

*Coming Up  
In The  
Next Issue...*

**Sports**

**New Column  
on Fitness  
and Sports  
Nutrition  
Cardio and  
Fat Burning**

**What Are  
Amino Acids?**

How do they work and why are they important?

**Herbs and  
Homeopathics  
for  
Inflammation**

**CREATINE –  
Fact vs.  
Anecdotal**

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INSIDE THIS ISSUE

*Summer*

**LETTER FROM THE EDITOR**

At last – it is summer. Many of us have been looking forward to this time for months. Perhaps we were planning vacations, thinking of trips to the cottage with glorious dips in the lake, or were planning home renovations or additions to the garden. It is now our chance to see these plans fulfilled – or to just enjoy the 'lazy days of summer'.

Summer is a wonderful time with gifts that are great for health. As I write this, it is strawberry picking time. Did you know the native peoples considered strawberries 'the healing berry'? After a long winter without fresh produce, strawberries were often the first fresh harvest of the season – provided by Mother Nature. We now know strawberries are rich in Vitamin C, antioxidants, phytonutrients, and other vitamins and minerals. No wonder they were a healing food!

We were designed by Nature to eat locally grown foods, in season. And summer is the time when fresh fruits and vegetables grow abundantly in the areas around us - perhaps you even have some growing in a garden your own back yard. I encourage you to enjoy the indulgence of these harvests. Summer is a great time to eat lightly, focussing on foods abundant in water, vitamins, minerals, and fibre –

there are  
e v e n

healthy oils and proteins in vegetables and fruits. Eating lightly lets your body cleanse and restore itself, and leaves you feeling more in harmony with the summer around you.

Taking time in summer to relax not only feels great, but it is extremely healthy for you, so take a break from the hustle and bustle of everyday life. Whether you can take it easy by the lake, or just enjoy some fresh fruit or lemonade in your own backyard, your body deserves – and will appreciate – the benefits of a wonderful, relaxing time.

Every year, however, we must take into consideration the special health concerns of summer. In this issue Nature's Source staff reminds us that we must remember to keep hydrated and avoid overheating – and what to do if we don't. They talk about the importance of sunscreen and using natural bug repellents. If a summer mishap does occur, there are remedies for summer injuries. Respect the special needs of summer, follow your dreams, and have a healthy and relaxing summer!

*Heather Allsop, Editor*

*Heather Allsop is a staff member at Nature's Source. She offers consultations in Natural Health at the Oakville store, 905.257.6680.*

**Make sure your  
lawn comes second**

**Water basics**

After many years of counseling and working hard to supply the right information for each client, I'm often presented with a common issue – people don't drink enough water. Since each individual's genetics and lifestyle differ, it's difficult to offer exact suggestions for everyone in an article. However, after reviewing some basics figures in Guyton's textbook of human physiology, we can approximate a value.

In adults, each day the kidneys filter approxi-

mately 150 Liters of water. Yup, 150 liters! Out of that 150 Liters, approximately 148.5 Liters are conserved while 1.5L is excreted in the urine, feces and dissipated from the body. So, notwithstanding all the complicated aspects of metabolism and dietary intake of various foods and beverages, I'd suggest 1.5 Liters be the absolute minimum of water to consume daily.

Additionally, I've been asked many times if tea, soup and juices count as water. Although, it's better than nothing, I'd suggest that you drink plain old reversed osmosis water and make sure you divide it evenly throughout the day. Soups and fruits contain water, but also contain minerals and salts that may require extra water in metabolic processes.

**How does your body know it  
needs more water?**

The concentration of water in cerebral spinal fluid is sensed by the cells of the hypothalamus. The hypothalamus controls activities such as maintenance of water balance, regulation of temperature and control of appetite. Thirst may drive the need for water; however it lags far behind the body's actual need for water.

Dehydration can also result in headaches. Migraine headaches are different in etiology; however hydration can affect all types of headaches. Furthermore, exercise causes high demands on the body for fluid replacement. You may need to double or triple your water intake if you are exercising. Obviously electrolytes may also become deficient, so consult with a professional to understand your specific needs.

In addition, don't be afraid to have a glass of water with your meals. Although, the rumors of water "diluting stomach acid" or "altering pH" are rampant in magazines I'd suggest a glass of water will have minimal to no effect on digestion.

**Quick tips**

- Pair your caffeinated beverage with a glass of water.
- Keep water within reach. If it's not there you may never make time to go get it.
- Start each day with a glass of water, one at lunch, and one with dinner (that takes care of around 1/2 your daily intake if you're not exercising regularly).





- Sip on water and don't drink large amounts at once. To hydrate the body, drink smaller amounts frequently.
- If you want great skin, drink a lot of water (and buy 1/2 the skin care products).

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

## Summertime Injuries

With summer upon us, most people are planning their summertime activities. Whether these plans include increased sports activity or renovations around the house or cottage; there is always the risk of injury. These injuries could be related to muscle, cartilage or joints and generally include soft tissue of various kinds. Sprains, strains, tears and breaks are the most common, along with everyday wear and tear causing tissue erosion. Treatment of injuries and the wear and tear will depend not only on a good diet (including proteins, L-glutamine and essential fatty acids) and rest, but also regular skeletal alignment, soft tissue work and a proper supplement regiment. In Naturopathic medicine there are various types of supplements to choose from including herbals, nutraceuticals and homeopathics.

Patients are most commonly treated for inflammation due to injury, arthritis and over-strain. Common natural anti-inflammatory remedies include Bromelain, Boswellia and MSM. However, the proteolytic enzyme Wobenzym N may be the most effective remedy in treating inflammation, improving drainage, and enhancing nutrient flow to the site of injury.

Lymphatic drainage, an element often overlooked in the healing process, aids the removal of toxins from the site to accelerate healing time. This can be done with homeopathics like Heel's Lyphosot or the herbal/homeopathic Pascoe Lymphdiaral topical cream. Homeopathic products, as single remedies or combination preparations, work quite effectively for most injuries, wear and tear, and general soreness brought on by physical activity. Remedies such as Hypericum (for nerve pain), Ruta and Rhus Tox (for issues related to tendons, ligaments and joints) and Symphytum (for bone related problems and black eyes) are all common remedies. Arnica is the most popular remedy that is initially recommended for injury or trauma, including general stiffness and soreness. Most of these single remedies can be found in various combinations; but the most popular product is Traumeel by Heel. Traumeel comes in a liquid or tablet form for internal use and as a cream or gel for topical use. Alternatively, Dr. Reckeweg's R30 - Universal Ointment or Bionica gel provide quick reduction of inflammation and acceleration of the healing process.

Rescue Remedy by Bach is a wonderful homeopathic preparation which can quickly calm down hysterical children and people when they get injured. Bach also provides a Rescue Cream which can be used on minor cuts and scrapes.

Remember, injuries can happen anywhere and

when you least expect it, so get prepared and make yourself a First aid kit and keep it handy. This was a basic overview for common injuries; for a more detailed and customized protocol consult your Naturopath.

Baljinder S. Chhoker BSc, ND, A Naturopathic consultant for Nature's Source. For more information please contact Baljinder at 905.257.1655 or 416.242.8500.

## A MEDICAL OPINION Heat disorders & dehydration

The health conditions of greatest concern during the summer months are heat disorders. They can be classified in two main groups: exertional and non-exertional. Non-exertional disorders are connected with reactions to medications. Exertional heat disorders are important in summer because of high temperatures and humidity during these months. Exertional heat disorders vary from mild heat cramps to more severe heat exhaustion to the most lethal - heat stroke.

We all know that when we are hot we sweat more. That is how our body regulates its own temperature. Our sweat glands act like a natural fan. Physiological reaction to heat stress is regulated by the hypothalamus causing vasodilation of blood vessels in the skin and increased sweating.

Heat cramps are the mildest form of heat disorders. They present with rapid, painful cramps of the skeletal muscles - usually the longest ones. They occur because of depleted electrolytes from strenuous physical activities in a hot and humid environment. Affected individuals are conscious, they complain about painful cramps in skeletal muscles and sometimes they have spasmodic cramps in the belly. They are still able to sweat, meaning they are still able to get rid of the heat. Symptoms are mild and they have normal temperature or mild fever. To treat this condition it is important to go to a cooler space and drink liquids that contain salt. One can make a drink by mixing one teaspoon cooking salt in half a liter of water or juice.

Heat exhaustion is more severe and it takes time to develop. Symptoms are tiredness, headache, nausea, increased heart rate, decreased urination, and low blood pressure, while skin temperature is normal or mildly elevated. Individuals are still able to sweat. Therapy is to get away from the sun, and cool one's body. Oral rehydration is recommended with liquids rich in salt. Some patients are so exhausted that they require intravenous rehydration.

If heat exhaustion is not treated this can lead to heat stroke. This is a "catastrophic" condition when our own body is not able to get rid



## A Passion for Pets Continuing the Commitment

Last month we talked about things to know when choosing a pet. This month we will fast forward to after the pet has become part of your family.

For simplicity we will say you chose a dog. You got the right fit for your family. You may or may not vaccinate but your dog always gets his yearly check-up. You feed the best food that you can find complete with supplements, and the best treats money can buy. To ensure you always stay together, you had him micro-chipped. No need to worry about going on vacation or having the neighbour watch the dog. If something happens your extended family member will be returned to you.



of an excessive increase of temperature. Heat stroke is usually connected with very hard physical exertion in a hot and humid environment. Classical heat stroke can be common in old and exhausted people during periods of high temperature and high humidity that last for days during the summer months. In classical heat stroke and exertional heat stroke there is hyperthermia (when the body's temperature is higher than 41 degrees) followed by neurological disorders. Before this there can be symptoms of weakness, lightheadedness, nausea, and headache. Changes in mental status like confusion and even delirium are common. Treatment is with intravenous fluid replacement, cooling down, and trying to imitate sweating. This is a very serious condition that can be fatal, but it is easy to avoid. People most prone to heat stroke are alcoholics, the obese, diabetics, the elderly, children, and people with heart conditions. Everything must be done to cool the heat stroke victim immediately. If conscious, get the affected person to drink water or, much better, salted water prepared as described above. Remove the person from heat, trying to cool them down. Remove most of their clothes, douse them with water, and fan them vigorously. Wrapping in wet sheets can help increase the rate of heat loss. Avoid caffeinated or alcoholic drinks because they dehydrate you. If the victim starts shivering, slow down the cooling treatment, because shivering raises core temperature. Take the person's temperature every 10 minutes if you have a thermometer handy. You should not let the core temperature fall below 100°F (38°C), as this can result in an uncontrollable slide towards dangerously low temperatures.

### Try to remember:

Avoid heavy outdoor activities in the summer during the hottest times of the day. Wear loose fitting, light-coloured clothes - light colours reflect more sunlight. Try to relax in the shade during the hottest part of the day. Avoid coffee and alcohol, especially beer, due to their fluid loss effect. Take caution when you must be in the sun. At the first signs of heat exhaustion, get out of the sun or your body

## A Passion for Pets Continuing the Commitment

As time goes on you need a larger (or smaller) house so you move. Of course your dog moves with you because you thought of everything before you made the commitment. You make the appropriate address and phone number changes and continue your life. A few years down the road, your back gate is left open and your dog gets out. He wasn't wearing his collar but not to worry...he is chipped. Your dog is found, but you are not. You forgot to change your contact information with the microchip provider.

When changing your contact information please remember to change everything. Update the microchip database. Change the address, telephone number and update any secondary contact information. Make sure that your extended family member can be returned if ever lost. Take one more step in your lifelong commitment. Do everything you can to ensure the commitment is for life.

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

temperature will continue to rise. Do not exercise vigorously during the hottest times of the day. Instead, run, jog or exercise closer to sunrise or sunset. Drink lots of liquids to replace the fluids you lose from sweating. When you exercise, it is better to sip rather than gulp the liquids. If you sweat a lot, drink water or water with salt added as described above. If you feel very hot, try to cool off. Open a window, use a fan or turn on an air conditioner. Some people perspire more than others. Those who do should drink as much fluid as they can during hot, humid days. And most importantly: know the signs of heat stroke and heat exhaustion and don't ignore them.

*Jovanka Ristovski is qualified as a Medical Doctor in Macedonia. She is studying in Canada and is on staff at Nature's Source.*

## AVOIDING THE STING Natural Bug Repellents

**Bzzzzz - Ouch! - Itch!** When we think of summer outings, many of us think about mosquitoes, black flies, and other insects. Many insect repellents containing DEET are available, but questions arise as to the potential toxicity of DEET. What are more natural ways to keep those pesky insects away?

There are a number of natural alternatives available. Many arise from natural essential oils. An example of this is citronella. Citronella was approved as an insect repellent in Canada in the 1940s. Some companies have done testing at universities to prove the efficacy of their formulations. This has given them the right in Canada to make formal claims that their products 'prevent and repel' mosquitoes. Some products add higher concentrations of terpenes (a concentrated extract from citronella oil) to increase the length of time that the citronella product is effective at keeping the mosquitoes away.

Many other essential oils are natural insecticides that have been used throughout the ages to keep the bugs away. However, without 'government approved' testing the products may not be labelled as insect repellents. Although this does not reduce the effectiveness of these products, it does change the way these

products are marketed. Some of these natural repellents are sold as 'moisturizing lotions' or 'outdoor sprays'.

Neem oil, extracted from the seeds of a large semi-evergreen tree from East India, is one of the most scientifically researched herbs in the world. Numerous studies have shown its anti-microbial, anti-bacterial, anti-fungal, and insecticidal properties. The U.S. National Research Council has studied neem, and confirmed it as an effective insect repellent. The Malaria Institute in India has found that substances found in neem oil are more effective than DEET at repelling mosquitoes, and neem also repels other insects such as fleas, flies, and ticks. Even without the manufacturer being able to make a claim, there is much evidence that Neem is a natural, safe, and effective product to keep those bugs away!

Other essential oils that have properties as natural insect repellents include catnip, lavender, tea tree, basil, thyme, eucalyptus, cedarwood, geranium, rosemary, lemon, and pennyroyal among others. Pennyroyal is especially helpful for controlling fleas on dogs and cats. Essential oil combinations are available as prepared formulations to act as insect repellents. Do not apply concentrated essential oils directly to your skin - ensure they are diluted with a skin-friendly oil such as olive, coconut, soy, jojoba, or grapeseed oil. As with any new product that you apply, test a small area of your skin before applying for thorough coverage.

Strong-smelling carbolic soap (popular in days long ago) has been used to repel insects by some who are active in the bush. Simply wash with the carbolic soap, and the smell can be enough to keep the pests away.

Other tips to deter pests - wear long-sleeved light-coloured clothing (or use a bug jacket), avoid bright coloured prints and bright jewellery, don't wear or use fragranced products (watch your shampoo and laundry products), and don't eat bananas before heading out.

And what if you do get stung? Essential oils, nutritional supplements, or homeopathic remedies may be helpful. Essential oils that can be used to ease the sting include lavender, peppermint, chamomile, and tea tree oil. Vitamin C and Quercetin decrease histamine release, and can reduce the reaction. Bromelain is an enzyme that can act to reduce the inflammation of the bite.

Homeopathic remedies Apis mellifica and Ledum palustre can help ease the sting. Apis helps deal with the swelling and Ledum helps deal with puncture wounds such as those from bites and stings. They can be taken orally, or are available in an externally applied gel. This gel is safe for children and animals, and can reduce pain and itching in just a few minutes. *What a relief!*

*Heather Allsop, B.Sc., Ph.D., RNCP is a Natural Health Practitioner at Nature's Source. She has a background in Science and Nutrition, and enjoys the outdoors.*

## Featured Products for July ...many more deals in store!

### Wobenzym N 200s

- Enteric-coated enzymes which relieves the swelling and congestion of the inflammation that causes the pain



- Contains: Bromelain, Papain and Rutin

2 FOR \$89.99

### Ascenta Nutra Sea 200ml

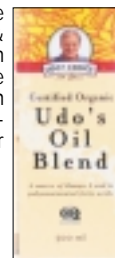
- High concentrations of Omega 3 her-ring oil in anti-oxidant base
- Provides 800mg of EPA & 500mg of DHA per 5ml in a pleasant lemon taste without the smell of fish
- Use for arthritis inflammation, cardiovascular support and skin health



2 FOR \$29.99

### Udo's Oil 500ml

- Excellent source of Omega 3-6-9 EFAs
- Increases energy, metabolism and endurance, improves skin appearance
- Contains: organic flax, sunflower and evening primrose oils



2 FOR \$34.99

### FishSmart 90s

- 1000mg fish oils from anchovy and mackerel
- Contains Lipase - the digestive enzyme to help metabolize fats
- Great for skin and heart health, easy on the digestive system



2 FOR \$19.99

### DermaMed Sunscreens 240ml

- Completely natural sunblocks (Paba free) contains herbs, antioxidants and EFAs
- Comes in SPF 8, 15, 30 & 45 and kids 30 and 45, water resistant and non-greasy
- Helps protect, prevent & correct any sun damage



2 FOR 1

### Bionica Gel 4oz

- Homeopathic topical gel for relief of pain and inflammation including sprains, strains, bruising and tendonitis
- Contains Arnica for pain, Rhustox and Ruta for tendon & ligament problems and tissue salts for healing and recovery



2 FOR \$49.99

Silicia Formula .....118ml 2 FOR \$79.99

Zyflamend .....120s 2 FOR \$99.99

Floradix/Floravit .....500ml 2 FOR \$49.99

Pollen 30ch .....5 doses 2 FOR \$14.99

Sisu EsterC Supreme .....150s 2 FOR \$29.99

Moducare .....90s 2 FOR \$39.99

Oil of Oregano .....13.5ml 2 FOR \$49.99

Primal Defense .....90s 2 FOR \$99.99

CleanseSmart Detox .....120s 2 FOR \$49.99

Muscle Milk .....1.12kg 2 FOR \$69.99

## New Product **LIPOFLOW FORTE** for Cardiovascular Health

Last month we talked about Sytrinol for lowering cholesterol and aiding cardiovascular health. This month we focus on another product that also helps with cardiovascular health - *Lipoflow Forte* or *Essential Phospholipids (EPL)*. Lipoflow Forte contains essential phospholipids which have been extensively studied in Europe for over 40 years. Studies have shown that EPL may play a role in supporting LDL cholesterol, total cholesterol, triglycerides and HDL cholesterol within normal levels. It also has been shown that EPL may have the potential to support cardiovascular function, increase peripheral brain circulation and may increase exercise tolerance.

Lipoflow Forte (EPL) is a blend of highly refined phospholipids. It is 70% phosphatidylcholine, and 30% phosphatidylinositol and phosphatidylethanolamine. EPL also contains linoleic (omega-6) and linolenic (omega-3) fatty acids. EPL is made through a costly procedure from natural soy lecithin, but it is not same as soy lecithin or the phospholipids in pill form. The process that is used to make EPL allows it to form microscopic cellular structures that are similar to cell membranes found in the human body. Phospholipids are an important component of cell membranes because they are critical to cellular health. One of their essential functions is to maintain cell membrane integrity and fluidity. As a result, the polyunsaturated fatty acids in EPL have been shown to increase fluidity of cell membranes; it will keep them in a "youthful" state. Earlier we mentioned that EPL are different from regular phospholipids. When absorbed in the small intestine, regular phospholipids need to be digested by an enzyme called phospholipase. The resulting compound lysolecithin needs to be re-acidified back to phosphatides before it can be delivered to the bloodstream via the lymphatic system. EPL on the other hand has a liposomal structure. Liposomes are tiny cell-like structures (nanometer size) that can get through the acidic stomach and then be easily absorbed in the intestinal tract. As a result they reach their destination intact. The recommended dose is one to two teaspoons a day with a meal. Refrigerate after opening.

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

## Natural Sun Protection

### Why is protecting your skin so important?

Throughout the year our body continually changes. The body is as magnificent as it is complex. It is always renewing and reproducing, destroying and disposing of waste, replenishing, growing, and creating new cells as part of its internal function to perform specific tasks. It is therefore critical to nourish and maintain the life functions to all the organs and body membranes and systems in the body including the "Integumentary System", which is the largest organ of the body called the skin or the "Cutaneous Membrane".

The Integumentary System, the skin, is instrumental in providing many functions. It is often overlooked and misunderstood as to how important your skin is to the health and integrity of your body.

First of all the word, "Integumentary" means "covering" so it is an external covering on the body that keeps out water and other things like bacteria and chemicals. The skin synthesizes vitamin D by using sunlight captured by sensory receptors. It keeps out bacterial, viral or fungal infections. Glands in our skin allow us to sweat out toxins especially on a hot day or during exercise or work - this cleanses the body and is a natural method of excretion. There are so many advantages to skin that if we do not maintain the skin structure with enough nutrients the deeper layers of the "cutaneous membrane" - our skin - will suffer damage. Especially after life-long exposure to heat and other related problems, symptoms such as Eczema, Psoriasis, Acne, and Sunburn can be evidence of malnutrition of our skin.

The key to healthy, vibrant, younger looking skin begins with examining your diet routine to identify the missing factors that the skin is desperately looking for. Wrinkles and creases can be prevented by drinking at least 6 glasses of water a day and getting at least 7 hours of deep, relaxing sleep. Accompany this with a diet rich in green leafy vegetables, broccoli, red and green peppers, spinach, brussel sprouts,



citrus fruits, and berries that contain Vitamins A and C. Raw nuts and vegetables are always better because they contain live enzymes to help you digest and assimilate your foods more efficiently. Essential fatty acids (EFAs) are necessary to lubricate and moisturize the skin. Any of the following are excellent choices of Omega 3 EFAs: Salmon, Halibut, Herring, Tuna, Mackerel, Sardines, Rainbow Trout, Cod and Anchovy oils. If you are a vegetarian choose from raw seeds, nuts, sunflower seeds, pumpkins seeds, flax seeds, coconut oil, and soy lecithin. Evening Primrose Oil and Borage Oil are excellent sources of Omega 6

EFAs and will also provide lubrication to the skin tissues.

If you have skin problems, be sure to check that it is not something that you eat as part of your diet. There are foods that are more commonly known to trigger food allergies and affect the epithelial membranes. Some of the worse food offenders are Eggs, Milk, Peanuts (these can be high in trans fats), wheat and breads, dairy, sugar, and genetically modified foods as well as the over consumption of fatty fast foods and chemically preserved foods.

Last but not least, it is important to recognize that whether you are out in the garden, on the golf course or just sitting outside enjoying the fresh outdoors, please remember to wear sunscreen. This is a must for swimmers. Burning the skin damages the cells and causes substantial free radical damage to the tissues. It can lead to more serious conditions of skin damage such as "Malignant Melanoma", which is a type of skin cancer.

Check with your local natural health store to find out the right sunscreen choice suited for your lifestyle. Choose a natural sunscreen so that you are not adding additional harmful chemicals to your skin.

So you can see, the "Integumentary system" is a system valuable to our body and it will continue to provide us with great benefits so long as we provide it with what it needs to do so.


*Yvonne Horvat is a Registered Holistic Nutritionist. If you would like to find out more obtaining healthy skin, you can reach her at the Nature's Source Mississauga store.*

## WE APPRECIATE YOUR FEEDBACK

*Do you have questions? Suggestions? Other feedback about the Nature's Source News? Let us know what you think. Please e-mail your comments to [natures@ican.net](mailto:natures@ican.net)*

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