



IN THIS ISSUE

Allergies

Where are Hidden Allergies and How do They Disguise Themselves?

When thinking about allergies we often identify them with the familiar symptoms of coughing, sneezing, runny nose, or sore throat. However, there are other types of reactions that occur in our body and these allergies may appear quite different.

Symptoms of allergies range from Neurological to Hormonal, to Joint Symptoms, to Gastrointestinal, Cardiovascular and Skin disorders. There is a vital link between allergies and chronic symptoms that manifest themselves through disease at any age. Prolonged and elevated stress levels, depression, environmental and/or physiological changes contribute to allergies. Eating a poor nutritional diet that is high in saturated and hydrogenated oils, foods that are genetically modified, white processed refined carbohydrates and sugar, soft drinks with sugar substitutes and artificial sweeteners (such as aspartame), and deep fried foods pave the way for disease to occur. Yeast, molds and parasites are a primary source of allergic reactions. Often it is discovered that allergies have their foundation starting in the digestive track. Most people complain they do not feel well after a heavy meal. The main reason for this is attributed to a poor digestive system without sufficient amounts of digestive enzymes to breakdown and process pathogens and food particles.



This can lead to "Leaky Gut Syndrome". Symptoms of excessive gas, bloating, burping, discharge of mucous in ears, ear aches, vaginal infections, constipation, duodenal ulcers, acid reflex in the esophagus, eczema, elevated blood sugar levels, diarrhea, food cravings, hives, itching, fibromyalgia, poor libido, rashes, and arthritis are often the result of a digestive system that is over worked, over-stimulated and exhausted. It is here where we see "hidden and masked" allergies develop. These may evolve into a state of chronic disease.

Moreover a toxic substance called "histamine" is released into the blood stream when an allergic reaction is first in contact with the allergen to produce swelling and inflammation in the surrounding cells. If the body does not counter-react and respond to the body's demand to stop the inflammation eventually it will weaken the immune system and it stays over-sensitized and disease sets in.

A wholesome, nutritionally sound diet is always the best approach to keep the body active, healthy, and full of energy. A diet full of crispy, fresh fruits and vegetables, proper fiber intake of soluble and insoluble fiber, plenty of water, and sleep will change the direction of the allergic reaction to create a new environment for healing.

Here are a few points to help you take steps towards to feeling great:

1. **Reduce if not avoid chronic intake of alcoholic beverages.**
2. **Reduce high intake of refined sugar.**
3. **Avoid excess intake of saturated fat.**
4. **Reduce your intake of hydrogenated, partially hydrogenated or deep fried fats.**
5. **Stop Smoking.**
6. **Stop the use of drugs or limit, and find other alternatives wherever possible to using cortisone and the overuse of antibiotics.**
7. **Choose from vegetables like Collard greens, Turnip greens, Swiss chard, Broccoli, Spinach, Green beans, Tomatoes, and Cucumbers. FOCUS ON GREEN. They are robust and contain live enzymes needed for proper digestion.**

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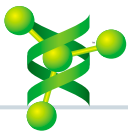
Store Hours

Monday to Friday:

10am - 9pm

Saturday: 10am - 6pm

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FEATURED PRODUCTS

Kyolic 104

- Benefits of garlic without the odour!
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o3mega+ 3679

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- Excellent source of omega 7 and 9
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- Increases HDL cholesterol



Inno-vite Formula H.H.

- Contains powerful antioxidants to diminish free radical damage
- Contains many vitamins that are known as fat emulsifiers to reverse the formation of plaque
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- 1 tablet per day provides the equivalent of 4000 mg of fresh garlic, a dose recommended by German herbal standards
- Provides the benefits of garlic with garlic-free breath!



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Nature's Harmony L-Arginine

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Nordic Naturals ProEPA

- Contains 425 mg of EPA.
- Contains essential fatty acids that help lower cholesterol
- Helps maintain the elasticity of artery walls and prevent blood clotting



Maxion F-L-W

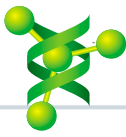
- Nutritional supplement for arterial health
- A carefully selected combination of 25 nutrients chosen to stimulate the body's own ability to clear away arterial plaque
- Can aid in increasing circulation and energy



AOR Theaflavins

- Green and black tea extract
- Contains polyphenols shown to have cardiovascular benefits
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FEATURED PRODUCTS

The best body needs the best protein

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Get closer to the "6-pack" you've always wanted

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Abs+ can provide a significant decrease to both your waistline measurements and your weight in 90 days or less – safely & naturally.

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Achieve the energy you need to get you through your busy day, naturally.

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Omega-3 essential fatty acids provide immediate skin improvement, cardiovascular health and brain-boosting power.

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- Including 50mg of all the B vitamins, 500mg of Calcium and Vitamin C, 400 IU of Vitamin E
- PLUS a full serving of the energy boosting and research proven greens+!... all in one scoop
- Not only contains full dosages of all the vitamins and minerals, but also provides them in the forms required for maximum bioavailability

An essential part of your life, every day

greens+™

A premium blend of 23 ingredients selected for their unique qualities.

- Contains organic and wild-crafted herbs, ensuring the most natural product available
- Made of the perfect balance of 23 of the world's herbs, land-based and sea-grown vegetation - encompassing a wide variety of natural colours, phytonutrients and fibre that combined make the ideal supplement
- Supplies the equivalent of 30,000 mg of standardized herbs per serving - more than any other green food on the market





8. Eat more Blueberries, Strawberries, Raspberries, Blackberry, Gooseberry, Apples, Pomegranates. They are excellent sources of VITAMIN C and ANTIOXIDANTS. These aid in cellular protection and repair.

9. Limit your coffee and tea.

10. Drink plenty of water but not with food as to not dilute digestive enzymes.

11. Take 1-2 digestive enzyme supplements shortly before meals.

12. Chew your food well.

13. Get plenty of sleep - at least 6-7 hours of deep, peaceful sleep.

14. Get involved in some type of physical exercise; walk daily or join a gym.

15. Most importantly find a way to deal with the stress in your life. A prolonged period of stress will have a profound impact on your health and immune system. Find out the best type of supplements that are available to help you to target your stress levels.

Remember, counseling is always another positive step towards complete holistic healing. Talk things out with a qualified health-care practitioner and develop strategies to help you cope and overcome your pain.

Yvonne Horvat is a registered Holistic Nutritionist who practices out of the clinic in our Mississauga store. She can be reached at 905-502-6789 to set up an appointment.

The Allergy **KIT**

The problem:

Sneezing, runny nose, and itchy, watery, red eyes are just some of the symptoms that people face each year as the pollens from trees, grass and flowers start to spread through the air in the spring and fall seasons. Allergies can affect people of all ages, although they tend to develop in childhood or adolescence. The leading risk factor for allergies is exposure to an allergen but the person's immune state is an important factor, as is the stress level on the body.

The reason:

Allergies occur because of an exaggerated immune response to an allergen. To be effective the immune system must operate within a narrow range; a lack of immune response (depressed immune state) leads to easy infections, while an overactive immune system (hyperactive immune state) can lead to autoimmune diseases where the body attacks itself, or allergies where the body overreacts to what is normally a harmless substance.

The main cause of these symptoms is the release of excess histamine by the mast cells in body. The histamine can trigger an inflammation process within the tissue. The result of this cascade of inflamed tissue and increased production of white blood cells is a runny nose and increased mucus secretion in the lungs.

The symptoms:

- **Runny nose**
- **Tearing, burning, or itching eyes**
- **Red eyes (conjunctivitis) & swollen eyes**
- **Itching (nose, mouth, throat, skin, or any other area)**
- **Wheezing & coughing & difficulty breathing**
- **Hives & skin rashes**
- **Stomach cramps or headaches**
- **Vomiting or diarrhea**

The solution:

Dr. Reckeweg's Allergy Kit

This homeopathic allergy kit contains three Dr. Reckeweg homeopathic preparations for environmental allergies – Bio84, R49, R97. The kit is designed to reduce the susceptibility of the allergic response as well as the severity of the symptoms.

Bio84 is the inhalant allergy formulation that contains Histaminum D30 - which has a direct anti-histamine response at a cellular level. Bio84 also contains homeopathic preparations for pollens and seeds of flowers and grasses, as well as animal hair, house dust and fungi. This preparation helps to de-

sensitize the body to the allergens as well as acting at a hormonal level to decrease the severity of the symptoms. This remedy can be used alone (or with Bio93 – immune system booster) as a preventative to the various allergens.

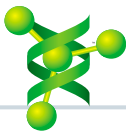
R49 is known as the sinusitis and nasal congestion remedy. R49 contains eight homeopathic remedies that work synergistically to alleviate the nasal congestion and improve sinus drainage. It helps to decrease the pressure around the sinuses and eyes as well as reducing the sneezing and any inflammation in the local area. R49 can be used for acute allergic attacks or for chronic symptoms.

R97 is known as Histaminum Nasal spray and is safe for all ages. It is a preparation of four homeopathic remedies to drain the nasal passages and reduce inflammation brought on by the allergic response. R97 also helps to remove nasal obstruction to allow for better breathing as well as reducing the burning and itchy sensations within the nostrils.

The **Dr. Reckeweg Allergy Kit** is a very effective way to control and alleviate most common environmental allergies. It is safe for all ages and will not cause any side effects. It is also easy to administer.

When treating allergies keep in mind you should try to avoid the allergen wherever possible along with maintaining a healthy immune system. Proper diet and exercise along with stress reduction and sufficient rest to allow the body to repair itself is of the utmost importance.

*For more information contact Baljinder S. Chhoker at **Nature's Source** at 416-242-8500.*



What is Homeopathy?

The practice of homeopathic medicine originated with Samuel Hahnemann in the late 1700's. Through his studies, Samuel observed that minute doses of a substance that caused an illness in a healthy person would also cure a sick individual of that illness. He termed this philosophy as the "Law of Similars", also stated as "like cures like." Thus, homeopathy is the use of highly diluted, small doses of plant, animal or mineral substances to stimulate the body's ability to heal itself (its "Vital force").

The treatment plan of homeopathy is not based on a particular disease. Rather, it is based on the totality of symptoms of the individual. All aspects of the individual are examined including the mental, emotional and the physical state, as each of these is unique to the patient

The two main types of practices in homeopathy are classical and polypharmacy. Classical homeopathy is the use of the single best remedy that fits the symptom picture of the individual. The remedy can be given at a low potency (dilution) or a higher potency depending on the nature and severity of the symptomology. Polypharmacy (or complex homeopathy) is the use of a combination of several remedies of a low potency that complement each other. Generally these are used for acute situations or for drainage of certain systems.

The dilution or potencies can be labeled as: X or D (1:10 dilution), CH or K (1:100 dilution), MK (1:1000 dilution), or LMK (1:50000 dilution). The number in front of the letter (e.g. 6X or 30CH) indicates the number of times the substance was diluted for that remedy. The

end result is, the higher the potency the less the actual initial substance and the stronger the remedy.



Homeopathic medicines generally come in liquid, pellet or tablet form. They are best taken 15 - 30 minutes away from food and particularly away from strong odors and caffeine. They are placed under the tongue to allow for sublingual absorption. They are prescribed at short intervals for acute or aggressive situations or longer intervals for chronic cases.

Homeopathy is a safe and effective treatment method. It can be used on people of all ages from newborns to the elderly without the worry of any side effects. Visit your local health store for complex homeopathic remedies or for a thorough homeopathic consultation talk to your homeopathic or naturopathic doctor.

For more information please contact Baljinder S. Chhoker at **Nature's Source** at 416-242-8500.

NEW SECTION:



Health & Beauty

FROM THE SKIN - IN

Are your Personal Care Products Safe?

It is now widely accepted in today's society that we are what we eat and everything we put in our body directly affects our health. We want to look our best; we spend thousands of dollars a year on products to make our teeth whiter, our hair healthier, and our skin younger looking. We see labels that claim to do all the above. What we don't see is what ingredients are used in these products.

We already know that the foods we eat can lead to allergies, and that the pollutants in the air we breathe and the water we drink can also trigger an allergic response. Our immune systems are constantly working with our liver and kidneys to rid our bodies of toxins. We forget about our largest elimination organ, our skin. We tend to not pay as much attention to what we put directly on our skin,



our mouths, or even our hair. The average North American spends anywhere from 2-6 thousand dollars a year on personal hygiene and beauty products.

Lotion ingredients are absorbed into the blood stream

The problem is that most people simply don't know or understand what our bodies do every time we brush our teeth or put on some lotion and the effect it has on our health. Every time our skin comes in contact with a lotion, for example, it is absorbed through our skin into our blood stream, which will then have to be filtered through our liver. The liver then has to neutralize these chemicals so that they don't damage the rest of the body. During that process our immune system is put on alert to rid these chemicals from the bloodstream. This is the beginning of an allergic reaction.

Some people are more sensitive than others, but with constant exposure to these toxins we are all putting ourselves at risk for overworking our body's defense systems. Some common ingredients used in many hygiene products like aluminum, benzyl alcohol, parabens, BHA, BHT, and methyl silicon can cause sensitivities and allergies you might not be aware of. The key is educating yourself and being aware not only what we put in our mouths but also what we put on our skin.

Always look at labels for ingredient listings. If a product doesn't list the ingredients, you can be sure that what's in it is not likely something you want in your body. Some things to look for when choosing a line of hygiene products or cosmetics are natural ingredients, organic is always better, non-comedogenic, no animal by-products, ingredients which are proven, registered, and brand named, support the skin's pH balance, and environmentally friendly. Up until recently there were no laws or regulations as to labeling and stating ingredients of products but as people have become more aware of the importance of quality vs. cost and the impact on their health, laws have been changed and will soon be implemented.

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So next time you find yourself looking for a toothpaste or face wash keep in mind to check for ingredients and remember what you use on the outside can have a direct effect on your health. With all the other toxins we can't avoid, these are some that we can. So take charge of you own health!

Christina Amaral, R.H.N., is a Holistic Nutritionist who has joined Nature's Source. She will be looking after the Health and Beauty Products, and is part of recent changes where many exciting new lines of Health and Beauty Products are now available.

ALLERGIES 101

Allergies and the Environment



Now that winter has left, many of us are looking forward to the warmer days ahead. But for those plagued by allergies, spring is a dreaded time and it appears that the number of those afflicted just keeps on getting higher. Yes, we can reach for our favourite over-the-counter remedies and deal with the symptoms and yes there are many dietary modifications one can make to alleviate suffering. But in order to have any success with the long-term management of allergies or ideally resolving the issue one must understand what is going on in the body and the environment we have chosen to immerse ourselves in.

Simply put, allergic symptoms are a hyper-sensitization to the environment by our immune system. This is not new. What is different today is that never in human history has the human species been forced to deal with so many chemicals and/or man made substances in his/her environment. These include thousands of chemicals, (many of which have had little or no study into their long-term health effects), genetically modified foods, xenoestrogens, pharmaceutical drugs, new diseases, and many other things our immune systems never had to deal with. Put another way, if an army is put on red alert with launch on warning orders due to a

heightened threat, chances are a lot of innocent bystanders are going to get hurt!! Now besides moving to Antarctica, (sorry folks but Alaska is not as ecologically clean as it once was,) what can one do?

Avoiding Red Alert

Before any allergen can provoke an inflammatory response it must first come in contact with our immune system. For the purpose of this discussion we need to be concerned with what we eat, breath and touch. The mechanisms are well understood and generally what occurs is as follows; first an allergen comes into contact with mast cells. Mast cells are found throughout the body, most reside in connective tissues such as those of the skin, tongue, the lining of the nose and intestinal tract, the lungs, and upper airways. Coating these mast cells is IgE, an allergic antibody, a type of protein made by the immune system to recognize and fight specific body "invaders." Whenever an allergy-prone person is exposed to an allergen (such as pollen or peanuts), large amounts of the corresponding IgE antibodies (for example, pollen IgE antibodies) are produced followed by the accompanying symptoms. Some symptoms are minor irritations like itches while the most extreme can result in an anaphylaxis and death.

Reduce the misery of allergies

With this in mind, alleviating the constant attack to our overworked immune system will go a long way towards reducing the misery of allergies. The following are just a few suggestions; most should be familiar. Do not be discouraged if you can't do everything. Awareness must always precede action.

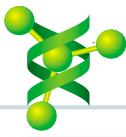
- **Get an air purifier for your home.**
- **Get a water purifier for both your kitchen faucet (drinking water) and shower.**
- **Don't microwave your food.**
- **Avoid food in plastic containers or wrappings.**
- **Don't use high heat under Teflon cookware.**
- **Eat organic foods and avoid genetically modified and irradiated foods as much as possible.**



- **Buy natural fabrics.**
- **Use a non-synthetic mattress with 100 percent cotton sheets.**
- **Use natural personal care products (pure soaps, non-fluoride toothpaste, natural sanitary products) and cosmetics (lipsticks, foundations, etc.)**
- **For infants, use cotton diapers.**
- **Use only natural cleaning products.**
- **Use natural pesticide control.**
- **If you're considering vaccinations, look into the pros and cons before making a decision.**
- **Drink more water. You'll urinate more and be able to eliminate more toxins, and it will help to soften your bowel movements so this waste is also eliminated more easily.**
- **Use a wet or dry sauna (or better yet an infrared one) to perspire and remove toxins.**
- **Make sure your house is environmentally safe. Use only natural disinfectants, deodorizers, furniture, etc.**
- **Consider removal of the mercury fillings in your teeth.**
- **Build up your immune system with nutrients, minerals and essential fatty acids.**

Mario Alonzi, B.Sc. is a knowledgeable staff member at Nature's Source. He can be contacted at the Mississauga store, 905-502-6789.

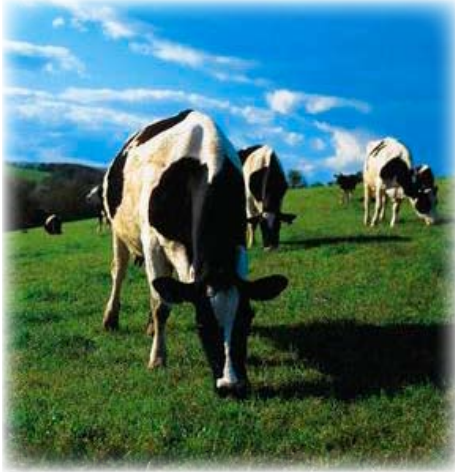




What's really in your Milk?

We've all heard the conspiracy theorists hypothesize about the pros and cons of milk. Read the "coffee chatter" type articles in industry magazines making claims about hormones in milk. But is there any truth to this hype?

Despite the negative press, the dairy industry is using various advertising methods to keep milk consumption thriving. Rap and Hip Hop tunes echoing lyrics relate to a young demographic. Quite frankly, why shouldn't they, dairy farmers want to make a living and many probably don't know what's really in the milk that they depend on for their livelihood. Milk is considered by many dieticians and medical experts to be a nourishing whole food with a good mix of protein, carbohydrates and fat. But, what if there are things in milk that are naturally there and may not be good for you? Truthfully, milk is very complicated; there are immune modulators, growth factors, peptides and a complex array of molecules that make up what we call milk, causing a cascade of effects with each effect deserving independent research.



Mucous producing? Allergic?

A few years back I jokingly mentioned to a friend that there is a substance called Beta-Casomorphin -7 (BCM-7) in milk. I listened to an audio CD series in my car about 5-7 years ago describing this compound and never gave it a second thought. Recently, it's surfaced again in research, and I have been surprised by what I have learned. To give you an example of what is being learned, here are some titles of some actual articles found through PubMed, a database of medical articles:

- **A naturally occurring opiod peptide from cow's milk, beta-casomorphine-7, is a direct histamine releaser in man.**

- **Pseudoallergic skin reactions to opiate sequences of bovine casein in healthy children**
- **Determinant analysis of IgE and IgG4 antibodies and T cells specific for bovine alpha(s) 1-casein from the same patients allergic to cow's milk: existence of alpha(s) 1-casein-specific B cells and T cells characteristic in cow's-milk allergy.**

The BCM-7 in milk may be the substance that triggers the mucus production and associated skin problems, as well as ear infections in children. Keeping in mind that a reaction by the immune system in one mucosal surface (stomach, esophagus) may cause the immune system to react in the wet mucosal surface of the middle ear, which begins at the orifice of the Eustachian tube and spreads throughout the middle ear. BCM-7

can induce a wheal and flare reaction in the skin similar to that of histamine or codeine. In the article published in the Archives of Allergy and Immunology; researchers attempted to determine if the reaction to the skin was mediated by histamine. They gave the group a histamine blocker, which reversed the skin reactions. It's important to point out that the BCM-7 was injected and not taken orally, thereby side stepping the stomach and digestion. It's is therefore a bit of a leap to assume this would happen by drinking milk, however it's a very small leap. The take home message for the consumer is that this molecule exists in milk and is hardly beneficial. It definitely raises some concerns for the rapid consumption of milk, and challenges the status quo that milk does a body good.

George Tardik BS.c (hon), RHN, (ND candidate) has a degree in biochemistry and is a nutritional consultant. He has appeared on CBC's Sports Journal, Newsworld, and Marketplace and is available for nutritional consulting at Nature's Source.

Factors affecting your body's ability to acquire nutrients

Hot coffee, tea, some spices, and pickles can inflame the digestive lining, thereby, reducing the secretion of digestive 'juices'

Alcohol increases the need for a B-complex, vitamins A and C, zinc, magnesium, and calcium

Smoking causes the body to lose 30-100 mg of vitamin C per cigarette

Laxatives cause poor absorption of all vitamins and minerals

Many low-fat diets are low in vitamins A, D, and E

Overcooking, canning, and freezing robs food of B-complex vitamins as well as vitamin C and E

Boiling leaches water-soluble vitamins (B's and C) as well as various minerals.

Microwaving destroys vitamin B⁶

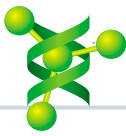
To increase shelf-life, vitamin E is removed from bread

Fast foods require large amounts of B-complex vitamins to digest and are notoriously low in B's as well as A, iron, and copper yet high in fat

Antibiotics destroy 'friendly' bacteria in the digestive tract

Food allergies can eliminate critically important food groups from one's diet





Transformations

Letter from the Editor



Welcome to the **Nature's Source** News - now in the midst of transformation. We had a successful year in 2005, with 12 editions of our brand new newsletter written to

provide information and advice for our valued customers. We are now excited to be adding health professionals to our readership – naturopaths, medical doctors, chiropractors, and more! If you are a professional that is interested in receiving the **Nature's Source** News, or know of a professional that may be interested, please let us know.

We are also moving to an expanded version of the newsletter – more pages – with more room for a range of articles. We will be releasing it less often – with six issues a year. Our knowledgeable staff at **Nature's Source** will still be key writers for the newsletter; these are people that share their expertise with you in the stores or through prearranged office consultations.

We are looking forward to adding articles by other professionals. In the area served by **Nature's Source** we are gifted with numerous talented and dedicated natural health practitioners. Each issue we focus on a given topic, perhaps relating to the seasons. This issue the focus is on Allergies. It is spring, and many people suffer from allergies

WE APPRECIATE YOUR FEEDBACK

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

Let us know what you think. Please e-mail your comments to natures@ican.net

SPORTS ZONE



Glycemic Index and Glycemic Load – Eat a carrot will ya!

Let's suppose you're a competitive bodybuilder or a fitness competitor and your show date is coming closer and closer. You've heard through "gym chatter" that you should never eat fruit after 6pm, and 3-4 weeks out from your show you should cut out all fruit. The rationalization here is that fruit contains sucrose and the fructose portion of sucrose is bad for insulin. Conversely, you may have heard that eating carrots will raise your blood sugar rapidly and cause an insulin spike and prevent you from mobilizing triglycerides into free fatty acids.

Whatever the case, Dr. Jenkins at the University of Toronto would probably have revoked all his research if he knew that individuals would grossly misinterpret the intended application of the Glycemic Index. In addition, the combination of the Glycemic Load value should be considered simultaneously to determine a food's effect on insulin. **The Glycemic Index** measures the rate at which glucose is absorbed from the gut into the blood. **The Glycemic Load** of a food illustrates how much carbohydrates/sugars are in the food. So, a carrot may have a slightly higher Glycemic Index but has low sugar to start with – so the combined value is low. A carrot has too little carbs to worry about in the first place. If you're being told that eating fruit past 6 pm is bad, or eating a carrot is bad because of sugar content – you're being told hogwash! Nowhere on PubMed (a universal database for medical journals) is there an article that links an apple and carrot to weight gain or decreased fat utilization.

Not only can bodybuilders eat fruit right up until contest day, but anyone trying to lose weight can go back to eating a carrot. Total calories, individual variations in lab work, stress, sleep and many other factors must be considered. Keep in mind that saturated fat can also cause insulin problems, so maybe the red meat is actually the culprit and not the carrot. Keep eating the carrots and apples, and if you're gaining weight – try exercising! Finally, if you're a bodybuilder and you're cutting out all fruit until the competition date, try adding 1 cup of berries back into your diet. You'll look exactly the same (just healthier) for your show date.

*George Tardik B.Sc., RHN, (ND candidate) has been practicing as a nutritional consultant for 8 years. George specializes in metabolism, weight-loss, diabetes and sports nutrition. He does consultations at **Nature's Source**. Call 905-257-1655 for an appointment.*

when the the pollens and spring moulds are concentrated in the air. We know, however, that allergies do not arise solely because of an exposure to pollen; there are other underlying issues which contribute to the allergies.

Allergies may arise because our body has reached the maximum 'Total Load' that it is able to deal with. Aggravation from spring pollen contributes to the Total Load, and symptoms may appear. In addition to the conventional allergic response, other reactions may be observed. I have heard of children who are only allergic (or sensitive) to apples in the spring time – when their body is also having to cope with the load of spring allergens. Our authors offer ways of reducing the Total Load to minimize your chance of allergic symptoms.

It is our objective to provide you, the reader, with interesting and informative articles.

We appreciate your feedback. Please offer your comments and suggestions to staff in the **Nature's Source** stores, or e-mail your comments to natures@ican.net. Help us by being part of the transformation.

Happy Spring!

Heather Allsop, B.Sc., Ph.D., RNCP is a Nutritional Consultant. She specializes in Autism, ADD, allergies, intestinal health, and general health issues including fatigue.



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