

*Coming Up
In The
Next Issue...*

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Not Exist**

*Nature's Source
News is written and
edited by Nature's
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Back To School

Children and a Wholesome Diet

We live in a fast paced society where the nutritional aspect of foods is greatly overlooked. There is so much emphasis today on poor nutritional food supplements and meals via the media markets today, that it is often frustrating and difficult to plan nutritious meals, but it is not impossible. Because we are competing against market retailers that have discovered how to reach the appetites of our children through emotions and desires, it is essential to find alternative choices to present to them as better substitutes in their diets. The majority of the calories ingested during the day are often taste-enhanced refined foods or "junk foods" from fast food restaurants.

Just turn on the TV during prime time and watch the types of items advertised to catch your attention. These market retailers spend hours, if not months, determining what marketing strategies and techniques will work best to sell their product. In many cases companies only barely demonstrate the worth of their products, choosing instead to entice the customer with views of enhanced self-esteem, glorified lifestyles, and other scenarios that have little relationship to do with the products being advertised.

This has a huge impact on the health of your child who may become deficient in nutrients essential for a growing child. They also need a sufficient amount of energy to fuel the body's metabolism to meet the demands of their daily activities, especially during the years where they spend 6-7 hours a day participating in school.

Nutritionally the body loves to receive fresh fruits and vegetables as its primary source for vitamins and minerals, but a balanced diet includes a little from many food groups; grains, vegetables, fruits, milk and dairy products, meat, beans, fish, nuts, and

oils. Please note that Nuts cannot be taken to school because they can be a health hazard to those who have allergies, but they can be eaten at home by those without allergies.

**Great Snack
Ideas**

Here are some helpful snack recom-

mendations that are great alternatives - suggestions of new types of organic sources of breads, cookies and juices. Remember always eat in moderation, and don't use snacks as a replacement for eating 3 healthy and nutritious meals a day, consuming proteins, vegetables and complex carbohydrates. Many supermarkets today have higher quality breads available and they excellent for sandwiches. Look for breads using different organic grains - some alternative choices readily available are multigrain breads, Soy, Spelt-Raisin, Kamut-Gingerbread, Kamut and Flax, and a Sprouted flax bread with honey. Another company producing organic breads has a Fruit Seed Medly flavour and a Potato flavour that are both Wheat and Gluten Free.

Consider pastas made up of colorful organic vegetables or wild rice spirals, or shells of spinach, carrot, or beets that are a wonderful lunch and snack idea. There are some awesome organic applesauces with strawberries or bananas or peaches that you definitely don't want to miss.

Soft drinks can be replaced with pure pressed, not from concentrate, fresh juices rich in Vitamin C. They come in a wide variety of flavours such as pear nectar, apple, wildberry, cranberry, pineapple, and peach.

Last, but not least, most of the store bought cookies are full of refined sugar and hydrogenated oils. If you are considering sending your child with sugary-type sweets in between meals, why not consider an organic cookie? An example is a fig bar that is all natural and sweetened with fruit juice. Or how about a real oatmeal cookie with no preservatives, no cholesterol and is made with spring water? Even organic banana or soy waffles can make an excellent snack.

Whatever you chose to do, it is a definite asset to become familiar with an organic supermarket whose primary concern is providing you with the best organic fruits, vegetables, meats, and snacks to help you maintain an adequate amount of dietary support, and to allow you to cook or plan meals much more effectively.

To find out more about any of these products or nutritional recommendations for your child, Yvonne Horvat is a Nutritionist at Nature's Source. She is available for consultations to help you with your child's specific needs: call 905-502-6789.

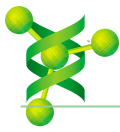


**Addressing
Childhood Obesity**

Childhood obesity has reached epidemic proportions in Western Nations such as Canada. Although the West has been slow to realize it, and consequently slow to respond to this problem, various organizations have finally begun to take notice launching national advertising campaigns to help curb childhood obesity. These campaigns are designed to promote physical activity and healthy eating habits. Most people understand obesity as being physically overweight; however, one must go beyond the physical to gain a true understanding of this multifaceted health predicament. Simply put, obesity is caused by an increased caloric intake without proper caloric expenditure thus leading to increased storage of fat in the body. Factors contributing to obesity include: Hormonal imbalances, improper diet, stress, improper sleep patterns, poor digestion, and most of all decreased or no physical exercise.

Hormonal imbalances generally include thyroid or adrenal dysfunction and must be properly evaluated and professionally treated, as with a poor digestive system. However, lack of physical activity and improper diet are likely to be the two major factors leading to childhood obesity. These days it is not uncommon for children to spend hours sitting in front of the computer or television playing video games or watching their favourite shows. Consequently, this lack of physical activity promotes a slower metabolism and a general sluggish state in these inactive children. Furthermore, since children are watching an exorbitant amount of TV they are being bombarded with advertising geared directly towards them. This advertising includes fast foods and other 'junk' foods that are typically refined, carbohydrate-rich foods with a high





glycemic index and little or no nutritional value. High glycemic index foods include: White sugar, white flour, and white rice all of which give children a quick energy boost but also a fast energy crash. As a result of the rapid energy fluctuations caused by poor food selection, children develop cravings for these foods, thus feeding the cycle of poor eating habits that ultimately leads to obesity. Irregular eating times also lead to obesity, as these create insulin fluctuations which cause children to grab quick-energy snacks or to overeat, both of which increase insulin load thus leading to fat deposition.

The solution takes time

As can be seen above, childhood obesity is a complicated calamity hence it is not easy to treat and cure. Keep in mind obesity did not happen overnight so it will not heal itself overnight either. One must remember to avoid drastic changes because they can lead to rebound effects. The proper way to achieve sustainable results is to lose a half-pound to two pounds per week. Dietary changes must include an increase in whole foods such as fresh fruits and vegetables, stir-fry or boiled vegetables, whole grains with a high fiber content, ocean vegetables and 'lean' white meat. In addition, children should be encouraged to drink fresh juices and plenty of water and avoid deep frying and red meats. Most supermarkets these days have a health food section providing lots of alternative choices for foods and snacks including hypo-allergenic foods.

Sometimes, children may need to supplement their diet with nutritional support to get the process moving along. These may include: Probiotics, which improve digestion and intestinal absorption, essential fatty acids (EFAs) which provide an alternate source of energy, decrease constipation, and provide mood stabilization which is often a side effect of a poor diet, and finally chromium which aids insulin function and reduces cravings. Moreover, several homeopaths can assist in the process, such as Fucus Vesiculosus and Spongia for thyroid support and Calc-carb or Nat-sulph to stimulate liver function and improve digestion.

Increasing exercise is the most important lifestyle change to tackle childhood obesity and avoid further complications and chronic diseases as the child ages. Exercise such as playing organized sports, walking, biking, and swimming all help to burn those excess calories to decrease fat and increase lean muscle mass. Exercise also provides a hormonal feed back to the glands to decrease appetite and improve mood and energy. Always remember to consult a Naturopathic Doctor for your individual case to maximize your results and decrease any side effects.

Baljinder S. Chhoker B.Sc. ND, is a Naturopathic Consultant for Nature's Source. For further information or consultations, he can be reached at 905-257-1655.

**A Medical Opinion
ADHD/ADD**

ADHD (Attention-Deficit Hyperactivity Disorder) and ADD (Attention-Deficit Disorder) are not good terms to describe the condition they represent. The condition is not characterized by a deficit of attention; it is a problem regulating attention, where one is inhibited by irrelevant stimuli or is focusing too intensely on stimuli to the exclusion of what is important.

The definition in the Diagnostic and Statistical Manual

of Mental Disorders, Fourth Edition (DSM-IV) is: "ADD is a persistent and frequent pattern of developmentally inappropriate inattention and impulsivity, with or without hyperactivity".

Etiology is unknown. One of the leading hypotheses suggests neurotransmitter abnormalities; the neurotransmitters dopamine and norepinephrine have been associated with ADHD.

I believe that everybody can think of at least one child with "ants in the pants" that "cannot sit still", acting inappropriately in a given situation. But all children have these moments, and they cannot be all characterized as children with ADHD. Other difficulties arise when there is an inattentive, uninterested child, a "daydreamer" that will be characterized as unmotivated. The truth is that both these examples might be showing kids with ADHD. According to DSM-IV, there are three patterns of behavior that indicate ADHD in children: a) predominantly hyperactive-impulsive, when signs and symptoms are restlessness, running, climbing, or leaving a seat in a classroom, where sitting or quiet behavior is expected, blurting out answers before hearing the whole question, having difficulty waiting in line or taking turns; b) predominantly inattentive, meaning, easily distracted by irrelevant sights and sounds, do not pay attention to details and make careless mistakes, losing or forgetting things like toys, or pencils, books, and tools, often skipping from one uncompleted activity to another; and c) a combination of both mentioned above.

ADHD in Adults

There is one more thing that I would like to talk about. Have you heard about ADHD in adults, because that is the most troublesome condition, sometimes treated as depression or anxiety? Children and adults with ADHD often go unhelped and undiagnosed. They may be very intelligent people, but because of their concentration and memory problems they do not do well at school or college and seldom reach their full potential. They often have low self-esteem, and can lack motivation and energy because of their constant struggle to concentrate and focus on their work. Sometimes they can even develop depression, because of their inability to achieve their goals. Adults with ADHD are usually unaware that they have this disorder—they often just feel that it's impossible to get organized, to stick to a job, or to keep an appointment. Because of ADHD they can be involved in frequent automobile accidents. Many times, when their child is diagnosed with the disorder, a parent will recognize many of the symptoms the child has and, for the first time, will begin to understand some of the situations that have given him or her trouble for years—distractibility, impulsivity, restlessness. They may have problems at work, and may be on the bottom of the company's list for promotion.

So if you see yourself in this description ask for professional help, maybe you are one of many undiagnosed people with ADHD, and maybe you are not. But I know one thing for sure: if you ask for help your life can change enormously.

Diagnosis is not easy

To be diagnosed with ADHD requires behavior that is inappropriate for the person's age. "The diagnostic guidelines also contain specific requirements for determining when the symptoms indicate ADHD. The behaviors must appear early in life, before age 7, and continue for at least 6 months. And one more thing, this behavior must interfere with daily activities. These behaviors must create a real handicap in at least two areas of a person's life such as in

the schoolroom, on the playground, at home, in the community, or in social settings. So someone who shows some symptoms but whose schoolwork or friendships are not impaired by these behaviors would not be diagnosed with ADHD. Nor would a child who seems overly active on the playground but functions well elsewhere receive an ADHD diagnosis." - (as cited in medical books.)

Therapy can work miracles

The various therapies may start with natural remedies or prescription medication, backed up with psychotherapy, behavioral therapy, social skills training, and support groups. This therapy will help with the ability to concentrate, increase attention span, boost memory functioning, increase motivation and energy levels, increase study skills and reduce distractibility. So, my recommendation to all people suspected of having ADHD themselves, or having children with this condition, is to stop suffering today by asking for professional help. That will be a beginning to a better tomorrow!

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



**Mercury Exposure and
Reproductive Health -
The Controversy**

Is it theoretically possible that exposure to a known neurotoxin even in low doses can cause a vast array of health complications? According to those who follow "good science" the answer is unequivocally no, as Thimerosal, with 49.6% Ethyl Mercury has a 60 year history of preventing bacterial and fungal contamination in vaccines. Despite this conclusion by the medical model, there are many who would hold an opposing view.

Ethyl Mercury vs. Methyl Mercury

The debate in the scientific literature, which supports the use of Thimerosal, hovers around the notion that Methyl Mercury, found in the environment, usually in fish, is more harmful than the Ethyl Mercury used in vaccines. This is furthered by the fact that Ethyl Mercury, which has a half-life of 5 days, is cleared out of the body faster than Methyl Mercury, which takes 70 days. However, in animal models, if you increase the dosage of Ethyl Mercury by 20%, compared to the same dosage of Methyl Mercury, which happens in multiple early vaccinations, it can be just as toxic to the central nervous system by crossing over the blood brain barrier, disrupting normal development.

**There is no Consistency in safe dosages of
Ethyl Mercury for humans**

In 1999, for risk assessment purposes the World Health Organization (WHO) and the United States Environmental Protection Agency (EPA) suggested safe levels of Methyl Mercury exposure. Despite this positive step forward, neither organization was able to agree on a consistent level, instead each instituted their own safety levels. In the case of the EPA, safe daily levels of Mercury are considered to be 0.1 ug/kg body weight, while the WHO suggests 0.47 ug/kg. This difference equates to a 4.7 fold discrepancy.



Low Birth Weight = Increased Risk

Several scientific publications have admitted that there may be room for concern when it comes to vaccinating infants with Ethyl Mercury who are in the low birth weight category. The assumption is that they may be more susceptible to a higher concentration of Mercury which may cause neurological disorders such as Autism, ADD, and other developmental disorders.

Using both the EPA and WHO guidelines, a plausible scenario for a low birth weight infant would be as follows. During the first few months of life, an infant may receive 3 doses of DTP (diphtheria-tetanus-pertussis) vaccine. Each dose may have contained 25 ug of Ethyl Mercury. Each vaccine on its own far exceeds the maximum daily recommended level of mercury - 0.25 ug/day (EPA) or 1.18 ug/day (WHO) for a 2.5 kg infant. Hepatitis B vaccine may also be part of the immunization schedule bringing the total to 112.5 ug of Ethyl Mercury. Adding the influenza vaccine could increase the Mercury dose to 187.5 ug (Vaccine, 2004 Clements). This is still without adding vaccines for MMR: measles, mumps, and rubella. The total of 187 ug of Mercury exceeds both the EPA and WHO guidelines of 28 and 132 ug, respectively, if the vaccinations are done over the 16-week period between 2 and 6 months, as recommended in Canada's Routine Immunization Schedule for 3 DPT shots.

Mother's Mercury Level + Mercury in Breast Milk + Vaccinations = Problem Toxicity

Vaccinations alone are not the only problems surrounding the possibility of Mercury-related neurological disorders. Careful consideration must be given to the level of Mercury present in the mother and possible exposure to the infant in breast milk. As well, ingested Methyl Mercury from food is almost totally absorbed and readily crosses the placenta. If you add the exposure of Mercury from vaccinations, the mother's level of mercury, and drastically different levels of individual variability in Mercury detoxification pathways you have a recipe for toxic disaster.

Some things to keep in mind...

In Canada, The Hepatitis B Vaccine and The Flu Vaccine still contain Thimerosal. The DPT is now usually, but not always, thimerosal-free. For many years it contained thimerosal. To read a government perspective on thimerosal see <http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/02vol28/dr2809ea.html>

If you decide to get a flu shot take 50-100mg of Glutathione or N-acetyl-cysteine to assist in liver detoxification. Mercury can negatively affect liver detoxification.

Get hair analysis for Mercury levels before having children.

Fish high in Mercury include shark, swordfish, marlin, gem fish, ling, orange roughy (sea perch) and southern blue fin tuna. Women planning pregnancy and children up to six should avoid these foods.

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

AUTISM A Biomedical Approach

Many children with autism are experiencing profound results with a Biomedical Approach to Autism. The Autism Research Institute in the US promotes the DAN! (*Defeat Autism Now*) approach to treating autism. In a survey of over 22,000 parents of children with Autism, the majority reported positive behavioural changes in their children using the Biomedical Approach. When the US CDC (Centre for Disease Control) lists 1 in 166 children in the US as having autism, and the numbers are similar in Canada and other countries, it is important that there are treatments that are effective for many with autism.

Not surprisingly, the protocol is based on principles applied broadly in the practice of Natural Health:

- Improving Intestinal Health
- Providing Essential Nutrients to bring balance to the body
- Detoxification

In research studies it has been shown that many children affected with autism have underlying intestinal inflammation, in many cases accompanied by an overgrowth of yeast. The intestinal inflammation can lead to permeability (often referred to as 'leaky gut'). In a healthy intestine populated with healthy intestinal flora, only foods that are fully broken down by digestion can pass into the blood stream for healthy use by the body. If the gut becomes permeable, partially digested foods can pass into the body, where they act as foreign substances to which the body reacts. Peptides from partially digested gluten and casein have been found in the urine and cerebrospinal fluid of those with autism. These peptides interfere with neurotransmission in the Central Nervous System, resulting in symptoms such as those seen in autism.

Substantial changes in behaviour are often observed if gluten (from grains) and casein (from dairy) are avoided. A complete avoidance is often required, as even small quantities of the peptides can upset balance in the body. The ultimate goal is to heal the leaky intestine. Elaine Gottschall's "Breaking the Vicious Cycle" provides dietary recommendations to allow the gut to heal.

Extra nutrients are required to support the body's systems that are compromised in autism, and to compensate for poor digestion and poor nutrient absorption. It is important to eat healthy foods, avoiding those that aggravate the condition. Supplements are also often recommended. Essential fatty acids, especially Omega-3s such as fish oil, are important for supporting the brain and nervous system, as well as for reducing inflammation and supporting healthy cell growth. Many benefit from Magnesium and B6 supplementation. Enzymes may be used to help support digestion and nutrient absorption.

We are all exposed to toxins from the environment through our air, foods, water, and other sources. There are many indicators that those with autism cannot detoxify as well as others, and this toxic load contributes to their symptoms. Many parents have observed dramatic changes in their children after detoxification, especially when mercury has been removed. There are numerous approaches to detoxification including nutrient supplementation and Epson salt baths. It is important to avoid exposure to toxins whenever possible. Reduce or eliminate exposure to heavy metals such as mercury, cadmium, and lead. A home with clean air and environmentally

friendly cleaning products is encouraged.

Using the Biomedical Approach to Autism can create dramatic changes. Parents are encouraged to accompany it with other therapies such as ABA, IBI, Occupational Therapy, Speech Therapy, Chiropractic, Craniosacral Therapy, or others appropriate to the needs of your child.

Benefits for ADHD

It is reported that as many as 1 in 6 children now have Attention Deficit Hyperactivity Disorder - ADHD. Although not as severe as autism, many of the underlying causes of ADHD can be similar to those of autism. Again, working with intestinal health, nutritional support, food avoidance, and detoxification can often reduce or essentially eliminate symptoms of ADHD.

For parents and others interested in learning more about the DAN! approach to autism, there is a Mini DAN! conference being held in Toronto on September 16-18. Information is available at www.DANconference.com.

Heather Allsop, B.Sc., Ph.D., RNCP is a Natural Health Consultant at Nature's Source. For consultations for autism or ADHD, Heather can be contacted at Nature's Source, Oakville, 905-257-1655.

SPORTS ZONE

Cardio - Intensity vs. Duration

Keep your heart rate in your "fat burning zone" and you'll lose more fat! Pick up any fitness magazine you'll read about doing cardio for a minimum of 30-45 minutes. Recently, I had a conversation with two Exercise Physiologists at York University and posed this question - what works better for losing body fat, intensity or duration? Both individuals gave me the blank university professor stare of death; the one that makes you feel like you know nothing and replied, "It really doesn't matter".

If you do cardio for 20 minutes at higher intensity your metabolism will be "primed" for a period of time after your cardio is done - burning a higher amount of calories. If you do your cardio for 45 minutes at a lower intensity, you may burn a little more fat, but your metabolism will not be as high after the workout is finished. In the end, mix it up! Some days do cardio for 30-45 minutes at a lower intensity (60-70% of your max) or do 20 minutes of intense cardio closer to 80-90% of your max.

FAQ: Do I need to replace electrolytes after doing cardio for 30 minutes?

GT reply:

There is no need to take in electrolytes until the cardio you are doing exceeds 2 hours. If you're cycling or running for more than 2 hours then electrolyte replacement becomes important. For the bodybuilder that gets his gluteus maximus on the exercise bike 2 times a week for 20-30 minutes - the only thing needed is H₂O.

George Tardik BSc (hon), RHN, RNCP, (ND candidate) has been counseling in sports nutrition for 8 years. He is a member of the World Natural Sports drug screening panel. Appointments can be made by calling Nature's Source at 416 242 8500.

Laboratory Assessments for Autism

Autism is a developmental disorder that is usually diagnosed in early childhood. It can manifest into a multitude of symptoms that range from social and language communication problems including chronic isolation and lack of verbal response. The exact cause of autism is not known, however there are a number of factors that may contribute to it including immune system dysfunction, toxic exposure, gastrointestinal abnormalities, and diet, as well as environmental and genetic influences. The problem is how does one get diagnosed because there are many types of autistic disorders? The most common is external (behavior, lack of communication), however there are laboratory tests or profiles that may aid or rule out the diagnosis of autism.

Heavy metal exposure as well as vaccine residues have been linked with autism. Lead, mercury and aluminum are the three most common metals that are tested for. Urine and/or hair analysis are usually done. Urine is collected after a challenge agent (DMSA, DMPS, EDTA, or D-penicillamine) is administered targeting specific toxic elements. Urine is collected randomly or as a 24 hour collection. A rise in daily urinary output of heavy metals usually indicates toxicity. Absorption of heavy metals can be counteracted by taking certain supplements. Calcium/Magnesium lowers intestinal absorption of lead, aluminum absorption can be blocked by silica or phosphorus, and selenium protects against the cellular effects of mercury.

Mood or behaviour disturbances are usually regulated by amino acids. Autistic children may have amino acid deficiencies that contribute to their problems. Amino acids are tested by collecting a 24hr urine sample (must be frozen) or drawing a blood sample (plasma or serum must be frozen). Tryptophan is an amino acid that the body uses to produce serotonin that regulates mood and behavior.

Tryptophan levels have been shown to be lower in autistic children. At the same time there are high levels of excitatory amino acids such as glutamic acid and aspartic acid. As a result taurine, an inhibitory amino acid, may be elevated to compensate for the excitatory amino acids. Testing for other amino acids such as carnosine, beta-alanine and 1-methyl-histidine may be helpful.

Intestinal permeability is usually compromised in autistic children. The intestinal mucosal lining plays a critical role in absorbing nutrients and blocking toxins, bacteria, and allergens from entering systemic circulation. Autistic children usually have a hyperpermeable intestine where by everything is allowed to pass through, even large molecules. A test that can determine permeability is the lactulose/mannitol challenge test. A solution of 5 grams of each sugar is given, then the urine is collected for 6 hours and test-

ed to see the absorption. Healthy absorption of mannitol is 14% of the administered dose and lactulose is less than 1% of the administered dose because it is a larger molecule. The normal ratio of the two sugars is <0.03. An elevated ratio means excessive lactulose is absorbed, indicating leaky gut syndrome.

Food allergies are a common problem seen in autistic children. One possible mechanism is that it may involve immune hypersensitivity to certain food components. With their intestinal hyper-permeability, more peptides from foods may enter the bloodstream and as result trigger immune responses associated with behavioral problems. The most common tests to determine food allergies are the IgE and IgG blood tests (serum or plasma must be frozen). The difference between the two is that IgE is involved with the classic allergy response within minutes; lymphocytes known as Th2 helper T-cells secrete cytokines that instruct B-lymphocytes to produce IgE and stimulate mast cells, basophils and eosinophils. IgG immune response is delayed usually 4-72 hours after eating. An elevated IgG due to food allergies can be lowered by doing an elimination or rotation diet. An IgG response to food is different than IgE in that they are called blocking antibodies because they moderate IgE reactions by interacting with food antigens. As a result this provides protection from massive antigen exposure and therefore causes a delay in the allergic reaction.

Other tests can be done to help in either diagnosing or ruling out autism. Fatty acid levels on the membrane of red blood cells are an indicator because essential fatty acids play a critical role in brain development. Homocysteine, lactic acid, zinc and copper status, Fragile X, and a celiac profile are tests that can also be done.

One last bit of interesting information on autism is oxidative stress and activity of superoxide dismutase (SOD). Autistic children have abnormally increased red cell and platelet Cu/Zn SOD activity, when compared with healthy children. SOD is an antioxidant enzyme system that targets the superoxide radical. As a result, their red cell glutathione peroxidase (GP) activity is abnormally lower to the extent that their red cell SOD to GP ratio is approximately twofold higher than normal.

The elevated SOD to GP ratio in autism is similar to Down's Syndrome, in which elevated SOD activity leads to greater production of hydrogen peroxide (H₂O₂) and as a consequence to greater activity of GP. Therefore, altered red blood cell glutathione peroxidase activity and endogenous oxidative stress may also help to determine to if one is autistic.

Nadeem Aslam is laboratory technician, broadly read in the area of natural health. As well as working as a laboratory technician, he works at Nature's Source.

LETTER FROM THE EDITOR

Back To School

It is the time of year when children are heading back to school. Some parents heave a sigh of relief as peace and quiet reigns the home once again; others will miss not having their children at home. For many, the feelings are a mixture of both.

Many children are glad to get back to the classroom. It is time to be with their friends, meet their new teachers, and start a new year of activities. Summer has left its magic behind, and it is time to see what the new year offers.

For others, it may not be so easy. For those affected with disorders such as Autism and ADD/ADHD, it may not be simple to go back into the classroom. These conditions are now so abundant they touch almost every class in our schools.

Why are they so prevalent? Many arrows point to toxins from our environment being a factor. The article about mercury in vaccinations provides some food for thought. An enhanced need for nutrients, combined with an inflamed

intestine with poor nutrient digestion and absorption, is another factor. The more research is done, the more the natural health approach to a solution is supported. The Biomedical Approach to Autism, which has helped so many children, is the adaptation of a natural approach by others in the medical system. A constantly increasing amount of research supports this approach.

Obesity is another factor that can make it difficult for a child to go back to school. His peers may tease him. He may not be able to keep up in gym class, or on the playground. His overall self-esteem may be low because of his self-image shaped by the society around him.

Each child is important, whether in 'perfect health' or limited by a label or a condition. If your child has a health issue – get help. Your natural health practitioner has much to offer.

Heather Allsop, Editor



Meet the Nature's Source Staff

Eva Vadas Many of you will have seen Eva's smiling face at Nature's Source in Oakville. She enthusiastically shares her extensive knowledge about Natural Health with customers, and many have benefited from her recommendations.

Originally a professional pianist educated in Hungary, her own health issues with



allergies and chronic fatigue brought her to the area of Natural Health. When conventional medicine did not have solutions for her, she looked for her own solutions – and found them in the area of Natural Health. "I have been reading and reading on my own for years", she says. She continues to read and to learn.

For the past 5 years, Eva has been using her widely acquired knowledge at Nature's Source. She finds it rewarding to help others and to see people smiling by the time they leave the store. Eva is happy to share her smile and her recommendations at the Oakville store.

Yvonne Horvat RHN, RNCP

Yvonne is a Nutritional Consultant at Nature's Source. Many will have received her thoughtful help at the Mississauga store. She graduated from the Canadian School of Natural Nutrition, which instilled in her the foundation of Holistic Nutrition.

She has added to this foundation during her years at Nature's Source, learning more about Natural Health products and seeing what helps bring a person into health and balance. When a client walks into Nature's Source, she looks beyond finding a remedy for the symptoms of concern – she looks to find the underlying cause. Often Yvonne will provide more than a product off the shelf; she will accompany it by nutritional recommendations.

The best way to benefit fully from Yvonne's knowledge of how Nutrition and Supplements can create health and balance is to see her for a

professional consultation. Her objective in her practice is to help others achieve happiness and wellness using a process that takes the whole person into consideration. She offers easy-to-follow nutritional recommendations that promote a healthy life style and attitude.

Yvonne believes that a healthy body begins with a healthy mind and attitude. When not at Nature's Source, she is actively involved in Outreach programs in the community providing support and encouragement for individuals to help them reach higher levels of self-



esteem. It is important to Yvonne to touch others in ways that create positive changes in the lives of the people she meets.

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