



INSIDE THIS ISSUE

# Colds and Flus

*Welcome to the first edition of the Nature's Source Newsletter!*

Each issue we will focus on a specific health-related topic. This edition is about 'Colds and Flus' – something that touches us all, directly or indirectly. Whether you are a customer, a potential customer, or a natural health practitioner we hope that you learn something new from the various perspectives presented in this newsletter.

## *What brings you to Nature's Source?*

Were you like me – drawn by the quality of the staff and the quality and the selection of their products? Nature's Source initially appealed to me as a customer. When I received my qualifications as a Nutritional Consultant and started recommending natural health products, I wanted my clients to come somewhere where they could count on the quality of the products and the quality of the advice they received. In my mind, there was only one option – Nature's Source. After talking with the people here it was not long before I realized that there were so many natural health products available – thousands and thousands of them – that the best way to learn about these products was to work with them. And so I

joined the staff at Nature's Source.

We are proud of our team at

and another is presently in naturopathic college. Four are qualified Nutritionists. At least four have

Bachelors of Science Degrees, and one has a Ph.D. in a scientific area. One is a European trained medical doctor, and one works within the medical system as a laboratory technician. There are some without formal initials, but who bring their passion, knowledge, and awareness of natural health with them to Nature's Source. And we are all pleased to bring our knowledge to you – in the store, in consulting, and in the newsletter – to help you on your natural way to health.

We hope you enjoy our first newsletter. 'See you at Nature's Source!'

*Heather Allsop, Editor*



Nature's Source. There are many highly qualified staff members. Two are naturopathically trained,

### *Coming Up In The Next Issue...*

#### **HEART HEALTH**

#### **Natural Support for Cardiovascular Health**

Including herbs, homeopathics, and chelation

#### **Coenzyme Q10 – Essential for Some**

Is CoQ10 right for you?

#### **Eating for a Healthy Heart**

A balanced approach to cardiovascular health

#### **Lab Tests for Heart Health**

What the tests are, and what they mean

#### **NEW SECTION – A PASSION FOR PETS: How Old is Your Dog?**

A nutritional consultant discusses ways to a healthy, long life for your pet

#### *Mail Order*

1.866.502.6789

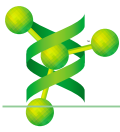
#### *Store Hours*

Monday to Friday

10am - 9pm

Saturday 10am - 6pm

Sunday 11am - 6pm



## A Medical Opinion

*When should someone go to the doctor with a cold or flu?*

If someone has a fever for more than 3 days, hives, wheezing, or pain when breathing it is best to seek medical advice. A mucous cough may indicate it is time to get the lungs checked.

*What about when someone has a high fever?*

A fever is a sign that our body is fighting with something. It can be a good sign, showing that we have a strong immune response. Look at your family history to determine how high a temperature merits seeing a doctor. Some people may be okay with a fever of 40 C (104 F), but if you have a family history of febrile seizures, it may be best to see a doctor when your temperature rises to 38 C (100.4 F).

*What would a doctor recommend for colds or flus?*

Drink lots of liquids. Liquids with electrolytes are good. You can buy electrolyte solutions or powders to add to water. Get plenty of bed rest. Vitamins may help, too.

If someone has a high-fever, antipyretics such as motrin or tylenol may be recommended.

A doctor may recommend blood work and/or a chest x-ray to see if something more major than a cold or flu is going on. A sputum test and gram stain may be done to find the cause.

*What about antibiotics?*

Many doctors are more reluctant to recommend antibiotics than they used to. Colds and flus are often viral in nature.

However, in some cases antibiotics will need to be prescribed before the actual cause of the symptoms is determined through tests, because of how quickly the illness may proceed. This is especially true for children and the elderly.

Often people can handle colds and flus themselves, but there are some situations where it is best to see a doctor. Work to support your

systems naturally, but when in doubt don't hesitate to seek your doctor's advice.

*Jovanka Ristovski is qualified as a Medical Doctor in Macedonia. She is presently working to become accredited as an M.D. in Canada.*

## Colds and Flu – WHAT YOU CAN DO

It's the winter season. For some this means skiing, skating and snowboarding, but for others it only means colds and flus. Sore throat, runny nose, cough and low-grade fever along with congestion all point towards a common cold. Chills, high fever, body aches and fatigue are suggestive of flu. Both are the result of a viral infection, both can last about 3 to 10 days, and both can be annoying once you have them.

Both the cold and flu can develop at any time depending on the strength of one's immune system. Lack of nutrients, sleep deprivation, and stress all contribute to a depressed immune system. There are many nutrients that can be used to strengthen your defenses, along with homeopathics to more quickly rid yourself of the ailments. A good multivitamin and essential fatty acids (fish oils) are the basics to good health, along with probiotics to improve intestinal health. For an enhanced effect consider herbals such as oregano oil, sterols & sterolins, or the ever popular Echinacea or Astragalus. For long term immune support, mushroom extracts can play a crucial role in increasing natural killer cell activity and can act as adaptogenics to aid the body with its stressors. The herbs mentioned above are all used to enhance your defenses against most common ailments. If these products are too harsh for your taste buds, then consider the homeopathics like Thymuline 9ch or Influenzinum 9ch, which can be used as a preventative to colds and flus. Thymuline helps the thymus gland build a stronger immune system by stimulating the production of the immune cells.

If you get cold or flu symptoms there are plenty of homeopathic formulations (Coryzalia for colds, Oscilloccocinum for the flu) to get you up and running much quicker. Oscilloccocinum is probably the number one homeopathic used worldwide to get over the flu in the shortest time possible, usually 1 to 2 days. If there is lots

of congestion as a result of the cold or flu, always add in some lymphatic support such as Lymphosot or Lymphdiaral cream, both in a homeopathic format, or Cleavers in a herbal preparation. Lymphatic drainage will prevent sinus and ear pressure buildup and facilitate toxin elimination to prevent further complications. For babies a homeopathic nasal spray by Dr. Reckeweg called Pulsatilla Compositum provides quick and gentle relief of most cold and sinus symptoms.

Remember, a healthy lifestyle is your best defense and will allow more time for pleasure than misery during these winter months, and don't forget your Vitamin C.

*Baljinder S. Chhoker, is a Naturopathic consultant for Nature's Source, and can be reached at 416.242.8500.*

## Colds and Flu – A Nutritional Approach to a Strong Immune System

A smart way to avoid colds and viruses during the winter months is to learn a few tips on how to maintain a healthy immune system. A high stress lifestyle, poor dietary habits, as well as insufficient rest all contribute to a sluggish and weakened immune system. Your immune system is your first line of defence against invaders and pathogens that create infection in your body. If your immune system is compromised in any way then it will lack the resistance it needs to fight off viruses or harmful bacteria.

You can greatly decrease your chances of getting a cold or virus by eating a balanced diet with more green leafy vegetables and a moderate amount of essential fatty acids. It is also important to reduce or eliminate the sugars and refined carbohydrates from your diet. Healthy sources of carbohydrates include vegetables, fruits and whole grains. Essential fatty acids can be provided from fish oils (from salmon, cod liver oil or halibut) or vegetable oils from flax, hemp, sunflower seeds, pumpkin seeds, or walnuts. Ensure that the source of the oils are non-GMO; the easiest way to do this is to use organic oils.

Reduce coffee intake and drink lots of water. If you want a hot drink, drink green tea, or one of the many immune-building teas. There are





## VITAMIN E - a risk or benefit?

A recent release from the American Heart Association has Vitamin E users asking the question - is Vitamin E a risk or a benefit? The title of the article from the Annals of Internal Medicine "High-dosage Vitamin E Supplementation May Increase All Cause Mortality" reveals why people may be concerned. As often occurs, the full picture was not examined.

The research released was not a new study. It was a meta-analysis – a re-evaluation of previous studies. Only 19 of the hundreds of pre-existing studies on Vitamin E were included. The studies selected were those where mortality rates from all causes were significant. Hundreds of human trials using Vitamin E (at low and high doses) did not have any deaths – these were not included. Approximately 60% of those involved in the 19 studies selected already had heart disease or a risk factor for heart disease. In the meta-analysis they found higher rates of death among those with Vitamin E intakes over 400 IU per day (some were using up to 2000 IU per day). At 200 IU or less, it was reported that there may be benefits.

*The meta-analysis did not account for some factors including:* - Other factors which may have influenced the deaths of the individuals

- Whether individuals were on medications such as blood thinners, statin medications, etc.

- High doses of Vitamin E should not be taken with blood thinners

- Statin medications interfere with Vitamin E metabolism

- The type of alpha-tocopherol used (synthetic vs. natural)

- The effect of using Vitamin E with cofactors

- Vitamin E is more effective with cofactors such as Vitamin C, Coenzyme Q10, & selenium

- They acknowledged that the meta-analysis results may not apply to younger, healthier people.

This meta-analysis does not negate the many, many studies that have found benefits from using Vitamin E. Even many of the 19 studies used for the meta-analysis had positive outcomes - they found benefits for reducing the progression of macular degeneration and cataracts, reduced incidents of heart attacks, and slowed progression of atherosclerosis and Alzheimer's disease. In contrast to this meta-analysis, Losonczy and coworkers (1996) found that Vitamin E reduced the risk of all-cause mortality, with the greatest reduction of risk for coronary heart disease mortality.

Other studies show clear benefits of Vitamin E. The Nurses Health Study of 87,245 nurses concluded that those who supplemented with 100 IU of Vitamin E daily for more than 2 years had a 41% lower risk of heart disease compared with those not taking Vitamin E. In the Physicians Health Study with 39,910 male health care professionals a 37% lower risk of heart disease was reported for those taking 30 IU or more of Vitamin E daily. However, not all studies have had such clear results, perhaps because it is often difficult to sort out the multi-factored aspects of human health.

*After reviewing information about Vitamin E, my perspective is:*

- There is little risk, and a lot of potential benefit of supplementing with Vitamin E in doses up to 400 IU per day.

- Vitamin E should not be used alone, but should be used in conjunction with a healthy diet and cofactors including other vitamins and minerals.

- If using over 400 IU of Vitamin E per day, it may be beneficial to review your dose with a natural health professional who will take into consideration other factors such as your overall health, medications, and other supplements.

*Heather Allsop, B.Sc., Ph.D., RNCP is a nutritional consultant at Nature's Source. Source material was provided by Cognis, Natural Factors, and Sisu, as well as numerous websites and journal abstracts.*

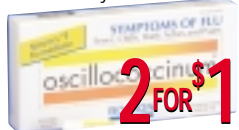
teas blended to stop and ease colds, and teas to ease throat symptoms. Find something that suits your taste for a comforting hot drink on a cold day.

Echinacea and elderberry are two powerful herbs known to be effective at preventing colds and flus when taken at the first sign of symptoms. Oil of Oregano helps to speed up the recovery process of the cold and flu, as wild oregano is anti-viral, antibacterial and anti-fungal. And don't forget when you begin to feel tired and stressed, rest. It is a key to preventing colds and flus.

*If you would like to find out more about colds, flus, and immune systems, please feel free to contact Yvonne Horvath, R.H.N., a Registered Holistic Nutritionist working for Nature's Source.*

## featured products

**Oscillococcinum** 6 doses  
 • Helps to decrease flu symptoms  
 • Stimulates your body's own defense systems  
 • Contains: Anas Barbarie Hepatis - safe for everybody including kids and elderly



**2 FOR \$19.99**

**RM-10** 50's  
 • Blend of 10 different mushroom extracts in a whole food complex  
 • Bio-fermentation provides natural probiotics and enzymes for greater utilization  
 • Contains cat's claw and aloe vera extracts  
 • Potent immune enhancing complex



**2 FOR \$89.99**

**CellFood** 30ml  
 • Award winning, super-concentrated supplement to enhance oxygen supply  
 • Excellent for improving energy, immunity, detoxification & pH balancing  
 • Contains: trace minerals, enzymes, amino acids, electrolytes, in liquid base



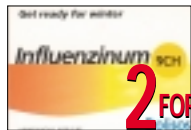
**2 FOR \$59.99**

**Moducare Grape Chewable** 60's  
 • Concentrated sterols and sterolins from pine  
 • Aids in keeping your immune system well balanced  
 • Helps your body defend against environmental stressors



**2 FOR \$39.99**

**Influenzinum** 9ch  
 • The homeopathic flu prevention, safe for all  
 • Made homeopathically from the 2004/2005 WHO flu shot vaccine  
 • Helps decrease your chances of getting the flu and to decrease the severity of symptoms if you do get it



**2 FOR \$14.99**

**Progressive Multi** 120's  
 • 6 individual formulas to target unique nutritional demands!  
 • Gender: specific ratios of vitamins, minerals and herbs  
 • Activity: higher potencies of the key nutrients depleted as a result of activity  
 • Age: 50+ formulas specifically designed to support the needs of mature adults



**2 FOR \$49.99**



### Kirkman Products

Nature's Source is now the Canadian distributor of Kirkman's top quality, hypoallergenic and specially formulated nutritional supplements. Many Kirkman customers, including those with autism, have extreme sensitivities and allergies to many naturally occurring ingredients. Their hypoallergenic products contain no fillers, flavours, preservatives, or common formulating aids which could cause sensitivity or allergic reactions. Their hypoallergenic line is free from casein, gluten, corn, soy, flavours, colours, animal derivatives, sugar, heavy metals, pesticides and other environmental impurities.

Top physicians and scientists worldwide continuously work with Kirkman to ensure that formulations remain current and on the "cutting edge" of new technology and developments. Intense scrutiny is given to raw materials and, when possible, pharmaceutical grade materials are used.

*Some of the advantages of Kirkman products include:*

- Kirkman provides dosages and forms to serve a broad range of ages and needs
- A number of products are available in either liquid or capsule form
- Some multivitamins (e.g. Nu-Thera and Super Nu-Thera) are available with and without Vitamins A and D
- Those supplementing with A and D rich fish oils may choose supplements without these vitamins

Many of the Kirkman products that contain Vitamin B-6 (Pyridoxine) also contain P-5-P (Pyridoxal 5-Phosphate), the metabolic/coenzyme form of Vitamin B-6. When B-6 is ingested, it is normally converted to P-5-P in the liver. Some individuals benefit from taking the P-5-P form of Vitamin B-6.

The enzyme DPP-IV is added to the Kirkman proteolytic enzyme formulation EnZym-

Complete/DPP-IV™ to effectively degrade casein and gluten peptides (i.e. to digest dairy and grain products). DPP-IV is a type of proline peptidase enzyme that is commonly located on the epithelial brush borders of a healthy intestinal tract. It can be extremely beneficial for those sensitive to gluten and casein.

To accommodate for hypersensitivities, probiotics are tested for casein. Kirkman Pro-Bio Gold is a high strength and broad-spectrum probiotic comprised of six crucial microorganisms for "total coverage" of the small and large intestinal tract. Important "resident" and "transient" probiotic strains have been selected.

Kirkman offers a broad range of products including Amino Acids, Antioxidants, DMG, Enzymes, Essential Fatty Acids, Immune Support, Minerals, Probiotics, Vitamins, and other Specialty Products. These high quality products are now available at Nature's Source.

### Bloodwork For Colds and Flu

When somebody comes down with a cold or flu, the doctor may or may not order lab tests. The most common is the CBC (Complete Blood Count). It measures your white blood cells. The doctor will either look at your neutrophils (bacteria fighting cells) or lymphocytes (virus fighting cells).

If your neutrophils are low, it usually indicates a viral infection. At the same time, a viral infection may also be indicated by a high lymphocyte count. A low platelet (blood clotting cells) count may also indicate an infection.

If there is diarrhea or vomiting involved, the doctor may order the lab test for electrolytes. Sodium and potassium are the key electrolytes measured as an imbalance between the two may be created.

A throat culture and/or sputum culture are other tests that the doctors may order.

*Nadeem Aslam is a laboratory technician who works in a hospital laboratory. For help interpreting bloodwork, please come see Nadeem at Nature's Source.*

### Flu Shot or Not?

It seems inevitable that eventually everyone will have to make a decision – to get the flu shot or not. At times, those in naturopathic medicine and allopathic medicine differ in opinion. Each discipline is influenced by personal beliefs and different philosophies and ideologies. With that stated, let's get to the point. Anyone between 3-55 years of age with "normal" health would be better served to educate themselves about optimizing immunity than receiving a flu shot (just my opinion). From a governmental perspective, it's far too expensive to create a list of who should and who should not receive the flu shot based on age and current health status. Instead, everyone is advised to take the flu shot because it may save money in hospital visits. However, if you exercise, eat a good diet, get regular sleep and generally are in good health, I feel that there is very little need to run to get the shot. Instead, follow some basics:

- Go to bed at the same time and wake up at the same time each day (getting 6-8 hours of sleep)
- Exercise doing a combination of weights and cardio
- Eat small frequent meals focusing on fruits, veggies and protein. Avoid as much processed food as possible.
- Drink 8-10 glasses of H2O per day
- Take some probiotics (good friendly bacteria for immune health)
- Consume 2-5 grams of Glutamine daily with a meal or smoothie.

Remember, educate yourself and make a wise decision based on facts, rather than fear. Talk to your Naturopathic Doctor and Medical Doctor, but remember it's your health – you have the final say.

*George Tardik B.S.c, RHN, RNCP (ND candidate) is a nutritional consultant for Nature's Source and has been practicing for 7 years. He specializes in weight loss/metabolism, sports nutrition, diabetes and digestive problems.*

[natures-source.com](http://natures-source.com)



**MISSISSAUGA**  
5035 Hurontario St.  
(N.E. corner of Eglinton)  
905.502.6789



**OAKVILLE**  
2391 Trafalgar Rd.  
(S. of Dundas, East side)  
905.257.1655



**TORONTO**  
40 Ronson Dr.  
(Fitness 365, Kipling & 401)  
416.242.8500

