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*Nature's Source News
is written and edited by
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INSIDE THIS ISSUE

Diabetes

**LEARNING TO LIVE WITHOUT SUGAR
Discover the reasons why**

If you are like most people there is nothing like the taste of a good chocolate sundae; or a chocolate milk shake; a piece of cake, or even a piece of pizza to just tantalize the taste buds in your mouth. Yes, definitely some foods just plain taste amazing and these are the types of foods that keep us coming back to eat seconds and thirds. However, although these foods taste great, the taste of these foods only last a few short minutes or even seconds, but the effects of eating these foods can and will have a detrimental effect in the long term. These foods are short of nutritional value and they do not provide necessary macronutrients.

Sugar is sweet but it is not so sweet to the body. Unrefined sugar as well as natural sugar when consumed in large dosages over a long period of time is one of the underlying cause of many degenerative diseases such as diabetes; heart disease; high blood pressure; arthritis; psoriasis; weight gain; and contributes to a weakened immune system and allergies. Did you know that the body can operate with as little as 2 teaspoons of blood sugar, yet the average North American consumes approximately 150 pounds of sugar a year (approximately 40 pounds of that being from soft drinks)? Did you know that too much sugar upsets the alkaline and homocysteine balance of your body chemistry and can lead to changes to your psychological and emotional state, possibly causing depression and reducing the body's ability to deal with stress? Sugar can also upset the body's mineral balance, and sugar can cause hyperactivity, anxiety, concentration difficulties, and crankiness in children. Sugar can cause a significant rise in triglycerides, and can contribute to a bacterial infection. Sugar can decrease your HDL (good fat levels) and increase the LDL (bad fat levels) in your body leading to problems with your cholesterol levels. Sugar can cause tooth decay, weakened eyesight, fluid retention, decreased

bone density, and can cause the pancreas to become overstressed and sensitive. These are just a few of the negative effects of consuming too much sugar but there is good news. Diet modification is first step to changing your negative current health condition to a positive and healthy profile by learning how to eat effectively. Foods like breads, dairy, soya, wheat, corn, gluten, milk, chocolate, butter, condiments, mayonnaise, donuts, pop, coffee, white rice, and white pastas should be avoided at least initially. A balanced diet will include fruits and dark green leafy vegetables. Get excited about learning how to make great tasting lunches and dinners with fresh fruits and colourful vegetables such as Spinach, Brussels Sprouts, Cabbage, Kale, and Broccoli that are full of nutrition and can make any dish look delicious.

Fructose and Xylitol are two types of naturally occurring sugars from fruit and are sugar substitutes that most people find work well. Stevia (a sweet-tasting herb) has been found to work the best with those who are on a strict diet to control blood sugar and/or weight, and Stevia will not affect your insulin levels. All soda pop should be completely avoided.

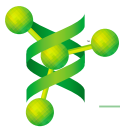
In the beginning you may find it difficult to switch over so it may be helpful to consult a health care provider such as a nutritionist or a naturopath who can work with you to achieve your health and fitness goals and who can create a meal plan for you. A new diet program will allow you to learn techniques on how to choose healthier foods to eat and what to avoid, and it will also help you to learn how to maintain a healthy body weight. You can also find out what is the best way to deal with sugar cravings and binge eating and dis-

cover how to build a nutritional and psychological platform that will make you healthier, happier and more full of the enjoyment of life.

If you would like to learn more on how to eat for a healthier body, please contact Yvonne Horvat, a Registered Holistic Nutritionist working for Nature's Source.

Yvonne would like to thank Nancy Appleton, PhD, author of "Lick the Sugar Habit" who has provided some of her references.





So You're Prone to Diabetes

Diabetes is a medical condition where the body's blood sugar level increases beyond its normal range. There are two major types of diabetes: Type I – insulin dependent diabetes mellitus (IDDM) and Type II – non-insulin dependent diabetes mellitus (NIDDM). Type I (IDDM) usually occurs in children and usually results in life-long intake of insulin due to inadequate production of insulin by the body. Type II (NIDDM), also called adult onset diabetes, is the more common type (about 90% of all diabetics) and is the result of loss of sensitivity to insulin by the body.

Type II diabetes affects millions of Canadians and millions more are prone to it (this is called Syndrome X). Symptoms such as impaired glucose tolerance (high blood sugar), mood swings, food cravings, low drive and energy, and headaches and weakness relieved by eating are all suggestive of Syndrome X. Having the majority of these symptoms makes one prone to Type II diabetes which can lead to more serious health-related problems. If the diabetes remains uncontrolled it can lead to heart and kidney disease, vision and gum problems, nerve damage, and can also

increase pain and inflammation.

NOW, after reading all this, don't you think you should get proactive about your health?!

Avoiding Syndrome X requires a change of lifestyle including: eating well, regular exercise, proper rest and sleep, and usually a good supplement routine. Eating foods with a low glycemic index (GI) helps to decrease the load on the pancreas and digestive system, thus minimizing the resistance to insulin by the cells. Foods such as fruits, vegetables, and high fiber products have a low GI, while refined carbohydrates such as white sugar, white flour and white rice have a high GI, and thus increase insulin resistance. Being overweight will cause a greater insulin resistance to develop; this will usually increase cravings and lead to increasing obesity. Regular exercise helps to maintain an ideal body weight thus avoiding excess body fat. Getting regular sleep and good rest help the body to repair and recover much better. Proper rest allows the body to maintain consistent energy throughout the day and thus reduces the desire for carbohydrate-rich energy lifts.

The fast-paced North American lifestyle leads to many nutrient deficiencies because a proper diet is hard to maintain. The basic supplements such as a good multivitamin and a mineral complex provide sup-

port for the body on those low nutrient days, because the diet just cannot provide enough. Antioxidants such as vitamins A, C, and E plus selenium, alpha-lipoic acid, Co Q10, and carnosine, help to prevent or repair most of the damage and destruction that goes on at a cellular level. Nutrients such as Vitamin C, chromium, alpha-lipoic acid and essential fatty acids all help to decrease insulin sensitivity thus protecting the body from Type II diabetes.

These are just the basic nutrients that most people will benefit from but if you have Type II diabetes and want to get it under control, it is best to consult a Naturopath for an individual protocol.

This article is provided by Baljinder S. Chhoker, a Naturopathic Consultant for Nature's Source. For more information please call 416-242-8500 or 905-257-1655.

A Medical Opinion Diabetic Neuropathy

By definition Diabetes Mellitus is a "syndrome characterized by hyperglycemia resulting from absolute or relative impairment in insulin secretion and/or insulin action". I won't talk about diabetes but about complications of too much glucose (sugar) in the blood that affect micro-and macro-circulation. Macro-vascular complications that occur in diabetics include atherosclerotic coronary and peripheral arterial disease - meaning damaging of the blood vessels that carry oxygen to the heart muscle and organs in the body. Micro-vascular complications include retinopathy (causing vision problems, the worst will be blindness), nephropathy (damaging of the kidneys because of inefficient blood supply) and peripheral and autonomic neuropathies.

Diabetic neuropathy occurs as a distal, symmetric, predominantly sensory polyneuropathy that causes sensory deficits that are marked by a stocking-glove distribution. Symptoms may include numbness, tingling or pain in the toes, feet, legs, hands, arms, and fingers. Autonomic neuropathy occurs primarily in diabetics with polyneuropathy and presents with postural hypotension, disordered sweating, impotence and retrograde ejaculation in men, impaired bladder function, delayed gastric emptying, esophageal dysfunction and constipation or diarrhea. Foot ulcers are a very important problem because high blood glucose causes nerve damage and poor blood flow. With nerve damage one cannot feel pain, heat, or cold in the legs or feet. A sore or cut on the foot may get worse if a person doesn't know it is there, and this is an open site for infection. The second problem is low blood flow, and we know that if there is not sufficient blood flow it is hard for a sore or infection to heal. The risk of infection from fungi and bacteria is greater in diabetics because of decreased cellular immunity caused by hyperglycemia. A fungal infection can lead to interdigital lesions, cracks, fissures, and ulcerations that favor secondary bacterial infection. Patients with infected foot ulcers often feel no pain and have no symptoms until it is too late. So my advice to all diabetics following recommendations from all around the world is:

A Passion for Pets

What kind of pet is best for you?

Some people choose to open their life to a pet. This is a serious commitment that should never be entered into lightly. Your new pet will depend on you for everything. Many people are committed to the basics...food, water, shelter...but there are so many other things that need to be thought of before you make the commitment. A pet must be chosen according to your lifestyle and chosen level of commitment. Here are a few things that should be considered before you purchase or adopt your new companion.

1. What type of pet is desired?
2. How much time is needed to care for this pet? Do you have enough time in your life?
3. How much money is needed for the upkeep of the animal? This includes food, vet bills, toys, treats, and any other incidental you may think of.
4. Are you prepared to make a lifelong commitment to this pet? What will happen should you no longer be able to care for this pet? What are the reasons you would give up your pet?
5. Does everyone in the household want this pet?
6. Is there any medical condition that may cause this pet not to be suitable? Are there people with allergies in the home?

7. Will this pet have suitable shelter? Will they be indoors or outdoors? Will the habitat be suitable for the chosen pet?

8. What arrangements will be made for this pet if you go on vacation?

9. Should this pet outlive you, what arrangements will be made for their care?

10. Do you know the pet's needs? What type of exercise do they need?

It is extremely important to do your research on the desired pet. Research not only the type of pet desired but also the breed. Be sure to include information on habitat, life span, nutrition requirements, and possible illnesses. Know what you are getting into before you get a pet. Even something as simple as a fish requires time to be cared for. There are so many animals needing to be re-homed because people did not do their homework before jumping in. Check with local shelters and rescues before purchasing a pet. You may be surprised as to the type of animals available for adoption. Speak with reputable breeders. Understand what you are getting into and make your choice wisely. An informed decision can usually mean a life of happiness for both you and your pet.

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.





HIGH FIBER

- Blood glucose monitoring to bring glucose levels within the normal range to prevent further nerve damage
- Have an annual checkup with an ophthalmologist
- Wash your feet in warm water and look at

your feet every day checking for cuts, sores, blisters, redness or other problems

- Always wear shoes or slippers to protect your feet from injuries, once it happens seek medical attention immediately
- Always wear socks or stockings with your shoes to avoid blisters and wear shoes that fit well;
- And finally if you cannot take care of your feet ask your doctor to send you to a foot doctor.

To sum things up - good footwear and good care of the feet (as discussed in many booklets available for diabetics) is very important. I focused on foot care because not taking care of feet infections could lead to amputation of the affected part. The nerves to the feet are the longest in the body and are the ones most affected by neuropathy. So respect your disease and you can prevent further complications.

Jovanka Ristovski is qualified as a Medical Doctor in Macedonia. She is a staff member at Nature's Source.

IS IT OVER YET -

Can we eat a potato again?

Thankfully, the low-carb revolution has dwindled into a deep hole, buried in the diet crazed junk pile. On the positive side, during the low carb ride there were some interesting findings. Much of these findings can be attributed to Dr. Jenkins and his research into the effects of different carbohydrates on insulin secretions. If you've been hibernating for the past 10-15 years, I'll give you the crammed version of what's been going on. Keep in mind, much of this low-carb dieting was also aimed at prevention and treatment of type II diabetes.

In a nutshell we've learned that if you eat too many carbs (mostly from the wrong types), you get fat! That was and probably will remain the message for a long time. In addition, some carbs make you fatter than others. Specifically, carbohydrates that induce a rapid rise in insulin production (via the beta cells in the pancreas) are the highest offenders. These foods include: rice cakes, processed cereals, white bread, very ripe fruit with no fiber (e.g. banana), white potato (with no skin) and a plethora of other processed foods. Who would have thought that Corn Flakes could give you more rolls than the Pillsbury Dough Boy?

Much of the problem revolves around the fact that in the presence of insulin, fat is not mobilized as fuel (conversion of triglycerides into free fatty acids). This means when you eat a lot of sugar/carbs you don't get your own fat moving to be

burnt. Unfortunately the multitude of books that hit the market made the public more confused. "Eat a steak, and drop the potato" was the message. "Toss the pasta and eat a salad with your chicken". Those were the basic messages that seemed to be imbedded into hippocampus and amygdala of brains across the world. It is true that you have to watch how many carbs you eat. As well, make sure when you do eat carbs, you eat unprocessed carbs that have a high fiber content. There has never been a need to eat chicken and salad all day.

Although Dr. Atkins said it was ok to eat red meat, bacon and sausages and drop the carbs, he too revamped that theory later in his career. Research has also shown that a high amount of saturated fat can also increase diabetes risk. Yup, that steak (if you eat it too often) can increase diabetes risk.

So, what should you do? Follow the basics.

- Eat 2-3 low sugar fruits daily (berries, citrus, apple will do the trick) if you can't lose body fat eating 2 fruits a day...you have other issues going on.
- Consume a lot of veggies (calcium helps weight

loss and the fiber is beneficial for blood glucose control)

- Drink 2-3 Liters of H2O daily
- Make sure the carbs you eat have a high fiber content (oats, barley, rye, brown rice, etc...)
- Sleep 7-8 hours a day (The less you sleep the fatter you get - low sleep equals stress, overeating and reduction in insulin sensitivity)
- Stick to organic eggs, chicken, fish, whey protein and soy(limit pork, beef, etc...)
- Lift weights and do some cardio (pumping iron will keep you lean in the long run)
- Take some Hemp oil, flax or fish oil each day (eating some fish and nuts should come before the use of supplements)

Oh ya! Eat the potato with the skin and you'll be fine. The fiber is in the skin. Yikes, this almost sounds like a diet of moderation.

George Tardik B.Sc, RHN, RNCP (ND candidate) has been practicing nutrition for 7 years. For those seeking Nutrition Counseling appointments can be made by calling Nature's Source at 416-242-8500.

Featured Products for June

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

O3mega+fit 60s

- Rich source of Omega 3 fatty acids 180mg EPA and 120mg DHA/softgel
- Higher absorption directly into small intestine
- Suppresses pro-inflammatory cytokines
- Oils extracted from wild sardines, anchovies and mackerel



2 FOR \$19.99

Solgar Multi VM75 90s

- Potent, natural multivitamin and mineral complex, iron free
- Contains: 75mg each B-vitamin per 2 tabs, chelated minerals for higher absorption
- Excellent for stressed individuals & increase energy production



2 FOR \$29.99

AOR Maca 90s

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- Helps to increase energy, stamina and sexual performance
- Beneficial for balancing hormonal system of men and women



2 FOR \$49.99

ModuProst 60s

- Sterols blended with Saw Palmetto extract
- Also contains Nettle, Green Tea and Lycopene
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2 FOR \$29.99

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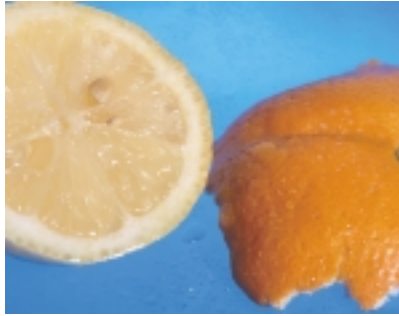
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New Product SYTRINOL

When people think of natural remedies used to lower cholesterol, they usually think of garlic, omega-3 fatty acids or even red rice yeast. However there is a new unique product that has been shown in clinical trials to lower total cholesterol by 25 percent, LDL cholesterol by 23 percent and triglycerides by 28 percent.



The name of this product is Sytrinol. What is Sytrinol? Sytrinol is a proprietary blend derived from natural citrus and palm fruit extracts. Sytrinol combines citrus polymethoxylated

flavones and palm fruit tocotrienols. In addition to lowering cholesterol, Sytrinol is a powerful antioxidant and anti-inflammatory.

Now lets talk about the two components of Sytrinol and how they work to lower cholesterol. Flavonoids are phytochemicals that have powerful antioxidant properties and play an important role in both circulatory and immune health. Polymethoxylated flavones (PMF) are flavonoids that have a flavone backbone with a number of methyl groups attached. Typical PMFs are compounds such as nobiletin, tangeritin, and sinensetin. They are found in heavy concentrations on the peels of the citrus fruits of oranges and tangerines. Research has shown that PMFs work to lower cholesterol by two mechanisms. First, they decrease Apolipoprotein B, the structural protein needed for endogenous synthesis of LDL cholesterol. Secondly, PMFs (tangeritin and nobiletin) decrease diacylglycerol acetyl transferase, a liver enzyme needed for endogenous synthesis of triglycerides.

Palm fruit tocotrienols make up the other active ingredient in Sytrinol. Tocotrienols are one half of the vitamin E family, the other being the tocopherols. They are commonly found in rice bran and palm oil. Tocotrienols are structurally different from tocopherols in that their isoprenoid side chains contain double bonds. As a result, it has been shown that tocotrienols may have stronger antioxidant properties. Tocotrienols work to lower cholesterol by inhibiting HMG CoA reductase, the liver enzyme responsible for endogenous synthesis of cholesterol. Tocotrienols may prevent carotid stenosis and as well may help with breast health.

An additional benefit of Sytrinol is that it has been shown in research to be more effective among individuals with a genetic predisposition to high cholesterol, because it actually alters the level of cholesterol produced. There are no known side effects. The dosage is two 150 mg tablets 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

Diabetes is a major health problem in Canada.

Over 2 million Canadians have diabetes, and many more now have a pre-disposition for it. What is happening to our population?

We are massive over-consumers of sugars and refined carbohydrates. Our computer and TV oriented life-style means we are not getting the exercise our bodies require for optimum health. And we are undernourished – so many nutrients are removed in the processing of many of the foods we eat.

Having diabetes does not just mean that your blood sugar is out of balance. It also means that you have a higher incidence of other conditions such as heart disease, high blood pressure, damaged blood vessels, diabetic neuropathy, retinopathy, and kidney disease. Diabetes is an issue we must take seriously – for our overall health. In this issue, one of our authors highlights how to avoid some of the unwanted side effects of diabetes.

The good

news is – Type 2 Diabetes can be prevented. Prevention occurs when we change our diet and our lifestyle – not just to reduce the possibility of diabetes, but also to improve our total health and quality of life.

In some circumstances we have seen that Type 2 diabetes can be reversed. Cells in our body may become resistant to insulin (from a life-long over-inundation of insulin telling the cells "Take in all this sugar – again!") – but these can be reconditioned. This means "taking it easier" on the cells – keep blood sugar levels at moderate and fairly stable levels. Keep active. And consume a full range of the right nutrients.

Nutrients are extremely important in both the prevention and management of diabetes. Many nutrients are required for insulin action, and many more are required to manage or prevent the symptoms that can occur with diabetes. Diabetes creates severe metabolic stress on our body – we need to consume what it takes to minimize this stress.

Read what our authors have to say.

Whether or not you have diabetes, or its precursors of Syndrome X or hypoglycemia, listen to their advice. A natural approach to health can help you prevent or manage diabetes – and live a healthier, more vibrant life.

Heather Allsop, Editor

Heather Allsop, B.Sc., Ph.D., RNCP is a Natural Health Practitioner at Nature's Source. Her background is in Science and Nutrition.



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