



IN THIS ISSUE

Men's & Women's Health

OSTEOPOROSIS ADVICE

No Bones About It!

Perhaps one of the biggest concerns facing women today is the threat of osteoporosis.

With a majority of the baby boom generation already at or near their menopausal years, many are swallowing calcium supplements like there's no tomorrow in the hopes of reducing their chances of getting broken bones and/or hip fractures. A recent study revealed that while calcium supplementation with vitamin D did improve bone density scores, they failed to reduce the incidence of fractures, (New England Journal of Medicine 354: 669-83, 2006). So what are women to do?

The problem as many have pointed out, yet orthodox medicine has chosen to ignore, is that osteoporosis does not occur because women don't get enough calcium but rather because they can't hang on to the calcium that they do have! Doctors routinely prescribe bisphosphonate drugs like fosomax/adrenolate along with calcium because they get better bone density results. Denser is better – right? Well not if that means that these now dense bones are becoming more brittle which is all that these drugs do. Bones are continually being remodelled in a building up and tearing down process. When estrogen production drops it leads to a reduced ability to retain calcium in the bones.

To make matters worse, women are forced to wade through a myriad of calcium supplements all with different rates of absorption, with or without co-factors. Just to add to the confusion, advice from doctors, nutritionists and other health professionals can often be inconsistent. Consider this, you take a 2:1 Cal-Mag supplement that provides you with say 1200mg calcium carbonate with 600mg of magnesium oxide with some vitamin D, (400 IU if you're lucky!). At best you'll absorb 30% of the calcium (if you take it with food



because you need stomach acid to absorb this form), and 4% of the magnesium. If you do the math your 2:1 Cal-Mag supplement is more like a 15 to 1. Is it any wonder that with the calcium loss from bones and intakes from these supplements that our tissues are being loaded with calcium, i.e. kidney stones, calcified arteries, valves etc.?

Fortunately there are ways to deal with these issues. First of all make sure that your calcium supplements include all of the necessary cofactors necessary for bone health. The best calcium comes in the form of MCHC (microcrystalline calcium hydroxyapatite), magnesium in the form of an aspartate and/or bisglycinate would also be extremely beneficial as this adds to bone flexibility while boron contributes to bone hardness.

One extremely important vitamin that gets overlooked is vitamin K (preferably K2 not K1) as it has been demonstrated that this form of vitamin K prevents the tearing down of old bone while mildly strengthening the bone-building cells called osteoblasts. Vitamin D tends to get more of the press and rightly so as it provides benefits over and above its role in bone health. But it is vitamin K2 which facilitates the proper utilization and distribution of calcium in the body making sure calcium doesn't end up where it doesn't belong. The richest natural source of this vitamin comes from natto which is a Japanese condiment derived from fermented soy. Nattokinase, the enzyme derived from natto, is making a stir in the cardiovascular field, as it is a potent clot buster and supports healthy blood flow,

-continued on pg 4-

OSTEOPOROSIS ADVICE -

No Bones About It
- pg. 1

THE BASICS

- pg. 4

Nettles -

Detox & More
- pg. 5

A Fresh Breathe Of Air

- pg. 5

Cooling Down Hot Flashes

'Cooling Hot Flashes with a Hormone- Balancing Diet'
- pg. 6

NEW PRODUCTS

SPORTS ZONE

Devil's Claw - Natural Approach for Pain

- pg. 8

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

Mail Order

1.866.502.6789

Store Hours

Monday to Friday:

10am - 9pm

Saturday: 10am - 6pm

Sunday: 11am - 6pm



FEATURED PRODUCTS



Neurapas® Balance:
Great for stress, anxiety or mood imbalance

pH Balance Pascoe®:
For alkalinizing the body scientifically



Pascofemin®:
Designed especially to restore hormonal balance in women



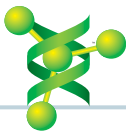
Lymphdiaral® Drops:
For promoting a healthy, flowing lymphatic system



Pascallerg®:
For the treatment and prevention of allergies



Lymphdiaral® Drainage Cream:
Helps reduce local swelling, inflammation and edema



NEW PRODUCTS

ULTIMATE EFA by **Progressive**



Traditional EFA supplements contain a basic combination of a few sources of essential fatty acids. Unfortunately, the nutritional needs of a man and a woman are anything but basic. Ultimate EFA is an EFA that is gender specific because men's and women's needs are different. Fish and plant oils as well as specific herbal co-factors have been incorporated into each formula to better suit the requirements of each gender.

In the men's formula they have added pumpkin seed oil powder, saw palmetto and pygeum for the prostate, as well as guggulipids for cholesterol levels and alpha-lipoic acid for blood sugar and energy.

In the women's formula they have added evening primrose oil for hormonal balance as well as CLA for body fat management and breast health and cranberry extract for urinary and breast health.

VEGETARIAN BOOSTER by



Research has shown the benefits of a vegetarian diet which is related to fact that their diets are low in saturated fats and high in plant nutrients. The problem is vegans, no matter how carefully they design their diets, are lacking certain nutrients found in other foods such as meats, eggs, etc. Vegetarian booster is a product that is designed to fill the nutritional gaps that may exist in vegans. Some of the nutrients found in vegetarian booster include carnitine, carnosine, choline, vitamin B12 and zinc.

*Nadeem Aslam, B.Sc. researches and recommends
New Products at **Nature's Source**.*

AGE AMADORI by



AGE Amadori is a product designed to inhibit advanced glycation end products (AGEs). In the body AGEs form when protein structure becomes useless when they are exposed to sugars, which causes crosslinking, stiffening and eventually loss of function. There are two vitamins in AGE Amadori that inhibit AGEs, they are pyridoxamine (a form of vitamin B6) and benfotiamine (fat soluble B1). These nutrients are known as amadorins, powerful inhibitors of AGEs. AGE Amadori also includes a balanced spectrum of other B vitamins as well as PQQ, a cofactor in mitochondrial and collagen function.

FEMAL by



Femal is a new product from Flora that is designed to help women manage their hormonal fluctuations from the start of menstruation through until menopause. Femal has undergone several clinical studies since 1991 and each study has shown significant improvements in symptoms after only two months of continuous use.



By taking Femal women may experience a reduction in the following symptoms: less bloating, fewer pains and cramps, improved mood, restful sleep and fewer hot flashes. Now that we have explained what Femal does, you may be asking what is Femal derived from? Femal is made from the pollens of seven specific varieties of organically grown flowers that are cultivated in the southern parts of Sweden. These are combined into two proprietary pollen blends. The nutrients are extracted from the inside of the pollen grain leaving the hard outer shell behind. This eliminates the allergy potential (Femal is hypoallergenic) and makes the extracted pollen easy to absorb. Femal is safe for long-term use.



invaluable to anyone with circulatory issues. Although those still taking blood thinners like Coumadin will have to avoid nattokinase with vitamin K as Coumadin directly interferes with vitamin K in order to achieve its desired blood thinning effect. Fortunately for the individuals who want this benefit one can still find nattokinase with the vitamin K removed.

One final supplement that anyone already suffering from osteoporosis should consider is strontium. It is a well-established fact that in trace amounts this element, which is related to calcium, is crucial to bone health. In pharmacological doses it has been clinically shown to improve bone strength by actually helping to build new bone and not just prevent bone loss. In fact a pharmaceutical company is bringing a drug called strontium ranelate to the market for just such a purpose. But we don't have to wait, as it is more likely that this synthetic form (which can be patented) is no more effective than natural forms of strontium that are already on the market. But remember to take your strontium away from calcium, as calcium will easily out compete strontium for absorption.

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

THE BASICS



In today's society of hectic lifestyles and extreme stress, most people's diets get altered from nutritional food to generally fast food with poor nutritional content. Usually with this change in diet, people's exercise routines and sleep patterns also become negatively affected which leads to an overall breakdown of people's health. Additionally, if the stress keeps up for extended periods of time it will also take a toll on the body thus leading to a state of disease. However, there is hope for people who want to improve their nutritional status and the state of health. A good supplement regiment can allow for anything from basic support to advanced health

care to disease prevention.

When it comes to supplements and what the basics are that can be taken on a regular basis, we look at multivitamins and /or greens along with essential fatty acids (EFA's). Many people take multivitamins on an ongoing basis which provide important minerals and vitamins that could be lacking in our diet and are crucial for good health. A good multivitamin typically contains Vit A, C, D, E along with a B-Complex and small amounts of most minerals. It is important to note that multi's can come with or without iron. Men and elderly women require less iron supplementation than young women, pregnant and nursing women and children. Moreover, there are several gender specific multi's on the market today that may contain various herbs which are more beneficial to men than women and vice versa. For example, multi's for men may contain herbs that promote prostate health and multi's for women may contain herbs that promote energy or hormonal balance.

For those people who dislike pills or have a difficulty swallowing them, there are other options available to them such as green food drinks, which can be taken on a daily basis. Most greens will provide all the vitamins and minerals along with some extra fiber and proteins. Greens also have the added advantage of alkalizing and detoxifying the body, and usually providing greater energy and immune enhancing ability.

The second important supplements that most people should take are EFAs (Essential Fatty Acids). EFAs are good fats that are needed by the body for general health and proper cellular growth. The two main types of EFAs are Omega 3 derived from fish or flax and Omega 6 derived from borage or evening primrose. Omega 3 promotes brain function and stabilization, cholesterol normalization, acts as an anti-inflammatory and supports cardiovascular function. Omega 6 also acts as an anti-inflammatory and hormone balancing. In general, most men need higher amounts of Omega 3 while women usually need a balance of Omega 3 and 6. The Omega 3 oils come in different ratios of the key active components EPA and DHA, depending on uses for memory, mood, inflammation, cholesterol and heart function. Many formulations are also available in an Omega 3 - 6



blend in liquid or capsule form.

By taking these basic nutrients, multivitamins and/or greens supplements along with EFA's, a healthy body can be maintained. Depending on any health conditions, various supplements can be added for specific conditions such as arthritis, immunity, energy, etc. Remember the basics are your building blocks to maintaining good health.

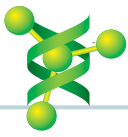
*This article is provided by Baljinder S. Chhoker, a naturopathic consultant for **Nature's Source**. For more information or a private consultation please call 905.257.1655.*

Nettles: Detox & More!

Late spring is a time of green leaves, blooming lilacs, and kitchen-gardens. It's also time for one of my favourite tasks: harvesting stinging nettles (*Urtica dioica*). Yes, stinging nettles. Some of us may remember our grandparents reminiscing about those tall, dark green nettles whose ability to sting made these plants the subject of often rueful memories.

Stinging nettles are also famous in herbal medicine. The ancient Romans used to beat arthritic areas with freshly picked nettle plants since the nettle sting, produced by the fine hairs covering the stems and leaves, is similar to that of a bee sting and raises small white welts via a histamine response. This causes local vasodilation (and hence blood to arthritic areas), with subsequent improvement of symptoms. Modern science has shown the medicinal efficacy of stinging nettles in many





areas. The aerial parts (the leaves and stems) offer diuretic properties, and contain high levels of iron, potassium, Vitamin C, calcium, and other minerals. As a result, stinging nettles are often used as a gentle detoxification agent, promoting urine flow to flush toxins out of the body, while replenishing the body's minerals. Drinking nettle tea on a daily basis can help encourage steady, mild elimination of toxins and discourage toxin build-up. For this reason, stinging nettles can be useful in helping with eczema and other skin problems. Stinging nettles can also be used as an adjunct in natural allergy treatments, especially in the treatment of hay fever and asthma. Not only do nettles have detoxification, re-mineralization, and anti-allergy properties, but they also have gender-specific medicinal properties as well.

Women may find that stinging nettles' high levels of iron help replace iron lost during menstruation and reverse anemia. Additionally, nettles' astringent action can help regulate heavy menstrual bleeding. Nettle leaf tea also helps promote the flow of breast milk in nursing mothers. In males, stinging nettle roots are often used in combination with other herbs to treat benign prostatic hypertrophy (enlarged prostate). The diuretic properties of nettle roots help encourage urine flow and reduce abnormal prostate size.

Stinging nettles are most often consumed as a tea of the aerial parts. Usually, the dosage is up to 3 cups of nettle tea per day. For prostatic hypertrophy, nettle root can be consumed as a decoction, in a dose of about 1 cup per day. The tea has a mild taste, and preparing it can be incorporated into your



daily regimen as a calming task. Relax and enjoy the health benefits that stinging nettles have to offer you!

Katie Patrick, B.Sc., is studying to be a Naturopathic Doctor. She has studied the uses of herbs for healing, and enthusiastically shares her knowledge. Katie is presently on staff part time at Nature's Source in Oakville.



A BREATH OF FRESH AIR

What would you say is the most important aspect of yourself that you value the most? Would you say it was regarding your health and if so, what specifically would you say it was?

Although I am sure you could come up with a thousand answers, I am sure you would agree that a healthy pair of lungs is a top priority. You see, without oxygen the human body itself cannot sustain life. Without adequate amounts of oxygen, which is a primary and vital resource for the entire body, the organs become compromised and begin to deteriorate.

Our very existence on this earth depends daily on receiving a sufficient and a continuous flow of fresh, clean air into our lungs, into our respiratory system. Believe it or not the effectiveness of our lungs has a direct influence on other organs and how they perform. Try to visualize it like a kind of domino effect. Cells that do not receive enough oxygen do not grow nor multiply correctly because of poor cellular respiration conditions. They will eventually die or may lead down an alternative pathological pathway where life threatening diseases such as cancer are activated.

Why does this happen? Simply put, the cell structure becomes weakened and damaged by free radical elements that attack the cell membrane. Toxins and other substances are then freely allowed to enter into the energy-producing mitochondria and the cell nucleus, affecting the cell's ability to reproduce and carry out its functions.

One of the major functions of the respiratory system is as an organ of detoxification.



Every breath you inhale delivers vital oxygen to much needed areas of your body and every breath you exhale eliminates carbon dioxide as well as other toxins. The nose on your face is the first place that potentially toxic substances are identified via the sense of smell in the nasal cavity. The nasal cavity is also responsible for trapping air borne germs in the mucous membranes and filtering them out.

Remember as the air enters into the body either through the nasal cavity or the mouth, the lungs fill up with whatever quality of air surrounds you. That is why we must be consciously aware of the air quality and the environmental conditions around us.

Another important point is that as the air passes through the respiratory system, the blood picks up oxygen and carries it to cells throughout the body. This oxygen is required for our voluntary and involuntary systems to begin moving. Just take a look at all the systems that are affected by the lungs' ability to transport and deliver air molecules to their destination. They include the cardiovascular system, the digestive system, the endocrine system, immune system, integumentary system, lymphatic system, nervous system, reproductive system, skeletal and muscular system and the urinary system.

Respiratory conditions are on the rise as smog, pollution, smoke, and pesticides increase in the atmosphere, showing us that more antioxidant protection is necessary to maintain the integrity of the intricate working mechanisms of the cell structure inside and out. Premature aging, tough and wrinkled skin are also visible signs of cellular damage.





An ounce of prevention is a worthwhile investment in order to keep your lungs and respiratory system working at peak performance. Here are a list of hints to help you maximize your breathing capacity.

1. Eat plenty of whole fresh fruit and vegetables, preferably raw or juiced. They are an excellent source of antioxidants in their natural wholesome state.

2. Avoid mucous forming foods such as milk, cheese and cottage cheese and other dairy products, refined sugars, breads containing yeast, white flour, and white pasta. These foods can eventually produce allergic reactions that produce phlegm and congest and restrict the lungs.

3. Wash all Fruits and Vegetables thoroughly to eliminate residues of herbicides or pesticides.

4. If you smoke, quit. Did you know that for every cigarette you smoke, you loose 3 minutes off of your life? Instead of becoming discouraged, check with your local health food store to find a natural remedy to help you overcome the craving and to help you quit smoking for good.

5. Avoid second hand smoke. Second hand smoke can just be as bad as smoking.

6. Get onto an antioxidant program to help repair and rebuild tissue in your lungs and improve your overall immunity and circulation.

7. Ensure you have proper ventilation in your home, car and office to provide you with a fresh flow of clean air.

8. Exercise. This is an old fashioned but still effective solution to poor breathing. Exercising is a great way to deliver new oxygen to your organs.

9. Try to effectively manage your stress levels. If you are continuously stressed, your breathing and lungs will be tense.

10. Once a year or more it is recommended to do a spring cleansing and detoxify your lungs using power antioxidants. NAC, (glutathione), milk thistle, burdock root, high dosages of vitamin C, tumeric, green tea, clove, ginger, parsley, peppermint, and rosemary are some of the excellent choices to consider.

Please check with a qualified health care professional who can help you choose the best program for your needs.

Yvonne Horvat is a Holistic Nutritionist, R.H.N., working out of Nature's Source and is available for consultation by calling 905-502-6789, through their Mississauga Store.

Cooling down Hot Flashes

'Cooling Hot Flashes with a Hormone-Balancing Diet'

Suddenly it felt like it was 1000 degrees in the room. Within a moment Jennie's cheeks were red and radiating heat. She felt hot all over. She pulled off her sweater and opened a window, but the heat was still overwhelming. Jennie, approaching 50, was having a hot flash.

Jennie (not her real name) is not alone in feeling the effects of hormone fluctuation as she approaches menopause. Approximately 75% of perimenopausal women have symptoms uncomfortable enough to seek relief.

Most women will experience symptoms for 2 to 8 years before they actually reach menopause, which is defined as when a woman has not had a menstrual cycle for a full year, and symptoms may continue beyond then. During the time before menopause, ovulations will begin to be skipped – altering the rhythmic pattern of hormones that occurred during the preceding decades. As well as

feeling hot flashes, some women may experience mood swings, heart palpitations, headaches, breast tenderness, irregular or heavy periods, loss of sexual interest, vaginal dryness, nausea, depression, weight gain, and fatigue. Is it any wonder that perimenopausal women seek relief?

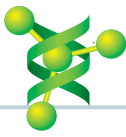
The symptoms are the body's reaction to hormone changes. According to Christiane Northrup, M.D. in her book 'The Wisdom of Menopause' the first hormonal change that occurs during natural menopause is a gradual decline in progesterone levels. (Progesterone is known as the 'pregnancy hormone'). Estrogen levels remain within the normal range or may even initially increase. The estrogen is no longer balanced by progesterone and this leads to a state referred to as 'estrogen dominance'. This can reveal itself through the first symptoms of perimenopause.

As the transition continues, estrogen levels may begin to swing widely. Symptoms of both estrogen excess and estrogen deficiency may be experienced. While going through all this, it is important to remember that perimenopause is a natural transition, not a disease. There are things we can do to help balance our hormones and let our body adapt more readily to the changes it is experiencing. Diet and lifestyle are key.

In many societies, menopause is reached without the abundance of perimenopausal symptoms 'normal' for women in North America. The standard North American diet is high in refined sugars and starches, high in the wrong types of fat, and low in fibre and other nutrients. This diet almost guarantees hormonal imbalances. We now are also exposed to xenoestrogens, hormone-disrupting chemicals found in pesticides and plastics.

Implementing a hormone-balancing diet can provide benefits to many aspects of your health. Within a few days you may notice that





symptoms begin to disappear, and you will also be reducing your risk for the diseases of aging. of aging. Here are some key points for a hormone-balancing diet:

- **Cut down on refined and high-glycemic index carbohydrates, including alcohol. Cut out refined sugar, white rice, and foods made with white flour. These high-glycemic index foods cause rapid blood sugar and insulin swings. Alcohol interferes with estrogen metabolism and can cause an almost immediate hormonal imbalance, often experienced as a hot flash.**
- **Eat healthy fats each day. Low fat is NOT the answer – we need healthy fats for hormone production, brain and nervous system function, and for the health of every cell in our body. We are often short of Omega-3 Essential Fatty Acids. Good sources include flaxseed, cold-water fish or fish oil supplements, pumpkin seeds, sunflower seeds, and nuts.**
- **Eat a Wide Variety of Fresh Vegetables and Fruits each day. Try to get 5 or more servings per day. Richly coloured vegetables and fruits are nutrient-rich. Try antioxidant-rich broccoli, kale, spinach, peppers, carrots, tomatoes, blueberries and other berries, and more. If you are not eating at least 5 servings of vegetables and fruits each day, use a vitamin supplement.**
- **Eat soy. Soy contains phytoestrogens (plant estrogens) called isoflavones. Phytoestrogens are 'adaptogenic' – they can help moderate either high or low levels of estrogen. If we are in a state of estrogen excess, the weak estrogenic activity of the phytoestrogens helps counter the effects of stronger estrogens from our body by binding to the estrogen receptors. If estrogen is low, phytoestrogens can add to the estrogen levels. A dose of 100-160 mg isoflavones per day from soy foods has been seen to reduce menopausal symptoms.**
- **Eat ground flaxseed. Flaxseed is a source of lignans, which are phytoestrogens with anti-cancer effects. Flaxseed also provides cholesterol-lowering fibre and healthy Omega-3 fats. Add ground flax**

seed to salads, shakes, popcorn, yoghurt, soups, or other foods.

- **Eat at least three meals per day. Frequent eating of smaller meals (as many as 6 a day) helps keep your metabolism up, and keep blood sugar levels more stable. Missing meals can make your body think it is starving, so it lowers your metabolism and saves more of the calories as fat. A healthy snack around 4 pm is especially important, as that is when blood sugar, mood, and serotonin plummet. It can also help you from overeating later.**
- **Eat Protein with every meal.**
- **Focus on Portion Size. Don't count calories; eat nutrient-rich foods and focus on small portions.**
- **Drink plenty of water. Water is very important for healthy metabolism and for removing toxins.**

Herbs may also be part of your hormone-balancing program:

- **Black Cohosh, also known as cramp-bark, has been used by the native peoples for hundreds of years. It may help with hot flashes, night sweats, vaginal dryness, and mood swings, as well as symptoms of PMS.**
- **Chaste Berry, also sold as Vitex, affects pituitary function and can help shift the production of hormones towards more progesterone and less estrogen.**
- **Dong Quai, also known as angelica, has been used traditionally by both the Chinese and Native Americans. It has been called the female ginseng because of its ability to enhance energy and a sense of well-being.**

Herbs may work well individually or in combinations. Use caution if you are already on medications; herb-drug interactions need to be considered so get advise from a knowledgeable health practitioner. Do not use these herbs if you are pregnant.



Other 'balancing' therapies may also be beneficial. Acupuncture and reflexology are two among many that may provide relief. Exercise is another tool to obtaining balance – of body and of mind. Women who begin exercising often feel happier, more energetic, and more self-confident.

Remember that menopause is a time of transition – your body is moving from the role of child bearing and caring for others to a time to discover new or unexpressed aspects of yourself. It is a time to evaluate your personal goals and dreams – and to move forward being fully and wonderfully YOU!

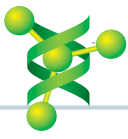
*The major reference for this material was 'The Wisdom of Menopause,' by Christiane Northrup, M.D. This article was previously printed in the Toronto Star Advertorial Perspectives Section 'Prime Time', June 24, 2006.

Heather Allsop, B.Sc., Ph.D., RNCP, is a Nutritional and Natural Health Consultant at Nature's Source in Oakville. For appointments please call 905-257-1655.

SPORTS ZONE

Devil's Claw as a Natural Approach for Pain

I don't think it's any big secret that the pharmaceutical giants pay incredible sums of money to make drugs that will be both safe and effective for pain management. With an aging population and an increasing need for pain relief in those suffering with arthritic pain, migraines, myalgia and a plethora of other conditions, there is also a rise in the interest in "natural" drugs. Natural drugs are needed because drugs like Methotrexate, plaquinil and even acetaminophen have a high risk of side effects. For example, acetaminophen is responsible for a high rate of fulminant hepatitis in North America. Fulminant means sudden or severe; fulminant hepatitis is a rapid destruction of liver cells,



usually fatal in adults. Yet, acetaminophen is a part of the breakfast of choice for many North Americans suffering with pain. If you add some aspirin to the mix you can literally wave goodbye to your renal medulla (a specific region of the kidney affected by the drug). Athletes also use acetaminophen and may be totally unaware of the side effects of chronic use. Specifically, bodybuilders on steroids may take massive doses of acetaminophen to deal with the joint pain during drugs use.

What botanical or natural alternatives exist that suppress pain and inflammation without the numerous side effects of pharmaceuticals? One such alternative is Devil's Claw, a shrub that contains Harpagoside, a constituent contributing to its analgesic properties. Despite the fact that there has been a lot of positive information about Devil's Claw, the medical community has mixed feelings about its use. These mixed feelings stem from comparisons of Devil's Claw extracts to a variety prescription drugs. Why are the researchers comparing Devil's Claw to various prescription drugs? Probably because somewhere along the line, scientists felt that a natural product should work as quickly with the same pain relieving ability as a synthetic drug manufactured for a specific biological target. Greater specificity and control over the pharmacokinetics and pharmacodynamics is presumed to be "modern medicine". In some cases yes, and in other cases not. The answer for many patients is that a combination of both may be needed to ensure healing for the individual patient. An outcome based



MISSISSAUGA
5035 Hurontario St.
(N.E Corner of Eglinton)
905.502.6789

OAKVILLE
2391 Trafalgar Rd.
(1 Blk.S.of Dundas, East Side)
905.257.1655

TORONTO
40 Ronson Rd.
(Fitness 365, Kipling & 401)
416.242.8500

NATURE'S EXPRESS
Milton - 20 Market Dr.
Windsor - 320 Dougall Ave.
Cobourg - 271 Spring St.



Letter from the Editor:

NATURE'S SOURCE WEBSITE HAS A NEW LOOK!

Nature's Source is a dynamic place to work. Staff at Nature's Source are constantly working to keep abreast of the new discoveries in the areas of natural health. Some read scientific information about natural health products and how they work. Staff are provided with trainings on a regular basis. Nature's Source makes itself available to the public through participation in numerous shows throughout the year. New products constantly arrive.

As part of the dynamic activity at Nature's Source the website (www.natures-source.com) has been freshly restyled. Check it out; it is another way that we want to provide quality information and services to you, our valued customer.

The new website offers information on new and featured products – and there are frequently new products at Nature's Source. You will have access to articles written by Nature's Source knowledgeable staff. If you have questions for a staff member, you can ask it through the website.

On-line ordering of products is now available to make it more convenient to obtain the high quality vitamins, minerals, supplements, and herbal remedies that are the foundation of Nature's Source. You will be able to set up your own account, which will keep a record of your purchases for your reference. Many people find this valuable when trying to re-order the same effective products they have purchased in the past.

You can sign up to receive the 'Nature's Source News' via e-mail, or read it on-line. The 'Nature's Source News' provides new information and articles at numerous times throughout the year, and back-issues are available through the website.

We hope you enjoy the fresh new look of the Nature's Source website and take advantage of some of the features that have been added. Keep checking www.natures-source.com for other new features that will be added soon!

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

medicine approach should not merely view amelioration of symptoms as a clinically valid outcome. If the outcome of pain suppression is achieved, with the risk of severe side effects, then it sounds like second rate medicine- natural or synthetic.

So, is Devil's Claw worth trying? Here is a quote from the Journal Orthopade¹ on Devil's Claw.

"From an evidence based view, extract with at least 50 mg harpagoside in the daily dose should be recommended for the treatment of pain. Treatment with devil's claw extract is associated with a lower risk of adverse events than treatment with synthetic analgesics, and may contribute in the majority of patients to the relief of pain".

If you're suffering with joint pain, I'd suggest you initially try Devil's Claw extract

with at least 50mg of Harpagoside daily.

Additionally, it is not suggest that the only thing you do is substitute a natural drug for a prescription drug and expect the same type of pain management. Naturopathic Medicine employs synergistic therapies for best clinical outcome. Glucosamine Sulphate, Devil's Claw and a Fish oil combination is an example of a safe treatment that may provide synergistic benefit greater than Devil's Claw alone.

¹ Orthopade. 2004 Jul;33(7):804-8 *Devil's claw extract as an example of the effectiveness of herbal analgesics.*

George Tardik B.Sc., RHN, (ND candidate) has been practicing nutrition for 8 years. George specializes in metabolism, weight-loss, diabetes and sports nutrition. To book a consultation with George call Nature's Source at 905-257-1655.