



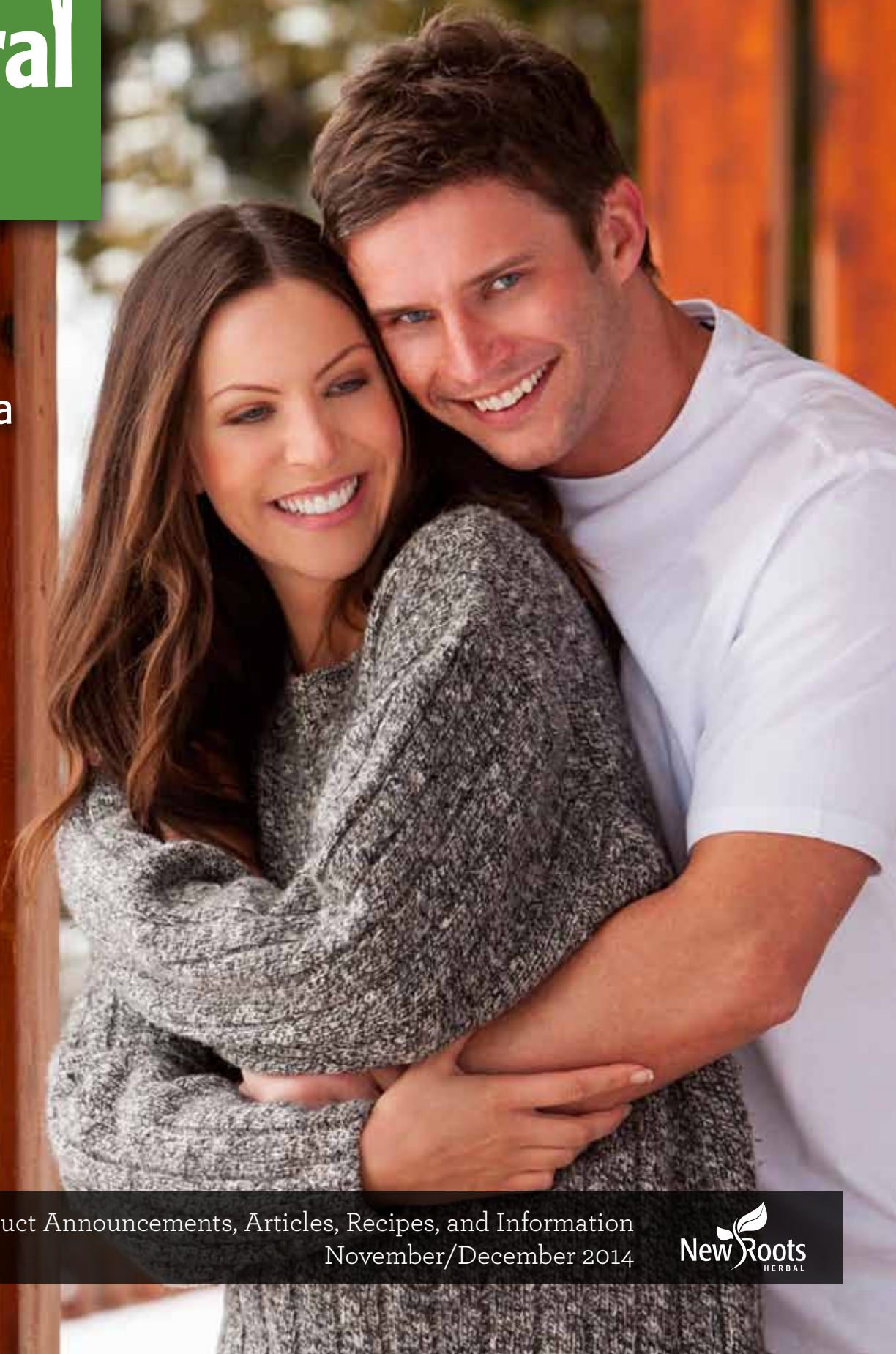
# Natural Facts

Benign  
Prostate  
Hyperplasia

Pain-Free  
Mobility:  
A Joint Venture

Probiotics  
& Prevention of  
Cold and Flu

Enjoy the  
Winter!



New Product Announcements, Articles, Recipes, and Information  
November/December 2014





*Proud Supporter of Your Prostate Health.*

**ProstatePerform** is a proactive, one-stop supplement important for protecting your ongoing prostate health. It reduces activity of the enzyme that converts testosterone to dihydrotestosterone (DHT), the hormone that causes prostate gland enlargement.

- Relieves the urgency, low volume, and strain of urination that keep you on edge during the day and up at night
- Supports your prostate metabolism and protects you from disease

New Roots Herbal sets the standard – no other prostate product outperforms this formula.

**Get ProstatePerform today and get relief in just 7 to 10 days.**

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*Prevention & Cure® since 1985*



- Our ISO 17025 accredited laboratory has 12 scientists: 3 PhDs, 3 MScs, and 6 BScs
- All our products are non-GMO



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## Editor's Letter



As I approach my third year with New Roots Herbal, I'm excited to announce that the Natural Facts bimonthly newsletter will expand its distribution from 2 500 to over 15 000 copies. The increased demand for Natural Facts has been driven by the interest of our readers to learn about new industry trends. I hope you will share my passion for this publication as it grows... organically, of course!

The initial mission for Natural Facts was to inform and promote our product line to our retail partners; it has since evolved into a work dedicated to the health and wellness of all, both retailers and consumers. In addition to the work of our staff writers, we are featuring additional content from more North America's leading natural health care practitioners. We'll also create more recipes where healthy eating meets great taste.

On behalf of the entire team at New Roots Herbal, I wish you the best of health and happiness this fall and for the holiday season.



Sonia Lamoureux  
Editor-in-Chief

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## Holiday Break

Please be advised that our office will be closing for the holiday break at 4:00 p.m. Eastern time, on December 23, 2014. However, we will be able to accommodate clients who need to make orders before New Year's. As such, the customer service, billing, and shipping departments will be open on December 29 from 8:00 a.m. to 4:00 p.m. ET. We will be reopening at 8:00 a.m. ET on Monday, January 5, 2015.

On behalf of everyone at New Roots Herbal, we wish you Happy Holidays and a great New Year!



# Natural Facts

Natural Facts bimonthly magazine  
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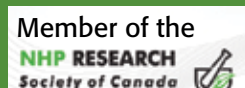
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## Exotic Oils Gift Set

Our Gift Set contains...

Certified organic **ArganOil** nourishes hair, skin, and nails. This nutrient-rich oil is also recommended to reduce the appearance of stretch marks following pregnancy and weight loss. A little goes a long way with this pure and natural product when comparing it to the actual amount of argan oil found in many commercial hair and skin-care products boasting its therapeutic benefits.

Certified organic **RosehipSeed Oil** absorbs deep within the skin to exert its multiple benefits. It bolsters collagen development for increased elasticity, resulting in a reduction of fine lines and wrinkles. This oil also helps the skin cope with the damaging effects of UV exposure.

100% organic **TamanuOil** is an excellent rescue remedy for acute skin-care needs. Its anti-inflammatory and antimicrobial characteristics make it useful for topical relief from outbreaks of eczema as well as soothing cuts, scrapes, abrasions, bites, and stings.

**SkinLover's Oil** is a proprietary blend of five organic exotic oils (**GojiSeed Oil**, **RosehipSeed Oil**, **Seabuckthorn Seed Oil**, **ArganOil**, and **TamanuOil**) that collectively hydrate, heal, rejuvenate, pamper, and beautify your skin from head to toe. The broad spectrum of benefits this oil delivers is unparalleled.

## A Gift that Heals, Comforts, and Protects

The phrase referring to the importance of “feeling comfortable in your own skin” usually speaks to emotional well-being; realistically, the actual health and appearance of our skin does play a pivotal role in how we look and feel about ourselves.

Our certified organic Exotic Oils Gift Set features our three most popular oils, **ArganOil**, **RosehipSeed Oil**, and **TamanuOil**, in addition to our **SkinLover's Oil**, which contains a unique therapeutic blend of several favourites.

Nutrition, environmental stressors, and our unique genetic blueprint collectively shape our appearance; however, these pure and natural oils can give you the “natural nudge” required for great-looking skin, hair, and nails.



# Benign Prostate Hyperplasia



by Philip Rouchotas,  
MSc, ND

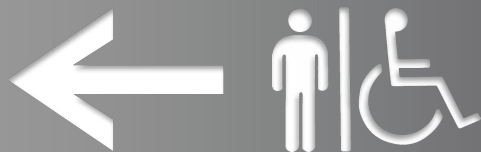
Benign prostate hyperplasia (BPH), commonly known as “enlarged prostate,” is a noncancerous growth of the prostate gland that affects a large proportion of men over the age of 50. By the age of 80, the vast majority of men are affected by this condition, which includes symptoms of urinary urgency, frequency, and reduced urine flow.<sup>[1, 2]</sup> This article discusses treatment options for

BPH, as well as its relationship to prostate cancer.

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 higher risk of BPH. On the other hand, prostatic cells convert testosterone to the 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



# RESTROOMS

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.

Traditionally, BPH has been considered a distinct a separate entity from prostate cancer. Newer data, however, has illustrated several similarities between these two chronic conditions affecting the prostate. Most important is the observation that both of these conditions are fueled by DHT, estrogen, and the presence of inflammation in the prostate; both conditions also respond to treatment with antihormonal agents.<sup>[8]</sup> Studies show that

men with BPH are at elevated risk of developing prostate cancer.<sup>[8]</sup> Men with BPH who have high inflammatory activity are at highest risk of having BPH progression and complication;<sup>[9]</sup> on the other hand, chronic inflammatory lesions of the prostate have been considered a precursor to prostate cancer.<sup>[9]</sup>

Given this new association and common inflammatory cause, there is a strong basis to utilize agents with proven benefit in BPH for preventing and treating prostate cancer.

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# Strong Bones & Joint Pain Relief



## Pain-Free Mobility: A Joint Venture

The common goal for many natural health products is the promotion of a healthy, active lifestyle. The challenge with physical exertion is that those who can benefit the most from it are often too sore to exercise. Physical activity strengthens muscles that stabilize and protect joints as well as initiate bone growth, remodeling and improving attachment sites for cartilage, ligaments, and tendons. Premium nutrients in highly bioavailable form are also critical to fuel this process.

New Roots Herbal has a tandem of complementary products that create healthy bone mass, nourish connective tissue, and ease inflammation which can cause joint pain and/or limit range of motion.

**StrongBones** is formulated with the most bioavailable form of calcium: microcrystalline hydroxyapatite (MCHA). This organic form of calcium is the therapeutic backbone of the most complete formula dedicated to the maintenance of healthy bones available to Canadian consumers. In addition to strengthening bones, it's critical for healthy subchondral bone tissue. The surface where cartilage connects for the cushioning effect necessary for freedom from joint related pain. Our formula also contains an additional 21 additional advanced forms of vitamins, minerals, and

specific nutrients that strengthen bone density and support the many biological duties of the skeletal system. Osteoporosis is considered a symptomless disease until the occurrence of a fragility fracture; however, mineral deficiencies can also lead to bone pain and tenderness, and contribute to osteoarthritis.

**JointPain Relief** is the ideal product pairing for **StrongBones**. It contains NEM® (natural eggshell membrane), a powerhouse nutraceutical that contains proteins critical for maintaining healthy cartilage and synovial fluid. Synovial fluid serves two critical functions, it nourishes cartilage and is the lubricant critical for pain-free joint movement. NEM® is also an abundant source of glucosamine, chondroitin, and hyaluronic acid essential for healthy connective tissue. Standardized extracts of four additional ingredients including *Boswellia serrata* (boswellic acid), Devils claw, curcumin, and black pepper, work synergistically for side effect-free relief from pain and inflammation.

**StrongBones** and **JointPain Relief** are both safe for long-term use. They can empower you to actively participate in maintaining healthy bone mass and strong, pain-free, flexible joints crucial for successful aging.



NEM® is a registered trademark of ESM Technologies, LLC



# Pump Up the Volume

We've added a specialized nutrient to our comprehensive formula for therapeutic treatment against pattern baldness and thinning hair.

**Hair&Scalp** now boasts a potent apple extract standardized to **5% procyanidin B2**, the marker compound clinically proven to promote hair growth. Clinical trials have shown procyanidin B2 to stimulate both hair density and thickness. It actively inhibits the activity of a specific enzyme to prolong the anagen (growth) phase of hair and shorten the telogen (dormant) phase of the hair-growth cycle. This leaves you with more hair follicles in their active stage; more importantly, it represents another pathway on the route to a fuller head of hair.

This novel extract strengthens our formula already abundant in specific nutraceuticals that

target hair health, formulated with critical components of the B-complex group of vitamins that intensify their metabolism and bioavailability. Standardized extracts of saw palmetto, flax seed lignans, grape seed, green tea, and stinging nettle, along with certified organic pumpkin seed oil, form the botanical backbone of **Hair&Scalp**. They block activity of the enzyme that converts testosterone to dihydrotestosterone, the hormone that contributes to male pattern baldness as well as prostate enlargement. Wild fish oil and a potent silica extract work to improve microcirculation responsible for nutrient delivery to hair follicles.

The selection of B-complex vitamins promote the production of keratin, the pivotal protein for healthy hair, skin, and nails. They also contribute to microcirculation critical for healthy, productive hair follicles. The amino acid L-aurine adds to the many benefits of our formula, with its ability to block



the protein TGF- $\beta$  responsible for hair follicle inflammation and miniaturization.

**Hair&Scalp** simply delivers the broadest-spectrum formula dedicated to a healthy, productive scalp and fuller hair, available for both men and women.



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# More Potency and Finally an NPN!

We're excited to relaunch **Serratiopeptidase** with a potency of 120,000 AUs per enteric-coated capsule. The 33% increase in strength amplifies its ability to break down nonliving tissue at sites of injury to muscle and connective tissue. This reduces painful inflammation and accelerates healing. Less joint pain and restored range of motion will allow you get back in the game, whether it's a weekend of raking leaves or playing rugby.

NPN 80050019



## Health Advice

# Probiotics and Prevention of Cold and Flu



by Heidi Fritz,  
MA, ND

In herbal medicine, there is a class of plants called “adaptogens”; these herbs help the body adapt to stress and have the ability to either upregulate or downregulate adrenal function, including cortisol levels, as needed to restore balance. Similarly, probiotics may be viewed as adaptogens for the immune system. In conditions associated with immune hyperreactivity, including autoimmune diseases such as rheumatoid arthritis, supplementation of probiotics can reduce disease symptoms and markers of inflammation.<sup>[1]</sup>

Conversely, in conditions of weak immunity, supplementation with probiotics can strengthen the immune system’s ability to fend off infection. This article reviews the effects of probiotics in protecting against common respiratory tract infections such as the common cold and flu.

A study published this year just in time for flu season showed that administration of a probiotic containing two *L. acidophilus* species as well as *B. bifidum* and *B. animalis* for six months reduced the incidence of the cold by one third (33%) in children attending preschool.<sup>[2]</sup> Another recent study found that probiotic supplementation in female endurance swimmers significantly reduced the

number of days that subjects were affected by respiratory infection.<sup>[3]</sup> There was also a decrease in ear pain and shortness of breath. Finally, a recent meta-analysis including data from 20 randomized trials concluded that probiotic supplementation was effective in reducing the numbers of days of illness per person, shortening the duration of illness by almost one day, and reducing the number of days absent from daycare, school, or work, compared to placebo.<sup>[4]</sup>

Laboratory studies conducted in animal models of respiratory infection lend insight to how probiotics interact with the immune system. In mice infected with lethal influenza virus, oral supplementation with



*Lactobacillus* probiotic was found to increase production of IgA antibodies by B cells in both the small intestine and the lungs.<sup>[5]</sup> Production of mucosal IgA is involved in neutralizing viruses, killing viruses, and preventing entry to cells. In this study, supplementation of probiotics also extended the length of survival of mice infected with lethal influenza virus.<sup>[5]</sup>

Similarly, in another study of lethal influenza virus infection, supplementation with probiotics was associated with a variety of anti-infective mechanisms. These included upregulation of cytokine production associated with a T<sub>H</sub>1 immune response; an increase in total IgA and specific anti-influenza virus IgA antibody production; and activation of

macrophage cells, which are cells of the immune system responsible for destroying and consuming infective “bugs”.<sup>[6]</sup>

Finally, in children with recurring respiratory tract infections treated with broad-spectrum antibiotics, cosupplementation with probiotics offset the detrimental effect of antibiotics on gut flora. In children treated with antibiotics plus probiotics, there was a decrease in harmful *Clostridium* species, and an increase in *Lactobacilli* and *Bifidobacteria*.<sup>[7]</sup>

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## Did You Know? Probiotics and Blood Pressure

The list keeps getting longer for the many health benefits associated with probiotic supplementation. An article published in the *Journal of Hypertension* revealed the results of 9 studies of probiotic supplementation showing an average reduction of blood pressure measuring 4 points systolic, and 2 points diastolic. The lowering of harmful cholesterol and triglycerides is believed to account, in part, for these encouraging news.

**Probiotic products containing multiple strains were most effective**, and results took 8 weeks on average. Since probiotics are living organisms, they do not interact or detract from other blood-pressure medications or treatments, and they deliver results in addition to other therapeutic strategies.





## What a Difference a Day (Hour) Makes!

Sunday morning November 2, a return to Standard Time is in order for most of Canada, with the exception of a few border towns in British Columbia and Saskatchewan that opt out of daylight saving time for practicality. The rationale for the collective disruption of the circadian rhythm (sleep cycle) of an entire nation is difficult to explain; the bottom line is we're poaching an hour of daylight from sunset to daybreak.

Despite the fact most of us see daylight saving time as an inconvenience that lasts around a week, a recent study surveying 42,000 hospital visits over a 3-year period points to the critical role sleep patterns play in our everyday health and well-being. The study illustrates a 25% higher incidence of heart attacks the Monday after daylight saving time begins, and a 21% lower incidence following a return to standard time. It's well-known that adequate sleep is important for all aspects of human health; however, these statistics warrant further research into the many ways our circadian rhythm impacts our health.

**Sleep<sup>8</sup>** is a side effect-free, nonaddictive way to maintain

or reestablish your body's natural sleep cycle. It's also useful for those experiencing stress-related insomnia, whether it work-related or personal. It's safe for long-term use such as for chronic insomnia, or for travelers adjusting to time zones. **Sleep<sup>8</sup>** is also an excellent choice for seamless transition to and from daylight saving time.



## Two Name Changes

The name **StopSmoking** did not receive government approval, we've since renamed it **New Roots Herbal's BreatheEasy**. Our synergistic trio of certified organic botanicals has also been granted a Natural Product Number (NPN 80036947). The new name going forward better reflects the results you can expect from the three-fold approach our formula employs to break free from tobacco addiction.

The botanical backbone of our formula is certified organic plantain. It creates a distaste for tobacco so strong the choice to quit will become obvious. It also exerts anti-inflammatory and cleansing effects on the lungs. Certified organic lobelia mimics the effects of nicotine to ease the transition to a nonsmoking lifestyle. It also helps clear the lungs of toxins and suppress coughs. Certified organic alfalfa completes the formula with a rich source of nutrients including chlorophyll, which oxygenates the blood and detoxifies the body.

Try the tandem of your will with the power of the non-GMO certified organic nutrients in **New Roots Herbal's BreatheEasy** for the natural nudge to kick the habit for good.



Our **WildOmega** EPA 650 mg / DHA 100 mg has been renamed **OmegaJolly**. The new name going forward better reflects the growing body of scientific support for the benefits of omega-3 fatty acids (especially EPA) for mental health. The brain consists of approximately two thirds fatty acids; unfortunately, North Americans in general fall short for dietary intake of these critical nutrients.

**OmegaJolly** populates the brain with premium wild, deep-sea-sourced omega-3 fatty acids to withstand stress, maintain mental balance, and preserve cognitive performance.



## ...and a New Product

**SlowReleaseCoQ10** is a unique new product with a wide range of therapeutic applications. It features the well-researched ubiquinone form of coenzyme Q<sub>10</sub> bound to non-GMO pea protein. The result is a highly

bioavailable form of this critical compound with a longer rate of retention within blood serum for sustained therapeutic action.

Once assimilated by the body, CoQ<sub>10</sub> triggers energy production within the mitochondria of all cells. It is also freely converted to the other form of coenzyme Q<sub>10</sub>, ubiquinol which the body employs for extracellular antioxidant protection.

**SlowReleaseCoQ10** is an excellent therapeutic option for an age-related decline in production of this critical compound. Its many benefits include promoting cardiovascular well-being along with reducing the frequency of migraine headaches. It also can be employed to counteract impaired CoQ<sub>10</sub> production as a side effect of prescription statin drugs.

New Roots Herbal's **SlowReleaseCoQ10** will increase your ability to fight disease and unlock the energy within to significantly improve your quality of life.



# Mindfulness and Health



By Dr Aoife Earls,  
MSc, ND

Mindfulness is the practice that cultivates paying attention on purpose, in the present moment, nonjudgmentally to our experience. It is not a belief or philosophy, but an awareness of the nature of the mind and our emotions. Mindfulness is often confused with meditation, and while the practices are interconnected, they have different origins. Meditation, a practice involving awareness of our breath, stems from Buddhism. It is one of the many tools used to cultivate awareness of the self and nonjudgment towards the self and others. Along with other mindful practices like mindful eating, walking, and acting, meditation is a tool thought to assist people to journey towards enlightenment.

Mindfulness associated with health and healing in Western philosophy was developed by Jon Kabat-Zinn in studying meditation with the Buddhist monk Thich Nhat Hanh. Motivated to help others to reduce stress and pain in medicine, Jon Kabat-Zinn developed a program called Mindfulness-Based Stress Reduction (MBSR), which



*“Meditation is a process of lightening up, of trusting the basic goodness of what we have and who we are, and of realizing that any wisdom that exists, exists in what we already have. We can lead our life so as to become more awake to who we are and what we’re doing rather than trying to improve or change or get rid of who we are or what we’re doing.”*

— Pema Chödrön

was shown to be a valuable approach for a multitude of health concerns, including but not limited to chronic pain, posttraumatic stress disorder, addiction, fatigue, anxiety, depression, weight loss, and cardiovascular incidents.

MBSR involves both alone and in-group experiences to change negative consequences of patterned, habitual conditioning, to become self-regulating in distress, to cope more effectively with stress, challenge, and change, and to become self-reliant on learning, growing, healing, and thriving. Students are taught formal mindfulness practices, including body-scan meditations, sitting meditations, hatha yoga, and walking meditations. Other mindfulness practices include nonjudgmental awareness of pleasant, routine events, and unpleasant events,

which may include interactions between people, repetitive thoughts and emotions, body sensations, habits, or everyday behaviours. After 8-10 weeks of exploration, the significance of mindfulness for health has been proven time and time again.

**Mindfulness for Chronic Pain**  
Pain is a complex experience that has psychological and physical components, and they are often additive; the longer the experience of pain, the more apt one is to experience psychological or psychiatric conditions such as anxiety, depression, or posttraumatic stress disorders. In addition, pain affects basic physical activities such as sleep, energy, appetite, and so in turn, people become more depressed or anxious because they are not meeting basic requirements for good health.

Mindfulness has been explored for chronic pain since its inception in Western medicine by Jon Kabat-Zinn in 1976. As part of a stress-reduction program that is now called Mindfulness-Based Stress Reduction (MBSR), patients with chronic pain over 10 weeks were exposed to meditation practice and encouraged to use mindfulness meditation daily. The great significance of this practice is that during the study and following the study, participants after 15 months and in subsequent studies, years, had decreased need for the original dosages of their pain medications, decreased avoidance of activities in daily life due to their pain, and decreased anxiety and depression. A multitude of studies have been performed since this original study, with a multitude of health conditions; chronic pain has seen significant improvements with MBSR techniques, most notably with respect to osteoarthritis, fibromyalgia, and chronic neck and back pain.



How exactly then is mindfulness reducing chronic pain? Pain perception is where mindfulness appears to have its strengths, in that individuals who are more accepting of their pain and less reactive to its presence, or those who can essentially breathe with their pain through meditation see pain reduction. Mindful awareness of pain basically exposes a person in chronic pain to different body-awareness activities such as eating, walking, sitting, or through meditation. While the pain itself may not dissipate, the emotional experience of the pain is shown to change and lessen. Just as one would notice how the grass feels under the feet in a walking awareness, pain perception becomes almost a curiosity, and then can be accepted more easily, and with less distress. In fact, pain acceptance through mindfulness decreases worrying thoughts about the pain so significantly it may explain why long-term benefits of MBSR training for chronic pain are seen even with very little time spent with mindfulness activities. Hence, being aware of what is happening is the most important part of mindfulness and pain, without judgment.

### **Mindfulness for Anxiety and Depression**

Mindfulness and its ability to strongly change the trajectory of the lives with mental health disorders is one of the main reasons this way of life has become such a strong practice in the Western world, both

informally and in medicine. Mindfulness is, in a sense, a version of mental training, rather than a relaxation technique. Mindfulness is essentially the ability to stay attentive to what is happening in the present moment, and watch like an observer what is happening, rather than get caught up in strong emotions or be influenced by external circumstances.



So how is it that practicing mindfulness reduces the intensity of the experience of anxiety and/or depression? There are several theories, but it appears that we develop better coping mechanisms in a more mindful, gentle attitude towards ourselves. There is also some evidence to suggest that those with mental health struggles have less of an ability to regulate their intense emotions than those without. When negative feelings arise, there can be negative thoughts associated with the self, which can be very distressing, and lead to loops of negativity. Paying attention to these

“loops” or ruminations is what mindfulness provides; objectivity to thoughts, behaviours, and feelings that may not be in our best interest, and seeing that they are in fact negative and maladaptive to us. With less attention to these negative loops, or stories, a more positive view on life can be attained.

Mindfulness activities such as mindfulness-based stress reduction (MBSR) programs are demonstrating structural changes in the brain of people suffering with depression. The brain neurotransmitter norepinephrine, when at lower levels than normal in a location in the brain called the locus coeruleus, is implicated in depressive feelings. Recent studies have explored imaging of the locus coeruleus after mindfulness practices, and it was found that the locus coeruleus was more active. It suggests that as a result of these practices, more activity and blood flow would also increase the activity and presence of norepinephrine, and in doing so, may reduce the symptoms of depression and anxiety or the feelings of anxiety and depression related to those imbalances.

The beauty of mindfulness practices is that not only are we seeing changes in those afflicted with anxiety and depression, but also in all individuals (or mentally healthy individuals). Therefore, all people practicing mindfulness have an increased ability to resist

the effects of stress, but also to prevent episodes of anxiety and depression!

### Conclusion

Compassion is a huge part of our ability to connect and care about ourselves and other human beings. Mindfulness is the practice of curiosity, openness, and attention to the current moment, without changing the nature of it. With respect to many health conditions, including those who support those whom are ill in a care-giving role, mindfulness and self-compassion used together are demonstrating tremendous capacity for deep and powerful healing.

But how exactly are self-compassionate and kinder activities with mindfulness known to influence health and healing? Self-compassionate thoughts (sending love to one’s self, being kind to imperfections) has been shown to decrease cortisol, the stress hormone,

when used as part of meditation. It is also known to activate oxytocin, also known as the “love” hormone, that allows us to have connections to others. When oxytocin is active, it is associated with the calmer, healing aspect of the nervous system or the parasympathic nervous system.

Hence, enhancing the skill of mindfulness or noticing ourselves and our environment, without judgment, and using the tools described in this article on mindfulness, can be solidified and acted upon with kindness to facilitate true healing. That we are not alone in our struggles as imperfect humans, trying our best, is what makes mindful activities truly revolutionary in life, for all ages and walks of life.

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



*“If you want to be happy, practice compassion. If you want others to be happy, practice compassion.”*

*— Dalai Lama*



## Kidney Tone-Up

An appointment with the urologist is usually a sign that renal function is compromised and a change in lifestyle is in order, or a lifetime of dependence on prescription medication is looming. Kidneys filter approximately 150 litres of blood per day. Unfortunately, whether it's a coffee-maker or an automobile, we perceive filters as being disposable or with a limited lifespan. In addition to recognizing and eliminating toxins and metabolic waste for excretion, kidneys also produce hormones critical to red blood-cells formation, blood-pressure regulation, and vitamin D<sub>3</sub> which maintains healthy bones and calcium levels throughout the body.

The importance of being proactive with renal health can't be underestimated, as kidney function can decline up to 50% without any noticeable symptoms. New Roots Herbal's **Kidny** can help, with six specific nutrients recognized for cleansing and toning kidneys to keep them operating at their full potential.

Uva ursi is the backbone botanical of our formula with the active compound arbutin exhibiting strong diuretic and antimicrobial activity, which benefits the entire urogenital

tract. Buchu and parsley broaden the spectrum of diuretic action and elimination of sediment that can accumulate within the kidneys. Accumulation of sediment, including minerals, can crystallize to form kidney stones. Anyone that has passed a stone can attest to an intensity of pain rivalling childbirth. Ginger helps protect the kidneys by activating antioxidant pathways and encouraging peripheral circulation. Marshmallow (*Althea officinalis*) is a nutrient-rich botanical that soothes the kidneys and reduces inflammation. Juniper completes

our formula with added diuretic and antiseptic action.

Twice per year is the ideal therapeutic application of **Kidny** to ensure optimal renal function critical for great health.



## AgeLess Telomeres

# Enjoy the Winter!

From crowded shopping centers to friends and family reunions, we're all targets for the 100+ cold viruses as well as the latest flu viruses. There is no "cure" for cold and flu; however, health-care practitioners agree that the key to a cold- and flu-free winter is a strong immune system.

**AgeLessTelomeres** is a synergistic formula that will strengthen your body's defenses as well as relieve cold and flu symptoms for accelerated recovery when you do catch a cold or suffer from the flu.

A potent extract of astragalus, standardized to 3% astragalosides, leads the way for **AgeLessTelomeres**. Astragalus is among the most respected botanicals for immune performance; the intense therapeutic action of the astragalosides in our extract activate killer T cells within the body, that recognize and destroy bacteria and viruses foreign to the body that cause illness.

**AgeLessTelomeres** contains the amino acid *N*-acetylcysteine (NAC), which fuels production of glutathione, the major antioxidant produced within cells. NAC has been proven effective for breaking down and thinning out mucous to speed up



recovery from upper respiratory infections. An Italian study showed a 54% reduction in flu symptoms for the group taking NAC versus the control group.<sup>[1]</sup> NAC also preserves the vitamins C and E in their active forms for maximum effectiveness.

Premium R+ *alpha*-lipoic acid broadens the formula's strength as both a water- and fat-soluble antioxidant. It protects cells in times of stress and stimulates energy production to counter a lack of energy and stamina, common with exposure to cold and flu. **AgeLessTelomeres** includes vitamins C and E, which expand the range of antioxidant action and amplify the immune system enhancement of the entire formula.

Don't let cold and flu sideline you from seizing all your winter moments: protect yourself with **AgeLessTelomeres!**



1. S.A. Farr, et al. "The antioxidants *alpha*-lipoic acid and *N*-acetylcysteine reverse memory impairment and brain oxidative stress in aged SAMP8 mice". *Journal of Neurochemistry* Vol. 84, No. 5 (2003): 1173-1183.



## Don't let cold and flu interfere with winter fun

**AgeLessTelomeres** provides the body with specific nutrients to strengthen immune function. It also contains antioxidants that work together to shield your cells from oxidative stress that can leave you prone to sickness.

- Protects the respiratory tract
- Stimulates the immune system

Don't let illness get in the way this winter – protect yourself with **AgeLessTelomeres**.

*Prevention & Cure® since 1985*



- Our ISO 17025 accredited laboratory has 12 scientists: 3 PhDs, 3 MScs, and 6 BScs
- All our products are non-GMO



## Culinary Corner

# Roasted Beets with Horseradish Vinaigrette

### Ingredients:

- 1 pound beets (stems removed and discarded / scrubbed / patted dry)
- 2 tablespoons Red Palm Fruit Oil
- 1 teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

### Dressing and Presentation:

- 1½ tablespoons apple cider vinegar
- 1½ tablespoons Dijon mustard
- ¾ teaspoon sea salt, or more to taste
- ½ teaspoon freshly ground black pepper, or more to taste
- 3 tablespoons Red Palm Fruit Oil
- 2 tablespoons prepared horseradish, or more to taste
- 1 bunch scallions for garnish, chopped

### Instructions:

Preheat the oven to 400 °F (200 °C).

Prepare the beets with a melon baller, place in a baking dish, then drizzle with Red Palm Fruit Oil and season with salt and pepper. Cover the dish with foil, and cook for 45 minutes or until the beets are easily pierced. Transfer to serving bowl.

For the dressing, combine all ingredients, then whisk. Add dressing to beets, and toss. Garnish with chopped scallions, then serve warm or at room temperature.



# Chocolate & Avocado Pudding

### Ingredients:

- 2 large avocados – peeled, pitted, and cubed
- ½ cup unsweetened cocoa powder
- ¼ cup Stevia Sugar
- ⅓ cup coconut milk
- 2 teaspoons vanilla extract

### Instructions:

Blend avocados, cocoa powder, Stevia Sugar, coconut milk, and vanilla extract in a blender until smooth. Refrigerate pudding until chilled (about 30 minutes).



# Ginger & Maple Ice Breaker

Here's a fresh, low-calorie way to warm your soul or the soles of your feet on a cold winter day.

### Ingredients:

- 5 cups filtered water
- 4 tablespoons grated ginger
- 1 tablespoon brown sugar
- 1 tablespoon maple syrup
- ¼ teaspoon (or to taste) Smooth Stevia

### Instructions:

Bring water and ginger to a boil and let simmer for five minutes. Add brown sugar and maple syrup, then Smooth Stevia. Strain and serve.



## Choose to Care



The Canadian Biotechnology Action Network (CBAN) works to build a future for sustainable agriculture by providing information for strategic action on the issue of genetic modification (GM) in food and farming. CBAN researches and monitors the impacts of GM crops, and empowers Canadians with accurate information about GM foods. CBAN organizes collective action with communities to make concrete change, and gives people action tools to make their voices heard.

CBAN is a national campaign coalition of 16 groups, including farmer associations, environmental groups, regional coalitions of grassroots groups, and international development organizations.

Furthermore, the great efforts exerted by CBAN have caught the attention of New Roots Herbal. We have long been creating cutting-edge advanced formulations that are non-GMO, then it made a lot of sense to cooperate with an organization

such as CBAN. Both New Roots Herbal and CBAN have a similar goal in fighting genetic modification and educating the community of the importance of consuming non-GMO products. That is why New Roots Herbal is proud to announce the joining of CBAN to our Choose to Care program.

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## Visit Us on Facebook!



Visit our Facebook page for product updates, event information, original culinary creations, and compelling articles featuring the latest trends in health and wellness. Connect with us and we'll stream you the latest news in our industry. Facebook is an exciting modern-day "word-of-mouth" way to communicate, and we're excited to share and grow with you.

# Introducing Junior New Roots

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



**Junior New Roots** offers the nourishment children need to grow up strong and healthy. Not only does each formula have significant health benefits – **they also taste great!**

- **Children's Probiotic** is an ultraconcentrated formula with 10 billion CFU per serving, containing 12 strains **including the most important probiotics for children: *B. infantis* and *L. reuteri***. It strengthens the immune system and resistance to diarrhea, while maintaining healthy digestion.
- Ten clinical studies show that a fish oil must contain more EPA than DHA. Our **Children's Omega-3** provides the correct 2:1 ratio that helps brain development and addresses ADHD symptoms such as focus, concentration, memory, mood, and reading and spelling difficulties.
- **Children's Multi**, formulated by recognized NDs, gives children the correct selection and dose of vitamins, minerals, and nutrients. This great-tasting, convenient powder can be mixed with water, juice, apple sauce, yogurt, and more!

*Prevention & Cure® since 1985*



- Our ISO 17025 accredited laboratory has 12 scientists: 3 PhDs, 3 MScs, and 6 BScs
- All our products are non-GMO





# New Roots

HERBAL



Certified organic by:



## Get back to the roots of skincare

New Roots Herbal's Exotic Oils are an astounding collection of all-natural oils that offer unrivalled protective, therapeutic, and regenerative properties. Sourced from around the world, these oils are naturally rich in beneficial fatty acids and vitamins, as well as high in oxidative stability.

With New Roots Herbal's Exotic Oils, maintaining your natural glow has never been easier.

Visit [www.NewRootsHerbal.com/exoticoils](http://www.NewRootsHerbal.com/exoticoils)