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HEALTHY BODY, MIND, AND SPIRIT

Summertime Fun,
Sun, and Exercise

The *Disease*
of the
Century

PROBIOTICS

**Strong Foundations
Stemming from Birth**

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Summer 2022

Editor's Letter



It's been over two decades since Semisonic released what would become a perennial favourite "Closing Time." Yet, today the lyrics "Every new beginning comes from some other beginning's end" seem even more profound. Perhaps it's because so many of us are referring to pre- and post-COVID as monolithic milestones in our lives. Perhaps it's because two of my children received diplomas and are

taking on new challenges. Or perhaps it's just a profound reminder that, ironically, change is the only true constant in our lives. No matter how much we want to hold onto something, chances are it will change. So bring it on... and let's aim to change for the better! Who wouldn't want to live a better life, to provide a better future for their children, or to have better health? But wanting it is very different from making it happen. That's where commitment and work come in.

I invite you all to dive into your own betterment. Whether you are looking to start your own "new beginnings" with an addition to your family, want to take your physical activity to the next level, improve your health to ward off chronic conditions or diseases, or simply start living in the moment and being happy, our summer issue will help you along the way. Here's to a summer of new beginnings, and to flourishing together!

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Editor-in-Chief

Flourish

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PROBIOTICS

Strong Foundations Stemming from Birth

by Krista Mackay, BSc, ND

There is a lot of talk about probiotics these days, and for good reason. These incredible bacteria have been shown to fight off infections, decrease inflammation, improve mood, clear up skin, and help cardiovascular issues. You name it, they can do it! I would like to bring your attention to two unique and very important foundational bacteria: *B. infantis* and *L. reuteri*.

B. infantis

Starting at the beginning of life, *Bifidobacterium longum* ssp. *infantis*—yes, its full name is quite a mouthful—is abundant in breastfed babies. At birth, we get a huge inoculation of bacteria as we pass through the vaginal canal; then, breast-feeding continues to provide a unique microbiota consisting of millions of bacteria per day. Breast milk is a “magical superjuice” that is impossible to recreate. Not only is it packed with all the nutrients a baby needs, but it also contains beneficial bacteria as well as carbohydrate fibres called oligosaccharides. Humans are unable to digest these oligosaccharides, but *B. infantis* can—it is the only probiotic able to digest the complete array of oligosaccharides in breast milk. Therefore, it has a major advantage over other bacteria. This helps it grow in abundance, making up about 80–90% of a baby’s microbiota. *Bifidobacteria* in general—and especially *B. infantis*—ferment milk oligosaccharides, producing short-chain fatty acids (SCFAs) such as acetate and butyrate.

SCFAs nourish the cells of the intestines, provide nutrients for the growing baby, and act to fight off pathogens. *B. infantis* is a foundational bacterium that colonizes the intestine and supports the growth of other friendly bacteria.



Preterm infants fed *B. infantis* showed increases in *B. infantis*, as predicted, but also an abundance of total *Bifidobacteria*, showing how this probiotic paves the way for others to colonize as well. *Bifidobacteria* seem to cooperate to breakdown complex carbohydrates into simple sugars, working together as a community and to make more nutrients—in this case, simple sugars—available for other gut bacteria.

Another important role of *B. infantis* is strengthening the intestinal wall. Babies have spaces between their intestinal cells, and therefore more permeability for pathogens to enter the lymph and bloodstream. *B. infantis* signals the intestinal cells to produce proteins to fill these gaps, reducing the permeability and strengthening the intestinal wall. Folate (vitamin B₉) can also be produced by *B. infantis*, which is vital in the production of red blood cells and oxygen transport to tissues, and has a major role in DNA synthesis and repair.

B. infantis is valuable at all ages as it has an incredible ability to repair the intestinal wall and reduce inflammation, being helpful in conditions such as ulcerative colitis. It also plays a major role in the immune system maturation and regulation; therefore, taking *B. infantis* after antibiotic use or following a colonoscopy can support the body for recovering. Also, as *B. infantis* has evolved to colonize the infant gut, it has been shown as a safe approach to restoring the gut microbiome of infants born by C-section.



L. reuteri

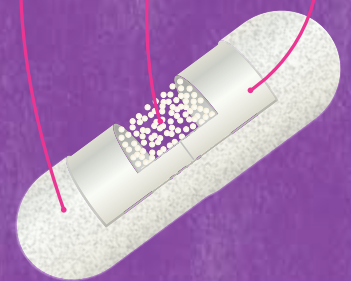
Lactobacillus reuteri is one of our most studied bacteria. It was named after a German microbiologist, Gerhard Reuter, and was first isolated in 1962. In early research, it was regularly found in human digestive tracts and was found in the same subjects on multiple occasions, scientists concluding it is a stable member of the human microbiota. Curiously, current research shows that *L. reuteri* seems to be absent from our digestive tracts. Comparing subjects from rural Papua New Guinea with those in the United States, *L. reuteri* was found in the digestive tracts of all subjects in rural Papua New Guinea, but none in the US group.

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This obvious decrease in the abundance of *L. reuteri* in the past few decades is “correlated with an increase in the incidence of inflammatory disease over the same period of time.” It has been hypothesized that this “disappearance” of *L. reuteri* could be related to dietary changes, medication use, and sanitation practices.

Overall, *L. reuteri* is a tough little bug. Like other lactic acid-forming bacteria, it tends to colonize the upper gastrointestinal tract, especially the small intestine, and it appears to be more resilient than other strains since it can survive in quite acidic environments. It produces antimicrobial molecules, which inhibit the colonization of pathogenic microbes (bad bacteria, viruses, fungus, and parasites), and can stimulate the remodeling of a healthy microbiota in your intestines. *L. reuteri* also has a great ability to benefit our immune system, especially by reducing the production of inflammatory cytokines and by promoting the secretion of regulatory T cells. This balance is beneficial in allergic conditions where the immune system tends to overreact.

Just like *B. infantis*, *L. reuteri* is excellent at protecting the mucosal barrier function. It can decrease intestinal permeability by increasing tight-junction proteins that strengthen the spaces between intestinal cells. Many inflammatory conditions are related to damage within the intestinal wall and possibly the movement of bacteria across it coming into contact with the immune system. *L. reuteri* may prevent this movement of bacteria across the membrane, improving resistance to inflammatory diseases in the digestive tract as well as in remote tissues.

Conclusion

To summarize, both *B. infantis* and *L. reuteri* could prevent infections and strengthen healthy immune responses, therefore being beneficial for allergies or asthma for example. These two strains should also be considered in inflammatory diseases such as ulcerative colitis and other bowel conditions such as irritable bowel syndrome (IBS). Anyone with gut-barrier issues, such as hyperpermeability, could also benefit. For instance, *B. infantis* and *L. reuteri* will help with atopic skin conditions such as eczema and psoriasis at all ages. *L. reuteri* can help in infant colic and with *H. pylori*, *E. coli*, and other infections. Breast-feeding moms may consider adding *B. infantis* to their daily diet, or it could be given directly to babies (spread onto nipple when breast-feeding or mixing into formula), even preterm infants.



B. infantis and *L. reuteri* both need to be stored in cold temperatures, so be sure to buy them at retailers that keep them in the fridge, and ensure they remain refrigerated at home. Look for enteric-coated capsules so your stomach acid doesn't kill them, allowing them to arrive safely in your intestines. This way, you ensure they can do all the wonderful things they are capable of.



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Krista practices both in Montreal, Quebec, and Montevideo, Uruguay. A busy mom of two boys, she focuses on naturopathic general/family medicine, helping to find a reasonable balance to optimal wellbeing and stress management, including nutrition, herbal medicine, and mind-body work.

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Optimizing the Benefits from Medicinal Mushrooms

by Tammy-Lynn McNabb, RHNC

Medicinal mushrooms have been part of traditional Chinese practices for thousands of years and have recently become more mainstream in Western culture. Positioned to become leaders in health and wellness, these power-packed fungi require specific processes to access therapeutic benefits. Equally as important and challenging is trusting that a manufacturer's product is of high quality, in a very unregulated industry.

Therapeutic Compounds

Medicinal mushrooms contain therapeutic compounds like polysaccharides—including *beta*-glucans—triterpenes, amino-acids, and trace minerals. Widely studied, *beta*-glucans are soluble fibres that may lower the risk for heart disease, prevent the body from absorbing cholesterol, boost the immune system, and help regulate blood glucose levels. Early studies indicate that they may even decrease the risk of developing some types of cancer. But these therapeutic compounds are not easily accessed.

Locked in Chitin

Mushroom cell walls are made up of diverse compounds, including glycoproteins and layers of microscopic chitin. Chitin is the same substance that makes up the hard structural component of crustaceans, crabs, and shrimps. Most medicinal compounds within the mushroom are locked inside these hard cell walls. Unfortunately, our bodies lack the enzyme chitinase that could digest chitin. Not breaking into the chitin means that we only get macromolecules from the mushroom, some insoluble fibres, but not the therapeutic compounds medicinal mushrooms are famous for.

Medicinal Mushroom Extracts

Extracts contain higher levels of certain active ingredients that medicinal mushroom are known for. They come in liquid tinctures or powder form, and the extraction process typically requires the use of water, alcohol, or both.

Hot-Water Extraction

Hot-water extraction is the traditional method used in Asia, and the most proven, efficient way to extract a mushroom's therapeutic compounds. It requires temperatures between 80 and 175 °C (high temperatures occurring when pressurized hot-water extraction is used) for predetermined periods of time, depending on the mushroom. This method allows chitin to dissolve and the water-soluble molecules

of the mushroom to be liberated into the liquid. *beta*-Glucans found in reishi, turkey tail, lion's mane, cordyceps, agaricus, shiitake, and maitake mushrooms are water-soluble, making the hot-water extraction technique ideal. The final product can either be consumed as a liquid or an extract powder, whereby the liquid extract undergoes dehydration and a spray-drying step to evaporate all the water.

Alcohol Extraction

Alcohol extraction is not favourable, since polysaccharides precipitate in alcohol and are removed from the final liquid in the filtration process. Alcohol essentially removes lots of the sought-after *beta*-glucans. So, it should be avoided, especially for shiitake, maitake, cordyceps, lion's mane, and agaricus mushrooms. Some mushrooms containing non-water-soluble triterpenes and sterols, particularly reishi and chaga, could benefit from a secondary extraction process involving alcohol, to gain access to both water and non-water-soluble active compounds.

What About Ground Mushroom Powders?

Grinding, no matter how finely, does not remove the ingestible chitin and can damage the long-chain polysaccharides the mushrooms contain. Ingesting powders severely limits the therapeutic benefits available and would not allow for standardized dosage. However, like many other functional foods, mushroom powders can have a place in your kitchen.

Using mushroom powders in slow cooking methods is a great way to discover their flavours and reap some benefits. Mushroom powders can be an alternative for those who don't appreciate a mushroom's texture. As long as it is used in recipes involving hot liquids, such as soups or teas, simmered or steeped over a long period.



Mycelium v. Fruiting Body

It's important to understand the fungi's lifecycle when choosing mushrooms or a mushroom supplement. The mushroom is the fungus' fruit, whereas the mycelium is the underground branching-colony part of a mushroom (think roots), with a complex network of cells that are usually out of sight. The major difference between them is their concentration of active medicinal compounds, with the fruiting body providing higher concentrations.

Choosing Wisely

Selecting a hot-water medicinal mushroom extract will provide you with the most these mushrooms have to offer. Products that contain primarily fruiting body—not mycelium—are a better option. Look for confirmation on the label, showing the amounts of active compounds, like polysaccharides and especially *beta*-glucans. Reputable companies will have their mushrooms tested in accredited laboratories, to ensure you get the variety expected and provide accurate medicinal content information.

Hopefully, this article sheds some light on the importance of choosing the correct type of medicinal mushroom supplement. If you made the sound decision to include medicinal mushrooms as part of your wellness routine, be sure you get their full benefits.



Tammy-Lynn McNabb, RHNC

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

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LOOKING FOR REAL MEDICINAL BENEFITS IN MUSHROOMS? YOU NEED A HOT-WATER EXTRACT



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The Disease of the Century

by Dr. Ludovic Brunel, ND

Diabetes is certainly going to be one of the most challenging health problems in the 21st century. Currently, 8.8% of Canadians live with diabetes, and approximately 549 new cases are diagnosed each day. Since 2000, the rate has increased by an average of 3.3% per year. Disturbingly, estimates suggest that 1 in 3 children born in 2000 will eventually develop diabetes. The consequences are devastating: Diabetes shortens lives, it is a leading cause of blindness and kidney failure, and it is a significant contributor to the current rise in dementia.

Glucose is the main energy source for our cells. Cells need insulin to utilize glucose. With insulin resistance, our cells do not absorb the glucose, so they go into starvation mode and start getting damaged. Meanwhile, the overabundance of glucose ends up in our bloodstream, causing nerve damage and digestive problems, and predisposing individuals to develop cardiovascular complications.

But There Is Good News: Type 2 Diabetes Is Preventable

Prediabetes—having higher-than-normal blood-sugar levels, but not yet high enough to be considered diabetes—is considered reversible. Currently, six million Canadians have prediabetes. Insulin resistance, as seen in type 2 diabetes, is largely acquired and is a lifestyle-related disorder closely associated with poor dietary habits, lack of physical activity, and obesity.

You are at risk for developing prediabetes if you:

- are overweight;
- are 45 years or older;
- have ever had gestational diabetes (during pregnancy) or given birth to a baby who weighed more than 9 pounds;
- have a parent, brother, or sister with type 2 diabetes;
- are physically active less than 3 times a week; or
- are African American, Hispanic/Latino American; from a First Nation, or an Alaska Native.

Weight management is becoming an increasingly common problem, to the point where obesity is the most preventable disease in Canada. In 2020, around 28% of Canadian adults were obese, while 36% were overweight. Obesity is a leading cause of type 2 diabetes.

Nutrition is also paramount for the prevention of diabetes. The glycemic load of food—or the amount of glucose the tissues in the body are exposed to after a certain food is ingested—is one of the key factors to consider. Sugary foods associated with a high glycemic load result in greater tissue exposure to glucose. Several studies have documented that a diet producing a high glycemic load is strongly associated with the development of type 2 diabetes.



High v. Low Glycemic Load Foods

High: White rice, white bread, pasta, raisins, potato chips, sugary desserts, and pizza.

Low: Carrots, oranges, nuts, apples, popcorn, most vegetables, meat, fish, chicken, eggs, hummus, and legumes.

Exercise improves glucose metabolism and insulin sensitivity, thereby reducing the risk of diabetes and heart disease. The US Diabetes Prevention Program study demonstrated that 30 minutes of daily physical activity and a 5–10% body weight loss resulted in a 58% reduction in the risk of developing diabetes.

The prevention of diabetes is no different than the prevention of most chronic diseases: Sound nutrition, exercise, and a healthy lifestyle go a long way. Natural treatments and nutritional supplements can also help prevent and address insulin resistance.

Nutrients such as inositol, curcumin, cinnamon, and resveratrol can improve insulin sensitivity, lower blood sugar levels, assist in weight loss, and reduce the risk of developing type 2 diabetes.



myo-Inositol

This sugar alcohol (also called vitamin B₇) is found in foods such as grains, corn, meat, citrus fruits, and legumes. Studies show that therapeutic levels of inositol have an insulin-sensitizing effect.

Research also shows that inositol supplementation is particularly helpful at preventing the progression from metabolic syndrome (also known as insulin resistance syndrome) to type 2 diabetes by reducing total cholesterol, triglycerides, and blood pressure, while increasing high-density lipoprotein (HDL) cholesterol.

Defects in the metabolism of inositol are thought to lead to insulin resistance, notably in patients with polycystic ovarian syndrome (PCOS). Researchers think that inositol helps to induce ovulation in these patients by improving insulin sensitivity.

Curcumin

Derived from turmeric—a common spice in Asian cuisine and culture—curcumin is the yellow-coloured active constituent of the root. Curcumin has a long history of use in traditional Asian and Indian medicine.

Research in patients with diabetes shows that taking curcumin daily for 12 weeks reduces fasting blood glucose when compared with placebo. Research also shows that curcumin can significantly help prevent the progression from metabolic syndrome to diabetes. In overweight or obese individuals with prediabetes, clinical research shows that taking curcumin for 90 days improves insulin sensitivity and results in a reduction in fasting glucose and glycated hemoglobin when compared with placebo.



Cinnamon

Cinnamon is the bark of a tropical evergreen tree which grows in Sri Lanka, Southern India, and Madagascar. Some in-lab and animal research show that cinnamon has antidiabetic effects. Animal research shows that cinnamon can help improve weight loss, blood glucose, hemoglobin A_{1c} (HbA_{1c}), insulin levels, and blood lipids in patients with diabetes. One small clinical study in adults with poorly controlled type 2 diabetes treated with metformin showed a trend toward improvement in fasting blood glucose with cinnamon supplementation.

Resveratrol

Resveratrol is a naturally occurring polyphenol. It is primarily found in red wine, red grape skins, purple grape juice, and mulberries. Resveratrol is beneficial for weight loss in overweight or obese individuals. Studies also show that in type 2 diabetics, resveratrol can lower fasting blood glucose levels, fasting insulin, and HbA_{1c}.

Simple interventions can make a remarkable difference when it comes to preventing the progression from prediabetes to diabetes. More than 15% of the Canadian population is currently at risk for the development of diabetes. It is time to start exercising more, reduce simple sugars in your diet, and consider supplementation with nutraceuticals such as curcumin, cinnamon, resveratrol, and *myo*-inositol.



Dr. Ludovic Brunel, ND

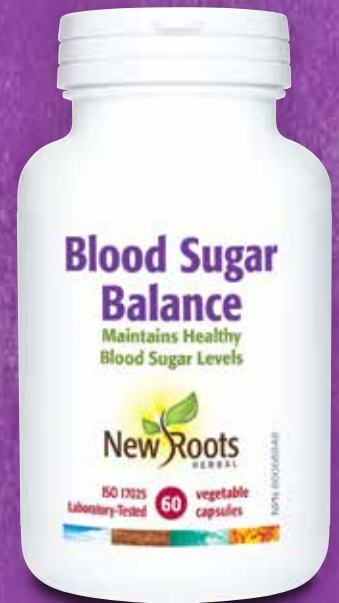
Dr. Brunel has 15+ years of experience as a naturopathic doctor and practices in Calgary. His approach has always been to improve health outcomes by relying on the best research available.

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Seasonal Eating

Getting the Most from Your Food

by Angela Wallace, MSc, RD

Seasonal eating means eating foods around the same time they are naturally grown and harvested. In Canada, the types of foods in season will vary monthly, but you might be surprised to know that we have quite the abundance of produce available over the spring, summer, and fall months (between May and October). I encourage you to eat seasonally this summer and take advantage of all our land has to offer.

Here are five reasons why eating seasonally is good.

Nutritional and Flavour Optimization

When you eat foods in season, especially fruits and vegetables that are picked when ripe, you are eating foods at their peak nutrient quality—this means more vitamins and minerals per bite. Besides the nutrition quality being most optimal at peak ripeness, so is the flavour. How delicious is an Ontario peach in the late summer or a tomato that was grown in your garden? There is a major difference in the taste profile of fruits and vegetables when they are grown locally and picked at optimal ripeness.

Fun Fact: Frozen fruits and veggies are great. Harvested at their peak readiness and flash-frozen quickly afterwards helps to preserve their nutrient quality, making frozen produce a good choice.

Support for Local Farmers

When eating seasonally, you support local farmers, markets, and your local economy. The more seasonally we eat, the more potential we create for local farmers and more sustainable eating patterns. Eating seasonally not only supports the local economy but also saves you money. When foods are sold locally, you are not paying extensive delivery costs.

Environmental Footprint

Food often travels quite far to make it to our plate. The more we can eat seasonally, the less produce must travel to get to your plate—which reduces gas emissions. Seasonal food often requires less support from things like pesticides or other genetic modifications, as they all can naturally grow and thrive in our environment. Less use of genetic modifications and harsh pesticides leads to less environmental pollution.



Health Benefits

When eating seasonally, you are encouraged to try a wider variety of foods. This also means a wider variety of vitamins and minerals to support your overall health. Foods often contain different nutrient properties to support your body's needs during the season of the year. For example, in the summer, a lot of "high water content" produce is in season, like watermelon and cucumber. They help hydrate the body during times of high heat.

Community Building

Eating seasonally helps you get to know your local community a little bit better. You will have the opportunity to connect with local farmers or check out local markets. You might have the opportunity to collaborate with community programs as well. For example, many towns and cities will have community supported agriculture (CSAs); this involves buying a share in the farm and enjoying the produce in return. If this is something that might interest you, I highly encourage you to give it a try.

If you are looking to eat seasonally, here are a few ways you can get started:

- Learn which fruits and vegetables are seasonal to where you live. You will find a list at right of some of the vegetables and fruits that are in season across Canada between May and October.
- Check for seasonal produce in your local grocery stores, things that are produced in your area will be labelled as produced in X province of Canada. Choose more items that are produced in Canada or in your province, city, or town.
- Consider joining a local farm share (CSA) or check out local farmers' markets this summer, meet some new people and enjoy some nutritious and tasty fruits and vegetables.
- Try planting some of your own produce; this is a great activity for families. Research shows that children who are involved in gardening are more likely to try the fruits and vegetables they have helped grow.
- If you already enjoy eating seasonally, try some preserving techniques. Here in Canada, our best months for seasonal produce happen to be over the summer, but we can preserve things like tomatoes and berries to enjoy over the winter. Preserving involves canning, freezing, dehydrating, etc.



Angela Wallace, MSc, RD

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

Canadian Summer Produce

Greens (Swiss chard, kale, spinach, arugula, lettuce— all the greens)

Asparagus

Tomatoes

Cucumbers

Beets

Broccoli

Carrots

Eggplant

Zucchini

Strawberries

Blueberries

Raspberries

Watermelon

Peaches

Cantaloupe

Cherries

Grapes

Rhubarb

We can enjoy seasonal produce, all while knowing we are supporting our health, local economy, and environment.

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Ah! summer—long days full of sunshine and heat. Time to soak in some sun and enjoy the great outdoors! But take care, because too much sun exposure at once can cause painful sunburns and, over time, can increase the risk of skin changes, skin cancer, and eye injuries such as cataracts. And it is very easy to overheat when physically active in the summertime.

Here are some ideas to manage the sunshine and heat this summer, while maintaining optimal health.



Vitamin D, the “Sunshine Vitamin”

Vitamin D is an essential fat-soluble vitamin that plays a role in bone health, mood regulation, and immunity. The average healthy Canadian aged 3 to 70 (including pregnant and breast-feeding women) requires between 400 and 600 International Units (IU) of vitamin D per day.

You may have heard that vitamin D is produced when our skin is exposed to sunshine; this is true. Vitamin D is called the “sunshine vitamin” because when our skin is hit with ultraviolet (UV) radiation from the sun, a complex series of chemical reactions occurs and, in the end, vitamin D is produced. But even with sensible sun exposure, numerous factors can reduce this production, including darker skin pigmentation, aging, obesity, and use of sunscreen. Because the amount of sunshine we need to produce the required daily dose of vitamin D will vary, supplementation can ensure your body does not become deficient.

During summer months in Canada, sun exposure can quickly tip from “healthy” to “too much.” How do we prevent long-term risks of skin changes, skin cancer, and eye issues?

Choose Your Time of Day

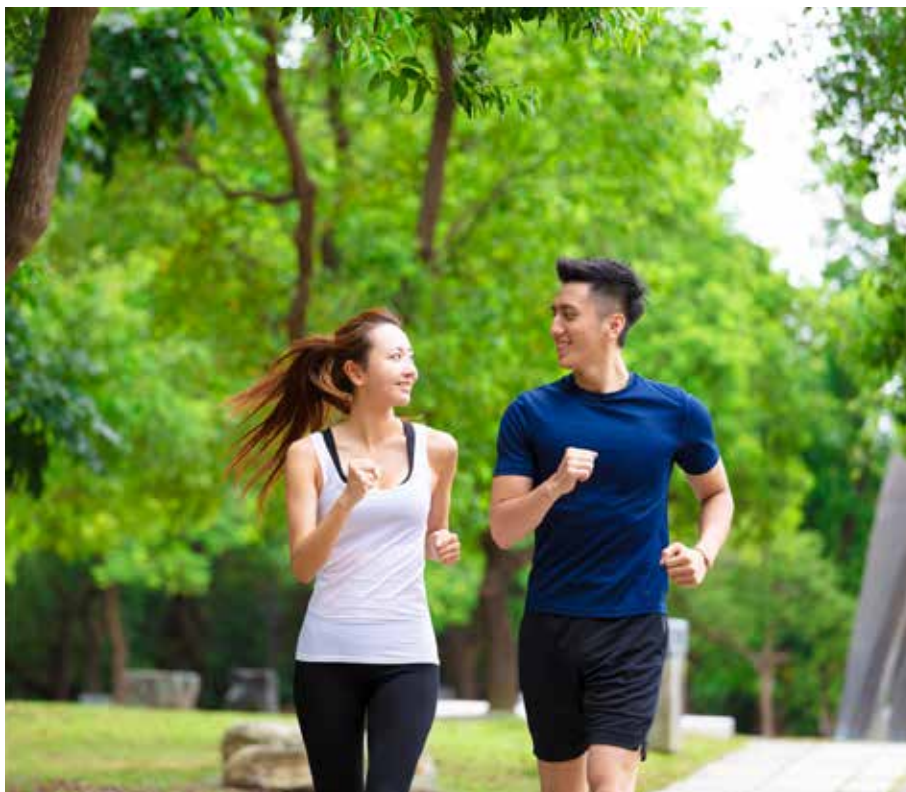
One key tip is to avoid outdoor activity when the sun and heat are most intense—usually between 10 a.m. and 4 p.m. And when you are outside, wear a wide-brimmed hat so that its shade covers your face, neck, and ears, and consider donning long-sleeved shirt and pants. Lighter colours will absorb less heat than dark, keeping you cooler, and loose-fitting clothes—as opposed to tight or form-fitted clothing—can also help reduce the risk of overheating due to sun exposure.

Protect Your Skin

Sunscreen is also important; it protects the skin your clothing does not cover. The best choice is to apply a water-resistant sunscreen with a minimum sun protection factor (SPF) of 30 to all exposed skin at least 20 minutes prior to sun exposure, and reapply every 2 hours and after swimming or periods of sweating—even if the sunscreen is “water-resistant.”



Also consider using a lip balm with an SPF rating, and be sure to wear sunglasses that block both UVA and UVB rays to protect both your lips and eyes. Something else to consider: Be aware of your surroundings; for example, if you spend holidays in the mountains or at the beach, snow, rocks, sand, and water reflect the sun's rays and can magnify exposure.



Exercise, Safely

It is also important to take heat levels into account when planning outdoor activities. Regular exercise is important, as it both improves overall health and reduces risk of certain diseases. Physical activity can help improve energy, decrease stress, and improve physical strength, prolonging independence and mobility with age. Research also suggests that regular exercise can help reduce the risk of developing cancer, obesity, high blood pressure, heart disease (including heart attack and stroke), and type 2 diabetes.

The Public Health Agency of Canada recommends at least 2½ hours of activity per week for adults 18 to 65 to achieve these health benefits, at least 10 minutes a session, with both moderate to vigorous aerobic activity throughout the week (where breathing and heart rate are increased and you can speak at most a few words at a time between breaths), and activities that target muscle and bone health at least 2 days a week (such as push-ups, sit-ups, climbing stairs, walking, running, etc.).

But starting or maintaining a physical activity regime in the summertime may require some thought and planning to do so safely.



Proper Hydration is Key

It is important to not get overheated, which is much more likely to happen in the summertime. In addition to the above recommendations to avoid the heat of the day and cover up to minimize sun exposure, it is important to maintain adequate hydration and electrolyte levels when physically active. Electrolytes—the chemical components that ensure adequate cellular function—need to be replaced when sweating heavily, such as during exercise or heat exposure. Drink water before, during, and after physical exercise to replenish fluids lost by sweating. Avoid alcoholic beverages, which contribute to dehydration, as well as “sport drinks,” that are typically high in sugar. Alternative ideas for replacing fluids and electrolytes are water-rich fruits and vegetables, such as watermelon, oranges, celery, and cucumbers; also consider using sugar-free electrolyte mixes that can be added to water. In addition to how you’re feeling, your urine colour can provide a good indication of your hydration status: Dark yellow urine indicates dehydration, while pale to light yellow usually indicates adequate hydration.

Conclusion

As always, be mindful of how you’re feeling, and stop activities and seek shade or a cool environment if you feel like your skin is starting to burn or if you feel faint, dizzy, or ill. Consult your health-care provider if you have any health questions or concern, especially about what exercises are safe given your personal medical conditions and health history. And finally, have fun this summer!



Dr. Katie DeGroot, BSc, ND, MScN

Dr. DeGroot is an Alberta-registered naturopathic doctor who also holds a Master of Science in Nutrition. She offers nutritionally focused care and has a special interest in digestive issues and supportive mental health-care.

drkatiedegroot.ca

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Ferriprive Anemia

When Iron Supplementation Does Not Resolve Iron-Deficiency Anemia

by Dr. Colleen Hartwick, ND

Many of us have some familiarity with iron deficiency, whether we have experienced it personally or know someone who is deficient; it is the most common cause of anemia. Those who are experiencing varying levels of iron deficiency typically report feelings of fatigue, loss of stamina when engaged in exercise, shortness of breath, weakness, hair loss, dizziness, and restless leg syndrome, among other symptoms.

Identifying and addressing the most likely causes for iron deficiency are essential. Here are some common causes:

- Blood loss from heavy menstrual bleeding or a gastrointestinal bleed (e.g. bleeding ulcer)
- Lack of intake of iron-rich foods in the diet
- Malabsorptive conditions such as celiac disease
- Pregnancy and breast-feeding
- Chronic inflammatory conditions

One might reasonably conclude that, upon identifying and resolving any of the above-mentioned causes of iron deficiency, iron supplementation should replete our iron stores. Unfortunately, for some people, iron supplementation does very little to correct iron deficiency. You might be asking yourself: “Why would an iron supplement not correct iron deficiency?” The answer: There is a little-known gatekeeper to iron utilization, a trace mineral that influences our ability to absorb iron in the small intestine. That gatekeeper is copper.

Before we delve into how copper aids in iron utilization, let’s do a brief review of iron metabolism.

Iron Absorption

There are two primary sources of iron: heme and non-heme iron. Heme iron bound to a protein, heme, which is obtained through the consumption of animal products. Non-heme iron is obtained through either iron-fortified foods or plant sources. For absorption of iron, which occurs in the distal portions of the small intestine (first the ileum, then the jejunum), iron needs to either be bound to heme or, for non-heme iron, to be chemically converted prior to absorption. The chemical conversion of non-heme iron occurs primarily with exposure to stomach acid.

Once iron is in its absorbable form, it crosses the wall of the small intestine via the absorptive cell, known as an enterocyte. Before iron enters the bloodstream via the blood protein transferrin to the bone marrow for manufacture of new red blood cells, iron needs to be chemically modified again, via a process known as oxidation.

The oxidation of iron inside the enterocyte is essential for iron utilization, and this is where our gatekeeper, copper, comes into play.

The Role of Copper in Iron Utilization

For iron that has been absorbed by the enterocytes constituting the brush borders of the intestinal lining, to continue its way into the bloodstream for transportation to its destination, oxidation is required. Two enzymes present inside the enterocyte are involved in oxidation of iron—both of which contain the mineral copper. Ceruloplasmin and hephaestin are found on the basal border of the enterocyte and permit the chemical conversion of iron, which allows iron to cross that border and enter the bloodstream. Without sufficient copper, these enzymes will be unable to function efficiently, and iron will barely make it into the bloodstream for delivery to its target tissue.



Given our discussion on the pivotal role of copper in iron absorption, those people currently experiencing iron deficiency may be inclined to start a course of supplementation of both iron as well as copper. Copper supplementation may be a crucial piece to unlocking and accessing dietary iron. However, both iron and copper are minerals that can fuel inflammatory response in certain conditions and, as such, beginning a course of supplementation should be done with caution. With the large number of factors that can influence iron status, as well as the potential for underlying inflammation, it is of paramount importance to have a thorough assessment with your primary health-care provider to determine what is contributing to your iron insufficiency, and to determine whether copper supplementation is appropriate for you.



Dr. Colleen Hartwick, ND

Dr. Colleen Hartwick is a licensed naturopathic physician practising on North Vancouver Island, BC, with a special interest in trauma as it plays a role in disease.

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The Importance of Staying Active as You Age

by Dr. Kaitlyn Richardson, ND, HbSc



As we enter our 40s, 50s, and 60s, we notice that we may start to slow down a little bit, spending less time being active and more time recovering when we do exert ourselves. While aging is inevitable, you do not have to sideline yourself just because you aren't as young as you used to be. By staying active, you may even be able to slow the aging process and protect yourself from age-related illness or injury.

In Canada, cardiovascular disease is the second leading cause of death, with almost 93,000 Canadians over the age of 40 being diagnosed each year. Diabetes is also widely prevalent in Canada, with about 1 in 10 adults living with this condition. The likelihood of being diagnosed with either of these conditions increases with age but can effectively be prevented and managed through diet and physical activity. Osteoporosis—a condition characterized by weakened bones—is also commonly associated with aging, and is usually diagnosed after 40 years of age, more commonly in women. While many physical conditions become more prevalent with aging, cognitive health should not be forgotten. In Canada, the onset of dementia more than doubles every five years after the age of 65. Maintaining physical activity is not just important for your body, but it is also imperative for mental wellbeing and for long-term quality of life.

Whether you are an avid runner or simply enjoy zumba classes with friends, aerobic activity can help keep you healthy, but science shows that resistance training becomes more important as we age. Resistance exercise is basically using your muscles against a force or weight, even your own body weight. The benefits of resistance exercise include supporting muscle mass and preventing the breakdown of muscles, as well as preventing the decline in bone density. On average, your muscle mass will decrease by 3–8% each year of your adult life; in this case the saying “use it or lose it” rings true. So, by challenging your muscles with resistance exercise, you can prevent this loss and even build more muscle.

When there are forces acting on your bones, they respond by building more bone and, therefore, strengthening their structure. This is an important step in the prevention of osteoporosis and can easily be attained with resistance exercise.

Aerobic exercise, especially when done regularly, can reduce the risk of both cardiovascular disease and diabetes. It has also been shown to reduce the risk of dementia by improving cognitive function and even increasing the size of the area of the brain that creates memories, the hippocampus. What does this mean? Ideally, you should be aiming to get 150 minutes of moderate aerobic activity each week, plus two sessions of strength-training involving the major muscle groups: chest, back, arms and shoulders, abdominals, legs, and buttocks.

We know why staying active is important. Let's also look at how to nourish your body; to not only stay active, but to feel good doing it, and maybe even beat last year's personal best.

If you feel like you just don't have the energy to incorporate movement into your day, the first place you should look is your diet. With age, people tend to eat less food and fewer nutrients in general, with a shift towards consuming more simple carbohydrates such as baked goods. This is likely due to a decreased metabolic rate and slower movement of food through the digestive tract. When you are not getting adequate nutrients, this can result in decreased energy and, therefore, you are less likely to exercise and perform well when you do. To combat this, it is important to eat a diet filled with whole foods, including a variety of vegetables and protein with each meal.

Protein can prevent the yearly muscle loss that is often seen with age and allow you to maintain or build strength. When combined with strength-training, protein can help improve strength and aid in postexercise muscle recovery. This leads to improved athletic performance.



To maintain bone health and prevent osteoporosis, we need calcium—which is plentiful in dairy and leafy greens—as well as vitamin D—which is found in fish or fortified foods. Vitamin D is crucial for helping the body absorb calcium and may be hard to get enough of. While we can make biologically active vitamin D₃ in our skin with exposure to sunlight, we also need to be cautious and protect ourselves from the possibly damaging effects of too much sunlight. Health Canada recommends that anyone over 50 should supplement with vitamin D₃. Speak with your health-care provider to determine the correct amount for you.

Another important vitamin for energy is vitamin B₁₂, which is mainly found in animal products. B₁₂ is essential for blood- and nerve-cell health. If you have a deficiency, it can lead to a lack of energy, numbness or tingling, poor memory, and even trouble with balance. People will often notice a quick improvement in their energy levels with supplementation.

As we head into our 50s, it is more likely that we will have a reduced ability to absorb certain vitamins and nutrients, including vitamin B₁₂ and calcium. Supplementing with these micronutrients can not only help to prevent age-related diseases, but it can also provide higher levels of energy.

Supporting and maintaining an active lifestyle is important for long-term health, prevention of age-related diseases, and upholding your fitness level regardless of age. Whether you're an avid athlete or have never participated in sport, now is the time to get moving!



Dr. Kaitlyn Richardson, ND, HbSc

A naturopathic doctor in Milton, Ontario, with a clinical focus in sports and performance medicine, she believes in using individualized, holistic, and evidence-based strategies to help active individuals feel and perform their best. drkaitlynrichardson.com

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YOU CAN DO MORE WHEN YOU HAVE STRONG BONES



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Conceiving a *Conception Stress-Management Plan*

by Dr. Kim Abog, ND



Congratulations on taking the next step in your life—making the big decision to grow your family!

While most people have a general idea on how getting pregnant is done, what is not often talked about is how stressful the process of conception can be.

Why Getting Pregnant Can Be Stressful

Trying to get pregnant can prove to be a trying time for a lot of people. One in six couples in North America is afflicted with fertility challenges (i.e., diagnosed with infertility or encountering problems getting pregnant and/or staying pregnant). It can be difficult to not worry during the two-week wait or to feel optimistic when seeing negative pregnancy test results one month after another. To add to this, there is also a growing awareness that stress itself can affect a person's likelihood of getting pregnant or

carrying their pregnancy to full-term, particularly in women. The reality is that fertility challenges can leave a lot of people not only physically, but also emotionally, mentally, and even financially stressed.

What to Do When the Growing Gets Tough

Growing your family requires that you have a plan. Do remember that it is just as important to have realistic expectations and sustainable strategies that nurture your wellbeing. Consider the following suggestions.

Understand What the Problem Is

It takes a village to raise a child; it takes a village to help make one, too. Reach out to people who can give you an objective perspective on what may be holding you back from pregnancy success. If you are in an area where you can access care from fertility specialists or practitioners, it may help to consult with them. Getting insight on what factors may be playing a role in your fertility challenges, and available treatment options can help you to make informed decisions and feel more in control.

Read Your Body

By definition, your fertility is your body's ability to conceive; this inherent ability is a reflection of so many complex processes and factors that affect your health. Besides tracking your periods and changes in your menstrual cycle, other measurable or observable markers of fertility worth noting include using ovulation predictor kits, cervical mucus, basal body temperature, and sexual desire or libido. Becoming familiar not only with fertility markers but also with how your body generally feels can provide

you and your health-care practitioner clues on what may be affecting your reproductive health. For example, if you are feeling inexplicably exhausted and experiencing frequent light-headedness and cravings in addition to having fertility challenges, then it may be good to get lab-testing done to rule out thyroid disorders, blood-sugar regulation issues, metabolic issues, etc. Reading your body by being mindful of signs and symptoms may help you take appropriate measures to optimize pregnancy success.

Focus on Being Nourished

The time-sensitive nature of fertility challenges can motivate people to make dramatic changes in their diet and lifestyle. For example, people may be told to lose weight in order to be eligible for assisted reproductive technology (ART) procedures such as in vitro fertilization (IVF). Some people may also be advised to stop tobacco, alcohol, or cannabis use. Others may be told to be on specific, potentially restrictive diets. It is commendable to see people commit extraordinary efforts to overhaul major elements of their lives. These rapid changes can cause significant shifts in their hormone health and physiology, but not always in a sustainable and favourable way that improves the factors needed in achieving pregnancy.



What may be more helpful for people experiencing fertility challenges is focusing on being physically, emotionally, and mentally nourished. You may also enjoy exploring exercise, yoga, meditation, cognitive behavioral therapy, individual and group therapy, and mindfulness approaches. Understanding and addressing your unique health roadblocks by incorporating consistent movement, eating balanced nutrient-dense meals, and having meaningful ways to manage life stress can be more streamlined and effective in helping you become pregnant.



Dr. Kim Abog, ND

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

kimabog.com

Be Cautiously Optimistic

The prior suggestions are meant to pave the way so you can be informed of your options. Being informed allows you to hope for the best outcomes, but at the same time, have realistic expectations on what path is best for your needs. Have an open line of communication with people who know your fertility background (e.g., your doctors and specialists), select friends, and family members. Communicating your concerns can also allow you to have discussions about your plans, whatever the outcome may be.

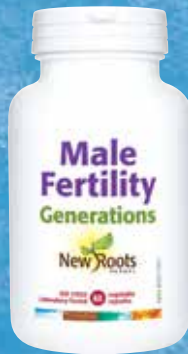
Savour Time for Yourself

It is obvious by now that the path to parenthood can be consuming and understandably stressful. Don't be afraid to take breaks trying to get pregnant when you are recovering from illness; need to process new health information; balance work, life, and other responsibilities; are overwhelmed; or simply want to. Honour how you feel, connect and confide with others, and always give yourself grace.

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She can't wait to have a baby



He can't wait to have a baby



Here's to a happy and healthy child!



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Male Infertility

Time to Man Up!

by Guillaume Landry, MS, Naturopath

Nowadays, it is not uncommon for young couples to experience infertility issues, which makes family planning particularly complicated and can lead to significant anxiety.

In Canada, almost one couple out of six is confronted by this—twice as many than during the 80s. While this is not the most pleasant thing for men to hear, most researchers agree that men and women are equally implicated.

Male infertility can be due to various factors, including insufficient sperm quantity, quality, and motility, but also STD, hormonal issues, chronic diseases—cancer, diabetes, autoimmune disorders, etc.—and their treatments, body composition, or even factors associated to lifestyle and their environment. A primary-care physician would likely prescribe sperm analysis and/or genetic testing for men, in order to get a diagnosis, before considering options like artificial insemination.

Can Sperm Quantity, Quality, and Motility Be Improved?

Often times, yes. Support for potentially liable illnesses can help. Improvements in nutrition, positive lifestyle changes, increasing physical activity, and better stress management can certainly increase the chances of conceiving. It has been clinically proven that certain nutraceuticals can also help improve male fertility. Ashwagandha, L-carnitine, coenzyme Q₁₀, vitamin C, lycopene, N-acetylcysteine (NAC), and selenium have been shown to help individually—consider what they could accomplish synergistically! In addition to improving sperm quality, these supplements can prove beneficial in balancing hormones and the body's ability to handle oxidative stress. They can improve fertility by acting on one or more additional conditions—called comorbidities—either cardiovascular, metabolic, immune, or cancer-related. Overcoming male infertility is a team effort. Many naturopathic solutions exist that men can consider to address this increasingly common health issue.

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Choose Health and Happiness

Decide to Be Positive, Resilient, and Receptive

by Kelly Judge, BA, BEd, MEd, PN1

I bet everyone remembers their first speeding ticket—and how it wrecked the day. Mine occurred when I was 16 and very nervous on my way to a figure-skating test.

I was attempting a test I had already failed once, which wasn't uncommon but still injurious to my pride. I had left enough time to get there, but was distracted.

What would happen if I failed again? I would be embarrassed to compete at the same level again, while others moved forward. Had Dad wasted more money on my private lessons?

My catastrophic thoughts were interrupted by flashing lights behind me. I thought he just needed to get by, and I pulled to the side to let him pass. But he didn't pass. He tucked in behind me on the side of the highway.

I drove away from the experience with a ticket in my shaking hands, foreshadowing the awkward conversation with my dad about how I was going to pay the fine.

And I failed the skating test.

Why? Because I decided to. I allowed a defeatist attitude to permeate into my mind. I expected to fail, so I did. Why not blame my unnerving experience of getting a speeding ticket as the reason I failed, instead of the real reason which was that I didn't believe I could pass?

Many of us made optimistic resolutions as we entered the new year, and sadly, many of us have already abandoned them. But why would we give up so soon? Why would we decide that we have already been defeated, when in reality, we simply suffered a setback?

Here are some shifts—and they don't need to be seismic—that can help you find your footing to achieving your goals, whether they be health, career, relationship, or learning.

Choose to Be Positive

There is power in positive thinking—this is not the same as wishful thinking: It involves choosing to reject thoughts that are not conducive to achieving your goal. As a nutrition coach, I have heard people say things like, “I am going to try and lose fat, but nothing ever works.” It doesn't take degrees in nutritional science to know that this client is *not* going to lose 25 pounds!

Choose to Rewrite Your Interior Monologue

As an excuse to fail my skating test, I blamed the speeding ticket. I should have changed that dialogue to: “I will not let the experience of getting a ticket impede my ability to focus and pass this skating test.” Listen carefully to the words you tell yourself, and use some mind-muscle to change them. “If I put a plan in place, execute it consistently, there is no reason why I can’t improve my health.” Another great technique is to put the word “yet” after all your negative self-talk. “I have not lost 10 pounds... *yet*.” “I have not mastered regular exercise... *yet*.” The subtext to follow is: “...but *I will*.”



Choose to Make an Action Plan

Write a specific goal. Make it specific and actionable rather than vague. Don't write: “I want to be healthy.” Write: “I plan to walk 5 km every Saturday morning.”

Once you have successfully achieved this goal, you can scaffold to a more advanced goal. “I will schedule three 5 km walks per week in my calendar. This will be a commitment, and I will not reschedule it.”

Choose to See Failure as Data

Doing this will lead to strategies that *will* work. If you can't seem to eat enough vegetables in a day, can you buy a greens supplement to start increasing your intake? If you can't seem to spare an hour for exercise, can you do four 15-minute stints while at work? Failure just means the strategy you have selected is not the best one for you. Identify the obstacles and find workarounds.



Kelly Judge, BA, BEd, MEd, PNI

Kelly is an online nutrition coach and health blogger who believes mindful eating, combined with exercise and positive mindset, contribute to deep health.

PlanBisBetter.com

Choose to Say to Yourself: “I Can Do Hard Things”

Write down the mantra until it's a habit to think and believe it. Post it on your mirror, your front door, your back door, your steering wheel, your desk at work, and your workout bag. Sometimes, it helps to think of all the hard things you have accomplished in your life to remind you that you can, indeed, do hard things. You have survived and thrived so far.

Don't know where to start? Start by ensuring your body has the movement and nourishment it needs. Resolve to get lots of protein and veggies. If that is not possible due to a rushed lifestyle, perhaps supplements can provide support. Increase your opportunities to be active every day, whether it's formal or informal exercise. When you support your body, all systems are stronger and more resilient. You will then be equipped to master your goals, be they in the arena of your career, family, passions, or experience.

I have learned that mindset can be the determining factor to success. Celebrate small wins, and they will tally up to the big wins when peppered with patience, wisdom, and self-compassion.

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No-Sugar Mint Lemonade

Ingredients

- 6 medium lemons, squeezed with seeds removed (approx. 1½ cup of juice)
- 5–6 mint sprigs, leaves removed (about ½ cup of mint leaves)
- 6 cups cold water
- 1 heaping tbsp. New Roots Herbal's Stevia Sugar Spoonable (to taste)
- Optional: Ice

Instructions

Mix lemon juice, stevia extract, and cold water together.

Roughly chop mint leaves and add to lemonade.

Adjust stevia and/or water content to taste.

Serve immediately; if not consumed within 4–6 hours, remove mint leaves from the lemonade for optimal taste and storage.



Dr. Katie DeGroot, BSc, ND, MScN

Dr. DeGroot is an Alberta-registered naturopathic doctor who also holds a Master of Science in Nutrition. She offers nutritionally focused care and has a special interest in digestive issues and supportive mental health-care. drkatiedegroot.ca



Superfood Ice Pops

Take joy in replenishing your body with an abundance of antioxidants and energizing electrolytes after a hot summer day with these superfood popsicles. This is a refreshing treat to beat the heat!

Ingredients

- 1 cup berries (blueberries, raspberries, cherries, blackberries)
- 1–2 cups coconut water
- 1 tsp. New Roots Herbal's Fermented Superfood Blend
- Optional: half a banana for added potassium and a creamy texture, or 1 tbsp. hemp hearts as a healthy protein source

Instructions

In a blender add your choice of berries, banana, coconut water, and superfood blend.

Blend up the ingredients and slowly pour into popsicle mold.

Put in the freezer until frozen and enjoy on a hot sunny day!



Megan Luder, CNP

A certified nutritional practitioner who is passionate about creating and educating on the health benefits of nutrient-dense whole food. libertynourished.com

Mushroom and Italian Sausage Risotto

Ingredients

- 1 lb Italian sausage
- 1 lb mushrooms, thinly sliced
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced
- 2 cups arborio rice
- ¼ cup Parmesan cheese, finely grated
- 2 tbsp. butter + 2 tbsp. for final stage
- 4 cups bone broth (vegetable, beef, or chicken)
- ½ cup dry white wine
- 2 tbsp. oil
- 1 tbsp. soy sauce
- 1 tbsp. lemon juice
- 3 tbsp. New Roots Herbal's Beef Bone Broth Protein
- 3 tsp. New Roots Herbal's Shiitake or Maitake Mushroom Powder
- 1 tsp. dried tarragon
- Salt and freshly ground black pepper to taste

Instructions

In a pot, add the broth, mushroom, and bone broth powders together and bring to a boil. Remove from heat and set aside.

In a separate skillet, brown the Italian sausage in the oil for about 5 minutes, roughly chopping to separate it into chunky pieces. Once cooked, reduce to medium heat. Add the butter, prepared mushrooms, and onions. Sauté for 3–4 minutes until onions are translucent.

Add garlic, tarragon, salt, and pepper, and cook for an additional 2 minutes. Stir rice into the meat mixture. Cook for about 4 minutes until rice is slightly toasted, stirring constantly. Add the soy sauce and wine. Bring to a boil and cook until almost evaporated—about 30 seconds.

Reduce heat to medium and pour a few ladles of warm broth into the skillet, then cook, stirring gently, until broth is absorbed. Continue to cook, repeating adding a few ladlefuls of broth and stirring until broth is absorbed before adding more until rice is al dente—about 20 minutes.

Remove skillet from heat and stir in the remaining 2 tablespoons of butter, lemon juice, and Parmesan. Season with salt and pepper.

Instant Pot version available on our blog:
newrootsherbal.com/en/blog



Tammy-Lynn McNabb, RHNC

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





Protein Power Apple Muffins

Flourish Original Recipe

Ingredients

- 2 eggs
- 2 large apples, shredded
- Rolled oats
- ½ cup butter, softened (or vegan margarine)
- ½ cup milk
- 1½ cup flour
- ½ cup sugar
- ½ cup New Roots Herbal's Pumpkin Seed Protein powder
- 4 tbsp. New Roots Herbal's Fermented Beet powder
- 1½ tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. vanilla extract
- Salt to taste

Instructions

Preheat oven at 350 °F (180 °C).

Beat the butter, eggs, vanilla, and sugar in an electric mixer.

In a bowl, mix flour, baking powder, and cinnamon.

Alternate between incorporating the flour mix and the milk.

Add the Pumpkin Seed Protein powder and the Fermented Beet powder, then the apples. Mix well.

Pour into muffin molds and place in the oven for 20–25 minutes.

Yields 12 muffins.

Bon appétit!

These nutrient-dense muffins feature healthy plant-sourced protein, paired with the blood vessel-relaxing properties of fermented beets, for enhanced nutrient delivery.

AskGord



I'm way more active during the summer months, but I suffer from cramps in my calves and hamstrings. Any ideas for coping with cramps?

First of all, being sidelined with a cramp is avoidable. The big three when it comes to avoiding muscle cramps are the electrolytes calcium, magnesium, and potassium. Here's how they work: Calcium triggers muscle contraction by interacting with specific proteins in muscle cells; magnesium acts as a calcium blocker critical for the muscle relaxation phase; finally, potassium facilitates communication of nerves with muscle cells.

Load up on electrolyte-friendly foods such as bananas, avocados, watermelon, coconut water, seeds, and nuts, to name a few. Make sure to front-end load on water consumption, as keeping hydrated helps deliver these nutrients to muscle cells.

Biologically active magnesium bisglycinate is great for muscle function, and an electrolyte formula can also help avoid cramping. Be wary of commercial hydration formulas they shower victorious football coaches with; water and sugar top their ingredients list. Sugar-free electrolyte formulas in powdered form are a better option.

I've got chronic pain in my weight-bearing joints. A friend recommended a natural substance I can't pronounce, palmitoylethanolamide; what's your take on it?

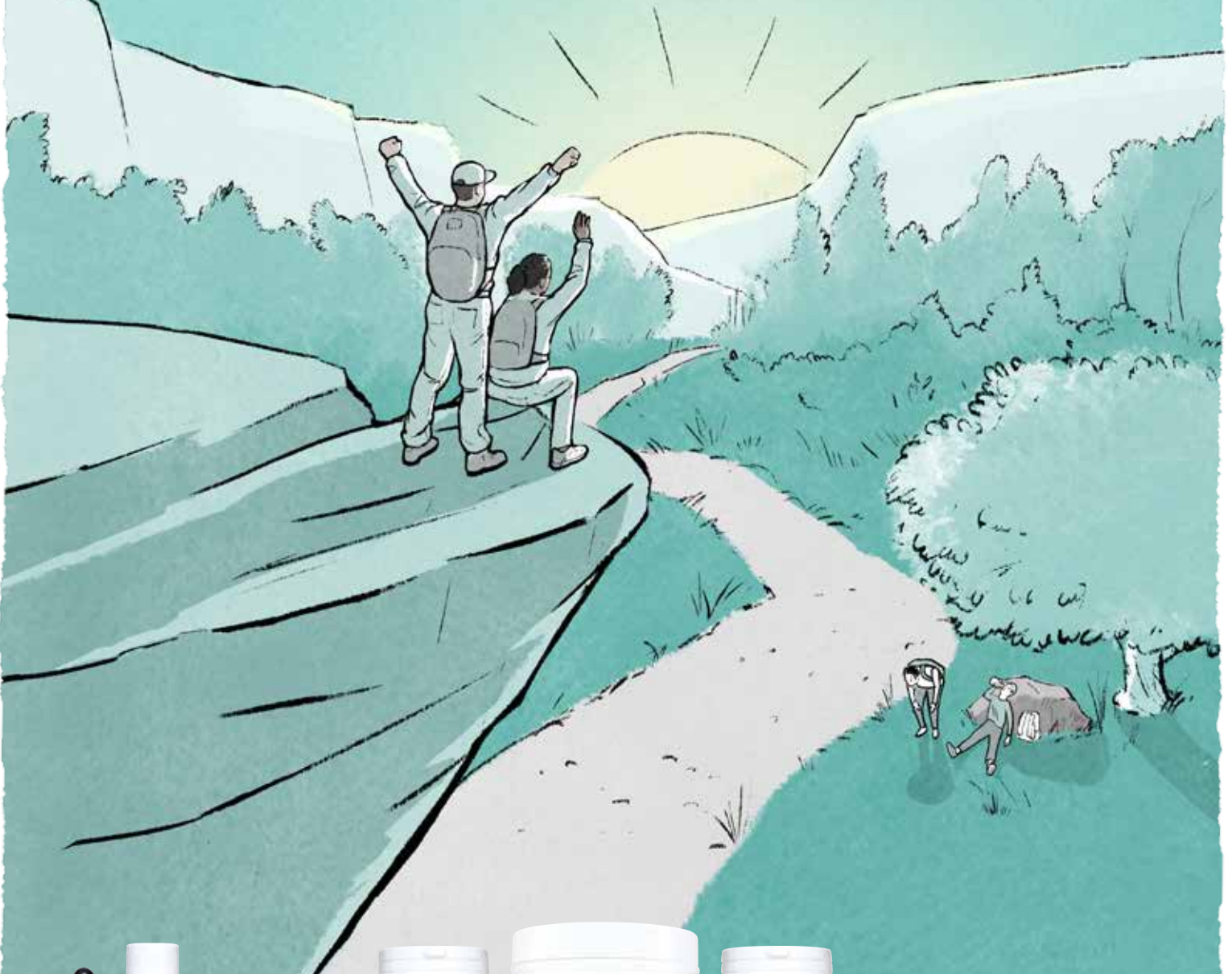
It's a great product. Look for the bold initials PEA on the label at your local health-food store. It's a molecule found in food such as egg yolks, peanuts, barley, walnuts, and corn, but not in therapeutic concentrations. Good news is that biologically active PEA can be extracted from safflower oil in sufficient quantities for relief from chronic pain and inflammation. It's isolated via fractionation, a heat-driven, solvent-free separation process which does not alter its molecular composition.

PEA works by attaching to receptors within the signalling cascade for pain and inflammation—it's like turning off a switch. The additional benefit is that people experiencing less pain tend to exercise more to strengthen muscle groups which support joints.

You have a question you would like answered about your health and supplements? Gord would be happy to answer them! We could even feature them in this page if others could benefit from the information.

Reach out to him at [facebook.com/newrootsherbal](https://www.facebook.com/newrootsherbal) or call 1 800 268-9486 ext. 237

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