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INSIDE THIS ISSUE

A Healthy Heart

Nutritional Health for the Heart

Heart attacks and strokes are still among the leading causes of death today in North America, but knowing the early warning signs and risk factors that cause premature deterioration of the heart are the keys to preventing the disease.

Atherosclerosis is a hardening of the artery walls through the build up of plaque deposits in the valves and arteries. This plaque blocks the blood flow, and the obstruction effectively narrows the arteries. The blood flow to and from the heart is then restricted. Some early warning signs of Atherosclerosis are frequently cold fingers and/or toes, being short of breath on slight exertion or when lying down, cramping or pain in your legs, and swelling in your ankles just to name a few. There are several different risk factors for heart disease that range from genetic factors, to stress, to poor dietary habits, as well as poor sleeping habits.

From a nutritional perspective, you can greatly reduce your risk of having heart disease or a stroke by maintaining a healthy diet. Here are some beneficial food tips to help you eat for a healthy heart. Eat more fibre from sources such as raw seeds, nuts, legumes, oatmeal, barley, and whole grains. Alfalfa, sunflower seeds, millet and kamut are great choices for their magnesium and manganese

content. Keep your diet rich in dark, leafy vegetables. Broccoli, red and green peppers, spinach, brussel sprouts, citrus fruits, and berries contain vitamins A and C to help heal the artery membranes and provide an excellent source of antioxidants. Raw nuts and vegetables are always better because they contain live enzymes to help you digest and assimilate your foods more efficiently. Eat more of a variety of fish: salmon, halibut, tuna, mackerel, and herring are all excellent choices to provide your heart with the necessary essential fatty acids (EFAs). The EFAs from fish and other sources such as flax oil can help lower your LDL (low density lipoproteins) and raise your HDL (high density lipoproteins).

Finally, learn how to absorb the

sweetness of life. Don't forget it is so important to set time apart from your busy schedule to spend quality time with your family and your friends, to rest and relax and enjoy them. There are so many great ways to relax on your own, too. Pick one that suits you the best such as reading books, going for a walk, or just finding that quiet spot to sit where you can reflect without any disturbances. Sitting quietly can often help you to see your situation in a better perspective. Talk out your problems with someone you can trust. Laughter is a great medicine for the soul and it releases and relieves tension quickly.

If you would like to find out more about eating for a healthy heart, you can reach Yvonne Horvat, a Registered Holistic Nutritionist, at Nature's Source, 5035 Hurontario Street, Mississauga, Ontario.





Natural Support for Cardiovascular Health

February is called heart month, and this is probably the only time that one even thinks of the heart if they have no cardiovascular symptoms. The heart works all day and night to keep the blood flowing, keeps all your nutrients traveling and gives you energy, so it should be considered on a daily basis. Everything we eat, drink, and do affects the heart in a good or bad way. A person's lifestyle including diet (eating habits), stress, medication, exercise, environmental factors, and family history all affect the status of the heart.

What we eat and how it is prepared plays a huge factor with respect to the arterial conditions and the prevention or acceleration of coronary artery disease (CAD). The basic rule is to avoid refined carbohydrates like white sugar, white flour, white rice and increase the intake of complex carbohydrates such as whole grains and brown rice. It is also recommended to decrease consumption of foods high in saturated and trans-fats and increases the EFAs like fish or flax oils.



If one already has CAD or other heart issues then they will most likely need medical intervention. The most effective way to improve circulation might be chelation therapy to clean arterial plaques and remove toxin build-up in the system, either via injection or oral supplementation. There are several products available for this purpose like FLW or H.H. Formula, and more comprehensive formulas that contain EDTA and chlorella and proteolytic enzymes (the latter 3 usually are obtained through Naturopathic Doctors).

There are lots of supplements that help with the prevention of CAD or decrease the severity of it if one has it. Herbs such as Hawthorn, Ginkgo, and garlic are the most common ones

found in most formulas, while L-tyrosine and L-arginine are the amino acids generally used. Other supplements readily found for heart health and protection are Co-enzyme-Q10, Vitamin E with tocotrienols, green tea and grape seed extracts as well as high doses of vitamin C and magnesium.

There are a select few homeopathics commonly used to aid in strengthening the heart or to control particular cardiac symptoms. Crataegus is an excellent heart tonic, Digitalis helps if there is heart weakness, Cactus is for angina pain, and Aconitum and Arnica are for shock and trauma.

Even though most natural supplements are safe to use and combine with most medication, there are some that can counteract or interfere with particular medications. Remember that each case is unique and that what is safe for one person may not be for someone else. It is important to consult a Naturopathic Doctor to get proper dosages and timing of each supplement to avoid such interactions.

Baljinder S. Chhoker B.Sc., ND, is a Naturopathic consultant for Nature's Source. For more information please call 416.242.8500.

A Medical Opinion – about heart and cardiovascular diseases

If we want to talk about heart, we cannot overlook one of the biggest problems these days and that is coronary artery disease (CAD). Coronary arteries are the vessels that bring the blood to the heart muscle. Most CAD is due to atheromas, deposits of atherosclerotic plaque, in the arteries serving the heart. There are lots of risk factors for this like hypertension (high blood pressure), hypercholesterolemia, obesity, smoking, and diabetes mellitus. In the first decades of life, men are affected more than women because women are protected by their hormones until menopause. After that the incidence is almost the same for women and men.

Hypertension is one of the biggest risk factors because it is a "silent killer". This is because

A Passion for Pets

How old is your dog?

What is a good age for your dog? Some people are content if their dog reaches 14 years. Other people say large dogs should live to be 10 and smaller dogs to around 15. These are all estimates. The truth is there is no set age. The Guinness book of world records has the oldest dog on record to be almost 30 in the 1930s - well before dog food was sold commercially. The current oldest living dog is also almost 30, living on raw food in the Australian Outback. Although the previous examples are not the norm there is nothing saying that your dog cannot live a long and healthy life. The key is proper nutrition.



Dogs, like humans, require Essential Fatty Acids or EFAs. Most commercial diets contain enough Omega-6, but if feeding a commercial diet it is essential to supplement with a good quality Omega-3 such as cold-water fish oil or flax oil. This will create a healthier dog, better

high blood pressure is often undetected, unless it is found "accidentally" during a routine physical exam. Some people are predisposed to hypertension and high cholesterol that can lead to ischemic heart disease (from lack of oxygen to the heart), stroke and heart failure. An annual check up is something that is recommended for everyone, especially for people that have a history of cardiovascular diseases in their family. Shortness of breath, and tightness or pain in the chest that radiates to the jaw or the arm, are just some of the symptoms that something is going on with your heart. Many things can cause problems when there is damage already, including working out, jogging, or any physical

featured products

skin and a shinier coat.

Some preservatives that many commercial diets use are very controversial: so much so that they are being replaced by what is viewed to be safer. Butylated hydroxyanisole (BHA) and Butylated hydroxytoluene (BHT) are very powerful antioxidants yet in 50% of the laboratory tests they have also been shown to be carcinogens. Ethoxyquin used in some store brands contains the same chemicals used to make anti-freeze, a substance extremely toxic to pets and often fatal. These chemical preservatives are beginning to be substituted with safer preservatives such as vitamin C and E. The key to having a healthy happy dog is reading the label.

The best way to ensure your dog is getting the very best in nutrition is to feed a high quality food such as Holistic Blend, Wellness, Natural Balance, Solid Gold, etc., feed raw or make your own food. By the way... table scraps are not your dog's enemy as long as they are healthy choices and are not fed from the dinner table.

Delia Lo Porto is a Nutritional Consultant working at Nature's Source. Her passion is animals. For a nutritional consultation for you or your pet, please contact her at Nature's Source in Etobicoke 416.242.8500 or Mississauga 905.502.6789

exertion, emotional excitement, anxiety, cold, stress, or large meals. Those activities will increase the oxygen demand of your heart. Anemia, on the other hand, will decrease oxygen-carrying capacity of the blood. So do not wait for things to get worse, have a check up and change your lifestyle and your habits to improve your health, and help your heart to stay young.

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



Omega3 60's
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 • Gives higher absorption directly into small intestine
 • Suppresses pro-inflammatory cytokines
 • Oils extracted from wild sardines, anchovies and mackerel



2 FOR \$19.99

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CoQ10 (ubiquinone) – Essential for Some

Coenzyme Q10 (CoQ10) acts as a cofactor and is vital for cellular respiration and ultimately the production of energy (ATP). As with many nutrients, in some cases the body's ability to manufacture CoQ10 is surpassed by the body's need. This can be caused by genetic factors, medication, and lack of the nutrient in the diet.

Due to the fact CoQ10 is involved in energy production, a deficiency can affect all cells in the body. Particularly, those cells in the body that are the most active metabolically: immune cells, heart, skin and gastric mucosa. The most common use of CoQ10 is for cardiovascular health. Since the heart muscle needs a constant supply of energy for muscle contraction when expelling blood, CoQ10 has reported benefits

for overall circulation and has antioxidant properties. If you are taking any of

the statin medications, it is highly recommended that you supplement with CoQ10. Statin medications not only inhibit the synthesis of cholesterol, but also simultaneously affects the production of CoQ10. Other drugs, such as tri-cyclic antidepressant medication and Phenothiazines (used in treating Schizophrenia and other psychotic disorders) have been shown to inhibit CoQ10 related enzymes.

In addition, CoQ10 may be beneficial in obesity. Obese individuals may have a reduced thermogenic response to meals. Each time you eat, a percentage of the calories you consume is used during metabolism and is often referred to as the "thermal effect of food". In preliminary research as far back as 1984, CoQ10 levels were observed to be lower in obese individuals and not surprisingly also seems to affect performance in athletes if levels are low. Consult with your Naturopathic Doctor, Medical Doctor or Nutritionist to determine if CoQ10 is right for your particular case.

George Tardik B.Sc., RHN, RNCP (ND candidate) has been practicing nutrition for 7 years. He's been featured on CBC's Newsworld, Marketplace and Sports Journal. George specializes in metabolism, weight-loss, diabetes and sports nutrition. He practices out of Nature's Source.

NEW PRODUCTS AT NATURE'S SOURCE

Neptune Krill Oil

A new alternative to fish oils has come on the market - krill oil. Krill is a shrimp-like creature that is found in all oceans. The Antarctic version of krill is used because



of its ability to survive extremely cold temperatures, and as a result it has a high nutritional content of the Omega-3 fatty acids DHA and EPA as well as phospholipids. Krill oil is different from fish oil in that EPA and DHA is linked with phospholipids, which are found naturally in cell membranes. The EPA and DHA from fish oils is extracted

from triglycerides. Also, Krill oil naturally contains antioxidants, which makes it more stable than fish oils.

The carotenoid astaxanthin, and small amounts of vitamin A and E all contribute to krill oil stability. Astaxanthin is a cell membrane antioxidant that is particularly effective at quenching singlet oxygen and hydroxyl radicals, two highly reactive oxygen derivatives that are by-products of cell energy production.

Now that we have given the merits of krill oil, what are the benefits of taking it? Krill oil has been shown to help with the following health concerns: PMS symptoms, hyperlipidemia (high cholesterol), high blood sugar, and inflammation. In regards to PMS symptoms (emotional or physical) krill oil worked faster than fish oils, being fully effective by the second menstrual cycle while fish oil took three cycles. When used for hyperlipidemia, krill oil (1.5g/day) achieved significantly better results for LDL and blood sugar than fish oil at twice the intake (3g/day). These results show that krill oil can be very effective.

Are there any problems with taking krill oil? Anyone allergic to seafood should not take it and anyone on blood thinners should be monitored by their physician because of the natural blood-thinning properties of krill oil.

The recommended dosages of krill oil are: PMS - 2 caps/day for 1-2 months, then 1 capsule/day
High lipids/blood sugar - 3 caps/day for 3-4 months

Nadeem Aslam researches and recommends new products; he has extensive interest in this area.

Cardiovascular Bloodwork

When somebody hears cardiovascular disease, they usually associate it with high cholesterol. Even though cholesterol plays a role in heart disease, there are other tests that are more significant. The first one is C-reactive protein (CRP). It is a marker for inflammation. It is produced in the liver largely in response to IL-6 (interleukin-6). CRP levels increase with age, obesity, smoking and coronary events. CRP is a stronger predictor of cardiovascular status than LDL cholesterol.

Homocysteine is another test that is useful to determine cardiovascular status. Homocysteine is an amino acid that is a byproduct of the metabolism of methionine, an amino acid that is found in foods such as red meats. Elevated levels are associated with increased risk of heart attack or stroke.

A significant but unknown test is ADMA (asymmetrical dimethylarginine). ADMA is a regulator of nitric oxide synthesis. Nitric oxide (NO) is a vasodilator produced in the body from arginine. It relaxes the blood vessels thereby reducing blood pressure and stress on the arteries. People with high levels of ADMA have lower amounts of NO as result of hypertension, high cholesterol, diabetes and tobacco use.

These are just a few of the tests that can be done. There are other tests including a thyroid panel, iron, insulin, lipoprotein electrophoresis, and fibrinogen. Therefore as one can see there are more tests for cardiovascular health than simple cholesterol.

Nadeem Aslam is a laboratory technician that enjoys learning well beyond the standard scope of his job. To talk to Nadeem about bloodwork, come visit him at Nature's Source.

What Would You Like to See?

What would you like to see in the 'Nature's Source News'?
What topics are you interested in? Do you have questions that you would like answered in the newsletter?

We welcome your questions, suggestions and feedback.
Please e-mail your comments to natures@ican.net.

Taking Care of Your Heart - Letter from the Editor

In this newsletter, our writers have presented different ways to take care of your heart. There are numerous approaches that can help – everything from homeopathics to krill oil, the food we eat, a valuable coenzyme, and more. The articles in this newsletter share ways for you to take care of your cardiovascular health.

But our heart is more than just part of our cardiovascular system. This time of year we see little red "hearts" in many places, enticing us to celebrate another important function of our heart – love. Love is the emotional function of our heart.

These days we often hear of the mind, body, and spirit approach to healing. Indeed, what happens with our mind and

spirit directly affects our body. It is hugely healthy to fall in love. All sorts of wonderful biochemical reactions occur in our body. And it feels great!

Allow yourself to open your heart and love. Love your child or grandchild. Love your neighbour. Every little thing you do to help out – even sharing a smile to perk up someone's day – can be considered an act of love. Fall in love with your partner again, or be lovingly grateful for the years you have shared together. Feel the love of life while inhaling the blue sky or a sunset. There are so many ways to open your heart – let your heart lead you. Open your heart and feel the healthy invigoration of being alive!

Heather Allsop, Editor

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**MISSISSAUGA**
5035 Hurontario St.
(N.E. corner of Eglinton)
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OAKVILLE
2391 Trafalgar Rd.
(S. of Dundas, East side)
905.257.1655

TORONTO
40 Ronson Dr.
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