



Natural Facts



Digestive Health

Green Tea:
Health Benefits

Video Games
and Cognition

Tips for Healthy
Holiday Baking

Delicious Recipes for
the Holidays

Articles, Recipes, Information, and New Product Announcements

Free • November/December 2015





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Editor's Letter



The end of the year is close and I can already hear the countdown...

We live in an era where life is fast and where we're constantly out of time. The "weight" of our day to day routine can leave us breathless. Before we go down for the count, we must find meaning in our lives. Unfortunately, we often wait for the New Year to reflect on our lives and make resolutions for the better... but why not get our act together now?

You should not regret pausing to live in the moment, it would be a shame to regret quality time we could have spent with our loved ones. For my part, with my kids growing so fast, and I am aware that a rare nap with my youngest who is now in school, or to comfort one of my other kids when there is a little boobo, is a phase that will pass. I also know that every kiss, hug, and moment of craziness—like to slip under the bed or in other unusual places to play hide and seek with them—are moments to be cherished. Because it's a time that will not last; might as well enjoy it while we still can!

With the holidays fast-approaching, do not wait; take the time to enjoy every precious moment, go back to basics, and take care of yourself!

To help you with your resolutions, our current issue includes tips to boost your immunity and to keep your waistline in check during the holiday season. Moreover, with the recognition of sound mental health rivalling that of physical wellbeing, we've also included interesting articles about cognitive health and brain training.

Thank you for taking the time to read Natural Facts. On behalf of the entire team at New Roots Herbal, we wish you a beautiful holiday season. Have fun!

Sonia Lamoureux
Editor-in-Chief

Erratum

We wish to apologize for a mistake that was made in the previous issue:

- The photo of Isabelle Beaudoin in A Zen Return to School for the Whole Family article wasn't taken by Louis-Paul Perras; it was a family photo.

We are sorry for any inconvenience that may have occurred because of this.

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Natural Facts

Natural Facts bimonthly magazine
published and distributed through Canada.

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Printing

Transcontinental

Distribution

AMP, Purolator, Transcontinental

Advertising Sales

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Total Copies Distributed

65,000 (English and French)

Coping with Colds

Let's do some math! Canada has a population of approximately 35 million. On average, adults contract two to four colds per year. Children, on the other hand—partly due to their still-developing immune systems and increased sharing of germs in crowded daycares, school buses, and classrooms—catch twice the amount of colds as adults. Together, Canadians battle over one hundred million colds per year.

There are in excess of 200 possible strains of the cold virus that can hijack your health, leading to the symptoms we're all too familiar with. Although there is no known cure for the common cold—or any other viral infection—the therapeutic focus is on avoidance and limiting duration of infection.

Oregano oil has emerged as one of the most recommended natural health products of the millennium, particularly during cold and flu season.

Oregano oil contains a potent profile of naturally occurring volatile oils, with carvacrol being recognized as the principal therapeutic compound. Research published

in the *Journal of Applied Microbiology* illustrates the antiviral activity of carvacrol within oregano oil. Carvacrol causes the protein shell (capsid) that contains the genetic blueprint (RNA) of a virus to expand and disintegrate. This effectively eliminates the control a virus has on its host cell and can shorten the duration of a viral infection like the common cold.

There are in excess of fifty different species belonging to the *Origanum* genus (grouping). New Roots Herbal's **WildOregano C93** is sourced from the rare species *Origanum minutiflorum*. It grows in the wild at altitudes exceeding 1,500 metres, free from commercial fertilizers and pesticides. The leaves are steam-distilled to yield the

highest naturally occurring carvacrol content available, then blended with certified organic olive oil for a smooth taste and finish.

Try a few drops per day of WildOregano C93 to leave the nagging symptoms of colds and flu well in your wake this fall and winter.



Digestive Health

Managing Maldigestion



by Philip Rouchotas,
MSc, ND

Digestive problems are very common among otherwise healthy individuals. Annoying symptoms include gas, bloating, and constipation. In the absence of more serious conditions that may cause such symptoms—for instance gastritis, Crohn’s disease, or small intestinal bacterial overgrowth (SIBO)—, there are some simple natural solutions to help address these.

Probiotics have a broad range of applications when it comes to digestive health. Probiotics are beneficial bacterial species that colonize the body and include *Lactobacillus*, *Bifidobacteria*, and some strains of *Streptococcus*.^[1] These species compete with potentially harmful bacteria for food and space in the intestines, preventing their overgrowth. They also play a role in digesting food and presenting food proteins as well as ingested pathogens to the immune system in the intestines. In this way, they may play a role in mediating or preventing the development of allergies and food sensitivities.

Two recent meta-analysis of

studies on probiotics have identified therapeutic effects on symptoms of irritable bowel syndrome, with its host of symptoms including bloating, abdominal distention, diarrhea, as well as chronic idiopathic constipation.^[2, 3] According to one analysis, use of probiotics resolved irritable bowel syndrome (IBS) symptoms in over 20% of patients, where this was defined as the risk “of IBS symptoms persisting with probiotics vs. placebo [being] 0.79 (95% CI 0.70–0.89).”^[2] Probiotics also showed beneficial effects on global symptom scores, abdominal pain, bloating, and flatulence scores.^[2] The second meta-analysis found that patients were twice as likely to report “adequate relief” of symptoms with use of probiotics compared with placebo.^[3]

Magnesium is a gentle osmotic laxative. It helps draw more water into the colon, allowing for gentle relief of constipation. It is best taken before bed with a glass of water. While relief may not occur with the first use and may take two to three days, magnesium has a very high safety profile and is one of the most gentle laxatives. The primary sign of overdose is typically limited to diarrhea.

Peppermint and chamomile tea are gentle herbal digestives, relieving gas, bloating, and constipation. Peppermint regulates the contractility of the intestinal musculature by acting on calcium channels involved



in impulse transmission. Studies of peppermint oil in patients with IBS have shown it to reduce abdominal pain and discomfort.^[4-6] As a tea, we have found the combination of peppermint and chamomile to be highly effective for relief of dyspepsia, bloating, and constipation.

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Green Tea

Health Benefits



by Chris Habib, ND
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Green tea is a beverage made from the *Camellia sinensis* plant, a shrub native to Southern China that has been used through time for its many attributed benefits. It is of major cultural importance in Asia, where it is known as China's national drink. Both India and China have incorporated green tea in their complementary medicine practices for supporting digestion as well as cardiovascular and mental health, among others. **In the last decade alone, numerous studies have endorsed green tea's diverse applications in promoting health; these studies have also ushered in a newfound appreciation for green tea in the West.**

The production of green tea differs from black tea in that there is little or no oxidation and inactivation of polyphenols such as catechins, proanthocyanidin, and epigallocatechin gallate (EGCG). These polyphenols are therefore present in large quantities in green tea, with the highest concentration being of epigallocatechin gallate



(EGCG). EGCG is a powerful antioxidant—a substance that negates harmful free radicals in the body. This compound has been researched and used for a variety of conditions from the treatment and prevention of different types of cancer—gastric, colorectal, breast, lung, prostate, liver, leukemia—and weight loss to the improvement of mental alertness and athletic endurance. Topically, it has shown promising results in the management of acne and cervical cancer, as well as the progression of skin aging.

As a botanical therapy, green tea can be used as a hot beverage a few times a day, or as a supplement that is standardized to polyphenols. One cup of green tea, in addition to polyphenols, also contains alkaloids such as caffeine, but not in as large amounts as in coffee. Although it is safe when consumed regularly, the

presence of caffeine in green tea can create side effects if it is overconsumed. It is interesting to note that the Chinese originally consumed green tea as a powder (*matcha*) and with time, transitioned into steeping the loose leaves. Its evolution of use in recent times has paralleled some exciting scientific findings. This article will discuss the applications of green tea therapeutically in weight loss and as an adjunctive treatment for cancer.

Weight Loss

Green tea is undoubtedly one of the most commonly consumed teas in North America to date. Despite being a popular alternative to coffee, this caffeinated beverage is well-known for its strong antioxidant properties and, more recently, its ability to aid in weight reduction. Is it possible that a magic natural supplement weight-loss

pill exists on the market? More importantly, does it work?

As mentioned, green tea contains a potent active constituent known as EGCG, epigallocatechin-3-gallate, one of many catechins found in green tea leaves. EGCG is purported to be the main active ingredient enabling weight loss, and research suggests it is effective in certain populations. In 2015, one double-blind, randomized, placebo-controlled clinical trial of 115 women with central obesity, who had taken 857 mg of EGCG for 12 weeks, noted that they had significant weight loss, a decrease in BMI, and reduced waist circumference. Bloodwork also showed a decrease in total cholesterol and in low-density lipoproteins (LDL). There were no side effects or adverse events.



The positive results of the study may be due to EGCG's effect on reducing the levels of the hormone ghrelin in the body. Ghrelin is referred to as the "hunger hormone," as it is responsible for regulating energy expenditure and, more importantly, appetite and hunger. EGCG was also found to increase adiponectin levels; adiponectin is involved in glucose regulation and the breakdown of fatty acids (fats) in the body. The participants in the placebo group of the study did not have these results.

An early double-blind, randomized, placebo-controlled clinical trial in 2014 with 83 premenopausal obese women examined EGCG's role in changing body composition and metabolism. The test group has consumed 300 mg of EGCG for 12 weeks, and the results of the study showed that EGCG did not have any change on body-fat composition or on energy expenditure, and no effect on overall weight loss.

Though many do wish for the existence of a magic, harm-free, weight-loss pill, with the limited research available and the variances in research results, it cannot be conclusively stated that EGCG is the magic pill for weight reduction. However, given the right dose in the right population, EGCG may show promise. As more research is underway, eating a diet full of fruits and vegetables, maintaining a steady exercise

regime, and the occasional cup of green tea may be a great start to keeping a healthy mind and body.

Oncology

Green tea has been reported to be protective against several types of cancers, including osteosarcoma, leukemia, skin, breast, prostate, esophageal, stomach, colorectal, pancreatic, lung, cervical, and bladder cancer. Green tea is composed of catechins, which are polyphenolic flavonoid-derived compounds that have been found to inhibit cancer growth. Some of the major catechins found in green tea include epicatechin (EC), epigallocatechin (EGC), epicatechin gallate (ECG), and epigallocatechin-3-gallate (EGCG).

Green tea is stated to have anti-inflammatory, antioxidant, and anticarcinogenic properties, due to its polyphenol contents. Some of the antioxidant and anticarcinogenic mechanisms of green tea include free-radical scavenging, stimulation of phase I and II detoxification systems, inhibition of tumour promoters, and prevention of mutagenicity and genotoxicity. Additionally, in vivo studies have found that green tea polyphenols prevent UV radiation-induced carcinogenesis by decreasing oxidative stress, reducing oxidation of proteins, preventing immune-system suppression, and stimulating DNA repair enzymes.



Green tea consumption has been reported to decrease metastases and recurrence of stage I and II breast cancer, likely by preventing the binding of estrogen to its receptors. Another study found that green tea consumption lowered the risk of metastasis of breast cancer to lymph nodes, and provided an overall reduction of breast cancer incidence in those who drank ten cups or more a day. Green tea consumption has also been found to decrease the risk of women developing esophageal cancer, with a 50% risk reduction in the participants who were assigned to drink the most tea compared to the other groups, while another study reported that consumption of green tea reduced the risk of developing esophageal cancer by 60%. Additionally, smokers who consumed green tea had a reduced risk of lung cell and lymphocyte mutations; however,

its consumption was also found to reduce the risk of lung cancer in nonsmokers.

EGCG, one of the polyphenols found in green tea, has been reported to be protective against the development of cancerous tumours. It is a potent antioxidant, and has been shown to slow tumour development by inhibiting the factors that promote cancer-cell growth. EGCG has been suggested to stop the growth of cancer cells while leaving healthy cells intact. Furthermore, studies have also found it to inhibit the release of tumour necrosis factor-*alpha* as well as suppress tumour promotion and progression of both premalignant and initiated cells.

Researchers have found that EGCG inhibits the growth of cancer cells by apoptotic cell death in prostate cancer. EGCG was also reported to reduce

the proliferation of human breast cancer cells in vitro and decreased the severity of the initial diagnosis and likelihood of recurrence. Additionally, EGCG was stated to inhibit cervical cancer cell growth through programmed cell death and cell-cycle arrest.

The recommended therapeutic dose of green tea consumption is four to ten cups a day, which would be equivalent to 500 mg of green tea polyphenols three to four times a day, and its high safety profile makes it safe to be consumed on a regular basis. Research studies have concluded that green tea has potent antioxidant and anticarcinogenic properties, and may be effective in preventing the development of different types of cancers. However, we always suggest seeking the advice of your naturopathic doctor prior to making any modifications regarding your health, as every individual is unique. For some, a supplement extract may be the best way to go, while for others the incorporation of a couple of cups of green tea per day would be more appropriate.

For references and other great articles, visit NaturopathicCurrents.com

Life is a Highway

If your digestive system were a highway, its 30 feet (9 metres) would be littered with billboards, mile markers, weather advisories, and every road sign imaginable. Roadblocks that affect digestion include the health of vital organs such as the liver and pancreas; age-related decline of enzyme production; fluid intake; stimulants including caffeine, nicotine, and alcohol; and emotional health, to name a few. Even those of us with the best dietary habits have no guarantee we'll harvest the full bounty of nutrients from the food we eat.

New Roots Herbal has two distinct formulas suitable for chronic digestive issues as well as acute situations. Chronic digestive concerns can be simply age-related, with acute

digestive distress often being as simple as indulging in too much holiday food that you may have an intolerance for.

Digestive Enzymes is a potent formula derived from both plant and animal sources. It contains betaine hydrochloride to arouse the digestive process within the stomach. A potent pancreatic extract delivers therapeutic amounts of protease, amylase, and lipase to drive digestion of proteins, carbohydrates, and fats, respectively. A 10:1 ox bile extract emulsifies (alters the surface area of) fats to ease absorption. Papain, sourced from papaya fruit, and the enzyme pepsin A further amplify protein digestion for ease of intestinal absorption. This broad-spectrum formula has a unique therapeutic niche for those seeking digestive relief.

Plant Digestive Enzymes is a multisourced, vegetarian-friendly formula. Its broad

spectrum of ingredients features 20 distinct enzymes that focus on the digestion of fats, carbohydrates, proteins, stubborn fibre, and increased mineral absorption. It also contains lactase for people that may experience gas and bloating from dairy sources that are often difficult to avoid in many foods. Papain works synergistically with pineapple-sourced bromelain to ease the breakdown of complex proteins to bioavailable amino acids. It is most definitely a side effect-free formula any consumer can adopt with an easy conscience.



Omega Jolly

'Tis the Season to be Jolly

With up to 60% of the human brain being composed of fats, there is definitely a case for maintaining adequate levels of essential fatty acids (EFAs); fatty acids that must be obtained through diet.

Two essential fatty acids have been identified as being crucial for the structure and integrity of the brain and its ability to function. Docosahexaenoic acid (DHA) is critical for creating the structural scaffolding for brain development and function. Eicosapentaenoic acid (EPA) is the key compound within this vital organ responsible for preventing neuroinflammation.

It actively competes with the enzyme that produces inflammatory compounds within the brain. **This literally helps lubricate the brain to function more efficiently, which benefits mood, memory, and attention span.** Just as chronic inflammation causes joint pain, the presence of inflammatory compounds in the brain can contribute to depression, anxiety, and neurogenerative diseases. Countries such as Japan and Greenland—with high dietary intake of oily fish rich in EPA and DHA, and low incidence of mental illness—reinforce the importance of these essential fatty acids.

EPA-rich omega supplements have also been proven effective for adjunctive use with standard antidepressant medication. A study conducted at Ben-Gurion University in Israel showed that participants taking EPA in addition to their prescription drugs showed a meaningful reduction in depressed mood, worthlessness, and insomnia.

EPA supply is in constant demand and, with the growing incidences and consequent social acceptance of mental illness, **it makes sense to shore up your levels with EPA-rich fish oil supplementation for your mental health.** Side effects may include improved cardiovascular wellbeing and pain-free mobility.

New Roots Herbal's **OmegaJolly**, with 650 mg EPA and 100 mg DHA per capsule, is the ideal fuel to support your mood during this jolly season and all year round.





Smart Ginkgo

A Top-10 List Worthy of Remembering

Top-10 lists popularized by late-night television personalities have spawned pop culture lists for virtually every topic imaginable. Although these lists are extremely subjective, we've compiled a list of ten nutrients for memory, mental acuity, resistance to stress, and maximizing fuel delivery to the brain. Our synergistic formula, **SmartGinkgo**, will bathe your brain with complementary nutrients dedicated to cognitive performance.

Our formula features both whole-leaf *Ginkgo biloba* and an extract standardized to the specific compounds that strengthen capillaries for better oxygen delivery and improve communication among brain cells (neuroplasticity). *Ginkgo biloba* also helps protect the brain from environmental toxins.

Huperzine A, a naturally occurring compound isolated from clubmoss, is among the premium nutrients that elevates **SmartGinkgo** from other supplements for cognitive performance. It crosses the blood-brain barrier to protect degradation of the neurotransmitter acetylcholine, the organic compound responsible for communication between brain cells.

Gotu kola delivers special compounds, called triterpenes, that have been proven to reduce stress and anxiety. Fo ti and Siberian ginseng collectively improve the broad spectrum of benefits with their positive influence on both mental and physical energy.

L-Glutamine, the amino acid known as brain fuel, is a vital raw material for the production of neurotransmitters that excite and calm the central nervous system. L-Theanine is an amino acid that calms the mind to promote mental clarity. Phosphatidylserine is a specialized lipid and critical nutrient for communication between nerve cells. *Bacopa monnieri*, a popular botanical in Ayurvedic medicine, rounds out our list for cognitive support.

New Roots Herbal's **SmartGinkgo** is the ideal supplement for the stressed student preparing for exams to seniors experiencing difficulty recalling names and dates of stories that defined their lives.





Video Games and Cognition



by Philip Rouchotas,
MSc, ND

Gaming conjures up negative associations for many parents, with images of their kids glued to television screens, oblivious to goings-on around them. However, video games have been the subject of a plethora of recent research, and this in relation to how they may slow cognitive decline. Unthinkable as it may seem, video games may actually help make us smarter!

Video games require a high level of hand-eye coordination as well as attentional control. A randomized trial evaluated whether twenty one-hour nonaction video-game training sessions using games selected from a commercially available package (*Lumosity*) could improve a selection of age-declined cognitive functions and subjective wellbeing in healthy older adults. Results showed that training with nonaction video games led to improved “processing speed [...], attention [...], immediate and delayed visual recognition memory, as well as a trend to improve in Affection and Assertivity, two dimensions of the Wellbeing Scale.”^[1] Follow-up with these

subjects three months later, however, found that cognitive improvements had receded, suggesting that ongoing training is required to maintain cognitive gains.^[2]

A recent meta-analytic review found that video gaming produces “positive effects on several cognitive functions, including reaction time, attention, memory, and global cognition.”^[3] The review included 20 studies with 474 trained subjects and 439 healthy older control subjects. The effect was moderated by factors including the duration of gaming as well as the age of the subjects, with greater effects in older patients. Researchers concluded that

“training older adults with video games enhances several aspects of cognition and might be a valuable intervention for cognitive enhancement.”^[3]

Another study examined how video-gaming affects the structure of the brain.^[4] In this study, action video game (AVG) experts had enhanced functional connectivity and grey matter volume in specific brain regions. AVG experts also showed increased connectivity between the attentional and sensorimotor networks, suggesting better integration of the brain regions, and better interregional communication.

There is less research assessing the effect of gaming in sick populations, such as those with Alzheimer’s; however, the data to date has been encouraging. A Spanish study examined the effect of a video game-based cognitive training program on patients with Alzheimer’s disease, compared to the standardized, noncomputerized cognitive training program in standard use, or no treatment.^[5] The patients receiving the video game-based program showed the slowest rates of cognitive decline and the greatest reduction in depressive symptoms, compared to the traditional pencil-and-paper training program or no treatment.

Finally, although most research to date has focused on the effects of nonaction

video games, a recent study assessed the attentional control of action video-game players (AVGP) compared to non-video game players (NVGP).^[6] The experiment looked at performance on an oculomotor capture task that presented participants with face stimuli as a distraction. Results showed that action video-gaming was associated with “superior attentional and oculomotor control,” and suggested that these benefits might be generalizable to more complex, “biologically-relevant stimuli.”^[6]

This emerging data suggests that we may have to rethink our perceptions about video games. It appears that video gaming may help improve cognitive function in healthy and diseased populations. However, it should also be noted that in these

studies, video-game training sessions were typically one hour per day in duration, a stark contrast to typical entertainment usage by kids. Achieving a healthy balance between brain training and physical exercise remains as important as ever.

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Warning! This Product Works!

Consumer safety is a priority for natural health products. With this in mind, comprehensive label information for many multiple ingredient formulas has necessitated plenty of fine print. We've even adopted peel back labels to accommodate warnings and precautions for many products.

ProstatePerform is among our most popular formulas; it also elicits the most consumer inquiries regarding the duration of use advisory "Consult a health-care practitioner for use beyond 4 months." Consumers and their significant others are relieved when informed of the rationale for the warning. The warning is relevant to rye flower pollen extract; although there are in excess of 100 clinical references for the effectiveness of this nutrient, none of them exceed 4 months. Indeed, flower pollen extract has a history of over fifty years of use in support of prostate health.

Rye flower pollen contains a mosaic of vitamins, carotenoids, minerals, amino acids, enzymes, lipids, and fatty acids. Its therapeutic benefits work to inhibit prostate enlargement, which in turn can reduce nocturia (nighttime urination), daytime frequency of urination, and the nagging feeling of incomplete voiding of the bladder.

ProstatePerform is formulated with eighteen ingredients that address virtually every aspect of urogenital health, with a

particular focus on benign prostate enlargement (BPH). Indeed, many of the ingredients in our formula, such as our standardized saw palmetto extract, are in doses that rival those of single ingredient products. **Most men experience symptomatic relief from BPH within seven to ten days when taking ProstatePerform.** For men taking pharmaceutical drugs to manage BPH, **ProstatePerform** also merits consideration for adjunctive use with both classes of prescription medication. These synthetic drugs either act as a muscle relaxant to increase urinary output or interfere with the enzyme of testosterone to harmful dihydrotestosterone (DHT), and can cause side effects that include impotence.

ProstatePerform has earned a loyal following of thousands of Canadian men for side effect-free, safe, and effective, long-term use over the past decade. It's the natural selection for a condition that doesn't have to compromise your lifestyle.



Aging and Immunity

Cleaning leaves from eavestroughs, bundling up delicate ornamental trees, and sorting through seasonal clothes are among the measures we take to prepare for winter. From a health perspective, the line-ups at the local clinic for the fall flu shots have become as much a sign of winter's arrival as a flock of geese flying south.

We're all well-aware of the many age-related degenerative diseases we face; an increased seasonal susceptibility to colds and flu does not have to be among them.

AgeLessTelomeres is formulated to maintain immune-system performance critical for healthy aging; however, it can also fill a seasonal niche for added immunity during our harsh winters. It's an aggressive, synergistic formula featuring 450 mg per capsule of a potent astragalus extract (3% astragalosides). Astragalosides are critical compounds within this hardy perennial responsible for activating killer T cells that destroy bacteria, viruses, and proteins foreign to the body. It also contains *N*-acetylcysteine (NAC), the precursor compound for glutathione production; glutathione is the most important antioxidant produced by human cells, and it plays a role in the synthesis and repair of delicate DNA.

The degradation of genetic information (DNA) can leave older people less resistant to illness and disease. NAC is also effective as a mucolytic agent (breaking down of mucus) for accelerated recovery from upper respiratory infections.

R(+)-alpha-Lipoic acid amplifies the antioxidant action of our formula. This premium water- and lipid-soluble form of ALA (*alpha*-lipoic acid) delivers protection from harmful free radicals within and outside of cells. ALA also helps regenerate vitamins C and E as well as glutathione for prolonged antioxidant action. Vitamin C delivers additional antioxidant action and exerts a stabilizing effect on the entire formula. *D-alpha*-Tocopherol, a potent form of vitamin E, stabilizes cell membranes and bolsters immune function.

AgeLessTelomeres has developed a loyal following of savvy consumers with a priority on immune-system performance critical for healthy aging. You deserve it!



Exotic Oils Gift Set



The Fab Four

Presenting Our Original Organic Exotic Oils Collection

We've assembled our four most popular oils in an exquisite box set. It's a great gift idea for someone that likes to look and feel great naturally, free from synthetic emollients, preservatives, and foaming agents.

Argan

Sourced from a women's cooperative in Morocco, this certified organic, cold-pressed oil is air-shipped to us immediately following production.

A few drops caressed into damaged hair is a great solution for split ends. You can also try one part **ArganOil** with an equal

amount of fresh lemon juice for damaged cuticles and brittle nails.

Rosa Mosqueta

The precious berries of this hardy perennial deliver age-defying benefits. Cold-pressed and certified organic, this fast-absorbing oil hydrates the skin to deliver an age-defying glow. It's also great for minimizing squint lines that radiate from the eyes. Apply several drops to freshly cleaned face and neck before retiring for the evening; your first glance in the mirror come morning will exceed expectations.

Tamanu

Wild-harvested, the kernel of this tropical fruit is cured on seaside drying racks prior to cold-pressing. It yields a succulent chartreuse-coloured oil with a unique therapeutic fatty acid profile. Its topical healing résumé includes accelerated

healing of cuts, abrasions, burns, bites, stings, and annoying itchy areas of the skin that can become a distraction.

Skin Lovers Oil

This unique blend of argan, tamanu, sea-buckthorn seed, goji seed, and *Rosa mosqueta* (rosehip) seed oils taps into the collective hydrating, firming, and rejuvenating qualities of our collection. When pampering your skin is long overdue, try **SkinLovers!**



Unlock the

full
potential

of your food.






Natural aging, combined with enzyme-depleted processed foods, has resulted in the loss of our ability to enjoy the full potential of what we eat. You can change that with **PlantDigestive Enzymes**. It helps the body break down proteins, metabolize fats, and absorb vitamins A, D, E, and K. **Try it today!**

- Offers 19 enzymes fully laboratory-tested for purity
- Maximizes assimilation of all critical vitamins, minerals, and nutrients
- Helps digest fats, complex carbohydrates, and proteins
- Compensates for enzymes depleted during food processing and preparation
- Safe for daily use, non-GMO, gluten-free, vegan-friendly

Prevention & Cure® since 1985



- Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs
- All our products are non-GMO

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Tips for Healthy Holiday Baking



submitted by
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It's no secret that the holidays are notorious for gifting us with extra pounds, usually due to the mounds of delicious holiday baking around every corner. The wide variety of tempting treats can be hard to avoid, but the many negative effects on our health should make us think twice before digging in. **With just a few simple “swaps” we can avoid disaster...** but before we look at those, let's take a quick look at what can happen negatively if we overindulge.

- **Yearly Weight Gain:** According to *The New England Journal of Medicine*, the average person only gains an average of 1 lb over the holiday season, but the study concluded that this weight gain is not lost during the spring or summer, which probably contributes to our regular yearly weight gain.^[1]
- **Inability to Handle Stress:** Poor nutrition does affect our body's ability to handle stress, and—let's face it—the holidays can be stressful!
- **Increased Bloating and Constipation:** Our gut gets put through the ringer as we

overload it with gluten, dairy, sugar, and excess calories. Nobody wants a side of bloating or constipation with their holiday meal.

- **Impact on Our Moods:** The mood-controlling neurotransmitter, serotonin, is most concentrated in the intestines, with a whopping 80–90% hanging out in the gut and having a large effect on our mood.^[2] Yes, poor nutrition can have a negative impact on our mood.
- **Our Cravings Increase:** Holiday goodies can increase our cravings, because sugar is addictive. Sugar has been shown to trigger the same addictive part of the brain as cocaine, leading to cravings and overconsumption.^[3]
- **An Energy Crash:** Have you ever experienced an energy crash? Well, those holiday treats are great at raising blood sugar levels and then quickly leading to a roller-coaster ride of energy levels. Once that high comes crashing down, we're left fatigued and miserable.

With all this negative talk, it's hard to believe there could be any health benefits to these treats; but with a few simple swaps, a little extra effort can go a long way towards our health.

Physically: We know that, in moderation, healthier foods can help us maintain our current weight, increase our energy, and improve our sleep quality.

Mentally: Eating healthier can help us to concentrate better, improve our memory, and have more clarity—helping us to make better choices.

Emotionally: Choosing healthy

foods stabilizes our mood, helps us to manage our stress better, and helps us to make food choices based on the need to fuel our body, not our emotions.

Using the following simple food swaps, we can turn your favourite unhealthy holiday treats into healthier alternatives that you can feel a lot less guilty indulging in... in moderation, of course!

Swap Grain-Fed Butter for Organic Grass-Fed Butter

There is no need to be afraid of some good healthy fat in the diet, so don't be fooled by the old-school thinking that all fat is bad. However, there are clear winners and losers in the nutritionist-approved fat department.

Traditional grain-fed butter is an unbalanced source of fats, containing mostly omega-6s and—according to Dr. Weston A. Price, who analyzed more than 20,000 different butters—it is not a source of vitamin K₂.^[4] Organic grass-fed butter, on the other hand, is rich in vitamin K₂ which helps to reduce arterial plaque and increases calcium absorption, and has a 1:1 ratio of omega-3 to omega-6.

Swap White Sugar for Coconut Sugar or Stevia

There is nothing new under the sun I can tell you about how terrible white sugar is for you that you haven't already heard. White sugar robs your body of nutrients, triggers addiction, wreaks havoc on your blood sugar levels, and more.

Organic coconut sugar ranks low on the glycemic index and contains zinc, iron, antioxidants, as well as inulin, which acts as a prebiotic in your body to feed the probiotics. Now, let's not be fooled by all the hype or health benefits. A study

published in the *ASEAN Food Journal* found that coconut sugar is still 71% sucrose, 3% glucose, and 3% fructose—it's still sugar!^[5]

If you want to opt for a natural sugar-free, calorie-free sweetener, try adding some stevia.

Swap White Flour for Whole-Grain Flour

Processed flour has been refined until most—if not all—of its nutrients are lost, and has been bleached and altered, with up to 25 different chemicals, artificial food colourings, and flavourings; it is practically devoid of fibre.

Whole-grain flour is a great alternative, because it is full of fibre, has some plant-based proteins, and also contains antioxidants, phytochemicals, B vitamins, magnesium, zinc, and iron.

Instead of letting the holiday treats derail your healthy lifestyle, these simple swaps will pack a nutritional punch to help you deal with the holiday stresses with ease and keep your weight and health in check.

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Sharisse Dalby is a certified holistic nutritionist helping families and children with a focus on digestive or emotional issues, and helping busy families make time for their health.

She is passionate about helping as many families as possible by delivering her expertise, support, and encouragement through her online consultations.

holisticnutritionwithrisse.com



Culinary Corner

Pecan Date Butterball Raw Cookies

(Gluten-Free, Vegan, Sugar-Free)



Photo by
Alejandra Aguirre

submitted by
Theresa Nicassio
yumfoodforliving.com

I was really excited when I developed this easy recipe, which reminds me of the traditional powdered sugar-covered butterball cookies I enjoyed so much on special occasions while growing up! The combination of Brazil nuts and pecans creates an incredible buttery taste and mouth-feel, without a smidgen of butter! The dates, New Roots Herbal's Stevia Sugar Spoonable, almonds, and Himalayan salt create a powdered-sugar flavour that never seemed possible without sugar. So easy and so delicious!

Ingredients

- 1 tbsp. water
- 1 tsp. chia seeds or flax seeds
- ½ cup raw Brazil nuts
- ½ cup raw pecans
- ½ cup dates, pitted
- 1 cup almond meal
- 1½ tsp. New Roots Herbal Stevia Sugar Spoonable
- ½ tsp. Himalayan salt, or to taste

Instructions

Soak the seeds in 1 tbsp. of water for 1 minute. Put all the other ingredients in a food processor and pulse for about 1 minute. Add the soaked seeds, and continue processing until the dough sticks together when pressed between your fingers, but still has small nutty pieces for crunch (do not overprocess). Form into balls.

Place the cookies on a dehydrator sheet in the dehydrator at 41 °C (105 °F) (or use the Oven Dehydration Method if you don't have a dehydrator) until the desired texture is achieved (24-48 hours). You can also enjoy and serve these cookie balls without dehydrating. You might want to double the recipe to account for the dough that will disappear

before the cookies can be served to your guests!

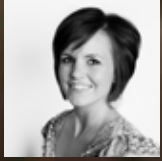
Oven Dehydration Method

If you don't yet have a dehydrator, you can still make these crackers and other dehydrator recipes using the oven dehydration method. Simply set your oven to its lowest temperature (on most ovens, this is usually around 66 °C [150 °F]) and prop open the oven door slightly, perhaps using a wooden spoon to help it stay in position. While this isn't the most energy-conserving method, it is a great alternative until you are able to get a dehydrator. Once you learn about all the wonderful things you can make with these amazing machines, you will definitely put it on your wish list!

Makes about two dozen cookies.



Holidays Nuts & Bolts



The following recipes were submitted by Joanna McDonald joannamcdonald.ca

Wow! The Holidays are fast approaching... In the flurry of excitement and planning for your upcoming events, don't forget to keep your health in mind. With an assortment of goodies sure to be on hand wherever you look, why not give the gift of health this year? The following is a recipe your kids can help you make to share with your family, your friends, and even their teachers.

This simple recipe will take no more than 1½ hour to make and will provide you with easy hostess gifts to bring along to parties for those times you may be in a rush. Sure to be a hit with all kinds of people, you can rest assured you are feeding your family, friends, and yourself well. Best of all, this recipe is vegetarian, low in sodium, as well as low in preservatives and unwanted processing.

Ingredients

- 4 cups unsalted nuts: pecans, shelled pistachios, almonds, cashews, and walnuts
- 2 cups Cheerios or Shreddies cereal (or favourite gluten-free cereal if desired)

- ¼ cup sun-dried tomatoes, cut into bite-sized pieces
- 3 tsp. garlic salt
- 3 tsp. onion powder
- 5 tbsp. organic butter
- 5 tsp. Worcestershire sauce

You will also need:

- Assorted jars with lids (available at the Dollar Store)
- Assorted ribbon
- Self-adhesive labels (if desired)

Instructions

Preheat oven to 120 °C (250 °F). Melt the organic butter in a large pot. Remove from heat. Cool slightly.

In the pot, combine all of the ingredients and mix well.

Spread the mixture evenly on a parchment-lined cookie sheet.

Bake for 1 hour and stir every 15-20 minutes. Let the mixture cool, and transfer it to individual jars. Tie the ribbon around the jar for a festive look. Affix a label if desired.

The recipe will yield approximately 6 cups of nuts and bolts. Depending on the size of the jars used, you will likely have between 4 and 6 gifts.



Photo by Marie-Jo Mercier

Festive Black Bean Dip

Hey kids! For all you budding chefs out there, here's a healthy recipe you can make with the help of Mom or Dad for your holiday celebrations.

This recipe will take no more than an hour to make. Beans are supergood for you, helping you to eliminate toxins, fill you up, offer you protein for energy, as well as lots of vitamins and minerals. Best of all, this recipe is vegetarian, gluten-free, nut-free, and really yummy!

Ingredients

- 1 can black beans, rinsed and drained
- 1 cup sour cream
- 1 cup mild salsa
- 1 cup Mexican cheese blend
- ¼ cup green peppers, diced
- ¼ cup red peppers, diced
- 1 avocado, diced
- 2 green onions, sliced diagonally
- Nacho chips for serving
- Salt and pepper to taste
- **Optional:** 1 jalapeño pepper, seeded and chopped (caution: Please ask your parents for help with this ingredient)

Instructions

Preheat oven to 160 °C (325 °F). Grease a 9" × 9" baking dish with



cooking spray; set aside.

In a food processor, blend together the black beans, salt, pepper, sour cream, and the optional jalapeño. Blend until combined. Add more salt and pepper to your liking.

Transfer the black bean mixture into your baking dish. Top with salsa and cheese. Cover with foil and bake for 10 minutes.

Pull off the foil and bake for an additional 15 minutes, or until heated through and cheese is melted.

Sprinkle with peppers, avocado, and green onions. Serve with nacho chips, veggies, or crackers.

Bon appétit!

Black Bean Cupcakes

Looking for a delicious, yet guilt-free dessert for the Holidays? Surprise! The following recipe can appease the masses and won't leave you with an extra, guilt-laden spare tire come January. But, I ask you: "How can flour-free, gluten-free, dairy-free, and sugar-free taste good?" Read on!

These black bean cupcakes are an ideal dessert to save your peace of mind, and to serve and please all sorts of people. This is an easy recipe that you can make with your children. We also present three frostings for you to choose from or mix and match. The hardest part may be deciding which one is your favourite...



Ingredients

- 1 can of black beans, rinsed and drained
- 6 large eggs
- 1 tbsp. vanilla
- ½ tsp. Himalayan sea salt
- 6 tbsp. melted coconut oil
- ½ cup of agave syrup plus ⅛-¼ tsp. of your favorite New Roots Herbal stevia product (or to taste)
- 5 tbsp. cocoa powder
- ½ tsp. baking soda
- 1 tsp. baking powder
- 2 tbsp. water

Instructions

Preheat your oven to 175 °C (350 °F). Spray a muffin tin with cooking spray or insert paper muffin cups.

Place the first six ingredients into a bowl, and blend in a food processor, then transfer to a large bowl. In a separate bowl, blend all dry ingredients together well. When the dry ingredients are mixed, add to bean mixture. Add the remaining water. Beat on low with a hand mixer until well-combined.

Carefully fill the muffin cups to ⅔ full. Bake for 25-30 minutes. The cupcakes should be done when an inserted fork comes out clean.

Let cool slightly. After 20 minutes, turn the cupcakes out the cups and leave them on a rack. Let cool completely before frosting.

Choose from the following delicious frostings:

Chocolate Mint Frosting

- 1 cup of unsweetened cocoa powder
- ¼ cup of coconut oil
- ½ cup agave nectar
- 2 tsp. mint extract

Orange Ginger Frosting

* Contain dairy and nuts

- ½ cup unsalted butter, at room temperature
- 2 tsp. liquid stevia
- 1 tsp. ground ginger
- ½ cup cocoa powder
- 2 tbsp. almond milk
- 1 tbsp. vanilla
- 1 tbsp. orange juice
- ⅓ tsp. salt
- Unsulfured ginger pieces for decoration

Faux Cream Cheese Frosting

- 1 cup vegan cream cheese
- ¾ tbsp. agave
- 1 tsp. vanilla extract
- 4-5 drops Stevia Sweetleaf (or favorite New Roots Herbal stevia product, to taste)
- 1 tsp. fresh lemon juice
- 2 drops of red or green food colouring (of your choice, if desired)

Happy holidays from Joanna! Remember to have fun and eat well; your body will thank you!

Stevia Product Line

The Sweet Science

Products that Fit Profile

Navigating complex ingredient labels in the quest for hidden sugar requires diligence. With this in mind, the process of sweetening food and beverages without adding empty calories

sourced from sugar can also be challenging.

We're confident the New Roots Herbal stevia selection has a product to suit your sweetness profile.



SteviaWhite Powder Concentrate

This 100% pure stevia extract is a safe and natural alternative to artificial sweeteners with a potency of up to 300 times that of sucrose (table sugar). It's ideal for tea, coffee, or developing a distinct sweetness for your signature smoothie without adding calories.



SmoothStevia

A pinch (50 mg) is all you need for the sweetness of a teaspoon of sugar with a smooth palate-pleasing finish. At 2.4 calories per gram, our non-GMO blend of **SteviaWhite Powder Concentrate** and sweet beet-sourced sugar is digested slowly, safe for diabetics, and a great tasting alternative to both sugar and artificial sweeteners.



SteviaSugar Spoonable

This calorie-free blend is ideal for cooking and baking, and a must for any pantry. It's formulated with **SteviaWhite Powder Concentrate** and fructooligosaccharides (FOS) sourced from chicory root. With a sweetness profile twice that of sugar, it substitutes easily as a diabetic-friendly ingredient for your favourite recipes.

Your secret for the perfect selfie



Liver removes the toxins below the skin, resulting in a noticeably healthier, more radiant and younger appearance. With the stress of modern living and the constant exposure to chemicals and pollution, keeping your liver healthy couldn't be more important to your good health.

- Provides the highest-quality, most effective form of milk thistle extract
- Contains 7 premium quality ingredients known for benefiting the liver




Liver also offers the perfect protection for smokers, people who drink alcohol, and those who live or work in highly polluted areas.

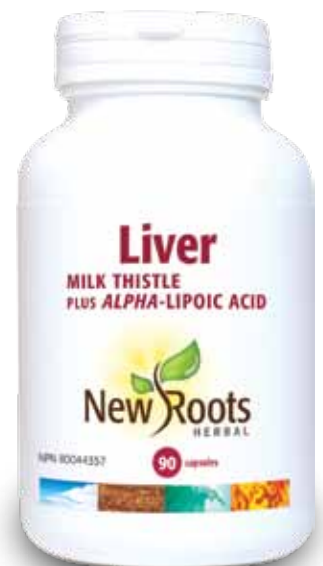
For a great look and great health,
make **Liver** part of your detox program.

Prevention & Cure® since 1985



- Our ISO 17025 accredited laboratory has 15 scientists: 3 PhDs, 4 MScs, and 8 BScs
- All our products are non-GMO

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Social Media

Connect with us by following our Facebook and Twitter pages, and we will share the latest natural health product industry news.

In addition, you will learn about the latest New Roots Herbal events, learn more about how our products work, and get tips to lead a healthier, happier life.

Follow us to stay up-to-date with trends in naturopathy, to learn more about our state-of-the-art lab with our #labfacts, get the highlights of the current edition of Natural Facts, and discover delicious and nutritious recipes!

Whether you're sharing your own recipes, or telling us about your experience with New Roots Herbal products, we would love to hear from you!

Share, like, and comment on our Facebook and Twitter pages, and become part of the New Roots Herbal community!

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Iron-Deficiency Anemia: "Don't Take It Lying Down"

Iron-deficiency anemia, as the name implies, is the direct result of iron insufficiency. A lack of iron leaves your body unable to produce enough red blood cells (hemoglobin). This condition can leave you tired, lacking stamina, and even short of breath.

New Roots Herbal's **Hemelron** is an easily absorbed and biologically similar form of iron the body recognizes and incorporates as the critical mineral for hemoglobin production. **Hemelron** is also free from common side effects associated with iron supplementation, such as stomach upset and constipation.

By the way, we've had consumers inquire why our suggested use says "do not lie down for 30 minutes after taking" **Hemelron**: it's strictly a precaution to make sure the capsule has been swallowed completely. We prefer to think "do not lie down" means to take action if you suffer from iron-deficiency anemia.



Our Products and Your Stories

At three o'clock sharp Monday to Friday, a tractor-trailer leaves our loading dock with a few pallets of our supplements. We're certain the names of the stores they're destined for are every bit as interesting as the customers that support them. We love hearing from all of you, whether it's words of praise or constructive criticism. In fact your stories inspire ad campaigns, product development, packaging, labelling, and more.

We've included some feedback from consumers like you and invite you to share your comments and observations at: naturalfacts@newrootsherbal.com

We would also be happy to receive article suggestions for the issues to come!

Erin M.

I love your face oils! Keeps my skin looking young and vibrant :-)
I've recommended it to so many friends!

Jess L.

Can't live without the #newrootsherbal **ArganOil**. I use at the end of each day and wake up with soft, moisturized skin. Highly recommended!

Karen M.

New Roots Herbal's **VitaminE8** — one a day for internal benefits and also use to exhilarate healing of cuts, burns, and chapped lips. Congrats on 30 years of health and healing!

Candi F.

I really like the **GarciniaCambogia**, it works really well to help me feel full longer, it's price mark is amazing, and as always it's gmo-free. Perfect!
#newrootsherbal

Jennifer L.

#newrootsherbal. I love the wild oregano oil... keeps me cold-free all winter long!

Lois M.

I love the **GrapefruitSeed Extract**; to washing vegetables along with drinking for the antiviral and antibacterial help. Also, the **Thyrosyn** has helped me feel great; because it has the raw adrenal, it's very calming and helps keep the adrenal healthy

Annie G.

New Roots Herbal is with me every day. It certainly contributes to this happiness I'm felling and to this good health. The balance I was looking for.
#NewRootsHerbal I'm now using the excellent power of **EnergyCleanse**.



Red Palm Fruit Oil Donation

Let's
Tackle This
Together!

Purolator
TackleHunger

For many, the image of hunger is the humble, outstretched arm of a homeless person holding a coffee cup. **In reality, in excess of 10% of Canadians begin each week uncertain where their meals will be coming from.** According to Food Banks Canada, approximately 850,000 people rely on food banks every month.

Our Choose to Care program works with a diverse group of charitable organizations and awareness groups; we've added one to our list. **This October, we collaborated the Purolator**

Tackle Hunger program to donate ten thousand bottles of Red Palm Fruit Oil to food banks throughout Canada.

This grassroots program has become part of Canada's social fabric since its inception in 2003. Purolator Tackle Hunger aims to raise 1.4 million pounds of food; New Roots Herbal is excited to nudge them 10 537 pounds closer to their goal for 2015!



60% Increase in Charitable Contribution for 2015



New Roots Herbal's Choose to Care program is proud to announce that our charitable contributions have reached \$203 500 in 2015! The charitable donations took different forms this year; our Choose to Care program has donated over \$124 000 to the following highly reputable organizations: Food Banks Canada, Habitat for Humanity, David Suzuki Foundation, Action Against Hunger, WWF, CPAWS, The Salvation Army, UNICEF Canada, Sierra Club Canada Foundation, Oxfam-Québec, and Canadian Biotechnology Action Network (CBAN).

Moreover, New Roots Herbal was able to donate the retail value of \$79 500 in the form

of a little more than ten thousand 500 ml bottles of Red Palm Fruit Oil to the Purolator Tackle Hunger program, which works closely with food banks across Canada to help alleviate hunger across the nation.

New Roots Herbal's commitment to Canadian communities has always been a priority, and being able to support programs such as Purolator Tackle Hunger is among our core values. New Roots Herbal's mission is to manufacture products that will enable people to lead

healthy lives. By donating Red Palm Fruit Oil, we aren't only helping in eliminating hunger: we're providing a rich, healthy choice for Canadians.

Red Palm Fruit Oil helps to reduce risks of many diseases, boosts metabolism, and is richer in vitamins A and E when compared to other plant-based oils.

We are thrilled to know that many Canadians who rely on food banks each month will be able to take advantage of all the benefits of New Roots Herbal's Red Palm Fruit Oil.

Supported Organizations

choosetocare.ca



Food Banks Canada



Boosts Energy, Calms the Mind.

Certified organic, shade-grown, and hand-harvested, our *Matcha* Green Tea will relax your mind and sharpen your concentration. This stone-ground tea-leaf powder will also work to burn fat, detoxify the body, and strengthen the heart.




As delicious as it is nutritious, New Roots Herbal's *Matcha* Green Tea contains the antioxidant, minerals, and nutrients of 10 cups of green tea, giving you enough reasons to trade your regular tea and include a *Matcha* Green Tea time to your daily routine.



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