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# DIETERS

By Dr. Michael Murray N.D

## Say Good-bye To Unhealthy Diet Fads

### Revolutionary natural fibre has been discovered by Canadian scientist

Dieters rejoice! Scientists have discovered a natural fibre called PolyGlycopleX (PGX™) that will help everyone attain and maintain their ideal weight.

PGX is the result of years of intensive clinical and laboratory research at the University of Toronto and testing at the Canadian Center for Functional Medicine in Coquitlam, B.C. PGX is a water-soluble fibre complex that can be taken every day to greatly reduce appetite, eliminate hypoglycemic cravings and promote efficient fat burning by diminishing insulin resistance.

When PGX is used in a diet product, such as a meal replacement drink, it continues to thicken and expand as it absorbs water. As long as the dieter takes adequate amounts of liquid with the new product, it will expand in the stomach and intestine, providing a sense of fullness.

The thickness and expansion achieved by PGX™ is greater than any other fibre or fibre blend ever studied.

Products containing PGX are an ideal way to kick the habit of skipping meals because of time restrictions. Perfect as a breakfast or lunch, meal replacements truly offer a healthy meal-to-go. For those not wanting to 'drink' their meals, PGX powder or capsules can be used prior to eating so as to ensure a feeling of satiety and effectively curb the appetite while regulating blood sugar levels.

The Canadian Center for Functional Medicine ([www.functionalmedicine.ca](http://www.functionalmedicine.ca)) is a patient-centered healthcare facility dedicated to the research and education of preventative medicine, nutritional medicine and conventional medicine. Functional medicine is a science-based field of healthcare that addresses the underlying biochemical, physiological, environmental and psychological factors of the individual, so as to facilitate healing and enhance life-long vitality.

## Getting Fit:

### New Year's Resolution – Again!

Is getting fit once again on your list of resolutions? Why is it so hard to stick to something that we know will make us feel so good?

Changing cold turkey is rarely successful. To avoid burnout, choose one goal at a time; and wait until you are comfortable with that change before introducing more.

Remember, change happens from the inside out! Often we settle for eating on the run, depriving ourselves of nutrients and the time to actually enjoy our meals. How we fuel our bodies determines our performance each day. Always start with a protein-rich breakfast, substitute fresh food for fast food and skip the drive-thrus!

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# Store Masthead

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Our company is part of a new network of independently-owned health food stores like us, now 100 in total. The Health First Network was created to better meet the natural health care needs of Canadians, maintaining our high standards of personal service and product quality. We are the only national group of its kind in Canada!

The formation of the Health First Network has created many efficiencies and savings for us and our suppliers, which keeps our prices competitive. The newsletter you are reading now is the result of the Network's commitment to promoting health education.

Look for our flyer sale promotions, filled with brand new product innovations and great deals on popular supplements and natural foods. And our own exclusive line of health supplements, Health First brand, offers you excellent value and uncompromising quality assurance.

Your neighbourhood nutrition source

# Increase Energy and Burn Fat

By Lorna R. Vanderhaeghe, BSc

Whether you are trying to lose weight to control your cholesterol or diabetes or you simply want to fit into last year's clothes – fat loss can be easy. Enhancing the body's ability to burn fat and gaining more energy is the key. Have you ever starved yourself for days only to find that the scale hasn't moved at all? When you skip meals, your metabolic rate slows to conserve energy because you are starving your body. Then when you do eat, the body stores the food as fat because the body thinks you are in a famine. The answer is not another diet but nutrients that help melt fat away, block starches, sugars and fats, while providing you with the energy you need to burn more fat.

## Jump Start Energy and Increase Fat Burning

Fire up your fat burning furnace using nutrients that have been shown in human clinical research trials to mobilize fat cells thereby melting fat away. These nutrients include: bitter orange extract, yerba maté extract, green tea, cayenne pepper and ginger root. More energy, fat burning and appetite suppression, all without harmful stimulants, ensure you will feel full of life without feeling irritable and edgy.

## Fat, Sugar and Starch Blockers

But what if you just can't give up those pasta dinners or the odd serving of gravy? Phase 2™ is an ingredient extensively researched to reduce the digestion and

absorption of up to 85 percent of the starch found in favourite foods like potatoes, breads and pasta. Imagine pasta without the weight gain! Cassia nomame extract is scientifically validated to block fat by reducing fat absorption by 30 percent. Gymnema sylvestra is a traditional herb used to improve diabetes. Gymnema helps to block the absorption of sugar and enhance blood sugar regulation, which is important in curbing appetite and keeping the body burning fat between meals. Gymnema also helps improve the action of insulin and reduce cholesterol levels.

Know that dieting is not the answer, and that a new way of eating, exercise and nutrients proven to help in fat loss, will help your waistline shrink! For more information go to [www.hormonehelp.com](http://www.hormonehelp.com)



## Getting Fit, continued from page 1

Next gradually explore exercise. There is endless choice - a brisk walk each day, an exercise class, team sports, bike rides with your children, to name a few. Instead of depleting your energy, you will find that regular exercise in any form reinvigorates both body and mind.

For women, a special note: Your most common nutritional deficiency is iron. Recent research shows that iron deficiency affects your ability to exercise and

supplementing with the recommended daily allowance of iron (15-20 mg) makes a significant difference.

How can you fulfill your resolution? Write down the simple goals. Fuel your body with good food. Get out there every day. And when the going gets tough, remember how great it feels to be stronger and healthier. Be proud of accomplishing each goal and most of all enjoy the skin you are in!

### References

1. American Journal of Clinical Nutrition, 2003, 77: p. 441-8.
2. British Medical Journal, 2003, 326: p. 1124-7.



# B Vitamins for Better Health

By Michael Murray, ND

The word **vitamin** is derived from a combination of words -- **vital amine** -- and was conceived by Polish chemist Casimir Funk in 1912. Funk isolated **vitamin B1**, or **thiamine**, from rice. This was determined to be one of the vitamins that prevented **beriberi**, a deficiency disease marked by inflammatory or degenerative changes of the nerves, digestive system and heart.

Vitamins are **organic** molecules that function mainly as catalysts for reactions within the body. A **catalyst** is a substance that allows a chemical reaction to occur using less energy and less time than it would take under normal conditions. If these catalysts are

missing, as in the case of vitamin deficiency, normal body functions can break down and render a person susceptible to disease.

The B vitamins are a group of eight individual vitamins, often referred to as the B-complex vitamins. They include: **thiamine (B1)**, **riboflavin (B2)**, **niacin (B3)**, **pyridoxine (B6)**, **folic acid (B9)**, **cyanocobalamin (B12)**, **pantothenic acid** and **biotin**. One of the more serious conditions that can result from B vitamin deficiencies is coronary heart disease. Although most would agree that the best way to get our B vitamins is in the foods we eat, these essential vitamins are often lacking in North American diets. Speak with your health professional today about B-complex supplements!



# Joint Pain Reaching for Natural Relief

The majority of Canadians over 55 experience the painful joint disease **osteoarthritis**. For many, it means constant pain, impaired mobility and seriously reduced quality of life.

One option for relieving this suffering is to choose from among the many prescription drugs available; but harmful side-effects can actually undermine the long-term health of cartilage. Of particular concern are recent studies confirming serious heart-related side-effects for several of the most commonly prescribed joint pain drugs.

Safer options found in effective combinations of natural ingredients have received increased attention. **Glucosamine Sulfate** and **Glucosamine HCL** are extremely popular with osteoarthritis sufferers across Canada, providing pain relief without the damaging side-effects of drugs. Clinical studies show that Glucosamine outperforms the anti-inflammatories ibuprofen and acetaminophen for pain relief.<sup>1,2</sup> Studies have also shown that Glucosamine Sulfate can actually regenerate new cartilage, helping re-establish the “cushion” between joints in the knees and hips.<sup>3</sup>

Other natural ingredients work well with Glucosamine compounds to reduce joint pain. **Collagen – Type II** has been studied for its anti-rheumatic properties. **White Willow Bark** is useful as a natural pain-relieving analgesic. The traditional Indian herb **Boswellia**, and **Devil’s Claw**, **Yucca Root**, **Feverfew** and **Sarsaparilla** are used worldwide for their anti-inflammatory properties. **Bromelain** is a source of protein-digesting enzyme activity that also assists in reducing inflammation.

While valuable on their own, natural ingredients in combination can make for even better joint pain relief. Ask your health professional about formulations containing a range of natural ingredients – and start enjoying life again!

1. Tapadinhas MJ, et al. Oral glucosamine in the management of arthrosis: Report on a multi-centre open investigation in Portugal. *Pharmatherapeutica* 3, 157-168, 1982.
2. Glucosamine Unum In Die Efficacy (GUIDE) trial, European Union
3. Reginster JY, Deroisy R, Rovati LC, Lee RL, Lejeune E, Bruyere O, Giacovelli G, Henrotin Y, Dacre JE, Gossett C. Long-term effects of glucosamine sulphate on osteoarthritis progression: a randomised, placebo-controlled clinical trial. *Lancet* 2001; 357 (9252): 251-6.



# Digestive Enzymes Boost Nutrition

Many people put a lot of effort into choosing healthy food because a sensible diet is the cornerstone of good health. But even the most nutritious meal is useless if the nutrients can't be absorbed and used by our bodies.

The food we eat must be broken down in an efficient way to make it available to our tissues. In order to break food down, our bodies need digestive enzymes. Enzymes take apart the food we eat, splitting proteins, fats and carbohydrates into smaller molecules that build our cells, tissues and organs.

Enzymes are supplied externally by fresh, raw foods and internally by a healthy digestive

tract. In a society where meals on the run are the norm, we often miss out on adequate amounts of fresh food, and the stress of our fast paced life can reduce the amount of enzymes our bodies are able to produce. This leads to poor nutrient absorption and can be the cause of many ailments from excess gas (flatulence), to allergies, lowered immune function, skin problems, and migraines.

The way to correct this is to eat plenty of fresh raw food and find ways to minimize stress. When this is impossible, use a good source of supplemental enzymes that offers a full range of potent plant enzymes and that covers all food categories.

## No Time to Lose on Symptoms of Flu! ⊕

*Business trips – piles of work, important projects, family responsibilities – Symptoms of flu simply don't fit into your busy schedule – they're not on your professional or personal priority list either. So, take care of them – be ready to act at the first sign of symptoms.*

The Results Are In! (January 8 2005) The Public Health Agency's Flu Reports are highly pertinent! Flu outbreaks in Canada are much higher in these last two weeks.

### Where does the flu come from?

Flu symptoms are a result of viruses that are difficult to impossible to detect. These viruses easily transmit among people through the air you breath.

### Prepare Yourself Against the Risk!

To prevent flu symptoms, follow some simple steps:

- ⊕ **practice good nutrition** which is balanced and varied – plenty of fruits and vegetables containing valuable vitamins and minerals
- ⊕ **get plenty of sleep** and exercise regularly
- ⊕ **avoid overheating the environment** (especially bedrooms) – open windows

daily and humidify as much as possible using sterilized equipment.

### Several Treatments are Available

Among the available treatments,

- ⊕ **Anas Barbariae** can be taken as well. They act quickly to reduce the intensity of symptoms and to shorten the duration of the illness. There are no known negative side effects, drug interactions and can be taken safely by the whole family.
- ⊕ **Echinacea** is used to stimulate the immune system and to fight against coming down with a cold or the flu.



## Aged Garlic

Aged Garlic Extract (AGE) is the world's most thoroughly researched garlic supplement. Research studies have proven that AGE lowers the risk of cardiovascular disease by enhancing circulation and reducing risk factors such as elevated homocysteine, serum cholesterol, triglycerides and platelet aggregation.

A recent study from the University of California at Los Angeles (UCLA) Medical Center showed that the heart health of high-risk coronary artery patients was improved with the use of AGE for one year. AGE slowed the progression of calcified plaque in the arteries by more than 65 per cent compared to the placebo-taking group. Results also showed that AGE reduced blood pressure as well as levels of bad cholesterol and homocysteine. Elsewhere, AGE has also been shown to benefit your immune system by enhancing various essential immune factors.

Aged Garlic Extract begins with only the highest quality, organically grown garlic and a twenty-month aging process done under strict quality controls, in compliance with Good Manufacturing Practices. The extraction process concentrates the medicinal essence of the herb. The natural aging process removes pungent garlic odour and makes it gentle on the stomach. Aged Garlic Extract is 50 times richer than raw garlic in active beneficial compounds.

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