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*Nature's Source News is written and edited by Nature's Source staff*

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## INSIDE THIS ISSUE

# Boosting Immunity

## ENCHANTING ELDERBERRY The Power of Nature

Elderberry, *Sambucus nigra*, holds more therapeutic power than we might imagine when we look at the delicate cream coloured elder flowers or the petite deep purple berries. For over 2,500 years European physicians have used elderberry medicinally to strengthen the immune system, detoxify the body, and boost energy. Both the British Herbal



Pharmacopoeia and the German Commission E recognize elder flowers for their ability to treat fevers, chills, and the respiratory tract. Elderberries are recognized for easing fevers and sore throats. It is reported that Hippocrates, often known as 'The Father of Modern Medicine', recommended elderberry fruit for upper respiratory diseases.

It is best to use elderberry at the onset of flu symptoms, but modern studies show that elderberry can decrease the length of time for a flu. Flu viruses need to enter living cells in order to replicate. To do so, the viruses puncture the cell wall with little spikes of hemagglutinin and neuraminidase, an enzyme that helps break down the cell wall. Elderberry appears to inhibit the action of this enzyme, preventing flu viruses from entering live cells and replicating.

Elderberry is a powerhouse of nutrients. It contains powerful antioxidants, being rich in bioflavonoids, Vitamins A, C, and E, and much more. So consider *Sambucus nigra* ('SAMBU') as a tool for boosting your immune system and dealing with flu symptoms this winter. Heather Allsop B.Sc., Ph.D., RNCP is a Nutritional Consultant at Nature's Source.

## PLANT STEROLS AND STEROLINS Boost your immune system with "cholesterol like" substances

Those dreaded little waxy substances we've been brainwashed into believing will cause ill health, may in fact do you all of us some good. Let me be clear that Plant Sterols and Sterolins are not exactly the same as cholest-

allergic symptoms and a reduction in the number of colds and flu's they catch.

Some other researchers suggest that a BSSG and BSS mixture can help normalize stress induced hormonal fluctuations (e.g. the DHEA: Cortisol ratio).

This equates to an improved ability of the body to cope with stress, as elevated cortisol is known to suppress the immune system. Athletes can also benefit from Sterols and Sterolins as they have been shown to improve lymphocyte counts and help lower stress hormone levels in athletes.

In addition to the benefits for stress and immunity, not long ago

terol. Their primary structure is very close and is referred to as "cholesterol" of higher plants. Sterols and Sterolins, also known as phytosterols, are abundant in fruits, vegetables and all plants. In food, phytosterols are closely bound to fiber in the plant and therefore are very difficult to absorb through the gut. For this reason phytosterols will appear in the body at approximately 1000x lower concentration than cholesterol. Nuts and seeds and plant oils have the highest amount of phytosterols while fruits and vegetables contain lower concentrations.

### Phytosterols and Immunity

Before you dash out and get the flu shot I'd suggest you give yourself a dose of phytosterols to improve the integrity of your immune system. Phytosterols or more formally Beta sitosterols (BSS) and Beta Sitosterolins (BSSG) have demonstrated a broad range of effects on the immune system. Their most notable role is normalizing T-cell function and dampening overactive antibody responses. This means that many people could experience a reduction in



BSS and BSSG were added to margarine to help lower cholesterol. This seemed like a good idea since phytosterols can block uptake of dietary cholesterol, but the hydrogenated oils also present helped the margarine manufacturing companies take a hard nose dive. The good news remains that the phytosterols BSS and BSSG are available in supplemental form. Various brands, including AOR (Advanced Orthomolecular Research) and Moducare produce high quality products containing a mixture of BSS and BSSG.

*George Tardik B.Sc., 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.*



## A MEDICAL OPINION *Preventing Colds and Flu*

The most common illness in the fall is a common cold. The common cold is an upper respiratory infection, due to rhinoviruses and corona viruses in the majority of cases.

Is it a cold or flu? Sometimes is hard to tell. Usually colds have milder symptoms than flu, but that rule is not always followed. Colds and flu are more common in the fall and winter because people spend more time indoors and are therefore closer to each other. Viruses thrive in low humidity, making nasal passages drier and prone to infection. When a body is contacted with a virus, the immune system responds by increasing mucus production, swelling of the lining of the nose, sneezing, and coughing (because of the dripping down the throat).

To catch a cold or flu one has to come in contact with one of the viruses that can cause cold or flu. A virus can be transmitted through the air or upon direct contact. Children, the elderly, and people with chronic diseases are more prone to colds and flu due to their immature immune system (children) or weakened immune system (in chronic patients or the elderly). The diagnosis is made based upon reported symptoms.

To prevent a cold you can follow general guidelines. Stay away from a person with a cold, wash your hands frequently and do not touch your mouth, eyes or nose, keep your work area clean, and take lots of Vitamin C and liquids.

If you've caught a cold then follow the same guidelines: lots of liquids (be careful, warm, not hot, liquids are recommended because hot fluids can further damage the lining of the throat that is already irritated by the virus), Vitamin C, and analgesics (to help with aches or fever if they occur). About specific treatment - leave that to doctors, because that is determined by individual health.

One reason why I brought up the treatment of colds is to provide a warning. **Never give aspirin to a child with a cold or the flu.** It has been associated with Reye's Syndrome, which is a serious, sometimes deadly condition that can cause damage of the brain and liver. So never give aspirin or medications that contain aspirin to a child or a teenager with a fever, without consultation with a doctor.

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

## UNDERSTANDING AYURVEDIC NUTRITION *A Pharmacological Approach*

Our world is full of many flavors and cultures, whether it is the spicy Mexicans or the traditional Italians there are so many different unique and interesting variations on the selection and preparation of foods.

Indian food, for example, has one of the most ancient pharmacological approaches to nutrition; diet is used to treat disease or maintain general good health. It is a completely different perspective than many of us see in North America.

The Ayurvedic Pharmacology of Nutrition is a process of whole food preparation that has a net effect on the body. These are changes that take place through the principles of patterns of nature. The use of spices and foods apply the effects of different tastes (bitter, pungent, astringent, salty, sour, and sweet) through the mind-body complex (through the five senses, taste, touch, sight, sound, and smell).

*"The focus of Ayurvedic Nutrition is on the interaction between the person and the food and the directly observed and experienced reactions that occur."*

Each food or spice has its own separate properties - its "essence" or "energy state" that helps to restore balance and healing so simply and so naturally.

For example, did you know that HOT and PUNGENT seasonings decrease mucus-forming properties in the body and clean out the sinuses? Spices such as Cardamom, Cumin, Coriander, and Turmeric are hot and spicy foods that stimulate digestive fire and help reduce production of gas. These spices have long been used by physicians in India to treat many ailments. Cardamom is an excellent cough remedy. Turmeric helps with inflammation and promotes good digestion; this is helpful for ulcers and diabetes. A banana is not just an ordinary fruit as viewed in North America; in India bananas eaten before ripening are subtle, distinct and astringent. A green banana will stop diarrhea and a runny, drippy cold. However, a ripe banana loses its astringent taste and becomes the opposite, mucus forming



**SPICES**

when sweet and it acts as an excellent laxative. Sesame seeds and fish generate heat in the body whereas mung beans and animal meats do not, and fruits are considered generally cooling in the body.

Ginger is another wonderful spice. Used for hundreds of years, ginger helps to alleviate nausea in pregnant women, and aids in digestion and inflammation. It is known as a "root" and therefore generates heats in the body (great to take in the winter time).

A Pomegranate is sweet, sour, and astringent. It heats the body and reduces mucus. Lauki, an Indian summer squash, is a vegetable that cools the body but is heavy on the digestive system but great as a laxative. An onion is considered appetizing and strengthening to the body. Pork is considered heavy and oily, appetizing but promotes perspiration.

So you see the properties of the foods we are eating are much more valuable than most of us have ever considered. They are playing an extremely important role in the body and need to be recognized for their incredible healing ability. Again we are reminded about how diversified, complex, and great nature is. Anyone can apply these principles into their dietary lifestyle; it will not only add a new holistic approach to your overall health, but it will also bring in an element of excitement.

*Yvonne Horvat is a Nutritionist at Nature's Source. She is available for consultations; call 905-502-6789.*



## Winter Preparation - HOMEOPATHICALLY

With the summer season quickly coming to a close and winter just around the corner soon we will have to put away our sandals and shades and bring out our boots and gloves. As we prepare ourselves and our families for the fast approaching winter season we should also start thinking about preparing our immune system to battle against the elements of winter. We must not forget to further strengthen our immunity to get us through the cold winter months.

Colds and Flu's are an all too common occurrence in the winter season, along with sinus infections, sore throats, and coughs. However if we start to prepare our bodies by boosting our immunity for the winter season before it approaches, we can significantly reduce our chances of falling ill. There are a variety of ways to boost one's immunity including the use of herbal remedies (echinacea/oregano), nutraceuticals (plant sterols, colostrum, vitamin C and Zinc), or Homeopaths. The type of remedy chosen typically depends on one's preference.

Homeopathic remedies are often a good choice for the entire family as they can be used safely by people of all ages from newborns to their grandparents. As will be discussed further, there are a variety of homeopaths that can be administered to successfully bolster one's defenses. Take note - the Thymus gland is where one's immunity starts, so building it up with *Thymuline 9 CH* pellets throughout the winter helps to decrease one's chances of feeling under the weather. In addition, taking *Influenzinum 9 CH* (a homeopathic preparation of the flu vaccine) helps to prevent and/or minimize the effects of the flu. Both of the abovementioned remedies can be taken once a week throughout the winter season.

As you prime yourself for the winter season you should also consider stocking your medicine cabinet with easy to use remedies that are fast acting at the first signs of infirmity. The following is a chart of homeopathic remedies that can be used for illnesses typical of the winter months:



CONDITION	SYMPTOM	REMEDY	RECOMMENDED DOSAGE
<i>COLD</i>	Sneezing/runny nose Congestion/mild fever	Boiron: Coryzalia Dr. Reckeweg: R6	1 tablet as needed 10 drops 3-6x/day
<i>FLU</i>	Fever/chills/body aches	Boiron: Oscillo Heel: Gripp-Heel	1 vile every 6 hrs 1 tablet every 2hrs
<i>SINUS CONGESTION</i>	Congestion/inflammation discharge	Dr. Reckeweg: Pulsatilla nasal spray A. Vogel: Sinna Tablets	Spray up nose 1-3x/day 2 tablets as needed
<i>SORE THROAT</i>	Soreness/loss of voice Pain/dryness	Boiron: Roxalia Boiron: Mandarin Lozenges	1 tablet as needed 1 lozenges 3-6x/day
<i>COUGH</i>	Excessive coughing dryness/congestion phlegmy discharge	Boiron: Stodel Syrup Heel: Broncosin syrup Dr. Reckeweg: R8	2-6 tablespoons/day

The abovementioned remedies will help you and your family plough through the winter season both safely and in good health. Always remember to consult a Naturopathic Doctor for your individual case to maximize your results and decrease any side effects.

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

## SPORTS ZONE

### Light Weights in the Gym = Zero Results

The title may be a little harsh, but let me give you some context. If you're injured or you're new to the weight lifting scene, I always suggest working on perfect form first, along with balance. However, if you're lifting weights to get "toned" I'd suggest you start to get into heavy weights. Yup, heavy weights. Now, if you're female and you think you'll build huge muscles and look like a man with a wig - guess again. It takes many years of weight lifting and some incredible genetics to build the type of muscle density that most women find masculine.

We're all toned under the extra layer of fat we carry. If you want to get "toned" lose the body fat and lift some heavier weights, do some cardio and follow a solid eating program. The 3 work best together. Lift a weight that challenges you and stick to doing rep ranges of no more than 12-15 reps maximum. In addition, keep longer rests between sets to allow your energy levels (ATP) to get restored so that you can lift a weight for the second and third set that challenges you. Look for a strength and conditioning expert that can guide you through a program suited to your particular needs.

**Q:** I have a "pear" like body and my trainer has me doing heavy weight for my legs. I'm squatting and doing heavy leg presses. Is this the right approach?

**A:** A woman's hip flexors can be as strong as a male's in some cases. I'd suggest this be the one area that women be careful lifting massive weights, as this can make the pear physique go in a very unwanted direction.

*George Tardik B.Sc. (Hon), RHN, RNCP, (ND candidate) has been counseling in sports nutrition for 8 years. Appointments can be made by calling Nature's Source at 416 242 8500.*

## SPORTS ZONE

## NEW PRODUCTS

### Silver Biotics - Alternative to Antibiotics

Silver has been used for centuries as one of the most effective natural remedies for killing harmful bacteria and is traced back to the Egyptians. In fact, farmers used to milk their cows using silver pails because silver is a potent bactericide that retards growth when milk is kept outside for a few hours.

The silver most people are familiar with is colloidal silver. Many companies produce colloidal silver, however Silver Biotics stands out as unique. Silver Biotics is the only patented, FDA approved and clinically proven silver product on the market. It is manufactured using oxygen (O1, O2, O3) with purified silver. By using this process it creates a more stable and bioavailable product. The problem is that most commercially available silver is ineffective against harmful and resistant bacteria. It can degrade quickly after manufacturing or bind to any negatively charged molecule in the body limiting its effect.

So how does Silver Biotics work? It works when single-charged silver replaces hydrogen atoms, which supply energy to bacteria and viruses. The silver ions are so hungry for electrons that they tear them out of the walls of microbes.

So what types of infections are Silver Biotics effective against? It has been proven against influenza, malaria, sinus problems, skin infections, yeast infections, colds, and more. How much silver is there in Silver Biotics? There is 50 mcg or 10 ppm (parts per million) of silver, which is the effective dose for killing most organisms. In fact Silver Biotics is effective at smaller doses. At 2.5 ppm (diluted) it killed the bacteria Salmonella that causes food poisoning. Another benefit of taking silver is that it is broad spectrum against all types of bacteria, compared to antibiotics which are not as broad spectrum (more than one must be taken). Taking silver does not cause resistance to bacteria, as antibiotics tend to do.

Since silver is a metal are there any side effects? There are none except for when ingested in very large amounts (e.g. 30 quarts) a condition called Argyria can develop in which the skin and sometimes teeth take on a grayish hue. This is only cosmetic. The standard dose for adults is 1 tsp 3x/day.

*Nadeem Aslam, B.Sc. is constantly researching and recommending New Products at Nature's Source.*

## LETTER FROM THE EDITOR

*"An ounce of prevention is worth a pound of cure".* This month we are focussing on prevention – how to boost your immune system and stop the colds and flus before they begin. Wouldn't it feel good to go through a winter without a cold?

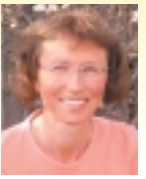
One of the most satisfying things I find about working in the field of Natural Health is helping people **prevent** illness. On my own personal journey, there was a time I did not know about the ways to take care of your health that we now share in this newsletter and at Nature's Source. I ate (more or less) from the Canada Food Guide, exercised (perhaps too much) and led an overly busy life working full time (or more) and actively parenting two young boys. I 'crashed' and spent 7 years dealing with a 'chronic' illness, learning more and more about Natural Health along the way.

I am grateful for my journey. I learned how necessary it is to prevent illness. I also learned how important it is to deal with symptoms (the ones our bodies give us, but we do not always listen to) **before** they become major issues.

In this issue we talk about some of the things you can do to boost your immune system. There are homeopathic remedies. Plant sterols and sterolins can be fantastic. Plants like elderberry and echinacea can help. But don't forget the fundamentals of maintaining good health. Eat wonderful, nourishing food. Grant yourself the gift of enough sleep and take some time to relax. And don't forget the role of the gut in our immune system; our intestines are often the interface between the outside world and our body – we need to keep them in good shape. A mother recently told me that her son, once prone to frequent colds, now was cold-free just from taking probiotics each day – so important for intestinal health and the body's defences.

*"You don't know what you've got until it's gone."* This applies to our health, too. Take that ounce of prevention now. And may the seasons ahead be healthy and happy ones!

*Heather Allsop, B.Sc., Ph.D., RNCP, Editor*



## Meet the NATURE'S SOURCE Staff

### Nadeem Aslam B.Sc. (Biology), Lab Tech 3



Nadeem is our "New Product Specialist" at Nature's Source. His keen sense of enquiry leads him to new information available in the literature, on the Internet, and through other sources. He is constantly reading – not just about products but about medical conditions themselves.

Nadeem was inspired by the field of Natural Medicine as a youth. He was fascinated by stories his mother told him about her grandmother and the natural remedies she used to help others. He remembers some of the remedies to this day.

He grew up reading medical texts bought by his father. As a teenager, his mind devoured the information on drug interactions. When he came to make a career decision, he was

drawn to the biological/medical sciences.

He simultaneously earned a B.Sc. in Biology and qualifications as a Laboratory Technician. As well as working with Nature's Source, he works full-time as a laboratory technician in a hospital.

What brings Nadeem the most satisfaction is when he can help others using what he has learned along the way. Nadeem is happy to provide the appropriate advice to help someone get to the root of the problem. As well as having extensive product knowledge, Nadeem can be very helpful in interpreting blood test results. Those he assists are often impressed by his insights. He has extensive knowledge of lab and blood tests.

Nadeem philosophizes, "It doesn't matter what job you are in, there is always something new to learn. Everyday something new happens." Both staff and customers are grateful to Nadeem for the new information he brings to Nature's Source.

### Baljinder Chhoker B.Sc., N.D.

Bal is a Naturopathic Consultant at Nature's Source – you may see him at any one of our three stores. He graduated from the Canadian College of Naturopathic Medicine (CCNM) after completing an Honours Science degree from the University of Waterloo. Having seen a Naturopath for many years, Baljinder was inspired to choose Naturopathic Medicine as a path for himself.

Before coming to Nature's Source, Baljinder practiced with a Naturopath in Cambridge. He also worked as a Naturopathic Consultant for Seroyal (which provides Genestra and Unda products) and for Dr. Reckeweg, a company focussing on Homeopathic preparations.

Although we know Baljinder best for the often-amazing

advice he gives on supplements and homeopathic remedies, he has a passion for 'hands on' therapies. These include massage, acupuncture, naturopathic manipulation, Bowen Technique (for myofascial release), and Craniosacral Therapy. He taught naturopathic manipulation at CCNM for four years.

Baljinder enjoys the contact he has with the knowledgeable customers that come into Nature's Source. Many seek him out again and again, to tap into his vast knowledge. Baljinder offers office consultations in any of the therapies discussed above. He is most often found at our Oakville store.



## WE APPRECIATE YOUR FEEDBACK

*Do you have questions? Suggestions? Other feedback about the Nature's Source News?*

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