

EYE HEALTH FOR LIFE! Macular Degeneration

Perhaps one of the greatest gifts we take for granted is our sight. Unfortunately as we age, many of us start to experience a reduction in visual acuity and because we assume that it's normal we accept this inevitable decline. Macular degeneration is a condition that affects the center of the inner lining of the eye, known as the macula. About the size of a pencil tip, the macula contains hundreds of millions of cone cells, which are responsible for receiving colour signals. Rod cells are located along the outer portion of the retina and give us our black and white night vision as well as peripheral sight.

When degradation of the rods occurs this results in "night blindness". With deterioration in the cone cells there is a loss in the central field of view, which is diagnosed as macular degeneration. Despite being a stubborn problem it does not need be a permanent one as this particular health issue has been shown to be quite responsive to simple nutritional therapies.

Simply put, the choroid or blood layer of the retina nourishes the macula and any impairment to this circulation will also affect vision. The layer has extensions into the retina. If the capillaries become leaky, then blood collects behind the retina causing sub-retinal swelling or even a sub-retinal

haemorrhage. This is often called "wet" macular degeneration and accounts for approximately 10% of total cases.

Vitamin C in dosages of at least 2000 to 3000 mg per day in divided amounts and bioflavonoids such as those found in bilberry and blueberries help to keep capillaries strong. Furthermore these plant pigments act as light-absorbing filters further protecting the retina from light damage. Two other noteworthy protectors are the two yellow dietary pigments lutein and zeaxanthin. Common sources include spinach, kale and eggs.

The more common form of macular degeneration is the dry form, which results in a more gradual loss of vision due to what are called "Drusen" deposits, or rather calcium deposits, and a loss of light-protective pigments. This can often be remedied by taking supplemental magnesium, as it is a natural calcium antagonist. Other helpful nutrients include essential fatty acids (DHA is a vital component in the retinal cells), vitamin E and selenium as anti-oxidants, as well as any sulphur-containing foods such as garlic, onions or eggs which boost the body's own glutathione antioxidant systems.

Bottom line, improve circulation and delivery of nutrients to the eyes and facilitate the removal of metabolic waste from the eyes and you should enjoy crystal clear vision for a very long time!

Mario Alonzi, B.Sc., is the Manager at nature's source in Mississauga.

HEALTHY TEETH FOR LIFE!

Fighting Periodontal Disease

Everyone knows that a smile conveys a very important message to others. Would you not agree? Is it not true that when someone sends us a warm, beautiful smile it makes us feel better?

Visiting the dentist regularly is one of the ways to keep healthy teeth for life and fight periodontal disease. Annual checkups help to reveal early signs of dental problems like cavities, bad breath,

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written, edited and designed by nature's source staff

Heather Allsop, Editor
Daniel Schlegel, Design

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The selected plant extracts in **tone** are complementary, balancing prevention of inflammation, allergies and infections, with provoking hypo-tension, vasodilatation and strengthening of the micro vascular system in the ear.





HERBS AND HOMEOPATHICS FOR SINUSES

Every season can bring its challenges to sinus sufferers. Spring pollens, summer grasses, fall dampness, and winter colds can all incite sinus reactions. If you are one of the many people who suffer from sinus infections then the sight of grass is your worst nightmare. Congestion, pressure pain and headaches are just some of the symptoms that people suffer from when they have sinus infection or inflammation. For a number of sinus sufferers there appears to be no end in sight, as the pain impairs their ability to engage in daily activities.

Fortunately, there are ways to carry on with your normal life without those decongestants from drugstores. Unfortunately, there is no 'quick fix'; you have to look at all facets of your life and be prepared to make some lifestyle changes.

Factors to consider are:

- Underlying food allergies
- Lack of sleep
- Poor digestive system and diet
- Weakened immune system
- Excess physical and mental stress
- Toxic overload on the body.

Treatment of sinus infections is two-fold:

1. Systemic support and building
2. Immediate infection control.

For general support of the system, consider proteolytic enzymes (like **Wobenzyme**) to act as anti-inflammatories and also to improve drainage of toxins out of the system. Immune builders such as **Astragalus** and **Mushroom extracts** help decrease the frequency of the infections.

Some remedies for infection control include:

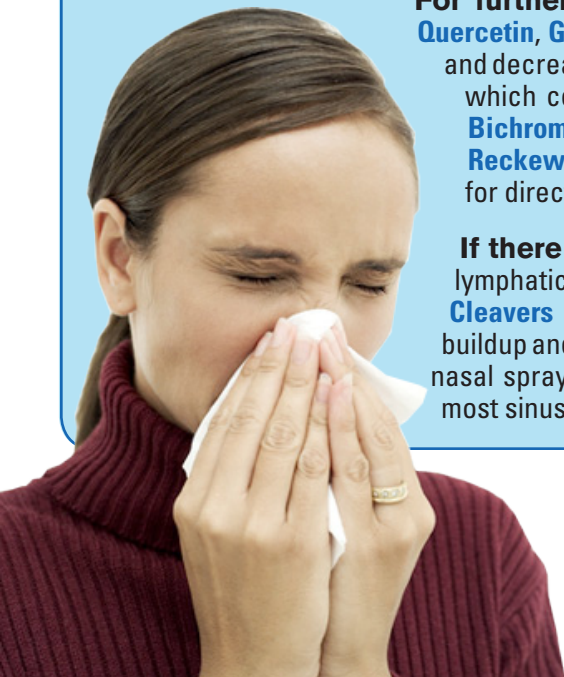
- **Oil of Oregano** – which acts as a wonderful anti-biotic and anti-viral.
- **Echinacea and Goldenseal** – which act as decongestants and aid in fighting off the pathogens.
- **Garlic** – with high Allicin content can also be used to fight off infections.

For further sinus relief consider supplementing your diet with nutrients such as **Quercetin, Grape seed extract, Vitamin C,** and **Bioflavonoids** which all help to stabilize mast cells and decrease the histamine response which can increase sinus pressure. Homeopathic remedies which come either in singles or combinations include: **Apis** for swelling and puffiness, **Kali Bichromicum** for thick congestion, and **Arsenicum** for burning pains. **Boiron Sinusalia** or **Dr. Reckeweg R49** can be used for general symptoms, while **Heels Euphorbium** spray works well for direct sinus relief.

If there is lots of congestion as a result of the sinus problem always add in some lymphatic support such as **Lyphosot or Lymphdiaral cream,** both in a homeopathic format, or **Cleavers** in an herbal preparation. Lymphatic drainage will prevent sinus and ear pressure buildup and facilitate toxin elimination to prevent further complications. For babies a homeopathic nasal spray by Dr. Reckeweg called **Pulsatilla Compositum** provides quick and gentle relief of most sinus congestion symptoms.

Remember the more lifestyle changes you opt to make, the better your health will be and the more vitality you will have to live a more enriching life. For a complete work up always consult your Naturopathic or Homeopathic Doctor.

*This article is provided by Baljinder S. Chhoker, a Naturopathic consultant for **nature's source**.*





**IF ONE DEAD TOOTH
KILLED 50 RABBITS,
what is one doing in
your mouth?**

This statement caught my eye (for obvious reasons) while I was searching the internet for information about root canals and disease states. Why, you ask, was I so interested in this connection? Pain, pure and simple, from a 20-year-old massive filling – a result of crunching down on a really hard piece of nut. After seeking the advice of my regular dentist and then an extraction specialist I was still confused about which avenue to pursue - root canal therapy or extraction. The rabbit headline drew me into to a website whose mandate is to ‘increase awareness of the topic and educate the general public’.

So what do rabbits have to do with root canals? Dr. George Meining, D.D.S, former founder and past president of the American Academy of Endodontists, in his many years of dental practice noticed and documented some interesting relationships between bacteria and the canals that exist in teeth.

His observations led him to believe that even after the root canal procedure, bacteria can lurk within tubules that teeth are comprised of, and leech toxins into the body.

“Our teeth are made up of a highly specialized network of microscopic tubes (tubules) designed to supply nutrients to the dentin as long as the tooth is alive. The worst part of a root canal is what happens when the tooth dies. As the living cells rot within the central pulp chamber, their extensions also rot within their tubules. Although root canal therapy should completely obliterate and fill the main pulp chamber, it is impossible to fill the millions of microscopic tubules. Bacteria from infected teeth or from the dental procedure itself can remain within the tubules, growing and multiplying. As they do, they begin to produce various toxic chemicals, which can be especially toxic to specific organs or organ systems.” (Dr. George Meining, D.D.S.)

Dr. Meining tested his theory by implanting recently extracted teeth under the skin of rabbits. In almost all of the test cases, the rabbit became ill or died. By contrast, disease symptoms in his human patients lessened or disappeared with the removal of the bacteria laden teeth. The rabbit studies also showed that the potential for bacteria to recolonize the empty tubules following root canal therapy is very high, and that antibiotics rarely reach the infection sites. In addition, the type of bacteria associated with the disease state in the human patient caused the very same disease state in the rabbit.

“even after the root canal procedure, bacteria can lurk within tubules that teeth are comprised of, and leech toxins into the body”

“There is a growing recognition among alternative dentists and physicians that dental health has a tremendous impact on the overall health of the body. European researchers estimate that perhaps as much as half of all chronic degenerative illnesses can be linked either directly or indirectly to dental problems and the traditional techniques of modern dentistry used to treat them.”

(Dr. Hal Huggins, D.D.S.) Problems such as limited motion and loose tendons in addition to structural and physiological dysfunction are typical manifestations related to bacteria in teeth.

“There is a growing recognition among alternative dentists and physicians that dental health has a tremendous impact on the overall health of the body.”

The growing field of biodentistry focuses on the ‘unrecognized impact that dental toxins and hidden dental infections can have on overall health.’ Mercury fillings and root canal therapy are both coming under scrutiny as the relationship between illness and toxicity becomes more evident.

As you would with any health matter, take advantage of the newest research as it becomes available, and open a dialogue with your dental practitioner about new techniques and materials that could be beneficial to you and your family.

Anne Brownell, B.A., is Assistant Manager at nature's source in Oakville.





HEALTHY TEETH FOR LIFE!

Fighting Periodontal Disease

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gingivitis, receding gum lines, bone loss and abscesses. Poor oral hygiene, including dietary nutrition, is now being linked to other types of diseases, for example diabetes, cardiovascular problems, fungal growth, nerve pain, and more.

Did you know that there are over 300 different types of germs that love to live inside your mouth? The most common bacteria is called *Streptococcus mutans*. Once food is eaten, particles and debris combined with bacteria get trapped in between teeth and after 10-15 minutes acid is produced causing plaque to begin to form and harden. Damage to gums and teeth is done quickly and quietly. Many dental problems do not start overnight as most people would assume, but rather it is a problem that develops over weeks and weeks of unattended bacterial growth that shows up later. Early signs of periodontal disease are bleeding red swollen gums (a condition called gingivitis) and receding gums.

Periodontal disease can be prevented. Although it is described as an infection of

of gum and bone that accounts for a major proportion of all tooth loss, proper hygiene and nutrition are keys to prevention. Although we would like to think that we are just not brushing enough, research is now providing us with evidence that our poor dietary habits of consuming too much white refined sugar, carbohydrates, and hydrogenated fats are contributing to the problem and are speeding up the deterioration process.

We now know that diseases such as Diabetes I & II, High Blood Pressure, Heart Disease, Candida, and low HCl (Hydrochloric acid) for digestion are underlying factors that contribute to periodontal disease.

“poor dietary habits of consuming too much white refined sugar, carbohydrates, and hydrogenated fats are contributing to the problem”

Not only that, but a consistently low (acidic) pH level caused by an acid diet significantly decreases bone mass. To neutralize the acidity, the body searches for much-needed calcium and robs the calcium from our bones. Acid-forming foods include soft drinks, dairy, and coffee.

Fight periodontal disease to give you healthy teeth for life

1. Visit your dentist on a regular basis. Your dentist will help you establish your individual oral care program.
2. Floss daily, especially after each meal.
3. Restrict the amount of white refined sugar, carbohydrates, rancid fats, and junk foods to cut down on plaque production.
5. Decrease the consumption of foods with a high acidic content like caffeine, sugary pop, soft drinks, and sweets.

8. Vitamin C is a powerful nutrient and antioxidant and is essential for tissue repair and for the formation of bone and cartilage.

6. Include as part of your regular diet organic sources of calcium from salmon, sardines (including the bones), green leafy vegetables, clams, oysters, shrimp, kale, broccoli, and soybeans. Take a calcium supplement if you have known allergies to these foods, or have inadequate dietary calcium intake.

7. Eat a diet high in raw green leafy vegetables that provide live enzymes.

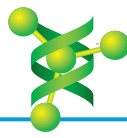
8. Co-enzyme Q-10 is wonderful for stopping bleeding gums. Co-enzyme Q-10 has the unique ability to increase oxygen utilization and activate germ-eaters in the body, as well as bringing more circulating blood into the area of the gums.

9. Use an enzyme before every meal and take a probiotic with each meal for proper flora and intestinal microbial balance.

Remember, tooth decay and gum disease cannot get better without treatment. A change in your diet as well as regular visits to the dentist will help you get the healthy mouth you are looking for.

Yvonne Horvat, R.H.N is a Registered Holistic Nutritionist





MILK AND RECURRENT OTITIS MEDIA IN INFANTS

This article explores the relationship between milk and recurrent ear infections in infants. For this analysis, milk refers to cow's milk. Recurrent otitis media with effusion means that there is fluid in the middle (inner) ear and that the inner ear is inflamed (swollen). Effusion in this context refers to fluid. However, this fluid often does not bother the child and often goes away on its own.

Depending on whom you ask, the fluid build-up may happen for a few reasons. When a child has a cold, the middle ear may produce fluid (as it does in the nose) but the fluid does not drain out of the middle ear as it does from the nose. What is the best treatment? Traditional physicians may suggest leaving it alone or, if recurrent, treating it with antibiotics. Naturopathic Doctors often suggest removing certain foods out of the diet (mainly cow's milk) to determine if the etiology is related to a food allergy.

How to spot the symptoms

Allergic reactions to foods in adults and infants may begin within minutes to a few hours after eating the particular food. Severity of symptoms can vary from one person to another. Mildly allergic symptoms may include itching and a few hives while more severe allergic individuals may experience some of the following:

- Hives
- Eczema
- Tingling or swelling of the lips, tongue or throat
- Wheezing
- Abdominal pain
- Nausea, vomiting or diarrhea
- Dizziness

Does any literature support Cow's milk allergies in infants?

In 2001, Arroyave investigated recurrent otitis media with effusion in children with a known food allergy. Patients were challenged with foods to which they reacted and were evaluated via tympanometries. Skin testing was also conducted and all 25 children in the study were positive for food sensitivity. The most common food allergies were milk, egg, beans, citrus and tomato. The elimination of these foods led to amelioration of otitis media in 22 of the 25 patients. When the children were challenged by reintroducing the food, a recurrence of the problem was found.

It is estimated that approximately 8% of children aged <3 years have food allergies. Foods can induce a variety of IgE-mediated, cutaneous, gastrointestinal, and respiratory reactions.

In the journal *acta otolaryngologica* 1999, Juntti et al. set out to determine if cow's milk allergy (CMA), was associated with recurrent otitis media in a cohort study of 56 known milk-allergic children and 204 other school children serving as the control group. A higher amount of children with CMA had recurrent otitis media. This was defined by at least 15 acute otitis media episodes by the age of 10 years. In addition, a higher percentage of CMA children had undergone adenoidectomy and or tympanostomy (a small tube inserted into the eardrum in order to keep the middle ear aerated for a prolonged period of time) compared with the controls.

Interestingly, only children with respiratory concerns (asthma and/or allergic rhinitis) displayed a higher incidence of ear infections. Like the Arroyave study in 2001, the ear infections were only seen in the children with concomitant respiratory abnormalities. Other larger trials with over 1700 newborns published in the journal *pediatric allergy and immunology* found infants on controlled milk elimination and challenge procedures with non-IgE-mediated cow's milk protein intolerance had a good prognosis compared to those children with IgE cow's milk protein allergy. The increased IgE response delineated the "intolerance" from "allergy".

Not every child has a milk allergy. Some have no immune upregulation leading to otitis media. Conversely, a growing body of evidence supports the exploration of food allergies that may lead to decreased use of antibiotics and a drop in respiratory, gastrointestinal, dermatological and mild in-ear symptoms in infants.

George Tardik BSc (hon), RHN, ND (cand.) is a nutritional consultant who is completing his Naturopathic Doctor program at the Canadian College of Naturopathic Medicine.

SPORTS ZONE

GO FOR GLUTAMINE

Feeling sore? Finding that you are not recovering from your workouts fast enough? Feeling tired the day after your workout? Trying to pack on size? Well then, lets talk about amino acids, particularly one of the most abundant amino acids in the body, glutamine.

Glutamine is a non-essential amino acid, which means our bodies can make it's own supply of glutamine. Glutamine can be found both in the blood stream as well as the musculoskeletal system. If you are looking at getting more glutamine through your diet, there are a few foods that you can include such as most dairy products, meats like beef and fish, and vegetable sources like raw spinach and parsley.

Glutamine has a number of biomechanical functions

- Aids in the synthesis of DNA
- Plays a major role in protein synthesis
- It is a fuel source of enterocytes (cells of the muscle lining of the small intestines). This means glutamine can help with digestion.
- Helps support immune function



- **Blocks cortisol-induced protein catabolism that leads to tissue breakdown.**

Glutamine has been linked to many different uses in the medical and the alternative health communities. There have been recent studies into the effects of glutamine and intestinal effects; it aids in gut barrier function and with general waste mobility and IBS (Irritable Bowel Syndrome). When it comes to physical exercise and working out, glutamine can help prolong a workout. Glutamine can be converted into alanine, an amino acid that the liver converts into glucose, supplying additional fuel to muscles. Ideally an athlete should take 5 grams of glutamine after a workout to aid in a faster recovery or the general population can take it to supplement their diet for the other health benefits experienced.

*Dave Reesor, NSCA-CPT, MES is a Certified Personal Trainer and a Medical Exercise Specialist with a diploma in Fitness and Health Promotions from Humber College. He can be contacted at **nature's source** in Etobicoke.*

NEW PRODUCTS



Bioperine: Bioavailability Enhancer

Bioperine is a standardized extract from the fruit of black pepper or long pepper. It is used to enhance the absorption or bioavailability of supplements.

Bioperine is obtained from the black pepper fruit that is cultivated in the damp, nutrient-rich soils of southern India. The delicate pepper berries are harvested just prior to ripening and then sun-dried to assure optimum maturity and quality.

How does Bioperine enhance bioavailability? Our bodies generate energy at the cellular level through a process called thermogenesis. Thermogenesis has been identified as a key factor in maintaining weight loss; it also has been identified as playing a key role in utilizing the daily food and nutrients that the human body consumes. This sets in motion the mechanisms that lead to digestion and subsequent gastrointestinal absorption. Bioperine works in this manner. By increasing the thermal energy to power up the mechanism related to thermogenesis, this leads to increased metabolic processes and creates a demand for a broad range of nutrients that contribute to metabolism, i.e. vitamins, minerals, herbals, etc. Bioperine works in this manner. Bioperine has been shown to increase the bioavailability of the following supplements: CoQ10, water soluble and fat-soluble vitamins, herbals such as curcumin and ginkgo, as well as antioxidants and minerals.

Bioperine has been around for a few years in certain formulas but now **ALLERGY RESEARCH** provides it on its own. The only contraindications are for anyone who is allergic to pepper or anyone taking medication since it may increase the effectiveness of the medication.

*Nadeem Aslam, B.Sc., Medical Lab Technologist, researches and recommends new products for **nature's source**.*

Health & Beauty

NATURAL EYE CARE

Our eyes are the “windows to the world”. They are a reflection of our age and state of health. Our vision is very important and the reality is that thousands of people each year are being diagnosed with macular degeneration, cataracts and glaucoma.

Here are some tips to follow to help prevent excess wear and tear on your eyes:

- **Eating anti-inflammatory foods** and having a diet high in antioxidants such as leafy green vegetables will help preserve eye function. Lay off the red meat and introduce healthy fats like omega-3 fatty acids to help prevent dry eyes.
- **Exercising** is important for increasing blood flow to the eye.
- **Reducing your eyes' contact with the sun** will prevent pterygium, which are small yellow bumps that grow on your eye and can interfere with your vision. Make sure that your sunglasses offer 100% UV protection.
- **Stop smoking**, it reduces the size of blood vessels, therefore your eyes may form a plaque depriving them of oxygen, increasing the chance of eye diseases.
- **Having a soft natural light** and making sure your rooms are well lit when reading or on the computer reduces strain on your eyes.

If you use a computer regularly, ask your doctor to test for any eye strain. You may need to slightly change your lens/eyeglass prescription to help protect from further damage. Getting your annual eye check-up is important especially if glaucoma, macular degeneration or cataracts run in your family.

Jennifer Atamaniuk, RHN, is a holistic nutritionist and certified trainer on staff at the Mississauga store.

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breath fresheners, as well as whitening substances found in nature, you can offer the world your best smile - Bright and Healthy.

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Nature's Gate natural herbal toothpaste, when used daily and with proper brushing, helps promote good oral health. Our formulation includes an abundance of Free Calcium (derived from Extracts of Carrots and Calcium Ascorbate), a natural strengthening component of teeth that helps remove plaque. Our fluoride-free toothpaste also includes Vitamin C and Baking Soda that act as gentle abrasives to help clean and whiten your teeth, naturally.



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