

INSIDE THIS ISSUE

# Seasonal Allergies

## Is Your Body Prepared?

The snow is quickly melting and the grass is once again resurfacing- just what we have all been waiting for, well, not all of us. If you are one of the many people who suffer from seasonal allergies then the sight of grass is your worst nightmare. Sneezing, itchy, watery eyes, runny nose, coughs and headaches are just some of the allergy related symptoms that people suffer from. In severe cases, symptoms such as hives, asthma, muscle pains and diarrhea are also possible. For a number of allergy sufferers there appears to be no end in sight, as their allergies impair their ability to engage in daily activities.

Fortunately, there are ways to carry on with your normal lifestyle without those drowsy anti-histamines from drugstores. Unfortunately, there is no 'quick fix', you have to look at all facets of your life and be prepared to make some lifestyle changes.

Factors to consider are:

- Underlying food allergies
- Lack of sleep
- Excess physical and mental stress
- Poor digestive system and diet
- Toxic overload on the body

The primary focus should be to eliminate toxins via a detox. Drainage of the liver, bowels, urinary organs and lymphatics will allow the body to better handle anything that is thrown its way. A homeopathic detox kit or drainage kit will assist in facilitating waste removal from the abovementioned organs and thus improve the immunity of the person. Secondly, one should focus on the adrenal glands. The adrenals help the body to deal with stress. Overburdened adrenals or adrenal fatigue will affect one's sleep, which lowers WBC (white blood count) and increases thymus gland shrinkage; this in turn lowers the immunity. Taking adaptogenic herbs like Rhodiola, Licorice, and Ashwagandha will help to balance the adrenals while the homeopathic Thymuline 9CH preparation will work directly on rehabilitating the thymus gland.

Restoring the digestive system is also crucial to building the immunity. People with allergies usually are deficient in stomach acid and enzyme function which can cause poor digestion and nutrient absorption. Supplements such as digestive enzymes, probiotics and L-glutamine will help to balance the digestive system thus allowing for proper nutrient supply to the body. It is also important to eat balanced, nutrient rich meals and drink plenty of water; while avoiding refined sugars and carbohydrates.

For further aller-

gy relief consider supplementing your diet with nutrients such as quercetin, vitamin C, and bioflavonoids which all help to stabilize mast cells and decrease histamine response. Homeopathic remedies which come alone or in combinations include: Apis for swelling and puffiness, Sabadilla for sneezing, Allium cepa for watery eyes and sneezing, Boiron Sabalia for general symptoms and Heel Euphorbium for sinus problems. Remember the more lifestyle changes you opt to make the better your health will be, and the more vitality you will have to live a more enriching life. For a complete work-up always consult your Naturopathic or Homeopathic Doctor.

*Baljinder S. Chhoker is a Naturopathic consultant for Nature's Source; for more information please call 416-242-8500.*

## CONQUERING ALLERGIES

The Spring Season is upon us and we are beginning to see the signs of a new season around us. It is great to begin to smell the wonderful scents of spring and summer - the smell of fresh cut grass, the smell of a rose in bloom and even the smell of the fresh spring breeze. However that is not all that comes with this season; a huge number of people with allergies suffer at this time because their bodies react to these new scents and smells. Headaches, sneezing, watery eyes, stuffy sinuses, diarrhea, coughing, skin rashes, and muscular aches and pains are not uncommon symptoms to experience during this time. As well, certain foods can also play a tremendous part in triggering an allergic reaction in a person. The reaction can be everything from a minor symptom to a serious allergy known as "Anaphylaxis". For example, a minor reaction can be diarrhea, but a severe reaction to an allergen can occur very rapidly in some individuals - within minutes - and may cause death. Peanuts, penicillin, fish, shellfish, eggs, and insect stings are commonly known allergens that can cause anaphylaxis.

A healthy immune system begins with a balanced and wholesome diet. This is one

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

#### Mother's Day and Father's Day

#### Celebrate this Mother's Day with Essential Oils

#### FERTILITY - Is your body ready?

#### Sea Salt Baths Give your body the gift of minerals

#### A Medical Opinion Women's and men's cancers

#### A Passion For Pets The Benefits of Eating Raw



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of the best places to start to eliminate stress in the body. In doing so you will be restoring the body to operate at its peak efficiency. This may involve changes in lifestyle and eating habits to meet the nutritional demands of the body. When we talk about a wholesome nutritional diet we are talking about eating foods in their whole state (not altered by any manufacturing process). Eating whole foods allows the body to absorb the nutrients with less chances of getting an allergic reaction from the foods. The grocery store is full of exciting foods to choose from. Many foods can help heal by creating an alkaline environment instead of an acidic environment in the body. Choose your diet from nature's supply of fruits: apples, grapes, grapefruit, pineapples, strawberries, blueberries, and more. Vegetables to consider include spinach, squash, peppers, broccoli, brussel sprouts, and cucumbers. Meats, poultry, and fish should be organic wherever possible. Don't forget lentils, nuts and seeds that are an excellent source of fibre for the colon and keep you eliminating properly daily. Plenty of water is necessary to flush out toxins and waste and hydrate the skin, kidneys and liver. To clearly identify which foods may be causing an allergy, it is always a good idea to do a food test trial for at least 7 days by removing the most common allergenic foods from your diet. Foods like breads, dairy, soy, wheat, corn, gluten, milk, chocolate, butter, condiments, mayonnaise, donuts, pop, coffee, white rice, and white pastas should be avoided for the test period. Foods can then be reintroduced to test for allergy symptoms, or you can continue to avoid them.

Rest is an absolute necessity. Schedule at least one day into your week to sit down and reflect over the entire week - your accomplishments as well as your failures, and to plan ahead for the next week. Confront the things that are creating a heavy burden in your heart and spirit. You will be surprised how much stress is removed when we begin to acknowledge where we have gone wrong and press on to make it right again. Every day we are given a chance for a new beginning.

*Yvonne Horvat is a Registered Holistic Nutritionist who can be reached at Nature's Source.*



## Aloe and Glutamine for Seasonal Relief

Allergies may develop when an otherwise innocent agent gets in contact with an already inflamed surface. This process, termed sensitization often occurs after repeated exposure to the irritant. Therefore, after repeated exposure the immune system mounts its attack by releasing a cornucopia of pro-inflammatory substances. One of the more common of these inflammatory mediators is histamine. However, many other substances (enzymes, leukotrienes, interleukins etc...) also get released and explain why antihistamines often don't completely control the symptoms for many allergy suffer-

ers. Various reactions to allergies include rhinitis, sinusitis, conjunctivitis, itchy throat, itchy, plugged ears and even allergic dermatitis.

One nonessential amino acid that is helpful in combating seasonal allergies is L-glutamine. L-Glutamine is a very versatile amino acid and is associated with improving GALT (gut associated lymphoid tissue) by promoting intestinal health. Since a large portion of the immune system is located in the gut, it's a logical place to start any basic supplement program. For the technical at heart, L-Glutamine functions to regulate intestinal TH-2 type Riga stimulating cytokines.

Another very useful substance is Aloe Vera. Aloe Vera helps improve digestion, reduce harmful bacteria, and reduce populations of yeast in the intestine. Keep in mind that it is important to consult with a qualified health care professional before starting any supplement program as both L-Glutamine and Aloe Vera are contraindicated in certain cases.

*George Tardik B.S.c, RHN, RNCP (ND candidate).*

## A Passion for Pets My pet is constantly scratching...

My pet is constantly scratching...My pet's ears are smelly...There is something in my pet's ears. I don't know what is wrong. They have been eating the same thing for years and have never had a problem. It can't be the food. These are all statements that I have heard more than once. All of the previous statements may indicate a food or environmental allergy or sensitivity. One way to tell if your pet has food sensitivities is to do an elimination diet. This can be quite simple if making your own food for your pet. It can also be quite a chore if feeding a commercial diet.

If feeding kibble, start with a basic kibble. California Natural is very basic, and works well for both dogs and cats. My suggestion is to use their lamb and rice formula for your dog, as many commercial dog foods also contain chicken or chicken fat. This makes it difficult to establish which protein source may be a problem. For cats a formula exists with chicken as the only meat; this will work well unless you suspect a chicken sensitivity. This diet must be maintained for a minimum of 6 weeks. All treats must also be removed from the diet during this time. No sneaking treats or it defeats the purpose of an elimination diet. Treats can later be re-introduced one type at a time. Pay close attention to the ingredients of the treats that you introduce. You may have to cross reference ingredients if a reaction occurs. Typical reactions are excessive scratching, excessive chewing or licking of the feet, hot spots, or dirty/smelly ears. If your pet experiences any of these symptoms remove the suspected treat from the diet for at least 1 week before trying a different treat.

If you feed a raw diet, your animal may be experiencing a sensitivity to the protein source. Remove all treats from the diet for a minimum of 2 weeks and see what the result is. If your pet is still reacting it is time to change the protein source. Most people tend to feed chicken or beef, as they tend to be less expensive. These may be best to stay away from for the purposes of an elimination diet. If, however, your pet has never been exposed to these proteins they may be attempted. The best protein sources to consider are lamb, venison, buffalo, goat, turkey, duck, rabbit, or salmon. Most of these options

## A Medical Opinion Seasonal Allergies- Allergic Rhinitis

It looks more like spring with each day passing by. We are happy that another winter is behind us. Everything will change, and become colourful. But there is something else coming with spring - allergies.

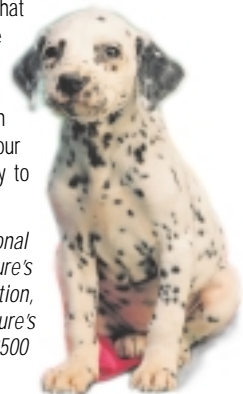
*What are allergies?* They are hypersensitivities of one's body to allergens that can be endogenous or exogenous. An immunological specific interaction occurs between antigens and humoral antibodies or sensitized lymphocytes. There are many classifications of hypersensitivity, but one that is widely used is "Classification of reactions" which defines four types. The one that is possibly most important for this time of the year is Type I reactions in which antigens (allergens), combine with specific IgE antibodies (that are bound to membrane receptors on tissue mast cells and basophils). These antigen-antibody reactions cause the rapid release of potent inflammatory mediators (i.e. histamine) and over

can be found in commercially available complete raw diets for dogs or cats. You may also choose to go one step further and buy the protein source separate from the fruits and vegetables. This will give you even more control in discovering your pet's sensitivities. Be sure to rotate the protein source so as not to allow the development of further sensitivities. Once you have discovered a rotation that works you may add treats to the diet once again. Always leave at least 1 week between the introduction of each new treat. Pay close attention to the ingredients of the treats that you introduce. You may have to cross reference ingredients if a reaction occurs.

When cooking for your pet or making your own raw food the process is simple yet time consuming to discover your pet's sensitivity. First remove all treats from the diet. Then choose a protein source that your pet has never been exposed to or never has had a reaction to. This can be fed alone for a period of 1 week. Start introducing fruit and vegetables one type at a time leaving at least 1 week between introductions to see if a reaction occurs. If a reaction occurs, eliminate the food from the diet. Once satisfied that your pet has a wide range of foods to eat you may begin introducing treats in the same manner of introducing fruits and vegetables. Pay close attention to the ingredients of the treats that you introduce, and watch for symptoms.

Some common ingredients that may cause allergic reactions are yeast, wheat, gluten, chicken, beef, corn, and soy protein. Remember to rotate the protein source of your pet's food so your pet does not develop sensitivity to the new diet.

*Delia Lo Porto is a Nutritional Consultant working at Nature's Source. For a pet consultation, please contact her at Nature's Source in Etobicoke 416-242-8500 or Mississauga 905-502-6789.*



# Seasonal Allergies



TREE POLLEN

hours there is increased vasodilatation, increased capillary permeability, glandular hypersecretion, smooth muscle spasm, and tissue infiltration with eosinophils and other inflammatory cells.

The most common disorder in this group is Allergic Rhinitis. This type of rhinitis is characterized by an IgE mediated hypersensitivity to foreign allergens. It can be seasonal or chronic and perennial - when it can be mistaken with recurrent colds. Onset usually occurs before reaching 20 years of age and is more common in those with a personal or family history of allergies.

*What are the symptoms?* I think everybody knows an answer to this question. Nasal obstruction with itching and sneezing, itching of eyes with tearing, frontal headache and pressure, the mucosa is swollen and pale. Congestion reduces nasal airflow and allows the nose to repair itself.

Allergic rhinitis can be seasonal with the onset in spring, summer, or early autumn, initiated by pollens, but it can be perennial as well (house dust, wool, feathers, foods, tobacco, hair, mould), or it can occur intermittently for years with no detectable pattern, or it may be constantly present. The spring type is due to tree pollens (e.g. elm, oak, maple, birch); the summer type to grass pollens (e.g. timothy or chard) and to weed pollens; and the fall type, to weed pollens (e.g. ragweed).

After years of exposure and symptoms one can have complications like chronic sinusitis and polyps. So the best thing to do is to avoid allergens as much as possible, use oral decongestants, nasal irrigation with saline, and desensitization by allergen immunotherapy. If there is an allergy to pollens, therapy should begin soon after pollen season ends to prepare for the next season.

*Jovanka Ristovski is qualified as a Medical Doctor in Macedonia.*

## Nettle and Butterbur for Allergies

Seasonal allergies are often characterized by itchy, teary eyes and a runny nose which occurs upon being exposed to an allergen. The inhaled particles, which get trapped in the mucous layer of the nasal passage, cause a cascade of immune responses. Substances known as immunoglobins (IgE in this case) along with a host of other immune cells and cytokines are involved in the inflammatory process. Often, diet changes and getting optimal sleep improve the symptoms, however for many, more aggressive measures are sometimes needed to ease the symptoms.

In a double-blind, randomized study conducted during the peak season for allergic rhinitis, researchers compared an extract from herb Nettle leaf (*urtica dioica*) to a placebo. The participants given 1300mg of Nettle leaf showed an improvement in symptoms of hay fever, which included itchy eyes and sneezing.

Historically nettle has a long traditional use for controlling associated symptoms of allergies. Furthermore, the herb Butterbur (*Petasites hybridus*) was also studied in 2002 showing favorable controlling of symptoms of allergies when compared against the prescription drug Cetrizine. The active constituents are petasin and isopetasin and are believed to reduce smooth muscle spasm and have anti-inflammatory properties. Butterbur does contain pyrrolizidine alkaloids which are associated with liver toxicity and carcinogenesis. However, extracts are available in which the pyrrolizidine alkaloids have been removed. Talk to your Naturopathic Doctor first before considering the use of herbal medicine.

*George Tardik BS.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.*

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## NEW PRODUCTS AT NATURE'S SOURCE

### TAUROX – An Immunomodulator

Taurox SB is available in homeopathic preparations for immune optimization. Its main use is for persistent fatigue present for one month or more. Taurox works by modulating the immune system (stimulating an underactive immune system and calming an overactive one), resulting in a more effective immune response and decreased fatigue.

Taurox modulates cytokine levels. It is known that cytokines can strongly modulate fatigue. Cytokines are glycoproteins that are released in small amounts in hormone-like fashion when a healthy immune response occurs. The cytokines IL-2 (interleukin-2) or TNF (tumour necrosis factor) are used to treat cancer. However, at high concentrations they may induce symptoms of fever, fatigue, brain fog, and depression. This is known as the cytokine syndrome. A balance in cytokines may result in an increase in energy.

The major active ingredient in Taurox is COBAT (carboboxy-B-alanyl taurine). It is a combination of taurine and beta-alanine that has been modified to be efficiently absorbed via the oral mucosa. The effective dose of COBAT is low due to nano technology (it is effective at nanogram levels), thereby making it more powerful than other anti-fatigue compounds. The suggested dose is 12 drops, however this may be adjusted to determine an optimal dose for the individual. Initial clinical trials showed that over 90% of patients with moderate to severe fatigue experienced a reduction in fatigue after taking Taurox SB for 3-6 weeks. Some people experienced more vivid dreams and a deeper sleep with reduced fatigue, while some reported a temporary worsening of symptoms when they started taking homeopathic remedies.

Taurox SB should not be taken by people who are on immunosuppressive drugs, steroids, anyone with an autoimmune disorder, and anybody who has had an organ transplant.

*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 The Winds of Change

Like the seasons, the Natural Health industry is changing. But what is it changing into?

At a recent Natural Health trade show in the U.S., the participants were no longer casually clad - suits and ties were abundant. Laptop computers and palm pilots were everywhere. Hershey's and Kellogg's were among the names that were visible. Natural health was originally an industry of small businesses, but as more people use more natural health products, big business is seeking the rewards. Can they really keep the 'natural' in natural health?

And what changes are happening in Canada? If we go back to 1997, the Minister of Health proposed stricter regulations for Natural Health Products (NHPs) including requiring Drug Identification Numbers (DINs), and proposed that NHPs be brought under a drug directorate. (Natural Health Products include vitamins, minerals, amino acids, probiotics, and more.) There was a large public outcry, which resulted in the 1998 report from the Standing Committee on Health "Natural Health Products: A New Vision". It acknowledged that over half of Canadians used NHPs (it is now estimated at over 70%) and wanted free access to them. The report contained 53 recommendations, including that NHPs be adequately defined, and that they be allowed to make health claims. The government accepted the committee's 53 recommendations.

A Natural Health Product Directorate was established, and regulations were drawn up. As presently written, effective January 1, 2004 with a transition period to December 31, 2009, each NHP will require a product license number (an NPN), and homeopathic medications will require a DIN-HM. (Many NHPs need to comply with the regulations well before 2009 – the deadlines are different for the various categories of NHPs.) Natural Health Products appeared to have their separate category as neither food nor drugs. In fact, when the "small print" is read they are being regulated as a subclass of drugs, which causes concern among many people. One of the concerns is the cost to comply with the bureaucracy of the drug-type regulations may put many small companies out of business.

In March 2003 Dr. James Lunney, MP (a chiropractor) introduced Bill C-420 to restore Canadians' freedom of choice in health care ([www.jameslunneym.ca](http://www.jameslunneym.ca)). Stalled by the election, Bill C-420

passed its second reading in the House of Commons on March 9, 2005 and has now gone to committee. This Bill proposes that NHPs be put under an appropriate food-style directorate. Good manufacturing practices (GMPs) would still be required.

Canada is under time pressure to pass Bill C-420 by August 1, 2005. What happens if we don't? Then we have to deal with Codex Alimentarius.

What is Codex? Codex is a sub-committee of the United Nations that establishes guidelines on food trade issues. Countries that are part of the World Trade Organization, including Canada, can be severely penalized for non-compliance with Codex regulations. In the 1990s, Codex began to look at establishing internationally "harmonized" standards for food supplements. In 2002 the *European Union Directive Relating to Food Supplements* was produced for Codex. Under the guidelines all vitamins and minerals and most other essential nutrients will not be available as food supplements except in very low doses – they will be treated as pharmaceutical drugs and will ultimately only be available by prescription. As it stands, essential fatty acids, phytonutrients, and enzymes will not be available at all until the EU scientific committee makes its final decision about these products. The chair of this scientific committee is from the pharmaceutical giant Pfizer. There are layers of politics and problems with the Codex guidelines – too many for this editorial. Helke Ferrie's website

([www.kospublishing.com](http://www.kospublishing.com)) provides more insights on the Codex issues.

If Canada classifies Natural Health Products as food supplements and not drugs, we are exempt from the Codex plans for unification. It is therefore very important that Bill C-420 be passed, bringing NHPs under a food style directorate. Independent of Codex, this bill is important for Natural Health Product accessibility in Canada.

What can you do? Sign a petition, write a letter, or send an e-mail in support of Bill C-420 to your MP and the party leaders. The Friends of Freedom are a group fighting for Freedom of Choice in Health Care and has an e-mail letter you can send. ([www.friendsoffreedom.org](http://www.friendsoffreedom.org)). Stay informed and stay involved. Your voice counts; you can be heard.

I would like to thank Helke Ferrie for the information she provided.

Heather Allsop, Editor



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