



Natural Facts

The Mediterranean
Diet Pattern

Metabolic Syndrome

Fish Oil and Mood

Sound Yoga
A Powerful Meditation

Soup Special
Flavours from Around the World

Articles, Recipes, Information, and New Product Announcements

Free • January/February 2016

New Roots
HERBAL

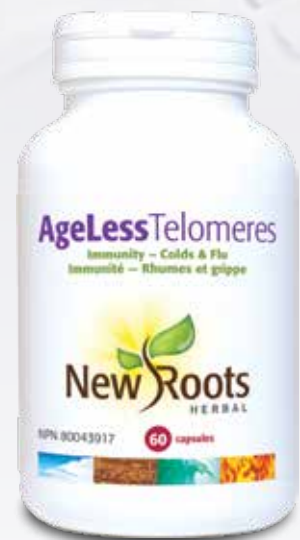


Don't let cold and flu interfere with winter fun

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

- Protects the respiratory tract
- Stimulates the immune system




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



Prevention & Cure® since 1985



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

 newrootsherbal
 @NewRootsHRBL
 newrootsherbal.com





05



08



18



20



28

Table of Contents

January/February 2016

- 05** Liver: It Must "B" Good

- 06** Health Advice:
The Mediterranean Diet Pattern

- 07** CoQ₁₀:
What Can't This Molecule Do?

- 08** Naturopathic Currents:
Metabolic Syndrome

- 12** Health Advice:
Fish Oil and Mood

- 14** Fish Tales

- 15** A Dynamic Formula
Worth Taking to Heart

- 16** Travel Survival Kit

- 17** The Natural Selection

- 18** Sound Yoga:
A Powerful Meditation

- 19** D-Stress with Lavender

- 20** Seven Days of Soup

- 21** Culinary Corner

- 27** Omega 3/6/7/9:
Deal Yourself a Winning Hand

- 28** Sideline Pain and Stiffness

- 29** Acetyl-L-Carnitine

- 31** Choose to Care:
A New Logo for 2016!

Brought to you by



3405, F.-X.-Tessier street, Vaudreuil-Dorion, QC J7V 5V5
1 800 268-9486 • newrootsherbal.com
info@newrootsherbal.com

Proud Member of



Member of the
NHP RESEARCH
Society of Canada



Editor's Letter



A new year is upon us and promises lots of surprises. New Roots Herbal has accomplished many achievements during 2015; in particular, the ISO 17025 accreditation of our in-house laboratory, the launch of numerous new products, and the celebration of our 30th anniversary. This coming year will be no exception, and we will manage to exceed your expectations!

As we begin the year, whether you are looking to make better lifestyle choices or prepare to escape winter by planning a trip abroad, we will have articles that will guide you.

With the cold weather setting in, what better than a good soup for its beneficial health and nutrition? We present seven different recipes that will delight you and make you travel.

Do you have ideas, suggestions, or comments? Do not hesitate to contact us at naturalfacts@newrootsherbal.com. In addition, you can now sign up to our newsletter, and you will be some of the first to receive our Natural Facts magazine in digital format. To register, visit our web page; at the bottom of the home page, you will find a link to register. You can also send us an e-mail, and we will be happy to add you to our mailing list.

On behalf of the entire Natural Facts team and all New Roots Herbal employees, we wish you a new year full of love, peace, and health.

Sonia Lamoureux
Editor-in-Chief



Natural Facts bimестrial magazine
published and distributed through Canada.

Editor-in-Chief
Sonia Lamoureux

Graphic Designer
Cédric Primeau

Translation/Revision
Marie-Jo Mercier · Amanda Noory
Pierre Paquette · Cédric Primeau

Printing
Transcontinental

Advertising Sales
Sonia Lamoureux
lamoureux@newrootsherbal.com
450 424-9486 ext. 262
naturalfacts@newrootsherbal.com

Total Copies Distributed
65,000 (English and French)

Contributors



Heidi Fritz, MA, ND

A practicing naturopathic doctor since 2007, her areas of focus include women's health, children's health, chronic pain, and more.



Philip Rouchotas, MSc, ND

Well-known in the community as a naturopathic doctor, associate professor, and Editor-in-Chief of *Integrated Healthcare Practitioners*.



Gordon Raza, BSc

Gord is the product specialist and writes technical texts at New Roots Herbal, with a unique perspective on natural health products.



Noha El Kafrawy, BBA

With a diploma in HRM from McGill, she is the Human Resources Manager at New Roots Herbal and program supervisor of Choose to Care.



Joanna McDonald

Joanna is a Reiki Master, natural health specialist, cooking instructor, and public speaker.



Theresa Nicassio, PhD

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



Gayamali Karunaratna, BSc, MEd, ND

A licensed naturopathic doctor and primary healthcare provider. Her clinical interests include dermatology and women's health.



Isabelle Beaudoin

Certified yoga instructor and early childhood educator.

Liver: It Must “B” Good

Liver is among the most comprehensive organ-specific formulas in our entire product line. Indeed, our backbone ingredient, milk thistle, recently received four “B” grades from the website of the world-renowned Mayo Clinic. Their scientific team scrutinizes natural products with extreme caution; their endorsement of milk thistle with good scientific evidence for several diseases is encouraging. The conditions they cited for the effectiveness of milk thistle were cirrhosis (scarring of liver tissue due to diseases, such as hepatitis, or chronic alcohol abuse), type II diabetes, diabetic neuropathy, and chronic liver disease. The liver-protecting mechanisms of milk thistle include antioxidant action, toxin blockade for liver-cell membranes, reduced scarring (fibrosis), and possible anti-inflammatory activity. The milk thistle in **Liver** is a potent extract standardized to 80% silymarin; the concentration of this marker compound amplifies the effectiveness of milk thistle in our formula.

Liver also contains an additional seven nutrients that target hepatic health. Oriental radish, beet root, and dandelion extract (3% flavonoids) exert a collective detoxification effect on the liver, along with improving bile



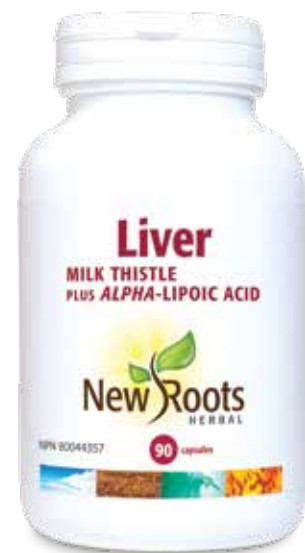
flow to ease liver congestion. An artichoke heart extract (3% cynarin) boasts common benefits like the previous nutrients’, along with contributing to the process of liver-cell regeneration. We’ve included an extract from the berry of the hardy climbing perennial schisandra, standardized to contain 9% schisandrins—the naturally occurring compound that has been developed into a liver-protecting pharmaceutical drug in Asia.

Curcumin (95% curcuminoids) and *alpha*-lipoic acid are potent antioxidants critical for maintaining a healthy liver. They help protect the liver from free-radical damage, toxins, and heavy metals. Curcumin also accelerates bile production, which delivers multiple health benefits including better digestion of fats and improved elimination of toxins.

The entire supply of nutrient-laden blood leaving the gastrointestinal tract pass

directly through the liver. This means the nutrients in **Liver** target the organ that directly affects every aspect of your health.

The liver is definitely not a filter that can be easily replaced; treat it at least once per year with New Roots Herbal’s **Liver**. You’ll feel great and with improved toxin elimination from the entire body, including deep within the skin, you’ll also look fantastic.



Health Advice

The Mediterranean Dietary Pattern

by Heidi Fritz, MA, ND

Published almost 20 years ago, the now famous Lyon Heart Study demonstrated to the world the ability of a simple dietary pattern to achieve very powerful outcomes for cardiovascular morbidity and mortality among a population of individuals who had already survived a heart attack (myocardial infarction). The diet, patterned after the traditional Mediterranean diet, emphasized consumption of fruits and vegetables, whole grains, plant-based omega-3

and omega-9 fatty acids, fish and lean meats as protein sources, and limited intake of refined sugar, red meat, organ meats, saturated fat, *trans* fat, and cholesterol.^[1]

Relative to participants receiving standard care, assignment to standard care plus counseling on the Mediterranean dietary pattern (MED diet) achieved a 56% reduction in the risk of all-cause death, and a 67% reduction in the risk of any major coronary event.^[1] It is important to put these outcomes in the context of magnitude of benefit relative to standard-of-care interventions used in this setting (secondary coronary prevention):

- 22% reduction in risk of all cause death per 10-beat per minute reduction in resting heart rate from *beta*-blocker administration.^[2]
- 12% reduction in risk of all cause death per 1 mmol/L reduction in LDL-C from statin administration.^[3]
- 13% reduction in risk of all-cause death through administration of antiplatelet therapy.^[4]

Recently, another groundbreaking study demonstrated similarly impressive benefits for patients who do not yet have established heart disease. Estruch et al. conducted a large, multicentre trial in Spain that randomized 7,500 individuals with no existing heart disease, yet considered at high risk for heart disease, to one of three groups: MED diet plus supplemental olive oil, MED diet plus supplemental mixed nuts, or control. Researchers were forced to stop the trial early, just under five years in, due to clear and important benefit of assignment to the MED diet pattern.^[5]

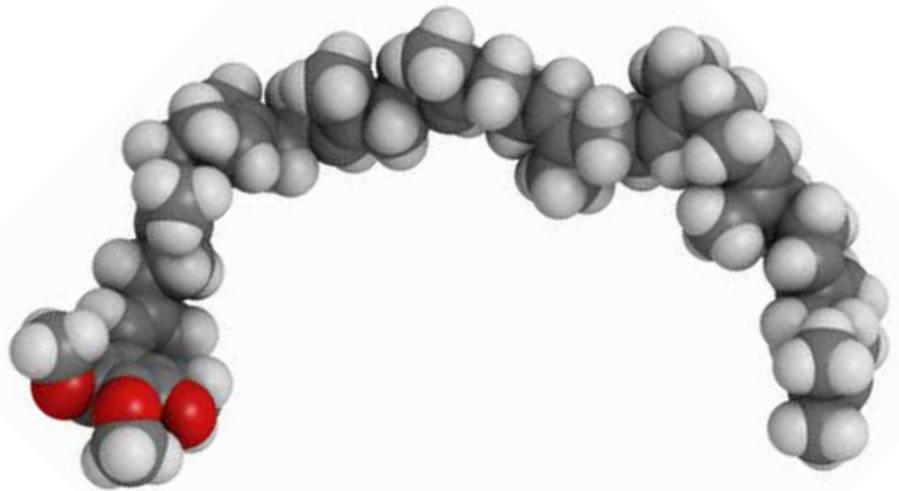


The primary endpoint was a composite of myocardial infarction, stroke, and death from cardiovascular causes. Compared to control, participants assigned to MED diet plus olive oil were 30% less likely to suffer an above-outlined event. Similarly, individuals assigned to MED diet plus mixed nuts were 28% less likely to suffer such an event.^[5]

Whether you have heart disease or are looking to prevent heart disease, adherence to a Mediterranean diet pattern has emerged as possibly the most powerful tool in achieving these outcomes... Who doesn't love olive oil?

References

1. de Lorgeril, M., et al. "Mediterranean diet, traditional risk factors, and the rate of cardiovascular complications after myocardial infarction: Final report of the Lyon Diet Heart Study." *Circulation* Vol. 99, No. 6 (1999): 779-785.
2. Cucherat, M. "Quantitative relationship between resting heart rate reduction and magnitude of clinical benefits in post-myocardial infarction: A meta-regression of randomized clinical trials." *European Heart Journal* Vol. 28, No. 24 (2007): 3012-3019.
3. Baigent, C., et al.; Cholesterol Treatment Trialists' (CTT) Collaborators. "Efficacy and safety of cholesterol-lowering treatment: Prospective meta-analysis of data from 90,056 participants in 14 randomised trials of statins." *Lancet* Vol. 366, No. 9493 (2005): 1267-1278.
4. Berger, J.S., D.L. Brown, and R.C. Becker. "Low-dose aspirin in patients with stable cardiovascular disease: A meta-analysis." *American Journal of Medicine* Vol. 121, No. 1 (2008): 43-49.
5. Estruch, R., et al.; PREDIMED Study Investigators. "Primary prevention of cardiovascular disease with a Mediterranean diet." *New England Journal of Medicine* Vol. 368, No. 14 (2013): 1279-1290.



CoQ₁₀

What Can't This Molecule Do?

by Philip Rouchotas, MSc, ND

Coenzyme Q₁₀ is ubiquitous in nature, with virtually every food we consume containing some CoQ₁₀. Its most important function is to serve as a key electron donor in the electron transport chain, a process that occurs in every cell of our bodies, and is key in converting fuels (glucose, fat, protein) into useable energy (ATP).

CoQ₁₀ and Heart Health

CoQ₁₀ improves heart function among people with heart failure, and powerfully lowers blood pressure in people with hypertension. CoQ₁₀ is an important supplement for anyone with established heart disease.

CoQ₁₀ and Neurodegenerative Disease

Alzheimer's, Parkinson's, dementia, and cognitive impairment are all situations where CoQ₁₀ is a very important supplement to consider. It helps improve neurological function and may prevent progression of the disease.

CoQ₁₀ and Fertility

CoQ₁₀ has been shown to be a key supplement in enhancing both male and female fertility. For men, CoQ₁₀ improves several parameters relating to sperm health (number, motility, amount of damaged DNA). For women, CoQ₁₀ proves very useful in improving several parameters surrounding egg quality.

CoQ₁₀ and Migraine

CoQ₁₀ has been shown to reduce frequency and severity of migraine across pediatric, adolescent, and adult populations.

What can't this molecule do?

Naturopathic Currents

Metabolic Syndrome

by Gayamali Karunaratna,
BSc, MEd, ND

According to Statistics Canada, results from the 2009 to 2011 Canadian Health Measures Survey (CHMS) indicate that 1 in 5 Canadian adults aged 18 to 79 had metabolic syndrome. Metabolic syndrome—also known as syndrome X, insulin resistance syndrome, or Mets—refers to a cluster of conditions that occur together. These conditions include high blood pressure, high blood sugar levels, excess body fat around the waist or midcentral obesity, and abnormal cholesterol levels.

What exactly are the effects of metabolic syndrome and why should we care? Not only can it hinder an individual's ability to effectively metabolize simple dietary carbohydrates such as sweets, pasta, and bread, but metabolic syndrome can also predispose one to increased health risks of diabetes, heart disease, and stroke. In addition to cardiovascular disease and type II diabetes, individuals with metabolic syndrome have been found to be susceptible to other conditions such as polycystic ovarian syndrome, fatty liver, cholesterol, gallstones, asthma, sleep disturbances, and some forms of cancer. It seems only appropriate that, with the aging



population that we are currently facing, being informed and making the appropriate lifestyle changes can help prevent the progression to the more serious health conditions associated with metabolic syndrome.

Conventional intervention for metabolic syndrome may include dietary changes along with insulin-sensitizing agents, lipid-lowering agents such as statins, and diuretics to help reduce blood pressure. Treatment of metabolic syndrome from a naturopathic approach involves an evaluation of risk factors, dietary and lifestyle changes to reduce weight, as well as safe and effective options to target the various components of metabolic syndrome. Modalities include botanical herbs that can increase insulin sensitivity / decrease blood glucose, reduce blood lipid levels, alleviate stress levels, and protect the heart, as well as modalities such as traditional Chinese

medicine and acupuncture to reduce weight. In addition to appropriate intervention, early detection is essential in preventing the progression to more serious pathologies as mentioned above. The following text will discuss the components of metabolic syndrome, the diagnostic criteria and risk factors, and lastly, the naturopathic approaches to treating metabolic syndrome.



Components of Metabolic Syndrome

According to the National Cholesterol Education Program's Adult Treatment Program Panel III (NCEP/ATP III) report,

the six components of metabolic syndrome are identified as:

- Abdominal obesity
- Atherogenic dyslipidemia
- Raised blood pressure
- Insulin resistance
- Proinflammatory state
- Prothrombotic state

Abdominal obesity refers to increased waist circumference.

Atherogenic dyslipidemia essentially refers to a triad of increased blood concentrations of small, dense low-density lipoprotein (LDL) particles; decreased high-density lipoprotein (HDL) particles or good cholesterol; and increased triglycerides. It can also include other lipoprotein abnormalities.

Raised blood pressure or hypertension is a common occurrence in individuals who are overweight and have insulin resistance, and is therefore inevitably a component of metabolic syndrome. A proinflammatory state is recognized by the increase of an inflammatory marker called C-reactive protein, which is commonly seen in individuals with metabolic syndrome. The cause of this can be attributed to obesity, as adipose tissue or fat tissue releases inflammatory cytokines that may produce higher levels of CRP.

The final component, a prothrombotic state, is characterized by increased

plasma plasminogen activator inhibitor (PAI)-1 and fibrinogen.



Diagnostic Criteria and Risk Factors

Although there has been much debate over the definition and diagnostic criteria for metabolic syndrome, the most commonly used diagnostic criteria is that of The National Education Program's Adult Treatment Panel III (NCEP/ATP III), which defines metabolic syndrome as the presence of at least three of the following clinical signs:

- Blood pressure over 130/80 mmHg
- Plasma triglycerides > 150 mg/dL
- HDL cholesterol (HDL-C) < 40 mg/dL in men and < 50 mg/dL in women
- Waist circumference > 40 inches in men and > 35 inches in women
- Fasting blood glucose > 110 mg/dL

Diagnosis of metabolic syndrome is generally made based on repeated elevations of the same three out of five components listed above.

In terms of risk factors for metabolic syndrome, it comes as no surprise that obesity has been recognized as the main risk factor. Obesity is a major risk factor for type II diabetes mellitus, which has two common features: high blood glucose and high blood lipids or hyperlipidemia.

Physical inactivity, insulin resistance, advanced age, hormonal factors such as corticosteroids, and diets high in fats which increase abdominal obesity have also been identified as major risk factors for metabolic syndrome. Low-carbohydrate diets in particular appear to have beneficial lipoprotein effects in individuals with atherogenic dyslipidemia, compared to high-carbohydrate diets.

Naturopathic Treatment

Omega-3 fatty acids

Omega-3 fatty acids are considered essential fatty acids (EFAs), since they cannot be produced in the body. Not only are omega-3 fatty acids good for the brain, but they also can help prevent cardiovascular disease which, as discussed previously, is a complication of metabolic syndrome. High dietary intake of omega-3 fatty acid over a period of six years has been found to reduce the risk of a first myocardial infarction (MI) or heart attack by as much as 59% in both men and women. When it comes to the components of metabolic syndrome in



particular, eating a diet high in omega-3 fatty acid seems to reduce risk of hypertension by about a third. Another study found that substituting polyunsaturated fat for saturated fat resulted in significantly lower plasma cholesterol levels. Food sources of omega-3 fatty acids include anchovies, sardines, mackerel, and Atlantic salmon, to name a few.

Chromium Picolinate

Chromium picolinate is an essential trace nutrient known for its function in carbohydrate and lipid metabolism. Studies have found that supplemental chromium given to individuals with impaired glucose tolerance or diabetes can normalize blood sugar levels, improve blood sugar utilization, and decrease insulin requirements. One particular study found that chromium may improve insulin sensitivity by enhancing intracellular insulin receptors. Other clinical evidence suggests that taking 250 mcg of

chromium chloride daily for 7–16 months decreases triglycerides and very-low-density lipoprotein (VLDL) cholesterol, and increases high-density lipoprotein (HDL) cholesterol, in patients with atherosclerotic disease compared to placebo. It is also used orally for weight loss, to increase muscle mass and fat-free mass, and to decrease body fat.

Vitamin C

Vitamin C, also known as ascorbic acid, is a well-known antioxidant and, as most of us know, is important to immune function. In addition to these benefits, vitamin C is essential for the synthesis of carnitine, which has been found to be useful in preventing and treating heart disease, and whose function will be discussed more in detail later on. Food sources of vitamin C include citrus fruits, cantaloupe, broccoli, Brussels sprouts, cauliflower, and potatoes. It is important to note that significant amounts

of vitamin C in food can be lost when cooking with high temperatures, or during prolonged warming of food.

CoQ₁₀

Coenzyme Q₁₀, or CoQ₁₀ is a fat-soluble compound that is synthesized in our bodies. Like vitamin C, CoQ₁₀ has antioxidant activity and supports immune function. In addition, CoQ₁₀ has been found to be useful in preventing and treating cardiovascular conditions such as angina, hypertension, and congestive heart failure which, as discussed previously, may be complications of metabolic syndrome.

Carnitine

Carnitine is a low-molecular-weight compound that is obtained from the diet and is also biosynthesized in the liver, kidney, and brain from the essential amino acids lysine and methionine. It is a compound that is involved in the metabolism of certain xenobiotic compounds, or foreign chemical substances in the body. Disorders of fatty acid oxidation—which essentially refers to the breakdown and release of energy from fatty acids—and metabolism have been found to be associated with primary and secondary forms of carnitine deficiency. There is also some clinical evidence that suggests that taking L-carnitine in conjunction with isoflavones or pantothenic acid (also

known as vitamin B₅) might reduce body weight and waist circumference in overweight people.

L-Theanine

Since ancient times, it has been known that green tea brings relaxation. L-Theanine is an amino acid contained in green tea leaves and constitutes between 1 and 2% of the dry weight of tea leaves. One double-blind, placebo-controlled study found that L-theanine intake in the experimental group resulted in a reduction in the heart rate and salivary immunoglobulin A (s-IgA) responses to acute

stress in comparison to the placebo-controlled group. This is particularly helpful in reducing stress levels, which thereby helps reduce the risk of hypertension associated with metabolic syndrome.

Conclusion

Metabolic syndrome is a chronic lifestyle disease that is becoming more prevalent with the increased rate of obesity in our society. Therefore, diet and regular exercise lie at the forefront of treating this syndrome. If left untreated, metabolic syndrome can lead to more serious pathologies such

as diabetes or cardiovascular disease. The aforementioned natural interventions are not comprehensive in the treatment of metabolic syndrome. An ideal treatment plan would begin with the necessary dietary and lifestyle counselling, as well as with an evaluation of risk factors and medication that the individual may be taking, in order to determine which herbs or supplements would interact and/or be most appropriate. Always consult with a naturopathic doctor to determine what treatment is appropriate for you.

For references and other great articles, visit NaturopathicCurrents.com

Other recent articles:



Eye Health, Macular Degeneration, and Cataracts

Our eyes and our sense of vision are extremely important to quality of life. As we age, our eyes tend to deteriorate, not only with regards to acuity, but also with regards to overall health. There are two conditions which are quite common...



Prion Diseases

Prions refer to abnormal pathogens that are transmissible and cause problems in the brain. Transmissible spongiform encephalopathies are a group of diseases associated with the protease-resistant protein (PrP). The exact function of PrP is unknown...



Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a gastrointestinal disorder characterized by irregular bowel habits and abdominal pain. Four subtypes of IBS have been identified: constipation-predominant IBS (IBS-C), diarrhea-predominant IBS (IBS-D), mixed IBS (IBS-M), and un-subtyped IBS. One subtype is not completely independent...

Fish Oil and Mood

by Philip Rouchotas, MSc, ND

Oily fish and fish oil are the richest sources of long-chain omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). DHA is an important structural component of the brain and nervous system, while EPA is a powerful mood-regulating nutrient. Studies show that supplementation with EPA may be equivalent to selective serotonin reuptake inhibitors (SSRIs) for mild to moderate depression, and may help to regulate cell-cell signaling in the brain as well as glucose metabolism in the brain.^[1, 2]

As February is heart month, it is relevant to point out the cardioprotective effects of omega-3s. GISSI, the Italian study of patients surviving a heart attack, was the first important trial demonstrating the ability of fish oil (1 g of EPA + DHA) to lower the risk of coronary, or heart-related, death.^[3] This was among patients who were already receiving standard of care medications. Another study in Japan, JELIS, went on to show that at a higher-dose (approximately 2 g of combined EPA + DHA) supplementation with fish oil was also able to prevent nonfatal second coronary events.^[4, 5]

With respect to impact on mood, the evidence on EPA has now developed to the point that there exist multiple systematic reviews and meta-analyses of fish oils for depression, as well as other mental health conditions such as ADHD.^[6-10] The evidence clearly shows that EPA, but not DHA, is the efficacious omega-3 when it comes to depression and ADHD. Sublette et al. performed a meta-analysis of 15 trials including 916 participants.^[7] Researchers concluded that “[s]upplements with EPA \geq 60% showed benefit on standardized mean depression scores... [while] supplements with EPA $<$ 60% were ineffective”.^[7]

One study found that supplementation with 1000 mg of EPA was equally effective as 20 mg of fluoxetine (an SSRI) in treating major depression; however, the combination of EPA and fluoxetine was superior to either one alone.^[1] Response rates after four weeks

were approximately 50% for either fluoxetine or EPA, but increased to 80% when both were combined.

EPA and DHA are powerful contributors to reduced cardiovascular death and nonfatal major coronary events. As opposed to side effects, EPA and DHA deliver a very long list of “side benefits”; a very important side benefit seems to be the ability to improve mood similarly to prescription SSRI medications.

References

1. Jazayeri, S., et al. “Comparison of therapeutic effects of omega-3 fatty acid eicosapentaenoic acid and fluoxetine, separately and in combination, in major depressive disorder.” *Australian and New Zealand Journal of Psychiatry* Vol. 42, No. 3 (2008): 192-198.
2. Liperoti, R., et al. “Omega-3 polyunsaturated fatty acids and depression: A review of the evidence.” *Current Pharmaceutical Design* Vol. 15, No. 36 (2009): 4165-4172.
3. [No authors listed.] “Dietary supplementation with n-3 polyunsaturated fatty acids and vitamin E after myocardial infarction: Results of the GISSI-Prevenzione trial. Gruppo Italiano per lo Studio della Sopravvivenza nell’Infarto miocardico.” *Lancet* Vol. 354, No. 9177 (1999): 447-455.
4. Mozaffarian, D. “JELIS, fish oil, and cardiac events.” *Lancet* Vol. 369, No. 9567 (2007): 1062-1063.
5. Yokoyama, M., et al.; Japan EPA lipid intervention study (JELIS) Investigators. “Effects of eicosapentaenoic acid on major coronary events in hypercholesterolaemic patients (JELIS): A randomised open-label, blinded endpoint analysis.” *Lancet* Vol. 369, No. 9567 (2007): 1090-1098.
6. Grosso, G., et al. “Role of omega-3 fatty acids in the treatment of depressive disorders: A comprehensive meta-analysis of randomized clinical trials.” *PLoS One* Vol. 9, No. 5 (2014): e96905. [Epub]
7. Sublette, M.E., et al. “Meta-analysis of the effects of eicosapentaenoic acid (EPA) in clinical trials in depression.” *Journal of Clinical Psychiatry* Vol. 72, No. 12 (2011): 1577-1584.
8. Sarris, J., D. Mischoulon, and I. Schweitzer. “Omega-3 for bipolar disorder: Meta-analyses of use in mania and bipolar depression.” *Journal of Clinical Psychiatry* Vol. 73, No. 1 (2012): 81-86.
9. Martins, J.G. “EPA but not DHA appears to be responsible for the efficacy of omega-3 long chain polyunsaturated fatty acid supplementation in depression: Evidence from a meta-analysis of randomized controlled trials.” *Journal of the American College of Nutrition* Vol. 28, No. 5 (2009): 525-542.
10. Bloch, M.H. and A. Qawasmi. “Omega-3 fatty acid supplementation for the treatment of children with attention-deficit/hyperactivity disorder symptomatology: Systematic review and meta-analysis.” *Journal of the American Academy of Child and Adolescent Psychiatry* Vol. 50, No. 10 (2011): 991-1000.

Did You Know?

New Roots Herbal’s made a subtle change to its entire selection of Wild Omega 3 softgels that we believe consumers will appreciate. They will be soy-free; the vitamin E which is added to our formulas will now be sourced from non-GMO sunflower oil. Vitamin E, at a concentration of 1% within our Wild Omega softgels, exerts antioxidant activity to keep our Wild Omega supplements fresh and to meet or exceed potency at expiration.



Wild Omega 3

Fish Tales

The Canadian Food Guide recommends a minimum of two 75-gram (5-ounce) servings of fish, such as salmon, per week. I'd wager that the average Canadian, if polled, would exaggerate how often they eat fish. Unfortunately, the life cycle of fish in many households is to buy it, refrigerate it, freeze it, then rediscover it during the annual freezer cleanup.

We've got a solution: Incorporate fish into your meal plan at least once per week, in the starring role of a lavish dinner.

In the meantime, consider incorporating New Roots Herbal's **WildOmega 3** into your wellness regimen. With benefits spanning from cardiovascular wellbeing to improved cognitive function and better joint mobility, our industry-leading **WildOmega 3**—sourced from deep-sea dwelling sardines and anchovies—delivers the clinically proven ratio of 660 mg of eicosapentaenoic acid (EPA) and 330 mg of docosahexaenoic acid (DHA) your body and mind crave.

In addition, our entire selection of omega supplements are tested in our industry-leading analytical laboratory for purity, potency, and freedom from environmental toxins and heavy metals.

*Today's
Table d'Hôte*

*deep sea-sourced atlantic
anchovies and sardines*

with

*Improved arterial elasticity
and cardiovascular status*

*decreased inflammation
for better joint mobility*

a brighter outlook on life



A Dynamic Formula Worth Taking to Heart



According to the Heart and Stroke Foundation, 90% of Canadians think they're leading a "heart-healthy" lifestyle; yet 90% of us have at least one major risk factor for coronary heart disease (CHD). There are many risk factors, including lack of exercise, unhealthy dietary habits, hypercholesterolemia (elevated cholesterol), smoking, and hypertension.

Everyone is vulnerable to the age-related loss of arterial elasticity called arteriosclerosis (hardening of the arteries). It's the cholesterol-related form of this condition, called atherosclerosis, we can take control of.

Atherosclerosis occurs when harmful LDL cholesterol clings to arterial walls, oxidizes, and forms plaque. This plaque restricts blood flow and can flake off and lodge in smaller arteries to cause strokes as well as tissue and organ damage.

Even though our genetic code plays a role in CHD, there are nutritional interventions we can make in addition to "eating well and leading a healthy, active lifestyle."

New Roots Herbal's **Cho-less-terin** features five scientifically proven botanical extracts, formulated in a matrix of nutrient-rich red palm fruit oil for maximum bioavailability.

Cho-less-terin limits hepatic production of cholesterol via two pathways. A standardized extract of guggul, the gummy resin tapped from the bark of a flowering shrub native to India, accelerates the breakdown of harmful LDL to bile acids for excretion. Red yeast rice amplifies reduction of LDL cholesterol by interfering with the enzyme that regulates cholesterol synthesis.

A tandem of nutrients patrol the intestines to minimize cholesterol absorption. Free plant sterols mimic cholesterol to interfere with intestinal absorption sites, with an oat extract (22% *beta*-glucans) binding to bile acids produced as a byproduct of cholesterol breakdown by the liver. This process accelerates bile output and excretion.

A potent green tea extract drenches arterial walls with powerful polyphenols that prevent plaque formation.

Some fat accumulation within arteries is inevitable, but minimizing conversion to harmful plaque is critical.

Prescription statins are among the most prescribed drugs in North America, yet they have narrow therapeutic potential and side effects that include muscle pain and numbness in extremities. **Cho-less-terin** is a side effect-free way to control harmful cholesterol and reduce your risk of experiencing a heart attack or stroke. **Cho-less-terin** is also safe for use in conjunction with statin drugs. In fact, for those experiencing side effects from prescription statins, ask your doctor how **Cho-less-terin** could allow you to reduce your dosage and their side effects while improving your coronary health.



Products for Travelers



Travel Survival Kit

Even if we haven't prepared our 72-hour home survival kit, most of us can scramble around for some candles and flashlights, eat some baked beans from a tin, spark up the barbecue, and "rough it" for a while.

When it comes to vacation travel, many of us have a utopian vision of all-inclusive, care-free living. However, the image of 4,200 cruise line passengers stranded for days in the Gulf of Mexico a couple of years ago—without power or proper

sanitation—illustrates that being prepared for an emergency is critical, at home or abroad.

We've got a few "carry on"-compliant product picks that are less than 100 ml and will fit into a one-litre resealable plastic bag, suitable for airline security clearance.

WildOregano C93 is an excellent product for protection from bacterial infection, along with added resilience for the many novel strains of cold and flu viruses you may encounter abroad. In fact, a few drops under the tongue prior to liftoff can give travelers



some peace of mind they won't catch a bug "in flight."

If there has ever been an occasion to consider the benefits of probiotics, a vacation to an exotic destination is a great time and place to start. Travelers' sickness, the less graphic description of diarrhea caused from exposure to novel pathogenic microorganisms, affects between 20 and 50% of international travelers, according to the Centers for Disease Control and Prevention (CDC). New Roots Herbal's **Travelers' Probiotic**



can help; it's a hybrid probiotic formula that safeguards intestinal function in many ways. It contains ten billion active cells of the probiotic yeast *Saccharomyces boulardii* per capsule; they crowd out harmful microorganisms, neutralize their toxins that contribute to diarrhea, and strengthen mucous membranes that protect the intestines. Eleven billion colony-forming units (CFUs) of our broad-spectrum probiotic blend complete our formula. They occupy attachment sites within the entire intestinal tract to keep harmful bugs from thriving, and specifically disrupt *E. coli* from causing infection. We recommend taking

Travelers' Probiotic a few days prior to departure, keep using it while abroad, and finishing any remaining capsules upon your return to ensure comprehensive coverage.

Grapefruit Seed Extract is another indispensable item for travel safety and convenience. Its broad-spectrum antibacterial, antiviral, and antiparasitic activity has many applications. Therapeutic uses span from topical use for athlete's foot and improving safety of drinking water, to making a great



rinse for market-fresh fruits and vegetables.

With space at a premium, **Tamanu Oil** is a "tropical topical" worthy of bringing along. It penetrates deep within the skin to minimize the appearance of fine lines and wrinkles for a youthful look. This versatile oil also accelerates healing from cuts, scrapes, burns, stings, and abrasions that tell the story of your adventures.



Happy trails!

The Natural Selection

The development of **SkinLovers Oil** was a natural decision. It evolved from the popularity of our organic oils, fueled by consumer feedback for the variety of applications they shared with us. **SkinLovers Oil** is formulated with our five most popular exotic oils: goji seed, rosehip seed, seabuckthorn seed, argan, and tamanu.

The unique fatty acid profile of each oil delivers species-specific benefits as diverse as UV protection, minimizing age spots, evening out skin tone, accelerating skin cell turnover,

and reducing fine lines and wrinkles, to name a few. The resilient life force of nutrients locked within these seeds and nuts can withstand years of dormancy before germination; they have been cultivated and nurtured by indigenous cultures worldwide. When you consider how the constituents of these seeds and nuts have allowed these species to thrive, survive, and evolve in harsh conditions, it's understandable how they can heal, beautify, and protect your own delicate and dynamic skin.

Have you noticed how skin-care products feature celebrities unveiling their age-defying secrets? The secret to **SkinLovers Oil** is pure and simple: we've sourced these exquisite, organic oils from around the world, then

blended them along with their wealth of applications passed down through generations of use.

Experience our unique blend and let **SkinLovers Oil** write the next chapter in the story of your healthy, youthful, and great-looking skin.



Meditating With Sound

Sound Yoga

A Powerful Meditation

by Isabelle Beaudoin
Yoga Vyana
Sherbrooke, Quebec
yogavyana.com
yogavyana@gmail.com

As we begin the year, many take the resolution to invest in their health by integrating meditation into their daily lives. Meditation, contrary to what you might think, is not intended for relaxation, but rather for the transformation of the mind in order to achieve the best version of oneself and inner peace. Freeing ourselves

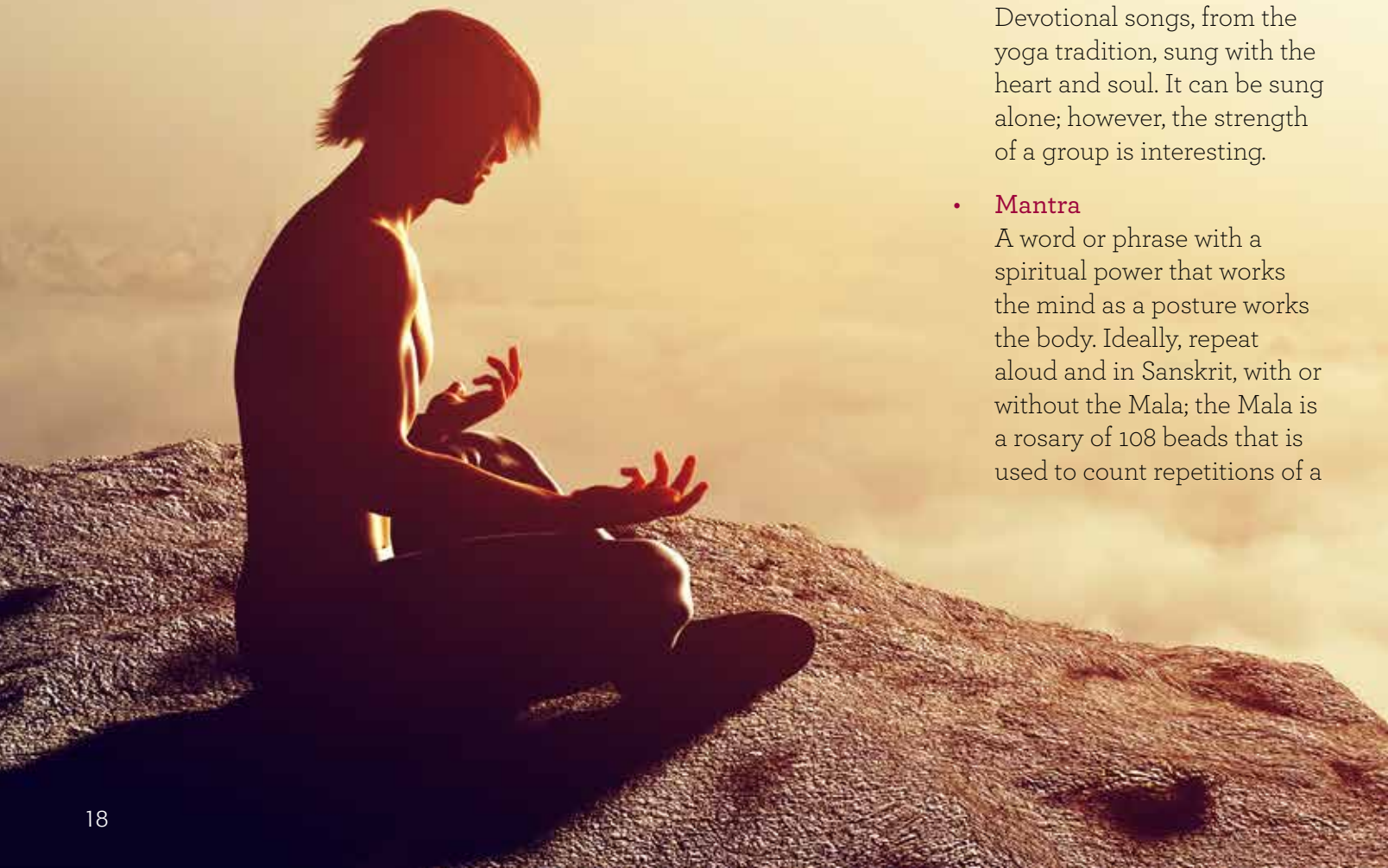
of disturbing thoughts by practicing meditation, we create a space in our mind where pure consciousness, which already exists within us and which can manifest our true nature, can be. It is then, in the consciousness of this nature made of infinite Love, that the feeling of peace, relaxation, and joy can be felt throughout our being.

To maintain the wonderful benefits of meditation, you have to be disciplined and train a little every day. There are multiple techniques; just choose according to your interest. For me, sound yoga is my first choice. It is simple and accessible to all ages and above all, it slows the steady stream of

useless thoughts that overload our minds and deplete our vital energy. In addition, working with conscious sounds allows our billions of cells to vibrate, promoting the flow of energy throughout the body. As more of our energy flows smoothly everywhere, the better we maintain or improve our health on all levels.

There are many ways to work with sounds:

- **Vowel Yoga**
A mix of yoga postures with the powerful sounds of vowels and conscious breathing. It is recommended to be initiated by a teacher who masters it.
- **Sacred Chant (Kirtan)**
Devotional songs, from the yoga tradition, sung with the heart and soul. It can be sung alone; however, the strength of a group is interesting.
- **Mantra**
A word or phrase with a spiritual power that works the mind as a posture works the body. Ideally, repeat aloud and in Sanskrit, with or without the Mala; the Mala is a rosary of 108 beads that is used to count repetitions of a



mantra. You can also repeat a Mantra by whispering or, as needed, mentally.

Exercise With the AOM Mantra

Sit down comfortably in a place that is proper for meditating, your back straight and supple, your feet flat on the ground. Relax your shoulders and your face. Breathe calmly while turning your attention to your heart, and do the following exercise: Breathe in slowly and deeply from the abdomen and fill your rib cage and your upper chest. Exhale while chanting AAAAAAA, letting your belly deflate; then OOOOOOO, while your rib cage closes; and finish with MMMMMMM while your upper chest drops.^[1] Repeat the exercise by multiples of nine breathes.

May the magic of sounds be with you! Happy yoga 2016!

D-Stress With Lavender

In a brief word-association poll among colleagues regarding lavender, the words “calm” and “relaxing” were a recurrent theme. In fact, the rolling hills of Provence in France, teaming with endless rows of lavender, play host to spas, yoga studios, meditation, and mindfulness retreats, with the serene scent of lavender serving as inspiration.

This versatile member of the mint family is employed as an ingredient for the staple of every kitchen in “herbes de Provence” and for many applications including pot-pourri, soaps, candles, craft beers; and for herbal pairings in hops pillows for sleep enhancement. However, the benefits of oral dosage for lavender oil is emerging as a botanical asset for mental health.

New Roots Herbal’s lavender oil is steam-distilled from the fragrant flowers of the lavender plant. This process gently extracts the unique mosaic of naturally occurring compounds, including linalool and linalyl acetate, which are considered to be its main therapeutic constituents. This tandem features two key benefits: they relax muscles through inhibition of the neurotransmitter acetylcholine, and stimulate

activity of *gamma*-aminobutyric acid (GABA), which regulates and relaxes the brain.

Clinical trials have shown oral use of lavender oil effective for the symptoms of generalized anxiety disorder (GAD), posttraumatic stress syndrome, and chronic fatigue. In fact, the systemic benefits of lavender oil have been shown to rival those of the common group of tranquilizers known as benzodiazepines, yet they are free from their side effects and risk of addiction.

When you couple its history of safe use and broad therapeutic range, New Roots Herbal’s **D-Stress** could prove to be that “je-ne-sais-quoi” you’re seeking to enhance your quality of life.



1. Yoga Therapy Formation 2013, Padma Yoga, Locana Sansregret and Patrick Vesin.

A collage of ingredients for soup: a bowl of bread, a red pepper, tomatoes, and bowls of soup.

Soup Tips

Seven Days of Soup

by Joanna McDonald
joannamcdonald.ca

Super soups! When it's cold, dark, and blustery, why not try one of the following to warm you up and boost your spirit? We have one for every day of the week! As well, you don't even have to go farther than your kitchen to savour the flavours of the world!

Soups are a wonderfood: not only do they offer a wide variety of health benefits, but studies also suggest that when the body remains warm and is able to maintain a normal temperature, immunity and overall wellbeing are preserved; and warmth is surely something we Canadians need in the winter months! Add soup to your diet for the five next reasons (and more!):

- **Flush the Fat**

With a wide selection of choices to choose from, soup can be made with low-fat ingredients and substitutions such as beans, nondairy alternatives, and puree of vegetables if you are watching your waist line. What's more, due to their high liquid content, soups can help your body to cleanse and detoxify.

- **Easy to Digest**

Because they are normally slow-cooked, simmered, or stewed, soups are easy to digest. Furthermore, with a majority of liquid or pureed ingredients, soups can give your gut a break.

- **Fibre, Vitamins, and Minerals**

Often made with vegetables, grains, and legumes, soups are an excellent way to get all your servings of vegetables, grains, and fibre goodness in one bowl. Virtually any vegetable is an awesome choice for soup, so go crazy!

- **Boosts Wellbeing**

Soup can boost your wellbeing by "making you feel better." We all know that Mum recommended a good bowl of soup when we were ill, so keep them in your diet to maintain a proactive health optimum all winter long; body, mind, and spirit.

- **Quick and Affordable**

Soups are easy and quick to make, as well as superaffordable. I often make soup at the end of the week to use up the vegetables in my fridge. Most times, soups can be made in 30 minutes or less. All you need is a little creativity!

In the following pages, you will find soup recipes from all around the world that will be sure to warm you up in the cold days to come. Enjoy!

Seafood Chowder

by Joanna McDonald



Ingredients

- 3 tbsp. butter
- 1 medium yellow onion, diced
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1 head cauliflower, chopped
- 1 potato, peeled and diced
- 3 cloves garlic, minced
- 4½ cups chicken broth
- 1 cup water (or reserved liquids from seafood)
- 1 bay leaf
- ½ cup shrimp, peeled and deveined
- ½ cup bay scallops, cleaned
- ½ cup mussels
- ½ cup white fish, cut into chunks
- 1 cup milk
- Pinch of nutmeg
- ¼ tsp. fresh lemon juice
- Salt and pepper to taste

Instructions

In a soup pot, melt butter over medium-low heat. Add onion, carrots, celery, cauliflower, and potato, and cook until semisoft. Add garlic and sauté for a few minutes longer until golden but not burnt. Slowly add the chicken broth and water, and stir until well-mixed. Add bay leaf. Bring to a boil. Reduce heat to simmer and cook until vegetables are soft. Remove from heat; carefully transfer half the mixture to a

metal bowl. With a hand mixer or blender, carefully blend half the mixture until puréed. Return to pot.

Return to medium-low heat and add all seafood. Cook for an additional 6–8 minutes, or until seafood is cooked through. Remove from heat. Add milk, nutmeg, lemon juice, and seasonings. Stir until blended. Serve immediately with French bread or rolls.

Makes 4–6 servings.



Red Lentil with Ground Beef Soup

by Joanna McDonald



Ingredients

- 4 tbsp. olive oil
- 1 cup red lentils, washed and drained
- 1 medium potato, peeled and diced
- 1 medium carrot, peeled and diced
- 1 medium onion, diced
- 1 clove of garlic, minced

- 1 lb. lean ground beef
- 6 cups vegetable stock
- ½ tsp. ground cumin
- Salt and pepper to taste
- ¼ tsp. dry mint, for serving
- Red pepper flakes, for serving

Instructions

Over medium-low heat, place the olive oil, red lentils, potato, carrot, onion, and garlic in a stock pot. Sauté until slightly soft. Add the stock and stir to combine. Bring to a boil and

then turn down to simmer for 30–40 minutes, or until lentils are soft.

Meanwhile in a frying pan, brown ground beef until cooked. With a slotted spoon to remove grease, transfer the meat into the stock pot.

Add cumin, salt and pepper, and mint to combine. Top each bowl with red pepper flakes if desired.

Makes 4 servings.

Spinach and Tomato Tortellini Soup

by Joanna McDonald



Ingredients

- 1 tbsp. olive oil
- 1 medium onion
- 2 cloves garlic, sliced lengthwise
- 2 cups button mushroom, sliced
- 1 cup fresh spinach

- 1 can diced tomatoes with liquid
- 3 cups chicken stock
- 2 cups frozen tortellini
- Salt and pepper to taste
- ¼ cup Parmesan cheese (garnish)

Instructions

In a stock pot over medium heat, sauté the onion, mushrooms, and garlic in the olive oil until soft. Gently fold in the spinach, tossing until gently wilted. Add the tomatoes, soup stock, and pasta. Bring to a boil. Reduce the heat and simmer for another 10 minutes or until the tortellini is tender. Season with salt and pepper. Garnish with Parmesan cheese.

Makes 4 servings.



French Onion Soup

by Gordon Raza



We've given a Canadian accent to this staple of French winter cuisine. The plant sterols lend a heart-healthy element to our recipe.

Ingredients

- 2 tbsp. Red Palm Fruit Oil
- 4 large red onions, thinly sliced
- 4 leeks, finely sliced
- 1 apple, shredded
- 2 large cloves of garlic, diced

- ½ cup dry white wine
- 8 cups beef, chicken, or homemade broth
- ½ tsp. fresh, or ¼ tsp. dried thyme
- 2 tsp. New Roots Herbal Plant Sterols
- 1 bay leaf
- 1 cup shredded aged cheddar (Balderson is excellent)
- Salt and freshly ground pepper to taste
- Large multigrain baguette (sliced to measure)

Instructions

Heat oil over medium-low heat in large skillet. Begin sautéing onions while stirring

occasionally. After about 15 minutes, add leeks and shredded apples.* Reduce heat for 30 minutes. Add garlic, sauté for a minute, and add remaining ingredients. Whisk and simmer for approximately half an hour, then remove the bay leaf.

Time to build and broil. Ladle soup into bowl, place baguette slices followed by shredded cheese, and broil under a watchful eye.

Serves four to six.

*Apple promotes caramelization and lends a subtle, distinct sweetness to this seasonal favourite.



Spicy Thai Lemongrass Soup

by Theresa Nicassio
yumfoodforliving.com



This is my absolute favourite immune-boosting, pick-me-up soup for chilly days or when I feel a cold coming on. For those times when I don't have fresh shiitake mushrooms on hand, I like to keep dehydrated shiitake mushrooms and lemongrass in the pantry, as well as fresh Thai chili peppers in the freezer, just in case I feel called to make this soup. It never lasts long, so if you're sharing it with others, you might want to double this recipe!

Ingredients

- Favourite cooking oil for sautéing
- 1 onion, chopped
- 1-2 garlic cloves, finely minced or grated
- 1-3 Thai red hot chili peppers, finely minced
- ½-inch fresh ginger root, finely minced or grated
- 4 cups water
- 2 tsp. dried or fresh lemongrass, cut into pieces
- 1 tsp. tamari or coconut aminos
- 1 broccoli stalk, sliced into thin sticks
- 2 celery stalks, thinly sliced

- 1 cup chopped shiitake mushrooms
- 1 tbsp. miso (soy or chickpea)
- 1 tsp. rice vinegar
- 6 oz. firm tofu, cubed or cut in thin batons
- ¼-½ cup lemon juice, to taste
- Himalayan salt and black pepper, to taste
- ½ cup chopped green onions
- 1 cup chopped cilantro
- 1-2 cups shredded carrots

Instructions

Sauté the onion, garlic, Thai chili peppers, and ginger in a large soup pot over medium heat until the onions are translucent (about 5 minutes). Then add the water, lemongrass, tamari, broccoli, celery, shiitake mushrooms, miso, and rice vinegar. Cook over medium heat until the flavours begin to marry and the desired texture of the vegetables is almost achieved (about 5 minutes). Add the tofu, lemon juice, and seasoning. Cook for another 5 minutes. Before serving the soup, place some of the prepared green onions, cilantro, and carrots in the bowls and then ladle the soup on top.

Garnish with the remaining cilantro or green onions and serve immediately.

Makes about 7 cups.

Theresa's Tip

If you want to avoid picking out small pieces of lemongrass when eating the soup, tie the pieces in a piece of cheesecloth while cooking the soup, and remove before serving.

Haely's* Hint

To get the most nutritional benefit from onions and garlic, let them sit for 5-10 minutes after chopping before cooking them. Crushing or chopping garlic and onions causes a release of an enzyme, called allinase, that catalyzes the formation of allicin. Cooking reduces the potency of allinase, and therefore reduces the health benefits of the onions and garlic. When you let them sit for 10 minutes after chopping, other enzymes are released that will help protect the allinase from heat.

* Haely Lindau, MSc, Nutritionist

Haely received her Masters of Nutritional Science from Hawthorne University. She is passionate about food and the great health benefits it provides. She not only works as a nutritionist in Vancouver, but has also recently launched her own healthy food company, called Fresh Now (eatfreshnow.ca). Haely's approach of adding delicious, healthy food to her clients' diets has proven successful time and time again. She has a gentle, compassionate attitude, and her love of great food and cooking is obvious and inspirational.

Mexican Tortilla Soup

by Joanna McDonald



Ingredients

- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1/2 tsp. paprika
- Salt and pepper to taste
- 2 tbsp. olive oil
- 2 boneless chicken breasts, skin removed
- 1 cup onion, diced
- 1/4 cup green bell pepper, diced
- 1/4 cup red bell pepper, diced
- 3 cloves garlic, minced
- 1 can diced tomatoes

- 4 cups low-sodium chicken broth
- 3 cups hot water
- 2 tbsp. tomato paste
- 1 can black beans, drained
- 2 corn tortillas, cut into thin strips about 3" long (7.5 cm)
- 1/2 cup cheddar cheese, grated (for garnish)
- 1 avocado, diced (for garnish)
- 1 red onion, diced (for garnish)
- Sour cream (for garnish)

Instructions

Mix cumin, chili powder, paprika, salt, and pepper in a bowl. Gently coat both sides of the chicken breasts with seasonings. In a frying pan over medium-low heat, add olive oil, and cook the chicken until golden on both sides. Remove and set aside. Add onions, peppers, and garlic

to the same pan and sauté until soft. On a cutting board, cut the chicken into small, bite-sized pieces. Return to frying pan. Add the tomatoes, stock, water, tomato paste, and beans. Bring to a boil. Simmer for 15 minutes.

In another fry pan, heat 1 tsp. of olive oil. Add the tortilla strips and fry until slightly golden. Set aside on a paper towel to drain.

Next, prepare the toppings. Cut the avocado and the red onion into small squares. Grate the cheese. Season the soup with salt and pepper if desired. Serve piping hot, while garnishing with a dollop of sour cream, avocado, red onion, cheese, and lastly the tortilla strips.

Makes 4–6 servings.





Cream of Mushroom

by Sonia Lamoureux



Ingredients

- 675 g (1½ lb) white mushrooms, thinly sliced
- 1 onion, finely chopped
- 5 cups chicken broth
- ¼ cup long-grain white rice
- 4 tbsp. olive oil
- 1 celery stalk, sliced

- 1 garlic clove, finely chopped
- Salt and pepper, to taste
- ½ cup fresh cream (if desired, to garnish)

Instructions

Keep ½ cup of mushrooms to garnish.

In a large saucepan on high heat, cook the mushrooms, garlic, celery, and onions with 2 tbsp. of olive oil until golden. Add salt and pepper, then add the chicken broth. Bring to a boil. Cover and simmer for about

30 minutes or until rice is soft. In a blender, bring the soup to a fine paste. Adjust seasoning.

In a pan on high heat, stir-fry the mushrooms kept on the side until crisp with 2 tbsp. of olive oil. Add salt and pepper. Drain on an absorbing paper.

Serve soup. If desired, place about 1 tbsp. of fresh cream in the centre of each bowl. Garnish with slices of fried mushrooms. Add pepper to taste.

Makes 4-6 portions.



Omega 3/6/7/9

Deal Yourself a Winning Hand

These numbers may not win you a poker match, but they're a winner when it comes to essential fatty acids (EFAs) critical for great health. Our unique, hybrid omega formula features our **WildOmega** fish oil blended with three certified organic, omega-rich botanical powerhouses: sea-buckthorn fruit with flax and borage seed oils.

Each softgel delivers 400 mg of omega-3-rich sardine- and anchovy-sourced fish oil featuring the clinically proven 2:1 ratio of eicosapentaenoic (EPA) to docosahexaenoic (DHA) fatty acids. EPA acts as a precursor for production of prostaglandins, specialized compounds that reduce chronic inflammation. This translates to healthier joints, better mobility, and increased range of motion. EPA also reduces plaque formation in blood vessels for

improved arterial elasticity and reduced risk of heart attack and stroke. DHA is critical for brain and nerve development and function. It also strengthens the myelin sheath, the specialized membrane that insulates nerves central to communication between the brain and the entire body.

Our formula also includes 400 mg each of flax and borage seed oils. They're both certified organic and expeller-pressed at low temperature, free from the use of solvents. Flax seed oil is rich in *alpha*-linoleic acid; population studies show ALA-rich diets exhibit lower heart disease risk. This results from less clumping of platelets within blood, coupled with reduced inflammation. Borage oil is a potent source of *gamma*-linoleic acid, an omega-6 fatty acid that interferes with the inflammatory process. Borage oil has been "typecast" for relief of menstrual cycle-related cramping, pain, and inflammation; however, its anti-inflammatory effects are excellent for long-term management of chronic arthritis for both genders.

Current research has demonstrated improved skin health in older women resulting from supplementation with both borage and flax seed oil.

Certified organic sea-buckthorn fruit oil, with 100 mg per softgel, completes our formula. It contains the entire range of omegas in our formula, including the rare but critical palmitoleic acid, an omega-7 fatty acid found only in macadamia nuts and sea-buckthorn berries. Omega-7 fatty acids are abundant within the matrix of skin, blood vessels, and mucous membranes throughout the body. Their benefits include great-looking skin, a healthy circulatory system, and robust mucous membranes for better respiratory, digestive, and immune function. Omega-7s also interfere with the buildup of arterial plaque.

Broaden your health horizons with our exquisite formula. **Omega3/6/7/9** is a great way to harvest the benefits of multiple omega sources in a convenient softgel format.



Body Muscle Massage

Sideline Pain and Stiffness

BodyMuscle Massage is a formula conceived in the Canadian Rocky Mountain Range. Originally produced in small batches that catered to alpine skiers, mountaineers, and adventurers, it has evolved into a premium, clinic-quality lotion that delivers the broad therapeutic range of no less than twelve botanical extracts.

Menthol and methyl salicylate initiate the cool contrast of ice and heat that seeps deep within the pores of the skin. This delivers rapid pain relief and the instant increase in circulation necessary to accelerate healing.

BodyMuscle Massage also leans on two key botanicals, *Arnica montana* and *Calendula officinalis*, to increase its therapeutic strength. Compounds within their bright yellow flowers penetrate deep within the skin to tame intense muscle pain, ease inflammation, and initiate collagen formation critical for healing of soft tissue. Clinical trials have also shown *Arnica montana* to be effective for the management of pain associated with osteoarthritis of the knee.

A diverse roster of ingredients that include balm mint, juniper, and pine needle compound form the analgesic and

anti-inflammatory properties of our formula. In addition, an extract from the roots of the hardy alpine plant gentian works synergistically with chamomile to curb inflammation and limit muscle spasms.

Sweet almond oil and *Aloe vera* lend the ideal texture for the smooth glide and stamina over the skin's surface required for deep tissue massage. They leave the skin soft and supple, without the greasy feel common to many commercial analgesic rubs.

BodyMuscle Massage is the ideal marriage of potent botanical extracts and the fresh scent of pine forest and wildflower. Suitable for both acute and chronic therapy, it's at home in the equipment bag of the battered and weary weekend warrior and the massage table of the professional massotherapist.



Benefits of L-Carnitine

Acetyl-L-Carnitine

by Philip Rouchotas, MSc, ND

L-Carnitine exists in every cell in our bodies. A typical omnivore consumes 500 mg-1000 mg of carnitine per day, principally through consumption of animal products. The acetyl form of L-carnitine can increase muscle carnitine and can also cross the blood-brain barrier, making it the preferred form of supplemental carnitine for most people. L-Carnitine acts as the door that allows fat molecules to pass

through the inner mitochondrial membrane, thus allowing them to undergo *beta*-oxidation, where they are oxidized into energy (ATP).

L-Carnitine and Heart Health

L-Carnitine improves several functions of the heart. Among individuals who have survived a heart attack, L-carnitine administration has been shown to improve heart contractility and output, and has also been shown to shrink the size of infarct area.

For the same reason of improving the ability of cells to produce energy, L-carnitine plays a key role in helping those with

neurodegenerative diseases. Similarly, L-carnitine has proven to be a useful supplement in improving mood among those with mild to moderate depression.

L-Carnitine also plays a role in performance enhancement among athletes. L-Carnitine may help weight loss by shifting an individual's metabolism in favour of burning fat over glucose. Furthermore, among athletes participating in resistance training, L-carnitine appears to speed the rate of recovery from exercise.

TORONTO'S ULTIMATE

TRAVEL

PRESENTED BY
TORONTO STAR
thestar.com

SHOW

January 23 & 24, 2016

Energize Centre, Exhibition Place, Toronto

Saturday 10am-6pm & Sunday 10am-5pm

Discover. Explore. Learn. Shop

Discover The World

Visit with Tourist Boards, Hotels, Tour Operators, Local and International Destinations & More!

FREE ADMISSION

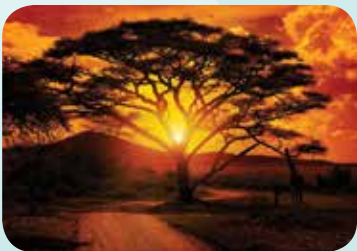
Consumers and trade can visit the show for free. Join us Saturday or Sunday!

Speaker Series & Cultural Dancers

Motorcycle Tourism, Cycling in Ontario, Planning Weekend Trips, and many more!

Suit Case Drive

Not Just Tourists is seeking delicately used full-sized suitcases for their volunteer travellers who deliver medical supplies around the world.



www.totravelshow.com

A DIVISION OF
metrolandmedia
Connected to your community™

Organic: A solution that works

For your health, for your earth, for your future.

Tenth annual conference
for everyone with an interest
in healthy food that nourishes
people and the environment

February 20, 2016

9:00 am - 5:00 pm

U of T Conference Centre

89 Chestnut St.

Presented by:



Canadian Organic Growers
Cultivons Biologique Canada



Join us!

Register today at

www.cogtoronto.org

647-367-7706

Over 20 speakers

Delicious organic lunch included

Exhibits



ORGANICALLY GROWN,
CLOSE TO HOME



Canadian Association of
Physicians
for the
Environment



Partner Organizations



ChoosetoCare

A New Logo for 2016!

by Noha El Kafrawy, BBA

New Roots Herbal's Choose to Care program announces the launch of its new logo.

Since 2009, New Roots Herbal has been providing supporting hands to highly regarded organizations operating worldwide. The wellbeing of humans and animals, as well as the protection of the environment, have always been part of the company's priorities.

Choose to Care supports very important programs led by our partner organizations:

- Food Banks Canada
- UNICEF
- Salvation Army
- Action Against Hunger
- Habitat for Humanity
- Oxfam Québec
- David Suzuki Foundation

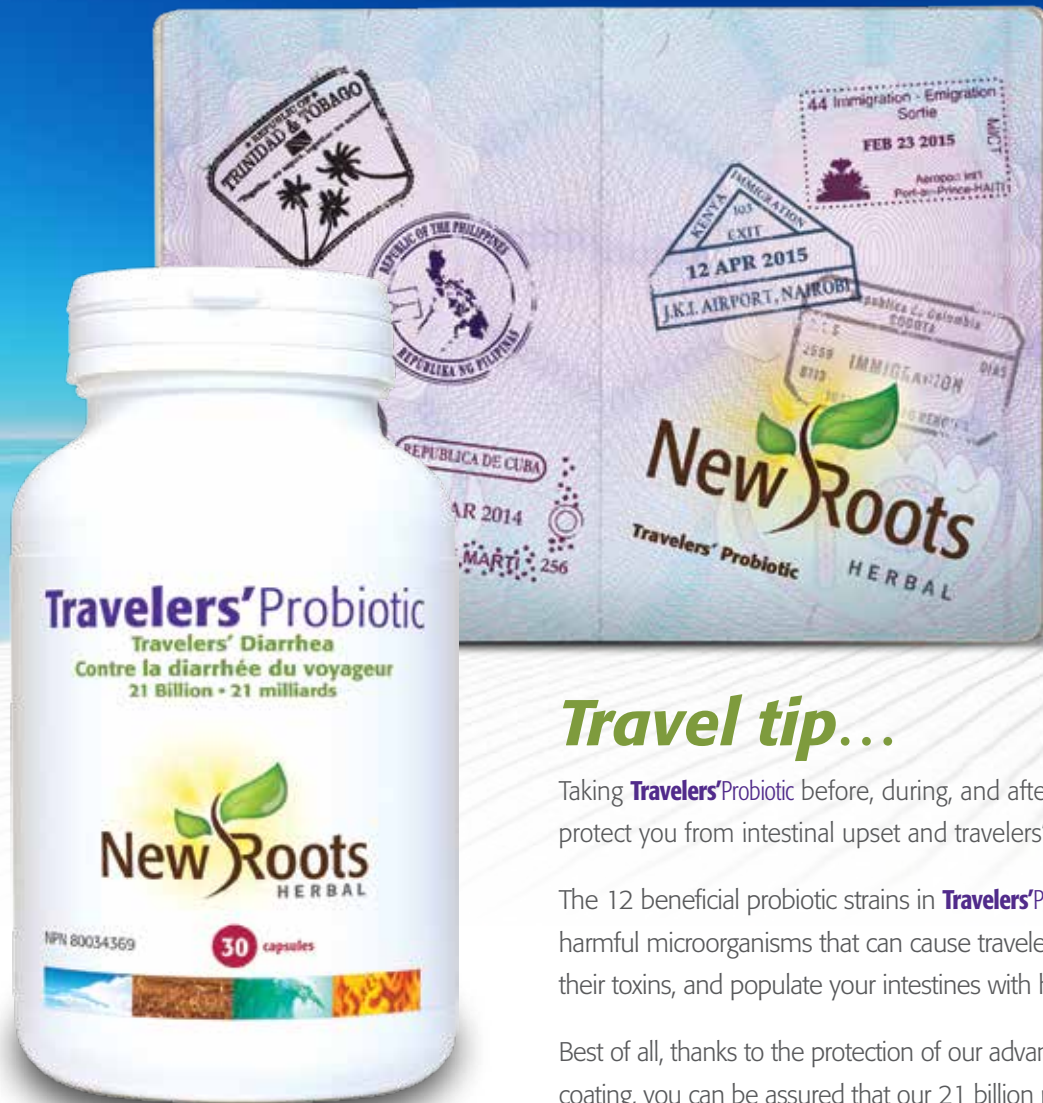
- CBAN
- CPAWS
- WWF
- Sierra Club Canada

These are concerned with protecting life on earth and preserving the environment.

Introducing a new logo for the Choose to Care program is just the beginning of making more changes to this program in 2016. Through this program, New Roots Herbal aims to raise greater awareness with store owners and supporters of the brand to partner together with these very important organizations to increase the amount of Choose to Care's annual donations.

As a successful operating Canadian company, New Roots Herbal believes in and loves to help great charitable organizations and their meaningful life-changing projects.

choosetocare.ca



Travel tip...

Taking **Travelers' Probiotic** before, during, and after traveling abroad will protect you from intestinal upset and travelers' diarrhea.

The 12 beneficial probiotic strains in **Travelers' Probiotic** crowd out harmful microorganisms that can cause travelers' diarrhea, neutralize their toxins, and populate your intestines with healthy intestinal flora.

Best of all, thanks to the protection of our advanced PH⁵D enteric coating, you can be assured that our 21 billion probiotic cells will safely escape harsh stomach acids and be delivered "alive and active" directly to your intestines for 100% optimal results! **Bon voyage!**

Find the right one for you:

ProbioticsUrgency — Essential after taking antibiotics. 50 billion live cells for fast results. Take at the very first sign of cold or flu.

ProbioticsIntensity — Advanced formula of 18 total strains with 1 plant, 7 dairy, and 10 human strains plus colostrum for maximum beneficial effects.

ProbioticsRecovery — Potent formula of 120 billion CFU with 6 plant, 2 dairy, and 12 human strains to repopulate intestinal flora.

AcidophilusUltra — Fortifies immune and intestinal health.




IBSUrgency — Relieves irritable bowel syndrome symptoms such as bloating, diarrhea, and constipation.



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

 newrootsherbal
 @NewRootsHRBL
 newrootsherbal.com

