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INSIDE THIS ISSUE

# Mother's & Father's Day

## ESSENTIAL OILS – Finding the Right One for You

Celebrate Mother's Day with the wonderful gift of essential oils. There are so many excellent aromatherapy oils available – 100% pure and authentic, and they can be used for a wide range of applications. They cannot all be listed here, but here are a few to illustrate the diversity of oils and what a difference they can make in your life.

*What are Essential Oils?* They are oils from various parts of plants such as the root, flower, fruit, leaf, or wood. They are extracted in liquid form. Each essential oil has its own unique essence or property and may soothe, invigorate, or stimulate your entire body and senses.

Essential oils are available in different aromatherapy fragrances to suit all kinds of needs. Did you know that just a few drops of Avocado, Almond, or Apricot oils are excellent for dry skin, and Grapeseed oil helps with oily skin? Jojoba is one of the best oils for nourishing and protecting the skin, making it soft and supple. Geranium oil has a "rose like aroma with a minty undertone" and will balance dry and oily complexions.

Summer will soon be here and so will the mosquitoes. What a good time to purchase Citronella, a lemon-like fragrance - a bug-repellent you can apply topically to the skin to

keep the bugs away. How about Lavender to provide a calming, relaxing scent? Wouldn't that be nice after a long, hard day at work? You just need to apply a few drops either directly to your bath or place in a diffuser and enjoy. Neroli is another great essential oil. Neroli provides a soothing scent of bitter

orange to bring peace to those feeling agitated or in a nervous state; it can help relieve despair and grief. If you have digestive problems, try Peppermint; if you have a cold and are stuffy, try Hyssop and Eucalyptus in a vaporizer. This works well to bring quick breathing relief to children to help them sleep and have a good night. Even for women in menopause, there is something to help you, too! Carrot Seed blended along with Rose, Geranium, and Clary Sage helps to support the physical and emotional transitions of menopause. There are many great oils for Dads, too. Both men and women can use most scents; you can each find the ones that work well for you.

It is important to understand how to use Essential Oils effectively. Remember the following points to keep you safe and happy with your new essential oils. Do not put any oils near your eyes, ears, or any open wounds. Do not use oils on your skin without diluting them first in a gentler oil like Almond, Jojoba, or Grapeseed oil. Check the label for safe uses of the oil. If you are pregnant or have any other medical condition, please check with a qualified practitioner before using. If taking Homeopathic remedies, check with your homeopath, as certain oils can alter the effect of the remedy. Finally, essential oils should not be taken internally, and should not be used for cooking.

I hope that this little bit of information has peaked your interest in trying the Essential Oils that are right for you. But most of all, I would like to say Happy Mother's Day and Happy Father's Day to you all – and keep up the great work!

*Yvonne Horvat is a Nutritional Consultant at Nature's Source in Mississauga. She would like to thank Aura Cacia for the information they provided for this article.*

## FERTILITY: Is Your Body Prepared?

Father's Day and Mother's day are coming which is a happy time for parents, but for some couples this is a time to think about parenthood and starting a family. Couples who fail to conceive after trying for one year are considered infertile and some statistics show up



to one in four couples experience infertility at some point. Many factors come together for conception to occur and even more for the birth of a healthy child. Both the male and female should be in optimal health before trying to conceive, to maximize chances of having a trouble free pregnancy and healthy children.

For women, one of the most important things is to be having regular, pain-free menstrual cycles. A woman should be assessed for polycystic ovaries, pelvic inflammatory disease, uterine cysts and endometriosis, all of which can increase the chances for infertility.

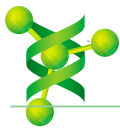
The factors that plague men when it comes to infertility have to do with their sperm. Usually a low sperm count and/or poor sperm motility are the biggest problems. For many men their lifestyle is the precipitating factors. Things such as smoking, excessive drinking and high trans-fat meals will all contribute to the problem, as will excessive medication and antacid use.

The more the couples are able to do to fine-tune their bodies before trying to conceive, the better the health of the child. An active lifestyle with plenty of exercise helps to continually detoxify the body. It is also important to eat whole foods and eliminate as much mental and emotional stress as possible. Avoiding alcoholic and tobacco products, and minimizing medications and foods with low nutritional value will help decrease the toxic load on the body. I would recommend that both parents do a good cleansing/detoxification program before trying to conceive (for more info see issue #3/2005 of the Nature's Source News), to allow the body to be closer to peak performance.

Women should also consider taking supplements such as Dong Quai and Blue cohosh to help regulate their cycle along with essential fatty acids and antioxidants such as Vitamin C, Vitamin E and selenium to provide additional support and maintain proper cell growth. Women can take prena-

- cont. -





tal multivitamins when they are trying to conceive to allow for extra iron and folic acid and to decrease the Vitamin A content that can pose a hazard in high doses.

Men should consider supplements to increase sperm quantity and quality, if they feel it might be an issue. Antioxidants such as Vitamin A, C, E and selenium along with zinc are the basics. For added support look into the amino-acid L-carnitine and the herb Tribulus to enhance sperm production and motility.

This is just a basic overview to prepare the body before conception, for a more detailed look at your personal case consult a qualified health care practitioner.

*Baljinder S. Chhoker, a Naturopathic consultant for Nature's Source. For more information or a consultation please call 905-257-1655 or 416-242-8500.*

## A Medical Opinion Women's & Men's Cancers

One of the big issues in women's and men's health these days is cancer. This article addresses gynecological cancer in women and cancer of the prostate in men. Although breast cancer is the second most frequent cancer in women, this article will focus on gynecological cancer because it occurs frequently, but it's not something that women can palpate or discover by themselves. Of course, there are symptoms and signs but some women don't realize they can have serious implications.

The most common gynecological malignancy is endometrial cancer. The mean age for this is 61 years. That means that the group most affected is menopausal women. Risk factors are considered nulliparity (never having carried a

pregnancy), late menopause, chronic menopause (like in polycystic ovary disease), obesity, diabetes, and hypertension. If a woman presents with postmenopausal bleeding, the first thing to rule out is endometrial cancer. Diagnosis is made by endometrial sampling, which can be done in an office setting. If a diagnosis of endometrial cancer is made, the therapy is surgical. Staging is done after an evaluation of the pathology report. With the pathology report, an evaluation is made for good or poor prognosis. Poor prognosis means metastatic cancer to lymph nodes, more than 50% myometrial invasion, poorly differentiated histology, etc. Prevention for all postmenopausal women on estrogen replacement therapy is progesterin to prevent unopposed estrogen stimulation that can lead to endometrial cancer. Polycystic ovaries are also treated with progesterin to avoid endometrial hyperplasia from unopposed estrogen.

The second most common gynecological malignancy in women is ovarian cancer. If a pelvic mass is found in a postmenopausal woman during a physical exam, ovarian cancer has to be ruled out, because ovaries in elderly women should be atrophic. The screening method is bimanual pelvic examination. Ultrasound is good for discovering masses but is not specific for malignancies. The mean age for this condition is 69 years. Again, this cancer is more common in elderly women. This is the most common gynecological cancer leading to death. Risk factors are BRCA1 gene, family history, a high number of lifetime ovulations, and infertility. Protective are oral contraceptive pills, chronic anovulation, breastfeeding, and a short reproductive life. Once discovered, therapy is surgical. Follow up is recommended for benign masses once a year. For malign the recommended follow up is every 3 months for the first

2 years, than every 6 months for the next 2 years.

The third most common malignancy is cervical cancer. The most common cause is infection with human papilloma virus type 16, 18, 31, 33, or 35. Other causes are early age of intercourse, multiple sexual partners, cigarette smoking, and immunosuppression. The PAP smear is a very good screening test. A PAP smear is recommended for every woman within 3 years after onset of sexual activity, once a year for 3 consecutive years. If a woman doesn't have any risk factors, she should have PAP smear every 3 years thereafter. If a woman has a risk factor, she should have annual PAP smears. After being treated for cervical cancer, a woman must undergo follow up every 3 months for the next 2 years.

Men's malignancies of concern are cancer of the prostate, bladder cancer, renal cell cancer, and urethral cancer. The most common is cancer of the prostate. The screening method for this type of cancer is a rectal exam. This cancer is asymptomatic, so it's important to be examined for it. The prostate is a gland that can hypertrophy and this increases the need for voiding. Men may have to get up several times during the night, and that exhausts them. But cancer of the prostate is not that predictable, so there is also a blood test needed and that is prostatic specific antigen. If positive, the man needs a biopsy or sonogram that will be confirmatory. Surgical resection or radiation is the recommended treatment.

The next cancer of importance for men is carcinoma of the bladder. This one is important because of the correlation with smoking. Nowadays this form of cancer is considered more common in smokers than lung cancer. Symptoms are often hematuria (blood in the urine) and irritative voiding symptoms, and urinary cultures are negative. Treatment involves both surgery and chemotherapy, but a high recurrence rate makes life-long close follow-up a necessity. *Jovanka Ristovski is qualified as a Medical Doctor in Macedonia, and she is studying in Canada.*

## A Passion for Pets The Benefits of Feeding Raw

What are the benefits of feeding a raw diet? To answer this question we must first understand what a raw diet is. A raw diet includes an uncooked protein source usually combined with raw vegetables and, apart from chopping and grinding, is unprocessed. A raw diet is more natural to an animal than a processed kibble. It can be equated to a human eating a carrot instead of a T.V. dinner. Although nutritional value can be argued for kibble, a raw diet provides more control in determining individual diets based on nutritional needs especially if pathology exists.



Many issues that people associate with being natural animal characteristics such as body odour, stinky breath, tartar, shedding, dry skin, etc. can actually be remedied by feeding a raw diet. Kibble, for the most part, is dead. It lacks enzymes present in raw food and therefore can be very difficult to digest. Over a period of time your pet's body may not be able to accommodate the lack of naturally occurring enzymes and may develop

digestive problems. It is possible that the food that your pet is eating may not be nutritionally bio-available. By feeding a raw diet your pet is exposed to more naturally occurring nutrients that can be readily assimilated. We all know that if we eat nothing but dead processed food all the time we run a risk of developing dry skin, bad breath, excessive body odour, or even a severe or fatal illness. The same holds true with your pet.

People who own reptiles understand that the animal needs a diet similar to what they would eat in the wild. It is quite common to see a reptile owner feed it crickets. A bird owner feeds it seeds because the beak is designed to crack shells. Since dogs, cats and ferrets are carnivores and have the teeth to prove it, it only seems natural to feed a diet more natural to them. To introduce your pet to a raw diet you may want to seek out a prepared complete diet. This is a packaged frozen food that contains all the nutrients your pet needs. Additional supplements may be added depending on your pet's health requirements. A raw diet can help to strengthen the immune system. By feeding a raw diet you may be able to rid your pet of the symptoms previously discussed, potentially averting a more serious illness.

*Delia Lo Porto is a Nutritional Consultant working at Nature's Source.*

## SEA SALT BATHING Give your body the gift of minerals

Mother's Day or Father's Day – or any day – can be a time for pampering yourself. What better way to do it than to take a well-deserved relaxing soak in the bathtub?

What if someone told you that a relaxing bath could also be nourishing? Indeed, it can be if you bathe in sea salts. The oceans are a rich source of beneficial minerals. When 'sea salts' are produced by evaporating ocean water, they are abundant in minerals. These nutrient-rich salts will have a grey or coloured tone to them, unlike many mineral-depleted sea salts that are white and sold for kitchen use. Some sea salts specifically for bathing, such as Celtic Bath Salt, will have the added benefit of clay from gathering the salt from deeper in the clay basin. Clay is known to draw out toxins and impurities from the body. Other sea salts may be enhanced with wonderful essential oils, which can add their own healing and soothing properties.

The skin is an organ of absorption, as well as of detoxification. If you add two handfuls of sea salts to a bathtub of water, it is like bathing in a sea of minerals. Your body can absorb minerals from the water. If greater mineral absorption is required (for example, to battle illness), greater quantities of salts can be used. The water should

# Men's and Women's Health



be lukewarm; if it is too hot your body will eliminate minerals instead of absorbing them. Drinking a solution of sea salt (e.g. Celtic Sea Salt) can help you re-mineralize after a hot bath. After a sea salt bath, rinse yourself off then dry yourself vigorously.

Another type of bath that can be very relaxing is one with Epsom salts. Epsom salts are magnesium sulphate, and are therefore a source of both magnesium and sulphur. Magnesium is a muscle relaxant; after a day hard at work or play a soak in an Epsom salt bath can relax your tired muscles. The sulphur helps with detoxification – another great reason to treat yourself to a bath and improve your health, while giving yourself the pampering you well deserve.

Heather Allsop, B.Sc., Ph.D., RNCP is a Nutritional Consultant at Nature's Source. She helps others improve their health through nutrition and detoxification.

## Prevention Starts with Education

### Prostate Function and Men's health

After reviewing an article presented in the Canadian Pharmaceutical Journal, I was surprised to see that over 40% of men tested had benign prostate enlargement (average age was 50). The numbers climb even higher in men over 60, where enlargement was seen in 70% of the sample group. It is important to remember that this was just one study and these numbers may not be an accurate representation of men in North America. However, it does tell us that men must start to recognize symptoms of prostate enlargement. Some of these symptoms include: increased nocturnal urinary urgency, decreased urinary flow, increased residual volume in the bladder and edema. BPH is an acronym for Benign Prostatic "Hyperplasia" (increase in number of cells in the prostate) and Benign Prostatic "Hypertrophy" (increase in the size of the prostate gland).

### Natural Treatments and Drugs for BPH

The prescription drug Proscar (Finasteride) has long been prescribed to alleviate symptoms of BPH. This drug works primarily by suppressing a testosterone metabolite (DHT). Saw palmetto is commonly used as a replacement for Finasteride, but the herbal extract and finasteride can be used simultaneously. Since combining medication and herbal extracts is an area that needs more research, regular testing with your physician is important to monitor your unique biochemistry. Finasteride and Saw palmetto both inhibit 5-alpha-reductase in order to reduce DHT stimulated growth in the prostate.

Unfortunately, DHT is not the only culprit in prostate enlargement. The other culprit seems to be Estrogen. As free testosterone declines with age, the ratio of estrogen to testosterone creates an imbalance. High levels of estrogens (estradiol, estrone) relative to testosterone (also referred to as the estrogen/androgen ratio) is

also a risk factor for BPH. In addition, testosterone conversion to estrogen (aromatization) also affects prostate tissue. One of the remedies for this estrogen dominant environment is something called Nettle (Urtica Dioica). In fact, Saw palmetto and Nettle combination has been shown to work better synergistically than either alone.

If you have the symptoms described earlier, I would suggest reducing caffeine and increasing water consumption (caffeine can dilate smooth muscle in the prostate). Stress also plays a role in the inflammatory process and is a contributing factor to prostate enlargement. Lack of sleep is a form of stress on the body, along with the day to day stresses of life (take a vacation and get some sleep!).

Hopefully your medical practitioner and your holistic practitioner can work together to provide the best overall treatment for your situation. There are specific tests for early detection associated with prostate function, so, have regular check-ups as a preventative measure, before problems begin.

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



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## NO CODEX FOR CANADA

Health Canada has released a Fact Sheet "Codex and the Availability of Vitamins and Minerals in Canada". The following are quotes from the Health Canada Fact Sheet:

Many Canadians have expressed concerns about the perceived impact that Codex may have on the availability of vitamins and minerals in this country. The main concern is that the new Codex Guidelines on Vitamin and Mineral Supplements will severely limit the amount and type of vitamin and mineral supplements available in Canada.

*Health Canada wishes to clarify and reassure Canadians that the proposed Codex Guidelines on Vitamin and Mineral Supplements will not apply in Canada and, therefore, will have no impact on the availability of vitamins and mineral supplements in Canada.*

Canada will not be adopting these proposed Guidelines for two reasons:

1. The Guidelines on Vitamin and Mineral Supplement specifically state that they will apply in countries that regulate vitamins and minerals as foods. In Canada, vitamin and mineral supplements are regulated as natural health products. The proposed Codex guidelines are therefore not applicable in this country.

2. The proposed Codex Guidelines provide guidance to countries on improving the safety and efficacy of their vitamin and mineral supplements. Under Canada's Natural Health Products Regulations (which came into effect on January 1, 2004) the safety and efficacy of vitamin and mineral supplements sold in Canada is already ensured.

For more information on Codex and Canada's Position, visit [www.hc-sc.gc.ca/food-aliment/frjia-raaii/lp-pi/codex/e\\_index.html](http://www.hc-sc.gc.ca/food-aliment/frjia-raaii/lp-pi/codex/e_index.html)

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*Do you have questions? Suggestions?  
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Let us know what you think.

Please e-mail your comments to [natures@ican.net](mailto:natures@ican.net)

The Nature's Source News and other articles are also available on our website at

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

## Letter from the Editor Happy Mother's Day! Happy Father's Day!

Whether you are a mother or father or not, we all came from mothers and fathers. This is a time to give thanks to them, and to show our appreciation. It is wonderful to give them cards and perhaps buy them gifts, but even more important is the time and attention we give to our parents. Let them know they are appreciated. And don't forget them the other 364 days of the year.

If you are going through the joys and struggles of being a mother or father, remember, "There is no way to be a perfect parent, but there are millions of ways to be a great parent." Do the best you can, and be willing to forgive yourself as well as your children for those times that don't go quite

right. Parenting is, for many of us, the most important job we have in our lifetime. As Kahlil Gibran says "You are the bows from which your children as living arrows are sent forth."

Whether we are mothers or fathers or not, we are all men and women. We can legislate and practice equality of the sexes, but physiologically we are different in many ways. Although we share many things, health issues can be different for men and for women. Some of these are touched upon in this newsletter.

Wishing you all a healthy and happy Mother's Day and Father's Day!

Heather Allsop, Editor



## WINNERS AT NATURE'S SOURCE

Thanks to the generous donations of **Nu-Life** and **Kyolic Garlic**, some Nature's Source customers have gone home as winners. (We hope you all feel like winners at Nature's Source!). Draws were made at the three Nature's Source locations.

Winners of the **Nu-Life** gift baskets included Jamie Waggoner, Sharon Lowe, Lynne Clemantis, and Caterina Carcone.

Winners of the blood pressure monitors donated by **Kyolic Garlic** included John Gogal and Lily Lim.

Congratulations to those who went home with prizes! Thank you to all who participated in the draws, and to **Nu-Life** and **Kyolic Garlic** for providing the prizes.



Nature's Source customer Lynne Clemantis is shown picking up her Nu-Life gift basket at the Mississauga store

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