmful preservatives, endocrine disruptors, ingredients derived from petrochemicals, and synthetic components/excipients.

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IS IT POSSIBLE TO MAKE PRODUCTS THAT HOLD AND THAT ARE WELL-PRESERVED? YES!

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Companies use natural preservatives (grapefruit seed extract, tocopherol, potassium sorbate, essential oils, etc.) which do a very good job at preserving

organic ingredients. If this is a concern for you, a little trick to prolong the life expectancy of your cosmetics is to keep them away from light and, if possible, somewhere else than your bathroom! Moisture, temperature changes, and bacteria can alter the product more quickly. In terms of texture, current treatments are not what they used to be 15 years ago; you will not see any difference with conventional makeup, promised!

## Active Ingredients

Do organic products really contain active ingredients? You may be surprised to learn that the majority have a very high concentration of natural active ingredients—sometimes even in much higher concentration than conventional cosmetics! Such active constituents include hyaluronic acid, vitamin C, vitamin A (retinol), AHAs, peptides, stem cells, and polyphenols... Impressive, right? The difference with these ingredients is that they are mainly of plant origin—which means they are much less irritating to your skin!

## Antiaging

As mentioned earlier, the most effective antiaging active ingredients (vitamins C and A, as well as hyaluronic acid) are also present in organic creams. That being said, it is important to mention that they do not contain dimethylaminoethanol or other synthetic substances that have the effect of smoothing quickly, on-

the-spot, fine lines, but in the long run significantly damage skin... This means that you will see the results on your skin in the medium to long term, rather than only in the short term.

## Environment

Organic labels (Cosmebio, Ecocert, Soil Association, BDIH, Natrue) are a guarantee of quality ingredients, but also ensure that companies respect the environment when getting their raw materials. From manufacturing to exploitation, all steps should be in accordance with the specifications of own expenses to each of the third-party company.

## Animal Testing

In general, organic companies do not test on animals. However, it must be said that in Europe, legislation has already changed several years ago, and banned animal testing. This is why some European companies do not have the rabbit label on their packaging, simply because legally, they do not have the right to do animal testing. We now must take into account that these countries are simply not testing on animals at all. PETA's list is not always complete for natural cosmetics, and if in doubt, ask a biocosmetician.

I hope these explanations have answered your main questions! As you can see, organic cosmetics have nothing to envy to conventional and yes, they are supereffective!

# Natural Tips to Reduce the Look of Dark Circles

by Shirley Séguin

The infamous rings are really a concern for many people. Clients spend time in cosmetic departments to find a concealer and/or a specific treatment to stop or reduce this feature virtually every day.

I'm telling you right now, by the way: I find you beautiful even with dark circles! However, I understand that this is something you might not like, and this is why I'm giving you today some natural tips to reduce the look of dark circles, since it is rather difficult to make them disappear altogether!

## Sleep

Yes, I know, it's not just sleep that will do the job to reduce dark circles, but it is imperative to pay attention to its quality. Stress and fatigue can be easily read on a face, and tiredness will generally bring out dark circles... So, sleep!

## Get Active

Exercise will not only oxygenate your body, but it will also help properly detoxify it. This will promote better blood circulation in general, and therefore, will also have an effect on your face.

## Deficiencies

Iron deficiency, for example, can accentuate dark circles—and even create them when the deficiency is more severe! Iron is responsible for proper blood oxygenation; we understand the link? If you are unsure of your condition, consult your health-care professional to find out more. This will allow you

to take the necessary supplements to help you with this deficiency. The decision to supplement with iron should be well-informed.

## Have a Healthy Lifestyle

Tobacco and alcohol are not very good allies to fight against dark circles; quite the opposite! These habits are harmful to your overall health, especially in this case. They damage your vessels in addition to creating poor blood circulation! Stop or cut back on these, for your own good...

## Drain the Eye Contour

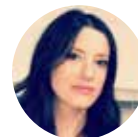
What does that mean? Very simply put, when you apply your eye care, do it in gentle circular movements from the inside to the outside of the eye, passing under the brow bone. Go slowly, and try to do it for about 2–3 minutes if you can. Why this movement and this motion in particular? Because both reach the lymph and allow better blood flow afterwards.

## Vegetable Oils

Massage the eye contour gently with rosehip oil or sea-buckthorn seed oil (for dry to very dry skin) to not only get a result on the dark circles, but also an antiaging action!

## Lemon Juice

An old grandmother's remedy is to soak a cotton ball or pad in lemon juice and leave it on for 10 to 15 minutes several times a week. Lemon has an instant and long-term brightening effect if you do it every day.



**Shirley Séguin**

Founder and author of the [mabeautebio.com](http://mabeautebio.com) blog, she is an expert in natural cosmetics and a professional makeup artist.

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*flourish*

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# Stevia and Plant Sterols

by Heidi Fritz, MA, ND

As a naturally occurring noncaloric sweetener, stevia is a good option for individuals seeking to lose weight, control blood glucose levels, and reduce their intake of refined sugar. Unlike artificial sweeteners that have been associated with an increased risk of diabetes, stevia and its components—steviosides—have actually been shown to improve blood glucose control and lower blood pressure.<sup>[1, 2]</sup>

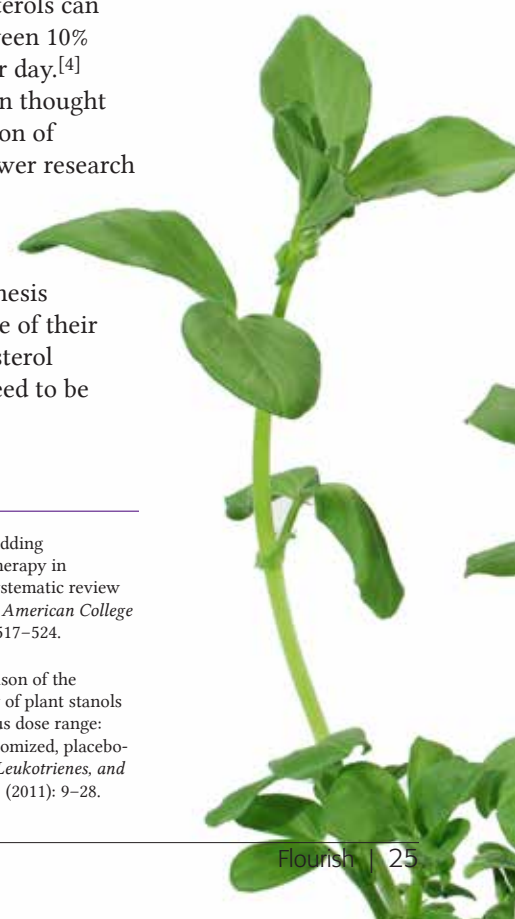
One placebo-controlled study in particular found that supplementing with 500 mg of stevioside powder three times daily over two years in patients with high blood pressure resulted in a decrease in blood pressure from 150/95 to 140/89. Notably, these effects were noted as early as one week into the study.<sup>[2]</sup> Similarly, another study found that stevia consumption as 1 g stevioside per day, taken with a test meal, reduced the increase in blood glucose following the meal. This decrease was to the magnitude of 40%, and authors concluded that “[s]tevioside may be advantageous in the treatment of type 2 diabetes.”<sup>[1]</sup>

Plant sterols are best-known for their role in lowering cholesterol. The blood test for cholesterol, called a cholesterol panel or a lipid panel, consists of five markers: total cholesterol (TC), low-density lipoprotein (LDL), high-density lipoprotein (HDL), triglycerides, and ratio of TC:HDL. Of these, LDL is popularly known as “bad cholesterol,” and HDL is known as “good cholesterol.”

Plant sterols have been shown to lower both total cholesterol as well as LDL or “bad cholesterol.”<sup>[3]</sup> Data from meta-analyses show that plant sterols can effectively lower LDL between 10% and 15% at a dose of 2 g per day.<sup>[4]</sup> Plant sterols have long been thought to block intestinal absorption of dietary cholesterol, and newer research indicates that plant sterols may also have effects on the liver with respect to inhibiting cholesterol synthesis and/or elimination. Because of their inhibitory effects on cholesterol absorption, plant sterols need to be taken with meals.

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## A Nutritionist's Advice for a *Healthy Holiday*

by Sharisse Dalby, RNC

'Tis the season for dozens of holiday gatherings, all centered around food. Then there's the added stress of the holidays and lack of sleep from all those fantastic parties. It can feel almost impossible to find a balance between enjoying the holidays and staying healthy. But do we have to choose one or the other?

As a Registered Nutritional Counsellor, I work hard to help my patient's master simple ways to have a healthy holiday without feeling like they're sitting on the side lines. Here is my best advice for enjoying a healthy holiday.

### Focus on the Festivities

Choose to attend holiday events for the festivities and time with family and friends, not the food. This prevents creating emotional connections between food and fun, and keeps the cravings away in the long run.

### Love It or Leave It?

Can't resist those shortbread cookies? Go ahead, enjoy one. If you love it, eat it; if you like it, leave it (I'm looking at you, fruit cake!). And when you do choose to enjoy the treats you love, keep it to a few bites or one small item. Savour each bite!

### Do Your Best, Forget the Rest!

Holiday stress can mess up your digestion, hormones, and emotions in one quick swoop. Messy house? Missed some holiday baking? Can't get it all done before the big meal? That's okay, the holidays will still go on. Relax and just enjoy the season.

### Veg Out on Vegetables

Increase your vegetable intake to help with toxic elimination (fibre for the win!) and to help alkalize the body. Sugar, alcohol, etc. are all toxic, and the acid forming in the body makes it important to eliminate them in order to bring back homeostasis to the body.

### Sleep and Repeat

During the holidays, we often let our sleep slide in order to fit everything in, but that is a dangerous slope for your health. A good night's sleep, every night, will help you think clearer, stress less, and enjoy the holidays more.

### Be Smart, Go Prepared!

By offering to bring food to share at your holiday events, you're helping out the host while also providing a healthy option for you to consume. Be smart: go prepared!



### Sharisse Dalby, RNC

Registered nutritional counselor; helps families and children beat their health struggles, focusing on digestive and emotional issues.

sharissedalby.com



## Cucumber Sliders

by Sharisse Dalby, RNC

It's quite simple to enjoy the holidays without creating new, unhealthy habits which can be hard to break. Instead, choose to go into the holidays with a focus on your health and making holiday memories you won't regret.

Whip up this simple holiday appetizer to wow your friends while providing a healthy and satisfying option for yourself too!

### Ingredients

- 2 large cucumbers

### Fillings

- Brie cheese with cranberries and pistachios
- Red pepper hummus with diced red peppers
- Mashed avocado with sliced cherry tomatoes
- Organic cream cheese with cranberries and walnuts
- Nonfat Greek yogurt with fresh mint and pure maple syrup

### Instructions

Cut cucumbers into one inch slices. Use a spoon to gently dig out the seeds, making a groove in the centre for your fillings. Fill the groove with 1 tbsp. of your favourite filling!

Serves 6.

# No-Bake Pumpkin Pie

(Gluten-Free, Sugar-Free, Dairy-Free, Egg-Free)

by Theresa Nicassio, PhD, Psychologist

With the holiday season approaching, no celebration is complete without some delicious pumpkin pie! Be prepared for this recipe to become your new family favorite.

This outrageously delicious allergy-friendly rendition of the traditional dessert takes “inclusive cooking” to new heights! Free of gluten, dairy, sugar, eggs, soy, corn, potatoes, nuts, and seeds, this is a holiday treat that most people can enjoy. If you prefer a grain-free pie, you can use a nut-based raw or other grain-free pie crust.



Photo by Theresa Nicassio



**Theresa Nicassio, PhD, Psychologist**

She is a Certified Gourmet Raw-Food Chef, Raw-Food Nutrition Educator, and author of *YUM: Plant-Based Recipes for a Gluten-Free Diet*.

## Ingredients

- 1 × 13.5 fl. oz. (400 ml) can premium, full-fat coconut milk
- 2½ tbsp. agar agar flakes
- 1½ tsp. blackstrap molasses
- 1 cup maple syrup (or yacon syrup and reduce, or omit the molasses, for low-GI, diabetic-friendly version)
- 1½ tsp. cinnamon
- ¼ tsp. Himalayan salt
- ½ tsp. ginger
- ½ tsp. nutmeg
- ⅛ tsp. cloves
- 2 × 13.5 fl. oz. (400 ml) cans pumpkin
- 1 recipe YUM Shortbread Pie Crust (p. 264), OR Basic Raw Crust (p. 325), OR Pecan-Date Butterball Raw Crust (p. 303), OR your favourite deep-dish, OR 2 prebaked gluten-free OR raw pie crusts

## Instructions

Place all the filling ingredients except the pumpkin into a medium-to-large heavy saucepan over high heat and bring to a boil, stirring frequently.

Stir continuously while it boils for the next 7 minutes to ensure it doesn't stick to the bottom of the pan. Stir in the pumpkin, reducing the temperature to medium, and cook for another 7 minutes, stirring continuously.

Remove from the heat and immediately pour the filling into the pie shell(s) or in custard dishes if making a crustless pudding.

Refrigerate for 4–6 hours, or until completely set. Unlike traditional pumpkin pie, the filling will only set after it has fully chilled and the agar agar has taken effect.

Any extra filling (if there is any) can be used to make individual chilled pudding cups. If desired, top with some ice cream or with dairy-free whipped cream.

Serves: 1 deep dish or 2 standard pies.



Photo by Marie-Jo Mercier

# Shepherd's Pie

(Not Your Grandma's Recipe)

by *Gordon Raza, BSc*

This venerable comfort dish has a rich history in many cultures. You could even say it helped shape our nation, as “Paté Chinois” was the frequent fuel for the gandy-dancers that built our transcontinental railway system.

Get side-tracked with us for our primetime take on an old favourite.

## Ingredients

- 1 butternut or acorn squash (cut in half and lightly brushed with oil)
- 4 medium sized potatoes
- 2 medium sized beets
- 2 cups shredded spinach
- 4 cobs corn (or canned corn)
- 1 onion (diced)
- 2 cloves garlic
- ¼ cup plain Greek yogurt
- 1 tbsp. Red Palm Fruit Oil
- 1 tbsp. butter
- ½ cup shredded old cheddar
- 1 tsp. ground flax
- 1 pound organic hamburger
- Worcestershire sauce to taste
- ½ tsp. paprika
- Salt and pepper to taste

## Instructions

Preheat oven to 350 °F (175 °C). Roast potatoes, butternut squash, beets, garlic cloves (not peeled), and corn (butter-brushed) until tender.

Sauté onions in Red Palm Fruit Oil until translucent, and lightly brown hamburger. Mix with grated beets, flax, Worcestershire sauce, and add salt and pepper to taste. Set aside.

Peel potatoes and garlic, mash with yogurt and spinach. Scoop butternut squash and mix with roasted corn.

Time to build and bake, layer ground meat, squash/corn mix, and potato blend topped with cheddar and sprinkled with paprika. Pictured above in a personal size spring form pan.

Bake for 30 minutes at 350 °F (175 °C), carefully remove and serve.



## ChoosetoCare

Thank you, New Roots Herbal team, for your generous support for the David Suzuki Foundation. Your donations have been instrumental in the growth and successes of our programs, including our work on climate change, environmental rights and biodiversity. Below are some stories of our recent work.

### YOU'RE HELPING PEOPLE WAKE UP TO CANADA'S TOXIC SHAME

Where were you in '62?

In 1962, biologist Rachel Carson published *Silent Spring*. It explained how toxic chemicals like DDT concentrate up the food chain. (Some say Carson's book launched the environmental movement; David Suzuki says it changed his life.)

That same year, a pulp-and-paper mill began dumping untreated waste into the Wabigoon river system, upstream from First Nations communities, including Grassy Narrows. Until 1970, more than 9,000 kilograms of mercury poured into the watershed.

Mercury is a potent neurotoxin. Many people in Grassy Narrows suffer from numbness, loss of coordination, trembling, and other problems. Some can't walk; many are in wheelchairs. Mercury poisoning is also linked to developmental problems in children, which persist into adulthood.

Japanese scientists have studied Grassy Narrows residents for decades. They say the people are suffering from Minamata disease,

caused by mercury poisoning. Yet the Ontario government refuses to clean up the watershed.

The Ontario government has long known that cleaning up Grassy Narrows is possible but has chosen not to act. More than 50 years later, scientists still find dangerous mercury concentrations in area lakes.

Thanks to you, people know that the water and fish Grassy Narrows residents depend on can become safe to drink and eat again. More than 10,000 have written to Ontario Premier Kathleen Wynne urging her to act.

### THANKS TO YOU, BELUGAS AND THEIR BABIES ARE NOW PROTECTED BY LAW

The beluga is the only whale found in Quebec's mighty St. Lawrence river year-round. Once, thousands of the snow-white whales lived in the river. Today, there are fewer than 900.

You helped inspire more than 23,000 people to demand protection for the threatened whales. In April, TransCanada Corporation scrapped its plan to build an oil port in Cacouna. That project, to move oil sands bitumen, would have been right in the heart of everything the belugas need to live.

Now the St. Lawrence estuary belugas are finally protected by law. In May, the federal government banned anyone from destroying the whales' critical habitat. This is a major milestone—and you helped make it happen!





Beluga whales use sound to communicate, navigate, find food, and mate. But they can't say thank you, so we're doing it for them!

**YOU ARE HELPING IGNITE CLIMATE OPTIMISM IN CANADA'S LARGEST CITY**

Transportation is the largest source of greenhouse gases in Canada. Traffic pollution causes about 280 deaths in Toronto alone every year.

How can we reduce the number of car trips and tackle climate change?

**ONE PROVEN SOLUTION**

Make active transportation easier. Build bike lanes!

Your support helped inspire more than 11,000 people to sign the *Cycle Toronto's Bloor Loves Bikes!* pledge.

That convinced city councillors to create a bike lane on Toronto's main east-west corridor. It was a landslide victory!

Long-term, the city plans to build hundreds of kilometres of bike lanes... and the Foundation will be there with other local partners to help achieve that goal.

The Bloor bike lane is a pilot project. It will improve air quality and combat climate change. It will make city cycling safer and reduce traffic problems. And it will help people spend more time outside being active, improving their health.

A protected bike lane on Toronto's "Main Street" is also a symbol of how people can help the planet. Thanks to you, more Canadians feel positive change is possible. And they're taking action.

Gail Mainster  
Communication Specialist

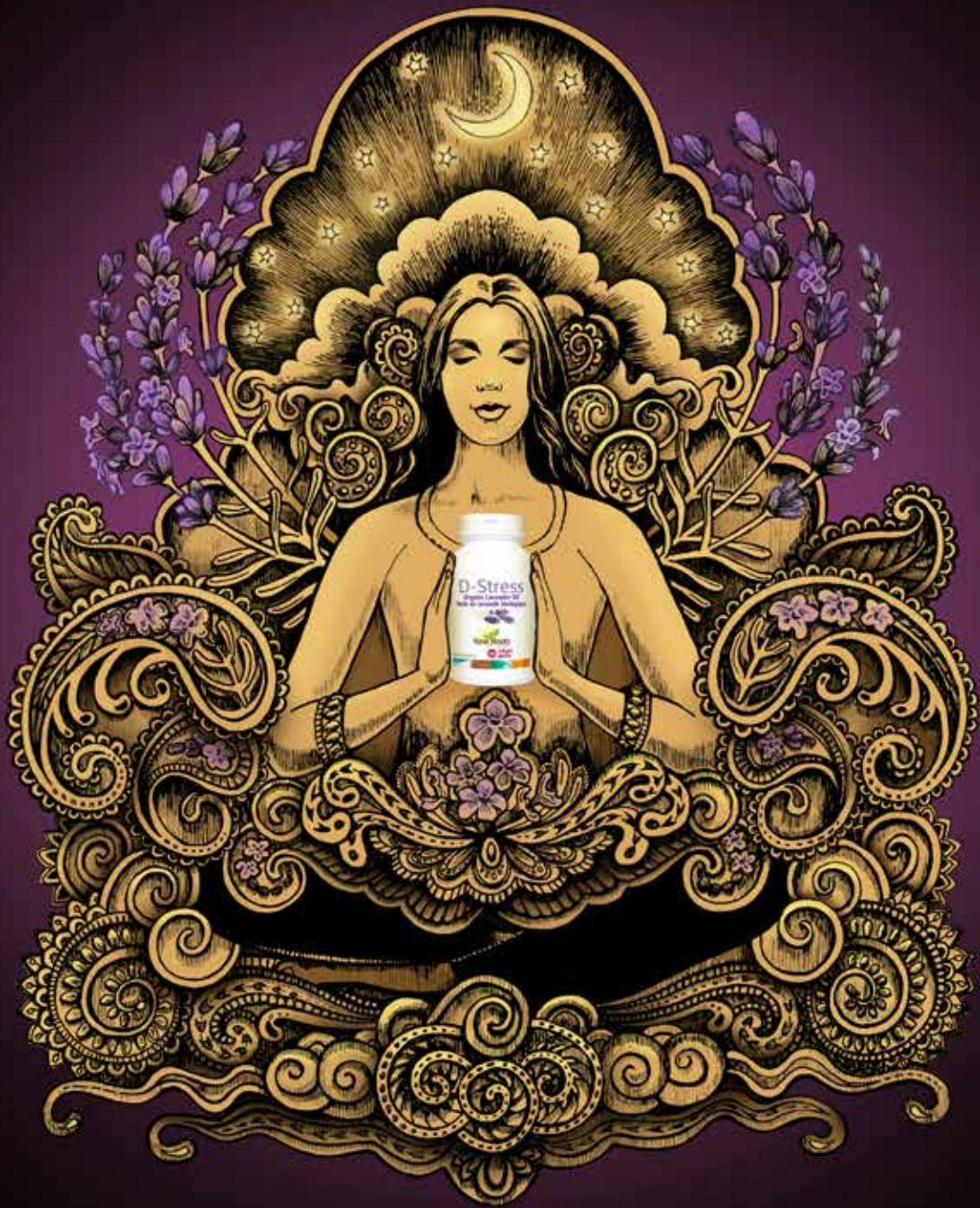


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The David Suzuki Foundation is a national organization whose mission is to protect the diversity of nature and our quality of life, now and for the future. Through a combination of sound science and active public outreach, we motivate people in Canada to take action on the environmental challenges we collectively face.

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