

HEALTHfirst®

Your trusted neighbourhood nutrition source

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For the Love *of your Heart*

by Matthew Budoff, MD

When it comes to heart health, dietary and lifestyle factors play a crucial role. Focus your meals on fresh fruits and vegetables, lean sources of protein, whole grains, nuts and seeds.

While many people rely solely on prescription drugs to keep their cholesterol in check, they fail to understand that the drugs don't always work: a multi-center clinical study showed that only 38% of individuals who took medication for high cholesterol reached their goals for lowering harmful LDL. It's important to do more. Consider natural alternatives. Aged Garlic Extract has been research proven to reduce the risk of cardiovascular disease by blocking its absorption. Lecithin has also been

clinically shown to target and lower cholesterol. The two supplements together act synergistically to maximize impact on your high cholesterol.

Less well known than cholesterol, high homocysteine levels are also damaging to heart health. Each minuscule increase in homocysteine levels is associated with a 35% incremental increase in heart attack risk. Fortunately, supplementing vitamins B6, B12 and folic acid can help to dramatically lower homocysteine, especially when combined with patented and clinically proven Aged Garlic Extract.

Remember that cardiovascular disease is very often a lifestyle disease. You have the power to protect your heart.

Improve Your Sex Life!

By Lorna Vanderhaeghe

Finally a "Little Blue Pill" for Women

Sexual concerns are very common among women today. A recent University of Chicago study found that 43% of women surveyed reported a lack of sexual desire, difficulty becoming aroused, inability to achieve orgasm, lubrication problems and pain during intercourse. Stress, mood swings, lack of sleep, too much work, prescription drugs, poor nutrition, hormone imbalances and menopause are a few reasons why women rarely think about having sex anymore.

Thankfully, there are nutrients that will bring the zest back into your sex life including L-arginine, choline bitartrate, vitamin B5, ginkgo biloba, Tribulus terrestris

and eurycoma longifolia that can increase desire, improve the intensity and duration of orgasms, heighten sexual sensations and enhance your sex drive.

These nutrients are found in specially formulated supplements for women to help bring back desire, aid orgasm and improve lubrication while also providing overall strength and wellbeing.

For more information go to www.hormonehelp.com

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HEALTH FIRST Advisory Panel

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Dr. Michael Murray, ND is a graduate of Bastyr University in Seattle, Washington, and the author of over 20 books including co-author of "How to Prevent and Treat Diabetes with Natural Medicine". Dr. Murray is Director of Product Development for Natural Factors Nutritional Products Ltd.

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Joanne Carr RHN, BA

With over 7 years experience in the holistic health field, Joanne Carr R.H.N., B.A., is a Registered Holistic Nutritionist who has lectured at natural health product seminars for retailers and consumers across Canada. She also contributes to various natural health publications.



The Need for a Comprehensive Multivitamin for Kids

by Joanne Carr RHN, BA

The nutrients children consume play a critical role in ensuring robust health and proper development. A balanced diet can provide a nutritional base, but a high quality multivitamin supplement offers additional essential nutrients specifically designed to target the needs of a developing child. It is critical, as children do not eat enough of the foods that provide them vitamins and minerals for optimal growth and development.

Here are a number of key elements that you should look for when choosing a children's multivitamin.

Naturally Flavoured and Sweetened

Many children's multis contain large amounts of sugar and are artificially flavoured and coloured. Multis that contain natural flavours and are sweetened with pure ingredients such as honey powder and organic maple syrup provide a healthy alternative to sugar and offer nutritional value.

Green Food Concentrates

Highly alkaline nutrient-rich green foods such as alfalfa, spirulina, spinach, wheat grass and wakame improve the pH of the body and detoxify impurities normally found in a child's highly processed (acidic) diet.

Fruit & Vegetable Concentrates

Fruit and vegetable concentrates such as acerola berries, cranberries, carrot, and tomato provide potent antioxidant protection to fend off free radicals, support healthy immune function and protect a child's body against disease.

EFA Complex

The essential fatty acids found in flax seed, sunflower (CLA), and fish oils play a very important role in maintaining healthy immune, cardiovascular and brain function. In children, EFAs are especially beneficial for improving focus and concentration, and sharpening mental acuity.

Lower your cholesterol fast!



Kyolic® Formula 104 combines the research proven cholesterol lowering properties of Aged Garlic Extract™ and lecithin, synergistically lowering and controlling cholesterol.

Women - Improve your sex life!



Sex Essentials helps bring back desire, aid orgasm and improve lubrication. www.hormonehelp.com

Great nutrition for kids & peace of mind for parents!



While your children are growing and maturing the nutrients they consume play a critical role in ensuring not only robust health but also their proper development both physically and mentally. Progressive's Kid's Multi contains no artificial flavours, colours or sweeteners and has no hidden ingredients.

Natural Support for Your Respiratory System

by Dr. Michael Murray, ND

We often take a good breath of air for granted. However, for millions suffering from chronic sinusitis, asthma, bronchitis, chronic obstructive lung disease, and other diseases of the respiratory tract an effortless breath of air is greatly appreciated.

Elasticity and fluidity of the respiratory tract secretions is the key. If the mucus is too thick and viscous, it creates blocked airways and difficulty in breathing. Fortunately natural therapies can improve these secretions and lead to easier breathing. Some key supporting nutrients include:

N-acetylcysteine (NAC) has an extensive history of use as a mucolytic in the treatment of acute and chronic lung conditions such as emphysema, bronchitis, chronic asthma, and cystic fibrosis. As a result it improves bronchial and lung function, reduces cough, and improves oxygen saturation in the blood.

Ivy extract is proven to reduce bronchial spasm, improve respiratory secretions, lung function and reduce asthma attacks.

Bromelain is shown to clear the airways, suppress coughs, and reduce the viscosity of respiratory tract secretions, believed to be the result of its respiratory decongesting effect.

Mullein is one of the most important herbs for the relief of chest congestion and dry, irritating coughs. Mullein heals and alleviates inflammation of the upper respiratory tract, dissolves phlegm and encourages expectoration.

Horehound - The German Commission E has approved horehound for the treatment of bronchial catarrh. The volatile oil, tannin and a bitter principle called marrubiin, are responsible for its medicinal action.

Wild cherry bark offers more than just flavouring, its use for reducing symptoms of respiratory distress is without equal in the herb kingdom.

Marshmallow protects and soothes inflamed mucous membranes. Marshmallow's demulcent qualities bring relief to dry coughs, bronchial asthma, bronchial congestion, and pleurisy.



Balancing Your Immune System – the Power of Plant Sterols

Phytosterols are plant “fats” present in plant oils and fruits and vegetables. For both the plants that produce them and humans that consume them, phytosterols act to increase resistance to disease.

Unfortunately for humans, phytosterols are very poorly absorbed through our diet, causing an imbalance in our bodies between plant fats (phytosterols) and the animal fats (cholesterol) which most of us consume in over-abundance. This imbalance results in some of the most serious health issues we face today, including an unbalanced immune system. Studies show that supplementing with phytosterols is an effective way to bring balance back to the immune system¹. In sufficient amounts, phytosterols can also act as an anti-inflammatory², reduce the frequent urination symptoms associated with certain disorders³, assist blood sugar control⁴ and reduce LDL (low density lipid) cholesterol⁵.

What quantity of phytosterols should you consume to effectively balance your immunity? Research suggests supplementing with at least 60 mg of beta-sitosterol and 0.6 mg of beta-sterolins per day, although phytosterols are safe at higher doses. Beta-sitosterol and beta-sterolins are specific phytosterols that work together to balance the immune system – assisting people with overactive (those with autoimmune diseases) or under active immune systems to bring their system into proper alignment.



Vitamin D: The Sunshine Vitamin – New studies confirm the importance of Vitamin D

Canadians at Risk for Low Vitamin D Levels

Generally, humans get the Vitamin D we need from the sun's rays, which gives this nutrient its nickname as the “Sunshine Vitamin.” Unfortunately, two major issues prevent most Canadians from getting sufficient amounts of Vitamin D. First, modern concerns about the harmful effects of sun exposure mean that Canadians tend to limit their time in the sun. Second, Canada is a northern country with very limited amounts of sunshine during winter months. Health experts believe as many as 80% of Canadians do not get enough Vitamin D during the winter months from October to March¹.

Insufficient Vitamin D intake is associated with major diseases

How then, do we ensure we get enough of this vitamin? Studies show that supplementation of Vitamin D, specifically D₃, is an effective way to obtain Vitamin D³.

The costs of not getting enough Vitamin D are great. Low Vitamin D levels are associated with:

- Over a dozen different types of cancer, including breast, prostate, colon, pancreatic, ovarian and bowel cancers⁴
- low energy and depressed mood from SAD (Seasonal Affective Disorder) during winter months^{1,4}
- low bone density and poor calcium absorption²

- backaches, muscle pain and painful joint inflammation, especially in seniors¹

How much Vitamin D do you need?

Recent studies suggest that levels of 1000 IU per day are required to prevent serious disease^{3,4}. Health Canada advises a recommended upper limit of 1000 IU per day. Amounts over 2,000 IU per day may lead to an excess of calcium absorption which can be hard on the liver and kidneys⁵.

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Support your healthy lifestyle with...

The supreme sunshine vitamin



New studies about the effectiveness of Vitamin D for bone health, anti-inflammation and major diseases surface on an almost monthly basis. Unfortunately, most Canadians do not get sufficient Vitamin D, especially in winter. Vitamin D Supreme is Canada's best D supplement with Red Bioflavonoids for increased antioxidant protection and Bioperine® for enhanced absorption.

Immune balancing made easy



A convenient one-per-day phytosterol formula! Phytosterols assist in modulating the immune system.

Make breathing easier



Lung, Bronchial & Sinus Health formula can make breathing easier for anyone with asthma, bronchial congestion and sinus problems, as well as help combat hay fever and air pollution. It can even help with a cold that seems to hang on too long. An effortless breath of air will be greatly appreciated!

Hi-Potency Bowel – Probiotics

Approximately 500 strains of bacteria live in the human intestinal tract. Beneficial and harmful bacteria form a dynamic internal competition in an effort to establish dominance. Factors such as poor diet, stress and antibiotics reduce the number of friendly bacteria, giving rise to gas, bloating, diarrhea, and constipation. Left untreated, the symptoms can become chronic and lead to other serious illnesses.

Probiotic supplements are made with strains of beneficial bacteria. Designed to balance and restore optimal digestion, not all probiotic supplements are equal in quality or function. Ideally, they should be formulated to reflect the diverse composition of the numerous strains of healthy flora within our digestive tract. Lactobacilli and Bifidobacteria are two

strains of probiotics equally necessary to maintain efficient digestion. Only taking one of these strains may result in constipation or other unfavourable conditions. Age and health condition are other considerations, since the populations of beneficial and harmful bacteria vary in different stages of life. Since probiotics are needed throughout the entire digestive tract – mouth to colon – choosing a supplement that has been formulated with bacterial strains naturally resistant to stomach acid pH, is another determining factor in its success with nutrient absorption and toxin removal throughout your digestive system.

Optimal health begins and ends with a balanced digestive system. Begin by choosing a high quality probiotic formulated for your age or state of health.

Formulated for chronic lower bowel conditions



To establish and maintain healthy intestinal function. Especially designed for lower bowel health with 49 billion viable cells.

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