

In This Issue...

Letter from the Editor - Pg.1

Avoiding HB Syndrome - Pg.2

New Products Flavin 7 - Pg.2

Emotions & Physical Health - Pg.2

A Medical Opinion Stress - Pg.3

Grape News for the Holidays - Pg.3

Shiatsu Therapy for Stress Relief - Pg.4

SPORTS ZONE

Exercise as Medicine - Pg.3

IN THIS ISSUE

Stress Relief

LETTER FROM THE EDITOR



The Holiday Season

As the holiday season fast approaches we are surrounded by wonderful images. There are joyful images of the warm glow from a cozy fireplace, windows trimmed with freshly fallen snow, and perfectly-decorated trees glowing with sparkling lights. We love to dream about such things, but in reality the holiday season is often the most stressful season of the year.

To help you through the holiday season, our authors address stress and provide insight into some other aspects of the holidays. There are hints on how to avoid HB (Holiday Belly) Syndrome. The benefits that may be obtained

from 'the grape' are outlined for those who partake at this time of year. To make the season more relaxing, why not give yourself or someone you care about the gift of a Shiatsu treatment from one of the therapists introduced in this issue? Or a massage from the massage therapist at the Etobicoke location?

What can we do to make this time of year more a time for true celebration? We are taught that this is a time for giving. In the words of Desire-Joseph Mercier "We must not only give what we have; we must also give what we are." Who can we reach out to, to make this holiday season better for someone else? Don't forget the power of a smile – sometimes a smile with a few kind words will illuminate someone's day like the star upon that perfect tree.

It is a season of Peace on Earth, Goodwill to Men. May we all find the peace within our hearts. And when we share it, we are one step closer to peace on earth.

Wishing each of you peace and joy this holiday season,

*Heather Allsop,
Editor*



Avoiding HB Syndrome

With winter approaching fast, it's important to look at ways of coping with stress and fighting the winter blues. Furthermore, avoiding *Holiday Belly Syndrome* (HB Syndrome) is something we all need to watch out for. With summer activities behind us, yet the stress of work and life still with us, it's imperative to plan now for the cold months ahead. First and foremost, stress is the topic at hand.

How does stress make us fat?

Stress can affect any part of the body and can cause disturbances in physical, mental and emotional symptoms. Under chronic stress, emotional eating can lead to weight gain and bouts of depression. Conversely, for others chronic stress leads to bouts of depression and a corresponding increase in food intake as self-medication.

Various hormones such as adrenalin and corticotrophin-releasing hormone can stimulate the adrenal cortex to produce cortisol. Cortisol in turn stimulates glucose release into the blood stream from the liver and a corresponding increase in insulin. Under certain conditions adrenalin can aid in burning fat. However, insulin can override the adrenalin signal and stimulate fat storage. Interestingly, the rise in insulin tends to cause fat storage in the abdomen.

IGT – Impaired Glucose- Tolerance

Recently, in my practice I've observed increasingly high amounts of cases where fasting glucose is normal (less than 6.0mmol/L), however after a meal (glucose load) the blood sugar hangs around too long. One of the risk factors associated with Impaired Glucose Tolerance (IGT) is intra-abdominal obesity.

Besides meditation, taking time for you, eating well and exercise there are a number of supplements that can aid in managing stress related illness.

Holy Basil (*Ocimum sanctum*)

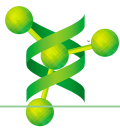
In preliminary animal trials Holy Basil has displayed beneficial effects on cortisol. Although human research is needed, the fact that it has been used in Middle Eastern countries for hundreds of years as a culinary and medicinal herb is important for confirming safety. The dosage of 400mg with 1% ursolic acid is recommended.

- continued on page 2 -

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

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Monday to Friday:
10am - 9pm
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Sunday: 11am - 6pm



NEW PRODUCTS FLAVIN 7

Flavin 7 is a liquid antioxidant supplement that was developed in Hungary to help fight free radicals and prevent disease. Flavin 7 contains powerful bioflavonoids that have been shown to lower LDL cholesterol and high blood pressure as well enhancing the immune system and aiding in detoxifying the body.

What is Flavin 7 derived from? It is derived from concentrated extracts of seven fruits. These fruits are grapes, blackberries, black cherries, black currants, red currants, plums and apples. All the fruits used in Flavin 7 are dark coloured. The reason for this is that they contain more proanthocyanidins than citrus fruits. The type of flavonoids in darker fruits are also more water soluble therefore making them more powerful at catching free radicals than citrus based flavonoids. Another benefit is that these dark fruits contain more resveratrol than citrus fruits. Resveratrol is an antioxidant that has been shown to be cardioprotective as well as protecting against carcinogenesis (cancer formation).

Some people may be asking why not just eat those dark coloured fruits instead of taking Flavin 7? The reason being is that Flavin 7 is so concentrated that that you would have to consume over 140 kg of fruit to equal the content of a single 200 ml bottle of the liquid format. Another important point is that the fruits used in Flavin 7 are organically grown, and organically grown fruits have a much higher resveratrol content than those grown with pesticides.

So who can benefit from taking Flavin 7? Anyone who has a malignant condition or who is undergoing radiation or chemotherapy can benefit from Flavin 7, along with those with cardiac conditions, diabetes, or allergies and anyone who wants to strengthen their immune systems.

Flavin 7 comes in either liquid or capsules. The standard dose is 5ml daily or 2 capsules twice daily. Anyone with health conditions should increase the dosage to get maximum therapeutic benefits. To minimize irritation, anyone with stomach problems should take the capsules.

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

- HB Syndrome continued -

Rhodiola (*Rhodiola rosea*)

Rhodiola may help decrease insulin resistance and help lower hyper cortisol levels. Once again some preliminary research in humans has been conducted; more needs to be done. However, it's widespread use and positive feedback has prompted me to suggest it more and more to those with high stress and increasing abdominal fat.

Fish Oil

The fatty acids EPA and DHA are rarely thought of for therapy in reducing stress hormones. However, these fatty acids can be perhaps the most effective to helping in reducing elevated cortisol levels. I'd suggest you consume high quality fish oil containing approximately 1000mg of EPA and 600mg of DHA. Make sure the brand of fish oil you are purchasing has been put through molecular distillation and has virtually no detectable levels of methyl mercury and other potential toxins/heavy metals.

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

Emotions & Physical Health "Your Attitude Determines Your Altitude"

No one is exempt from stress. Depression, anxiety, guilt, grief, hopelessness, irritability, crying, and fear are rapidly increasing in our society, especially in the last ten years. We all face it each day, and the cause will be different for each individual. It may come from your place of work, where you live and the relationships around you but whatever the circumstances, it is necessary to acknowledge the stresses and deal with them accordingly.

How we deal with stress and our attitudes is critical to determining the outcome. It affects how we accept our situation and how we see ourselves. It is important to recognize that stress produces physiological and chemical changes within the body. These physiological changes have either a positive or negative effect on how you behave and interact with others and ultimately will determine the overall state of your health. Some of the physical symptoms from stress are trouble sleeping, loss of appetite, loss of weight, loss of interest in sex, complaints about your body, lack of energy, thinking patterns, having a problem with concentration, poor memory, trouble making decisions, excessive self-criticism and the extreme is thoughts of death or suicide. Emotional sources of tension also produce symptoms from another source. Suppressed emotions, distorted communications, low self esteem, feelings of worthlessness, rejection, lack of trust or guilt, resentment, hatred, and anger can play a major role on how well or poorly we connect with the world around us. Long and short term exposure to high levels of stress can begin with a lack of joy, a more rapid heart beat, excessive sweating as well as a dry mouth but eventually, if left undiagnosed, depression or



anxiety will occur.

Sensation and perceptions are also altered in how we interpret and organize neural impulses into an "internal representation" of reality. Examining the biological basis of behavior we know that our autonomic nervous system is divided into two parts – the parasympathetic and the sympathetic nervous systems. These are the systems that respond to your emotions and physiological behaviour patterns during stress.

During a crisis it is the 'sympathetic' nervous system that is generally the most active. Sympathetic fiber impulses are the ones that prepare the body for 'fight or flight' and is the system most people have been conditioned to operate under. The adrenal glands are stimulated and adrenalin is released causing your heart to beat more rapidly. The 'parasympathetic' system, however, is the system that once the emergency reaction has diminished will allow the body to return back to normal function. It is through the over use of the sympathetic nervous system where we find many individuals today exhausted and unhappy.

Alternative medicine has come a long way in the last 10 years and there are an excellent number of stress formulas available to help you combat your stress levels. Visit your local health food store to find out about 5HTP, St. John's Wort, Holy Basil, Valerian Root and many others to help you cope more successfully. However, please check with a qualified practitioner before using.

Last of all, many people today are not comfortable sharing or discussing in public their private issues that concern them. A significant amount of stress in a person's life can be eliminated just by effective communication with someone who can help you work through your situation. Look for a qualified, efficient counselor who privately counsels individuals through emotional and physiological problems to help you change and overcome your problems. I leave you with this parting thought... "Remember, there are no problems, just opportunities."

Yvonne Horvat is a registered Holistic Nutritionist who practices out of the clinic in our Mississauga store – 905-502-6789.

A MEDICAL OPINION

STRESS - A Response To Stimuli

Every day we receive lots of stimuli from the outside world and we respond to them. We can be either happy or sad as a result of these stimuli. We've witnessed many times complaints from our friends or peers or family members that they have aches and pains, lack of energy, or that they feel depressed, anxious, or just unable to cope with what is happening with their life. You do not need to be a doctor to make a diagnosis for this condition. It is stress, isn't it?

Our brain is the site receiving all these stimuli. In our brain we have chemicals that are connected with our stress response. The chemicals are serotonin, noradrenalin and dopamine; each has a different function in our body. Serotonin lets us sleep, noradrenalin gives us energy, and dopamine sets our pleasure and pain levels. These are the brain chemicals that begin to malfunction when stress levels become more than a person can handle. If there is a malfunction of noradrenalin, we may become tired, exhausted, and without energy. Noradrenalin is different from adrenalin. Adrenalin is released from adrenal glands and rushes into our blood vessels when we are confronted with a challenge or when we are frightened. Adrenalin will increase our heart beat, make our hands sweat, shunt the blood away from our skin and rush it to our muscles – preparing our body for fight or flight. If dopamine, which sets our pain and pleasure levels, malfunctions we may have aches and pains, especially in the neck and head, and we may not feel pleasure in the usual things that used to make us happy.

What can you do to combat stress? Make a routine that you will follow. Be aware that it may take up to three weeks to set your 'body clock' back to normal. Set up regular patterns in your life. If you are a 'workaholic' cut down on your working hours. Start exercising. Cut down your sugar intake and increase the vegetables in your diet. A good multi-vitamin and mineral formula can be beneficial. And make the time to relax and rest your mind.

If this is not enough, schedule a visit with your doctor who can determine what within your body needs to be addressed to help you personally overcome the effects of stress.

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



Grape News for the Holidays

With the holiday season fast approaching, odds are that once again many of us will succumb to the temptations of over indulgence. However one chooses to partake in their festivities at least one should try to get as much benefit as possible out of them.

By now it is doubtful that there is anyone who hasn't been exposed to the health benefits of drinking red wine in the popular media. Most people at one time or another have heard of the "French Paradox", whereby a large segment of that population consumes a high fat diet without the apparent rates of cardiovascular disease that plague the rest of us. The main difference with the French is, of course, that they drink red wine with many of their meals. What scientists have discovered is that a substance within red wine has the ability to stimulate the action of a class of genes called silent information regulators (SIR's). This substance increases the activity of antioxidant enzymes within living cells, giving the cells more ability to repair their DNA. An effective DNA repair agent could theoretically eliminate most age related diseases.

The main substance that we are referring to in this case is resveratrol. In vitro and animal studies have shown that resveratrol extends the life yeast cells by 70%, aids diabetes and heart disease, raises HDL (good) cholesterol, reduces blood clotting, stops viral replication as well as blocking cancer development. While no large-scale formal trials have been done on resveratrol, is it a coincidence that some of the longest-lived peoples on the planet are red wine drinkers? There are in fact products available today that have been clinically shown to have potent anti-carcinogenic activity in humans, derived primarily from red grapes! With the influx of new data even sceptical scientists are intrigued by resveratrol's promise of health and longevity.

The crux of the matter is of course how to get the benefits of the red wine without the deleterious effects of the alcohol since more than two glasses per day can negate the positive benefits. Look for stabilized resveratrol products, preferably with the full range of intact bioflavonoids. These products tend to be more effective as the synergistic activity of the whole fruit can out-perform any isolated compound. In the meantime feel free to enjoy a glass or two of red wine, but please remember not to over do it!

P.S. For wine lovers, choose those made from Pinot Noir and Cabernet Sauvignon grapes, as they tend to have the highest resveratrol content.

Mario Alonzi, B.Sc. can most often be found at Nature's Source Mississauga store.

SPORTS ZONE

Exercise as Medicine

Exercise needs to be written on prescription pads over drugs and supplements in many circumstances. In addition, getting kids active in early adulthood confers significant protection from strokes later in life. Exercise works better in the long run for lowering blood pressure than ACE inhibitors or Beta Blockers and comes with far fewer side effects. Why is exercise not prescribed more often? Many clinicians don't exercise themselves, and offer health advice within the context of their ideology. Some clinicians would argue that patients are too busy and just have no time to exercise. Whatever the case, it's time that everyone started to get on board. Take 20 minutes a day and do some exercise. Walk up some stairs, go for a fast walk, ride an exercise bike or, better yet – pump some iron!

Start now!

Do you remember last year's New Year resolution? No? I've got a suggestion. Start doing some exercise today. Put on your coat, head outside and start before New Years and Christmas. Your health depends on it. Here's a small list from the Physician and Sports medicine journal regarding health conditions that benefit from exercise:

- Heart disease
- Cancer
- Stroke
- Hypertension
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Osteoporosis

Other diseases treatable with exercise—obesity, arthritis, depression, and dyslipidemia.

If preventing premature death with exercise is not motivation, I'm not sure what is. Have fun and start movin'! Insert body-break commercial . . .

George Tardik B.Sc. (Hon), RHN, RNCP, (ND candidate) has been counseling in sports nutrition for 8 years. He's been featured on CBC's Newsworld, Marketplace and Sports Journal. Appointments can be made by calling Nature's Source.

SPORTS ZONE

SHIATSU THERAPY for Stress Relief

We are currently living in a world that is presenting us with greater challenges than ever before. Today stress is a buzzword that everyone can relate to. We talk about stress as if it is an enemy that has to be eradicated. Shiatsu Therapy is a very positive alternative therapy that has the unique ability to help us to manage ourselves to withstand the effects of stressful lives. Stress has a very harmful effect on the state of body and mind. Incorporating Shiatsu Therapy as part of your lifestyle empowers you to be proactive and lessen your reaction to stress.

We feel stress in our body and our mind. Stress, in fact, changes our internal state of both. We resist the forces of stress, creating feelings of imbalance. This resistance fluctuates, as our moods do, when we have good and bad days. Some people adapt better to the stress with diet, exercise and behaviour modification. These lifestyle choices will serve to lessen or eliminate uncomfortable feelings and symptoms.

However, the majority of people will unknowingly continue to resist the stressful forces. They will become numbed to the uncomfortable feelings. They just don't know what to do except to keep going and perhaps deal with it later. In time, it just becomes chronic because the person hasn't reacted in a positive way to change their internal state back to one that supports them.

The Shiatsu Therapy theory describes the stress and ensuing resistance in the person's body and mind as having caused their vital energy or healing force to become blocked at various points, resulting in symptoms such as aches and pains, feeling stressed and/or overwhelmed, stiffness, fatigue and a whole long list of more chronic results.

As a Shiatsu Therapist, I make careful observations and question the patient, to understand their condition or internal state. I then proceed with a course of treatments that will address the person's symptoms. This is achieved by determining the energetic flow throughout the body and reading where the most tension and blockages are residing.

Over the duration of the treatment, comfortable pressure is applied to various points on the body, through the patients' clothing. In my therapy, I use a flat massage table that is convenient especially for senior patients.

After many years in practice, I am able to effectively feel the changing internal state of the person, while applying pressure to the surface of the body. The amount of resistance that is returned is an indicator of the degree that the patient is resisting stressors and for how long it has been going on. With Shiatsu, the patient will quickly disengage and "let down" as they feel the relaxation building. They feel supported and safe in this environment, thus encouraging healing energy to return them to a less resistant and more balanced state.

Shiatsu Therapy is very effective because it is able to safely target the source of the trouble. The pressure also stimulates the body's tissues to a deeper level, peeling away layers of buried stress. The patient will recover quickly and experience a very profound level of well being that they probably haven't felt in a very long time. Symptoms will resolve quickly and stay away after a few sessions. Some conditions effectively helped by Shiatsu include:

- Neck and low back pain
- Headaches and migraines
- Fatigue and tiredness
- Joint tendonitis and arthritis
- Stressed out feeling
- "Aches and Pains"

A person experiencing a series of Shiatsu sessions will realize that they are in control again, as their body adapts positively. Despite all

the stressful conditions that will come along, the internal state will remain more even.

Life is easier again thanks to the wisdom and proven effects of Shiatsu Therapy.

This article was provided by Steve Rolston, CST, a Shiatsu Therapist who works out of Nature's Source in Oakville.



..... Shiatsu Therapists at NATURE'S SOURCE

Steve Rolston CST

Steve Rolston has a unique approach to Shiatsu that has developed over his practice of the last 8 years. His style uses a more modern approach, focusing on the client's pain and tension in order to achieve immediate results.

Steve effectively applies Shiatsu in both clinical and corporate environments. Steve finds Shiatsu more suitable for the workplace environment than other massage methods, as this treatment is given through the clothing. He applies a comfortable Shiatsu pressure and the client is able to relax easily and effectively, thereby eliminating their symptoms. In



the workplace the client can recover quickly and return to work promptly, feeling rejuvenated and energized.

Steve Rolston has been practicing Shiatsu in schools (Peel, Toronto and Halton School Systems) and corporations since 2000. He was trained at the Shiatsu School of Canada (a 2200 hr Shiatsu program completed in '97) and is a certified Shiatsu Therapist. Steve does Shiatsu treatments at Nature's Source in Oakville. To book an appointment with Steve, call Nature's Source at 905-257-1655.

Janusz Madej CST, CAC

Janusz Madej, Diploma Shiatsu Therapist, trained with a Japanese Shiatsu master and researcher who brought the art of Shiatsu to Canada. He is a member of S.T.A.O. (Shiatsu Therapy Association of Ontario) and has earned the rights and privileges of CST (Certified Shiatsu Therapist) designation. He also completed an advanced professional diploma program of

Acupuncture and Chinese medicine.

Through his dedication to the healing arts of Oriental Medicine and compassion to all people, Janusz has acquired a natural healing instinct which is applied effectively to those he treats. Janusz works out of Nature's Source in Mississauga. Appointments with Janusz can be made by calling Nature's Source at 905-502-6789.


WE APPRECIATE YOUR FEEDBACK

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

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