



ecotrends

For equality, sustainability, love and care for the planet

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To date we have saved:
15,540 kgs **CO2**
257 **Trees**

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FEATURE | **NHP**
ENZYME SCIENCE™
www.enzymescience.com

DIGESTIVE DISCOMFORT? ENZYMES ARE THE ANSWER



Of all adults, 30-40% experience symptoms involving occasional indigestion and abdominal discomfort. Research has shown that when individuals supplement their diet with a combination of digestive enzymes, a significant reduction in intestinal pain and bloating occurs.

During the digestive process, enzymes are made in the body to break down protein, fat, and carbohydrates into smaller molecules that the body then absorbs and uses for functions such as energy, growth, and cell repair. When the body lacks the necessary enzymes for efficient digestion, food can remain undigested or partially digested in the stomach. The slow transit of food through the GI tract can lead to symptoms such as abdominal discomfort, occasional constipation, and the absorption of fewer nutrients.

Complete Digestion™ provides a gentle potency of the three main categories of enzymes (proteases, lipases, amylases) to support digestion. Additionally, Critical Digestion® offers a formula that contains the same three enzyme categories but with maximum potency. Both formulas contain ATPro™, which is

used in the body to signal the start of the digestive process naturally.

Critical Digestion® and Complete Digestion™ have unique formulas that provide powerful enzyme blends that break down a variety of foods for maximum digestion, nutrient absorption, and energy promotion. Enzyme supplementation with Critical and Complete Digestion offers maximum support for moderate to intense digestive distress.



NATUROPATHIC TREATMENT OF AKNE VULGARIS

The acne vulgaris (vulgaris = common) emerges at a time when the external appearance is so important: during puberty. The suffering is therefore enormous, and the attempt to get rid of the pimples and pustules is unfortunately limited mostly to the external application of countless ointments, creams and pastes - with more or less success. Even the mainstream medicine treats acne usually only externally with e.g. vitamin A acid ointments or benzoyl peroxide. The acne improves thereby, but only for the time of the application. Just a few weeks later, the problem is usually back.

In addition, acne patients are usually using too many care products and it is not easy to reduce them to a minimum of personal care. It is best to clean with water, if the skin is dirty or heavily greasy, it can be cleaned with a pure olive oil soap (health food store). Then apply an ecological rosewater in the evening, and in the morning after cleansing the DERCUT® spag. Peka - Ointment.

This ointment can also be used as a care cream under make-up.



DERCUT® spag. Peka - Ointment (when advised by healthcare practitioner) soothes the acne skin with *Bellis perennis*, *Hydrastis - Viola tricolor* reduce the inflammation of the acne pustules, and *Sempervivum* slows the emergence of comedones (blackheads).

The whole skin picture improves and after a few days looks "softer" and healthier.

With an ointment alone, however, it is usually not enough. Acne is a keratinization disorder of the sebaceous glands, which is influenced by hormones, as well as by food. It is not an allergic phenomenon, but it is worsened when the patient

ingests nuts as well as raw and boiled cow's milk (dairy products are allowed). It goes without saying that a healthy, wholesome, fresh diet is the optimal basis for healthy skin. But honestly, this form of nutrition is not so easy to apply especially in puberty.

Since iodine and fluorine (halogens) are excreted through the sebaceous glands, they can aggravate acne. Iodine is often added to the table salt (better: Ancient sea salt or rock salt), or combined with

thyroid preparations (ask a doctor!), And fluorine is found in almost all common toothpastes (better use ecological toothpastes without fluorine).

Intestinal rehabilitation also provides relief in most cases, but the compliance of adolescent patients is not always given - also the intake of medicinal products is not on their wish list.



When recommended by healthcare practitioner/ doctor/ naturopath/ homeopath. But maybe you can convince these patients to take a gentle homeopathic product like DERCUT® spag. Peka - Drops. 15 - 20 drops twice a day, plus plenty of still water.

This helps the skin from the inside. *Cistus canadensis* and *sarsaparilla*, the major skin remedies of homeopathy, together with *viola tricolor*, reduce

inflammation and support the skin during repair. *Fumaria officinalis* detoxifies very gently, without triggering an initial aggravation, which would be counterproductive, especially in acne during puberty.

The mental suffering should also be considered as a therapist and taken seriously. In a sensitive discussion, you can offer help without stamping the young patient as mentally ill.

PSY-stabil® spag. Peka does a good job.

It is a wonderfully balancing agent for the psyche. If advised by a healthcare practitioner, *Avena sativa*, for example, reduces stress and helps keep up with hectic teenage life, while *Anacardium* is a proven tool for all types of examinations, be it a school assignment or a job interview. *Hypericum* brings some light into the sad soul, and *Kava-Kava* relaxes and soothes.

Acne comes slowly and goes slowly. However, it is one of the "most thankful" skin diseases, with very good results in holistic medicine.

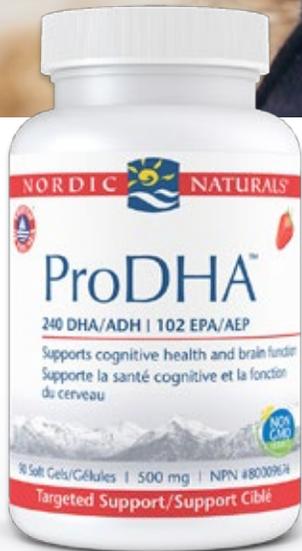
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Cognitive Support to Count On

Omega-3 DHA in tasty strawberry soft gels



ProDHA provides a concentrated source of omega-3 DHA, an abundant fatty acid in the brain that benefits cognitive health, brain function, and healthy mood balance. In small, easy-to-swallow 500 mg soft gels, ProDHA is ideal for adult patients needing targeted applications of omega-3 DHA. Like all Nordic Naturals fish oils, it exceeds the highest international standards of quality.

nordicnaturals.ca



vitahara

Created by a practitioner, for practitioners

Our organic, whole food nutritional powders are crafted with the **TRU philosophy**:

- T**ransparent Full ingredient disclosure
- R**eal No synthetic ingredients
- U**nadulterated Gently cold-processed

Our ingredients are:

- ✓ 100% ORGANIC FRUITS, VEGETABLES AND SUPERFOODS
- ✓ GENTLY PROCESSED USING ONLY AIR, LIGHT AND WATER

Our products are free from:

- ✗ SYNTHETIC NUTRIENTS
- ✗ SWEETENERS
- ✗ FLAVOURINGS
- ✗ PRESERVATIVES AND FILLERS

Every batch of Vitahara products is tested for:

			
VERIFIED NUTRIENT CONTENT	MICROBIALS <i>(Bacteria, Yeast, Mold)</i>	PATHOGENS <i>(Salmonella, E. Coli, Staph. Aureus)</i>	HEAVY METALS <i>(Mercury, Arsenic, Cadmium, & Lead)</i>



TRU WOMEN'S FOUNDATION
300g jar

Item code
21841129-300

A women's daily whole food nutrition powder made with 20+ organic fruits, vegetables. A source of 25 essential vitamins and minerals including naturally occurring folate & iron.

TRU FOUNDATION
300g jar

Item code
21841127-300

A foundational daily whole food nutrition powder made with 20+ organic fruits, vegetables, and superfoods. A source of 25 essential vitamins and minerals, naturally occurring fibre, antioxidants, & phytonutrients.

TRUB
45g jar

Item code
21841120-45

An organic, whole food source of essential b-vitamins, made only from organic guava, lemon, holy basil, and spirulina.

TRUC
42g jar

Item code
21841122-42

An organic, whole food vitamin C powder made from organic amla berries and moringa leaves.

TRU IRON
30g jar

Item Code
21841125-30

An organic, whole food iron powder that is gentle on the stomach and does not cause digestive side-effects. Made from organic curry leaves, moringa leaves, and amla berries.



vitahara.com |   

WHY THERALOGIX®?

Trust and transparency that physicians and consumers expect.

At Theralogix®, we know that trust needs to be earned. We are excited to share with you why Theralogix® supplements are among the most trusted nutritional supplements available.

Our formulations are backed by a Medical Advisory Board comprised of 15 experts from six different healthcare specialties.

In 2002, our founders began a discussion about the potential for ‘nutritional prevention’ of cancer (specifically, prostate cancer). Certain types of cancer can run in families; for those who are aware that they may have an increased genetic risk, diet and lifestyle modification can often go a long way to reduce this risk. Those discussions - led by a multidisciplinary group that included urologists, a medical oncologist, and a phd pharmacologist - ultimately spearheaded the launch of Theralogix®’s first product, and led to the creation of our Medical Advisory Board.

Since that initial meeting, we have continued to add members to our medical advisory board. We now have 15 medical experts from six different healthcare specialties on our medical advisory board. Our medical advisory board meets twice a year to discuss current research and review our formulations.

We will never sell a product that is not backed by convincing scientific evidence.

CONSISTENT AND TRANSPARENT FORMULATIONS

Our formulations are completely ‘transparent’ - there are no hidden ingredients or proprietary content. Theralogix® products are also dye-free and gluten-free; made with quality, and held to the highest manufacturing standards in the USA.

Theralogix® products are made by the highest-quality, US-based manufacturing facilities under conditions that exceed good manufacturing practice (GMP) standards set forth by the FDA.

THIRD-PARTY TESTED AND CERTIFIED BY NSF® INTERNATIONAL

At Theralogix®, we want you to know that our products contain precisely what we say they do - no more, no less - and are free of any adulteration or contaminants. To achieve that assurance, our US-based manufacturing facilities work with NSF® international, a not-for-profit agency that provides quality assurance testing to over 80 industries. NSF® international is the leading provider of independent content verification testing of dietary supplements. Since our founding in 2002, every eligible Theralogix® product has maintained “certified” content status through the NSF® Dietary Supplement Certification program.

CONTINUED FOCUS ON RESEARCH

There is no greater endorsement of the approach we have taken to product development and manufacturing, than the fact that our products have been chosen for use in numerous university-based clinical trials. Over the past five years, medical schools including those at Cornell, Penn State, University of Pennsylvania, Baylor, Harvard, University of Michigan and Yale - have chosen Theralogix® products for use in clinical trials, including several funded by the National Institutes of Health.





FEATURE | NHP

WISE WOMAN HERBALS®

www.wisewomanherbals.com

SUPPORTING A WELLNESS PROTOCOL WITH SOLID EXTRACTS

Solid extracts are a great way to introduce herbs into your patient's wellness plan. These unique botanical preparations are alcohol-free and highly concentrated for maximum efficacy. This is especially beneficial if you are looking for an alternative to a liquid extract that is alcohol based or encapsulations that need to be broken down and extracted in digestion. The option of using herbs in solid extract form allows you to choose a delivery system based on a patient's health needs, preference or even age.

Just like liquid extracts (tinctures), solid extracts begin as alcohol and water extractions. This allows us to obtain all the viable plant constituents. We then use a vacuum distillation process to remove all the alcohol from the preparation. The purpose of this is to concentrate the plant constituents into a solid mass which is why the final product is referred to as a solid extract. Finally, we add Kosher vegetable glycerin, and in some cases honey, to bring this high concentration preparation to a pleasant syrup consistency. The extraction ratio of a solid extract is often 4:1, meaning four parts plant material to one part solvents; compare this ratio to that of a liquid extract which is often 1:3.

The pleasing consistency and flavor of a solid extract makes it easy and enjoyable for patients to consume by itself which helps increase their likelihood of sticking to their wellness plan. Solid extracts can also be added to their favorite tea or green smoothie as a natural, healthy sweetener. Create a fun and refreshing summertime herbal seltzer by adding solid extracts to sparkling mineral water.

For thirty-years, Wise Woman Herbals® has been an industry leader in producing superior quality botanical supplements. Our proprietary blends and handmade artisanal processing techniques have been handed down through an unbroken chain from the company's founder to our current staff of botanical production professionals. Consistent with our motto "Begin with nature", we source our plants from small local sources using only the best organic, biodynamic, ethically wild crafted and best quality plants, extracted and preserved with purely natural ingredients. We honor the roots of our European traditions of medicine making while embracing science in our state-of-the-art testing processes to ensure plant identity, purity, consistency and potency of the botanical products healthcare professionals have trusted since 1989.





WHEN IS THE BEST TIME TO TAKE PROBIOTICS?

We often get asked when is the best time to take a probiotic is – morning, evening, before or after food. Taking probiotics at any time is better than not taking them at all, but taking probiotics at the right time can optimize their use.



STOMACH ACID AND TIMING

The vast majority of probiotics are active and effective in the lower gastrointestinal tract. To get to the lower portion of your GI tract, bacteria must survive corrosive stomach acid. The stomach was designed, not only to begin the digestive process, but also to repel and destroy microbes ingested with food, so it's important to protect the probiotic bacteria as they pass through.

When your stomach is empty, it's very acidic. Gastric pH is less acidic after food intake; however the introduction of food also elicits the digestive process and enzymes that may damage the probiotics. This

makes it challenging to figure out exactly when is the best time to take probiotics is. We tend to believe of the thought that taking probiotics with a light meal may help reduce their exposure to harsh stomach acid and assist their passage into the lower intestines. Heavy meals, that take longer to digest, may delay the movement of the probiotic into the lower GI tract and are not recommended.

Unfortunately, there has been little research comparing the benefits of taking probiotics with or without meals, or at different times of day. We hope to see more research into this area in the future so we can better answer these questions.

THE BEST TIME

So when is the best time to take probiotics? It largely depends on the reason you started taking them in the first place. If you take probiotics to address digestive issues, you will gain the most benefits by taking them with meals.

Trouble sleeping? The best time to take probiotics could be before bed. A strong connection exists between the gut and the liver, and “quieting” the liver seems to help with sleep.

THE POWER OF NATREN®

Natren® users gain additional freedom in timing when they take Trenev Trio.

Recommended dosage: Take one capsule daily during meals with unchilled, filtered (chlorine-free) water.

All probiotic users should avoid taking probiotics within two hours of consuming herbs, garlic, drugs, or supplements with anti-bacterial properties—wait at least two hours and then take them.



Available in: 15 capsules



30 capsules



60 capsules



90 capsules



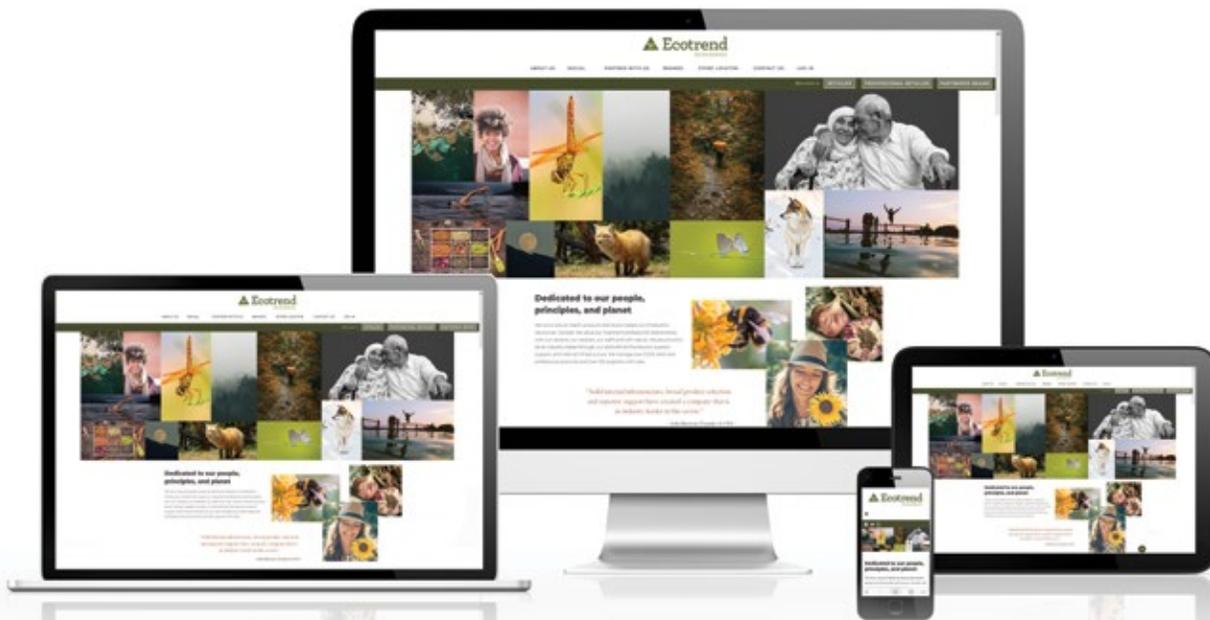
Ecotrend

ECOLOGICS

It's now time to

explore + win

on the new www.ecotrend.ca



Sign-up or validate your account by October 31st 2019 to go in the draw for your chance to win 1 of 3 **\$100 Ecotrend gift vouchers!**

Create an online account to:

- Drop ship orders directly to your patients
 - View up-to-date stock and pricing.
 - View brands' information and products.
- Review our quarterly newsletters and monthly promotions.
 - Submit orders to our team online.

