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In The
Next Issue...*

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Allergies**

**Spring
Allergies -
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Prepared?**

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INSIDE THIS ISSUE

Detoxification

DANDELION - Not your ordinary flower

Spring is one of the most wonderful seasons of the year. Why? It is because nature begins to renew itself from the harsh and bitter conditions of the winter. It is a time when the earth brings forth its beauty by replenishing itself with new life all around us.

One of the most obvious signs that Spring is here is the appearance of a little yellow flower called *Taraxacum officinalis*, otherwise known as 'Dandelion'. Although many homeowners find the growth of this flower on their lawn a problem, this flower has a great defence. It is a powerful common weed that has wonderful healing properties. It is used around the world, proven to be an excellent cleanser for the kidney and liver. The Italians already know this secret because for years they have used the young leaves of this flower in salads, soups, and stews both for nutrition and as medicine.

Dandelion, when used as part of a detoxification program, will cleanse the blood, increase the production of bile secretion, and act as a diuretic to help excrete uric acid from the kidneys. Believe it or not, Dandelion contains vitamins A, B, C, D, and E as well as Carotenoids. Potassium, calcium, and sodium are the minerals it provides. Even protein is found in this magnificent flower. Dandelion is also found in liquid and capsule forms for your convenience.

Spring is a great time to consider cleansing your body to keep it running more efficiently. To do any detoxification program successfully here are some important points to remember:

There are pathways of excretion

through which harmful toxins are released. These are the colon, lungs, liver, skin, kidney, blood, and lymph. Be sure to drink a lot of water while detoxifying. Eliminate all white and refined processed foods, coffee, tea, alcohol, and dairy. A regular use of a probiotic to replenish gut flora is beneficial. Eat plenty of flax, nuts, seeds, green vegetables, chlorophyll, legumes, salmon, chicken, and fruits like apples, blueberries, grapes, and grapefruit to give you energy and support the immune system.

The detoxification process takes time, and not every detoxification program suits all. Whether you do it yourself or prefer to work with a holistic practitioner, it is only a matter of time before your body becomes that fine-tuned well-running machine again.

Yvonne Horvat is a Registered Holistic Nutritionist who can be reached at Nature's Source, 5035 Hurontario St., Mississauga.



Don't Call Me Silybum

Silybum Marianum (or *Carduus Marianus* L.) is most commonly referred to as Milk Thistle. Milk Thistle has been the subject of numerous clinical trials due to its potent liver protective properties. With its large purple thistle-like flower heads, Milk Thistle has been commonly used for approximately 2000 thousand years and was named by Dioscorides in 100 AD. The historical uses range from liver disease, chronic hepatitis, fatty liver, psoriasis, and as a spleen and kidney tonic. Presently, research shows that Milk Thistle tends to protect against depletion of the powerful liver antioxidant Glutathione in liver cells. Milk Thistle would also benefit those taking acetaminophen or who drink alcohol on a regular basis. There are also a number of "bio-enhancing" agents that can be used with Milk Thistle, these include: Dandelion root, Turmeric, Artichoke and Schisandra. The average daily dose of Milk Thistle is approximately 200-400mg of the standardized extract (silymarin). If you're otherwise healthy and just want to do a gentle detox, milk thistle and following a more vegetarian diet (making sure you get enough protein), and drinking copious amounts of water may do the trick. If you have a health concern, it would be best to speak to a Naturopathic Doctor before starting any detoxification program using herbal medicine. (References are available on request).

George Tardik B.S.c, RHN, RNCP (ND candidate) has been practicing nutrition for 7 years. He has appeared on CBC's Newsworld, Marketplace and Sports Journal and continues his practice focusing on Weight Loss/Metabolism, Diabetes and Sports Nutrition.



A Medical Opinion - Is Your Liver Working Overtime?

Do you know what I.Q. is? We believe that gifted and genius people are those with an I.Q. above 135. We are all aware of the intelligence of the brain. But let us look at things differently. Do you know what the smartest organ in our body is? It is the liver, and do you know why? I'll mention two main functions of the liver. The liver is a site of synthesis. For example, it makes your proteins (albumens) and coagulation factors (factors that help you stop bleeding by making a clot). The liver is also a detoxifying organ. The reason we are not being killed faster by all the junk food we eat every day and all the chemical preservatives is because they are detoxified in the liver. After being processed by the liver, toxins are carried to the bowel and are removed in the stool.

As you know, eating unhealthy foods can lead to many diseases. Many people experience heartburn, bloating, and other digestive symptoms. Probably most of you have heard about someone who is trying to find a doctor that will "know something" about his or her problems. People ask why somebody has gallstones, acute or chronic inflammation of the pancreas, or why someone requires a liver transplant, or has another ailment. Why is colon cancer the third leading cause for death amongst smokers and second in non-smokers? It is because we are abusing our bodies, and our liver works "overtime" most of the time without being properly supported.

If you eat junk food, drink alcohol, or if you are obese consider cleansing and detoxifying your body to help your liver do its job more efficiently and be "clever" longer. Even if you are smart enough to eat healthily, and even if you do not have any health concerns, do a cleanse and help your liver to stay healthy longer. Spring is coming and this is the best time to do this.

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

Good Health Through Toxin Elimination & Drainage

The body's ability to detoxify will greatly affect the health of an individual. The more efficient the elimination organs such as liver, bowels, and skin, and the better the drainage of the body's waste prod-

ucts, the healthier the body will be. Food, environment, heavy metals and microbes all produce toxins within the body, but it is the overload of these toxins that creates many health issues. Symptoms such as constipation, chronic inflammation, sluggish digestion, weak immunity and skin problems, along with alcohol and drug use all are suggestive of poor toxin elimination from the body.

There are many methods to detoxify the body, but the best ways all include accelerated elimination of the toxins through processes such as regular exercise and daily bowel movements. The majority of the toxins are released through the urine, feces, and sweat and any obstruction in the mechanisms will generally lead to chronic disease. This type of elimination can be enhanced by drinking plenty of water, getting lots of soluble and insoluble fiber and sweating it out with exercise. Remember this should all be a part of your daily routine.

Taking the process to the next step, it is generally advised to do a detox program once or twice a year. This could include a standard juice fast or a store-bought herbal preparation. Most herbal detox kits will include several key herbs like Dandelion root, Milk thistle, Turmeric and Burdock root. Dandelion helps liver and bile congestion and is also very nutritive, while Milk thistle is considered a liver protective and also increases glutathione levels. Turmeric is also a liver protective and reduces inflammation, while Burdock is used to cleanse the vascular system.

For the people who are sensitive to particular herbs or would rather avoid capsules or tablets, there are homeopathic preparations that will detoxify and improve drainage. The best choices in these are the Detox Kits by Heel or Dr. Reckeweg. These kits include cleansers for the liver, bowels, blood and also lymphatic drainage constituents. It is important to enhance lymphatic drainage because it allow for quick removal of most metabolic waste. The homeopathics are safe to use by all and are very effective methods of toxin elimination.

It is important to maintain proper nutrients while doing a cleanse because all your nutrients might be eliminated at a faster rate also, so remember to take a good multi with minerals as well as essential fatty acids. If one has any health condition it is good to consult with your Naturopath for proper advice and to avoid any interactions with medications.

This article is provided by Baljinder S. Chhoker BSc, ND, a Naturopathic consultant for Nature's Source. For more information he can be reached at 416-242.8500 or 905-257-1655.



FRESH AIR Indoors

When many of us think about air pollution, we think about the exhaust from factories and cars – we think about the quality of outdoor air. But in many cases these days, higher concentrations of chemical contaminants are found in the indoor air of our homes, schools, and workplaces. Once we become aware of this, there are many things we can do to provide ourselves with fresher air – indoors.

Many household products contain synthetic chemicals that need to be detoxified from our bodies if we are exposed to them. Look at the collection of house-

A Passion for Pets

To medicate, or not to medicate... that is the question...

Many people struggle with the idea of medicating their pet. When is the appropriate time? What is the appropriate medication? Your veterinarian can help you determine the answer to these questions.

Sometimes your pet may be extremely uncomfortable or in pain. In order to ease the suffering you may choose to medicate. There are two types of medications often prescribed for pain or discomfort. They are steroid drugs and non-steroid drugs - more commonly called NSAIDs (non-steroidal anti-inflammatory drugs).

Cortisone, a steroid, is normally produced by the adrenal glands located on top of the kidneys. It is considered to be a corticosteroid of the type glucocorticoid. Its primary function is to increase blood glucose levels but it can also suppress inflammation. The ability to suppress inflammation makes cortisone a good choice to relieve pain or inflammation. However; with prolonged use of corticosteroids the adrenal



Detoxification

hold cleaners you have under the sink or in your cupboard. Would you want to absorb the chemicals from these through your skin? Or breathe them in? Using spray cleaners, disinfectants, or air fresheners is an extremely efficient way of absorbing potentially harmful chemicals into your body. Minimize your exposure by using natural cleaning products. Baking soda can be used for scrubbing sinks and bathtubs, and many lines of natural cleaners are now available to help with household cleaning chores. Try them; find the ones that work best for you.

Other potential sources of toxins in our homes include laundry detergents and fabric softeners, toiletries, and fragranced products. Presently most fragrances are synthetic chemicals and many fragrance components have been identified as toxic substances. For example, some fragrance chemicals

used abundantly in laundry detergents and fabric softeners are known toxins. As we are exposed to these 24/7 with the clothing we wear and with the sheets on our beds, choosing natural and unfragranced laundry products is an easy way to reduce toxic load for you and your family. For the health of young children whose systems are still developing it may be especially valuable to take these precautions. If you choose to wear a fragrance for your own enjoyment, choose a natural essential oil, free from synthetic chemicals.

If you find you have toxins in your air – even newspaper ink or painting supplies can create difficulties for some people - you may choose to use a high quality air filter. HEPA filters are good for removing fine particulates. Activated charcoal filters, perhaps with

the addition of zeolite, can help remove volatile organic compounds from the air. Look around; there are a lot of excellent quality air purifiers on the market.

Another easy way of reducing toxin accumulations in indoor air is by opening a window. In home, school, or work environments, opening a window for ten minutes twice a day can significantly improve air quality.

Reducing the toxic load in our indoor air will reduce the toxic load in our bodies, and lead to better health in both the short term and the long term.

Heather Allsop, B.Sc., Ph.D., RNCP is a Nutritional & Educational Consultant with Nature's Source. She has experienced Multiple Chemical Sensitivities, and became aware of the hazards of chemicals in indoor air. She now works to help others with environmental sensitivities, and can be contacted through Nature's Source 905-257-1655.

gland can atrophy, potentially causing Cushing's disease. This can lead to other diseases such as Diabetes Melitus.

NSAIDs such as Meloxicam also help to relieve pain and inflammation by blocking prostaglandins. Some drawbacks to NSAIDs are gastro-intestinal upset with the potential to cause ulcers. Another less known drawback is cartilage degradation. In pathology such as arthritis further degradation may lead to increased pain resulting in increased doses of NSAIDs.

Natural anti-inflammatories such as MSM may be used in conjunction with the prescribed drugs. Speak with your veterinarian about the possibility of using MSM or other natural anti-inflammatories.

Remember that pain and inflammation are the body's way of saying that something is wrong. Do not put a band-aid on the problem by simply accepting drugs. Try to find the underlying problem. Allergies, food sensitivities, pinched nerves, spinal subluxations, etc... can all be causative factors for pain and inflammation. When seeking relief for your pet, be sure to ask questions as to what is causing the pain or discomfort. Adjust your pet's diet, see a chiropractor, and seek other alternatives. It is up to you to do your homework on why a medication was prescribed for your pet. They count on you to take care of them.

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.

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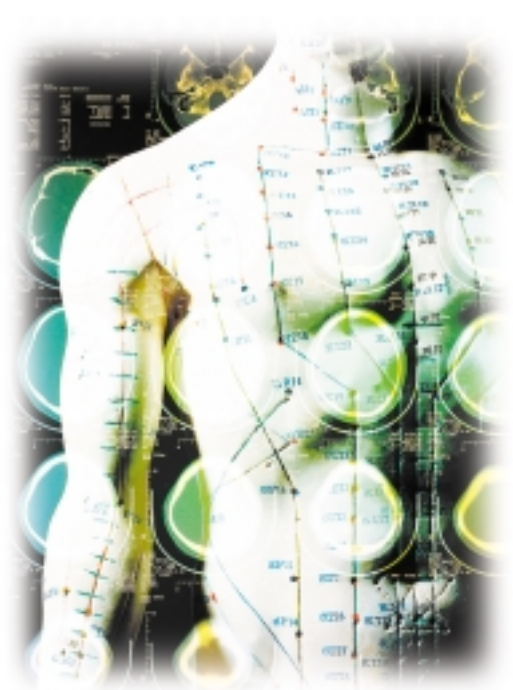
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NEW PRODUCTS AT NATURE'S SOURCE

PCA-Rx For Detoxification

PCA-Rx is a unique product that is used for detoxifying. It is a powerful agent that effectively removes heavy metals, toxins, and other contaminants from the body. PCA-Rx is a biologically active formula containing many beneficial microorganisms that safely and effectively cleanse the body without the side effects seen in other forms of chelation. What makes it different from other detox products is how it removes toxins using clathration. *What is clathration?* Clathration is a unique form of chelation therapy in which the clathrating substance (PCA-Rx) is given orally. This clathrate then finds and encloses the toxin in a three-dimensional cage-like matrix using three different types of bonds (ionic, hydrogen and covalent). These bonds attach to and completely envelop the toxin (i.e. neutralizing it) to keep it from coming into contact with any organs as it is carried from the body. As a result, the contaminant will not reattach to and damage the body as it is flushed out. PCA-Rx is very effective for removing heavy metals. It is taken orally as a spray (trans-mucosal). The dosage is 4 sprays per day.

Nadeem Aslam researches and recommends new products; he has extensive interest in this area. He can be contacted at Nature's Source.



Letter from the Editor Spring Cleansing & Detoxification

With the spring sunshine now here, I find myself busily cleaning around my house. Windows and mirrors are shinier, light fixtures have been freed from layers of dust, and the vacuum cleaner has reached places untouched for a while. But there is still much to do inside my home.

What about inside our bodies? Do we have cleansing to do? Before you proceed, you may ask yourself 'Does my body contain toxins?' The answer, unfortunately, is an unequivocal "Yes". The American Environmental Protection Agency measured PCBs, dioxins, and other chemicals in 100% of people tested. Even keeping 'clean' can have drawbacks – because of the copious quantities of laundry detergents washed down the drain, synthetic fragrance chemicals now persist in our environment. They contaminate waterways and aquatic wildlife. They are found in human adipose tissues and human breast milk. Nothing escapes exposure to toxins. Sources of toxicity include pesticides, food additives, household cleaners, grooming products, drugs, alcohol, industrial emissions, automobiles, heavy metals, carpets, plastics, and more. Thousands of synthetic chemicals exist now that did not exist in our world a few decades ago – and our body needs to deal with them.

What are symptoms of toxicity? This burden on our body can manifest itself in many ways. At very low levels, we may not observe any symptoms. As levels increase,

we may feel fatigued, have headaches, brain fog, or joint pain, develop allergies or asthma, skin conditions, depression, and more. The immune system is suppressed. Nervous system and hormonal functions can

be affected. In extreme or long-term cases, toxicity may lead to cancer.

Our bodies are designed to detoxify – from an occasional exposure to toxins. We now have exposures greater than what we have dealt with historically. High quality nutrients are required to


support our detoxification pathways – but we are now eating more nutrient-deficient processed food. We can help ourselves by eating well – focussing on organic whole foods, with plenty of vegetables and fruits. We can also minimize our exposure to toxins through the choices we make.

It is beneficial to do cleanses periodically to minimize our toxic load. This month, our writers have provided their perspectives on ways to detoxify. Whether you use sunny dandelion, milk thistle, homeopathics, or healthy foods, the choice is up to you. We can also help our selves detoxify by taking a lovely walk on a spring day – breathe fresh air into our lungs, get the body circulating, and feel the warmth of the spring sunshine on our face. Spring is a time for rejuvenation. Refresh and revitalize your body with a spring cleansing and detoxification. Your body will be grateful.

Heather Allsop, Editor



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5035 Hurontario St.
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