



# ecotrends

For equality, sustainability, love and care for the planet

## PROFESSIONAL in this issue

Enzyme Science™	LINE EXT.	1
Doctor's Choice®	LINE EXT.	2
Skytree Naturals	NEW	3
IMMUNE SUPPORT		4
Natren®		6
PEKANA®		7
Nordic Naturals®	LINE EXT.	8

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CARE SPECIALIST.



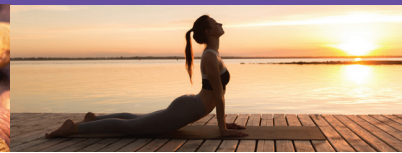
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## ENZYMES AS SUPPLEMENTS

Enzymes are natural and essential catalysts to many biochemical reactions in our body. Taken on an empty stomach, they may work systemically in the bloodstream. Systemic enzymes help one of the body's first major barriers for defense; the mucous membrane.

The mucous membrane along the respiratory tract is one of the first major barriers that play a role in our immune function. Our mucus is composed of mucin, a network of proteins complexed with sugars that are specially designed to protect us from particles, such as dust or pollen. Certain protease enzymes help to improve the composition and physical

## LINE EXTENSION | NHP

### ENZYME SCIENCE™

www.enzyscience.com

characteristics of our mucus decreasing the thickness of the mucus.

In addition, many invaders have protein-based structures attached to their outer cell walls. The body naturally uses proteases to help break down these structures. Proteolytic enzymes can help break down these structures or even help with cells that are Dead, Damaged or Don't belong.

For best results, look for Thera-blend™ enzymes in Enzyme Science formulations. These enzymes have been blended for significant activity across the wide pH ranges found within the human body.

## NO ARTIFICIAL EXCIPIENTS, BINDERS, OR FILLERS



## EARTH PURE HAND SANITIZER DIFFERENCE

When thinking hand sanitizer it would seem obvious that they are safe, but are they? The need to understand product quality and not to assume everything is the same is essential, especially at a time of a viral attack. The Covid-19 pandemic has caused an unexpected demand for hand sanitizers; it also created a global shortage of pharmaceutical grade ethanol. In response Health Canada has given the approval of 80% technical-grade ethanol to be used. We must also consider the supporting ingredients Isopropyl (rubbing alcohol), Caprylyl Glycol (alcohol derived from caprylic acid), Isopropyl Myristate (an ester of isopropyl alcohol) this could be as high as 95%; and from a health perspective the solution may cause more harm than good.

To the average consumer the ingredients are not cause of concern or obvious as they are only wanting the protection they may bring. To sanitize is to disinfect but how it is done could be the difference between being beneficial or damaging to our health. Technical grade is also known as denaturized alcohol, or methylated spirit that might contain methanol, isopropyl alcohol, acetone, ketones, or other poisons. The chemical additives and unknown fragrances are also of concern. Did you know that front line workers, nurses in Intensive Care Unit (ICU) could be applying hand sanitizers as many as 109 exposures per day?

Fortunately, there are options that are both safe and effective while providing the expected benefits. Earth Pure Hand Sanitizer contains 60% of grain alcohol, the amount needed to kill bacteria and to claim as both an



antiseptic and antibacterial solution. The benefits continue with the addition of aloe vera (organic) to help prevent skin dryness and colloidal silver. The essential oils of tea tree, oregano, eucalyptus, neem, lemongrass, and peppermint are added and for gel stabilization xanthan gum and carbomer complete the formulation. Earth Pure is all natural, non-GMO, cruelty free and USP Grade, not technical grade.

Remember, there is a big difference in product quality and we need to be able to identify which products serve us and which don't. When it comes to fighting bacterial infection it is not the time to gamble; for the sake of your health rely on evidence based natural medicine without side effects.

### References:

Health Canada. 2020. Technical-grade ethanol for the manufacture of hand sanitizers during the COVID-19 pandemic: Risk assessment summary report.

[https://www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription/legislation-guide-lines/covid19-technical-grade-ethanol-hand-sanitizer/risk-assessment-summary-report.html?utm\\_source=CHFA+Members&utm\\_campaign=e175978af1-EMAIL\\_CAMPAIGN\\_2019\\_06\\_24\\_02\\_45\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_9678d27e54-e175978af1-72504855](https://www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription/legislation-guide-lines/covid19-technical-grade-ethanol-hand-sanitizer/risk-assessment-summary-report.html?utm_source=CHFA+Members&utm_campaign=e175978af1-EMAIL_CAMPAIGN_2019_06_24_02_45_COPY_01&utm_medium=email&utm_term=0_9678d27e54-e175978af1-72504855)





## NEW ANTI-OXIDANT FROM SKYTREE NATURALS HELPS KEEP FREE RADICALS IN CHECK

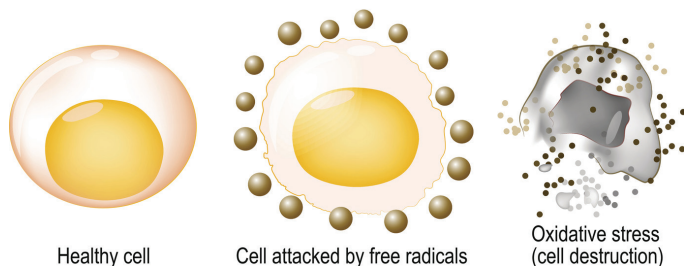
Your body is under constant attack from oxidative stress caused by free radicals. Every day, millions of these scavengers are fighting a silent war between your cells, damaging cells, proteins, and DNA. But just what are free radicals and how do you protect yourself from this ongoing battle?

### FREE RADICALS: CELL SCAVENGERS

Free radicals are basically unstable electron molecules, constantly scavenging for chemical components that other cells have, but that they're missing. Free radicals ultimately harm and age the body over time because they damage DNA, cellular membranes, lipids (fats) stored within blood vessels, and enzymes.

Normally, free radicals live in balance with anti-oxidants in the body. But when this balance is disturbed – due to a low intake of anti-oxidants or excessive free radical production – cell damage, or oxidation, along with accelerated aging can occur.

### CELL & FREE RADICALS



Free radicals are very unstable, capturing needed electrons to gain stability. A chain reaction of free radical production can result in oxidative stress and the destruction of a living cell.

High levels of oxidative stress affect every organ and system in the body and are believed to lead to the development of the most prevalent chronic diseases and disorders killing adults today.

Free radicals can be of benefit to your body – if they're kept under control. But if they lose control, these scavengers can end up marauding and pillaging throughout the body, destroying healthy cells and tissues.

But you can protect yourself.

### THE IMPORTANCE OF ANTI-OXIDANTS

Anti-oxidants keep free radicals in check. They're like little, self-sacrificing bodyguards protecting your cells from disease. Often touted as "anti-aging" compounds,

they help protect against age-related diseases caused in part by free radicals. Unfortunately, our ability to produce antioxidants in the body declines with age.

So what's the solution?

While we can never entirely stop the aging process, a diet high in antioxidant foods such as brightly colored fruits and vegetables, berries and red wine, and dark chocolate, along with a reduction of the toxin load in your body, can help.

Sometimes, though, you have to give your body a little more assistance in fighting off those ravaging free radicals. And that's where Hormonal Harmony comes in.

### INNOVATIVE NEW SUPPLEMENT

Hormonal Harmony, Skytree Naturals' new anti-oxidant supplement, helps keep those free radicals in check. How? Polyamines. Naturally-occurring elements that restore and regenerate cells and tissues within the body. Combined with the nutrient power of red radish leaf and select vitamins and minerals, Hormonal Harmony helps protect your cells against oxidative stress and reduce the damage caused by free radicals.



### TO YOUR HEALTH

So, go ahead. Toast your health with a glass of good red wine, if you wish, or an antioxidant-rich fruit juice, and perhaps even a nibble of dark chocolate. But make sure you give that little army of bodyguards protecting your cells that extra anti-oxidative boost they need. Hormonal Harmony. For the maintenance of your good health.

For more information on Hormonal Harmony, go to [www.skytreenaturals.com](http://www.skytreenaturals.com)

# IMMUNE SUPPORT

## RECOMMENDED PRODUCTS TO SUPPORT IMMUNE SYSTEM



### ARGENTYN 23®

PROVIDING THE PRACTITIONER COMMUNITY WITH THE SAFEST, PUREST AND MOST EFFECTIVE FORM OF SILVER (BIO-ACTIVE SILVER HYDROSOL™) FOR INTERNAL AND EXTERNAL USE SINCE 2001.

Silver Hydrosol 23ppm Twist Top, 118ml/236ml/473ml/946ml/1Gal  
Silver First Aid Gel, 29ml/59ml  
Silver Hydrosol 23ppm Dropper, 59ml  
Silver Hydrosol 23ppm Vertical/Mist Spray, 59ml



### CELT NATURALS

CELT NATURALS IS AN ALBERTA COMPANY FOCUSING ON IMMUNE SUPPORT. THEY USE ONLY PREMIUM, RAW MATERIALS SOURCED FROM THE WORLD'S LEADING SUPPLIERS.

Sterol 117, 60 capsules



### DAVINCI LABORATORIES®

DAVINCI'S FOCUS IS ON IMPROVING LIVES BY PRODUCING NATURAL SUPPLEMENTS FROM REAL NUTRIENTS. THEY PROVIDE THE VERY BEST INGREDIENTS IN EVERY PRODUCT.

B-12 MC Spray, 30ml  
Davinci Poten-C, 90 tablets  
Aangamik DMG, 250mg, 60 chewables  
Aangamik DMG Liquid, 300mg, 60ml  
Zinc Lozenge, 60 lozenges

COMING SOON  
COMING SOON  
COMING SOON  
COMING SOON



### DOCTOR'S CHOICE®

AN EFFECTIVE ALTERNATIVE TO SYNTHETIC PHARMACEUTICAL DRUGS, WITHOUT THE SIDE EFFECTS. PROFESSIONAL, THERAPEUTIC MEDICINE, USING USP PHARMACEUTICAL-GRADE RAW MATERIALS.

L-Tryptophan 220 + 50mg B6, 60 veg. capsules  
L-Glycine 750mg, 90 veg. capsules  
Colloidal Silver, 50ml  
Thymus Gland, 60 veg. capsules  
Earth Pure Hand Sanitizer, 170ml





## GREENTECH NATURALS

GREENTECH FORMULATES AND MANUFACTURES NATURAL, LICENSED HEALTH PRODUCTS OF THE HIGHEST QUALITY.

Curcuma-D3 Oral Drops, 15ml  
Curcuma-Oregano Oral Drops, 30ml

## NATREN®

NATREN® RESEARCHES, DEVELOPS AND MANUFACTURES THE MOST POWERFUL PROBIOTICS ON THE PLANET. THEIR PROBIOTICS ARE GLUTEN-FREE, DAIRY-FREE, SOY FREE, FOS-FREE AND NON-GMO.

Bulgaricum, Dairy-free, 60 capsules  
Bulgaricum, Dairy-free, 90 capsules

## NUTRIBIOTIC

NUTRIBIOTIC HELPS PEOPLE ACHIEVE HEALTHIER, HAPPIER LIVES BY PROVIDING INNOVATIVE, HIGH QUALITY PRODUCTS THAT ARE ENVIRONMENTALLY FRIENDLY AND CRUELTY-FREE.

Citricidal GSE, Capsules Plus, 90 vegan capsules  
Citricidal GSE Tablets, 100 vegan tablets

## REGENUREX™

REGENUREX™ HAND-CRAFTED NUTRACEUTICAL SUPPLEMENTS SURROUND YOUR BODY'S CELLS WITH A PROTECTIVE LAYER AND REPAIR THE DAMAGE CAUSED BY OXIDATION.

Astaxanthin, 12mg, 60 Bovine capsules

COMING SOON

## WISE WOMAN HERBALS®

WISE WOMAN HERBALS® IS PROUD TO OFFER HIGH-QUALITY, WHOLE HERB SUPPLEMENTS; MADE USING TRADITIONAL, TIME-INTENSIVE TECHNIQUES.

Licorice Solid Extract, 112g  
Licorice Solid Extract, 224g





FEATURE | **NHP**

**NATREN®**

[www.natren.ca](http://www.natren.ca)

## HOW TO MAKE YOUR OWN PROBIOTIC FACE MASK

When someone says probiotics, we hope that the first thing that comes to mind is Natren Probiotics!

Our powerful probiotics are a great way to improve digestion, boost immune health, and more. But did you know that Natren Probiotics can also be applied to your skin?

### WHY A PROBIOTIC FACE MASK?



The skin is our largest organ and is home to its own unique set of microorganisms. The beneficial bacteria on the skin work much like the beneficial bacteria in our gut, providing a layer of protection and competing for space with bad bacteria and other pathogens.

Normal skin care can remove some of your beneficial skin flora and it may benefit you to replenish this natural barrier. For centuries, women have applied everything from milk to plant extracts to their bodies trying to enhance skin health. Bulgaricum contains our *Lactobacillus bulgaricus* LB-51 super strain. The use of *L. bulgaricus* applied topically to the skin dates back at least a hundred years, there are scientific studies from 1912 and reason to believe it was in use even before that!

### INGREDIENTS FOR THE MASK:

To create this mask, you need two ingredients: Natren's *Bulgaricum* and aloe vera. If you have aloe vera growing in your garden you can find videos online that teach you how to harvest it. If you are purchasing it, look for a product that contains virtually 100% aloe vera. Read the label to see what other ingredients are in the product. Aloe vera should be the first ingredient listed (indicating it's the main ingredient in the product). Most products contain some form of stabilizer, so if you're unsure about the other ingredients listed we suggest checking ingredients online at the EWG's Skin Deep Cosmetic Database.

### MAKING AND APPLYING THE MASK:

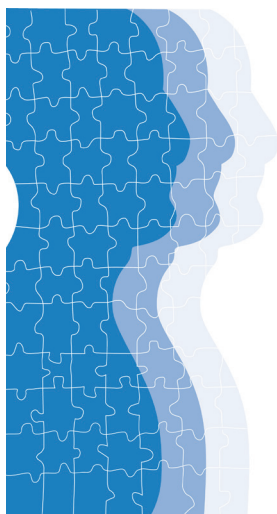
Mix approximately 1 tsp of *Bulgaricum* probiotic with equal parts aloe vera to create the mask. Gently apply to your face working it into the skin by moving your fingers in a small, circular pattern. You can leave the mask on for 10 to 30 minutes. When you are ready, wash the mask off using warm water and pat your skin dry. After using the mask, your face should feel smooth, soft, and clean.

The gritty consistency of the probiotic powder acts as a gentle exfoliator while the aloe vera moisturizes. It's a winning combination that will leave your skin looking and feeling great.





## THE SKIN - OUR LARGEST ORGAN



The skin is the body's boundary surface between inside and outside, and at the same time an important sensory organ. The total surface of our skin is almost 2 square meters. The skin is our largest organ and subjected to a variety of strains every day. Our skin is permanently exposed to the elements (heat, coldness, sun, wind), and comes into contact with many chemical and partially allergenic substances in both, private and professional life. In many cases the above-mentioned stress factors cause skin dryness, which leads to infections and itching (med. Pruritus).

The homoeopathic-spagyric remedy **DERCUT® spag.** Peka drops is perfectly suited for supportive treatment of skin problems such as acne, eczemas, itching and neurodermatitis.

The preparation consists of 8 individual components: *Ranunculus bulbosus* D4, *Fumaria officinalis* spag. Peka D6, *Centella asiatica* D4, *Daphne mezereum* spag. Peka D12, *Smilax* D12, *Ledum palustre* D6, *Viola tricolor* spag. Peka D4, *Helianthemum canadense* D3. The individual components have comparable and complementary fields of application. The application of **DERCUT® spag.** Peka ointment is additionally recommended. The ingredients are mixed with an irritation-free ointment base.

### PEKANA® OINTMENTS

PEKANA® offers a full internal support range supplemented by ointments for various application areas:

**DERCUT® spag.** Peka Homoeopathic ointment

- Skin diseases

**FLAMYAR® spag.** Peka Homoeopathic ointment

- Sport injuries

**ITIRES® spag.** Peka Homoeopathic ointment

- Lymphatic conditions

**ZELLULISAN® spag.** Peka Homoeopathic ointment

- Connective tissue

### FREQUENT SKIN PROBLEMS - ACNE AND NEURODERMATITIS



Neurodermatitis, for example, is one of the skin problems caused by allergies and often occurs together with further allergic symptoms in children and adolescents.

Impure skin right up to acne is especially for young people onerous. PEKANA offers drops as well as an ointment for assistance in the treatment of skin diseases. The combination of an internal medication like **DERCUT® spag.**

Peka drops and **DERCUT® spag.** Peka ointment may be especially useful support with acne.



# New Omega Products Available Now



## Three new ways to support your patients

Nordic Naturals offers three newly available products to address your patients' need for top-quality omega fatty acids to promote overall health. ProEFA® combines EPA+DHA from cold-water fish with GLA from borage oil in a non-concentrated health-maintenance formula. Our most potent omega-3 concentrate, ProOmega® 2000 delivers 2000 mg EPA+DHA in every serving to support cardiovascular and cognitive health. ProEPA™ with Concentrated GLA provides a comprehensive, EPA-dominant blend of highly concentrated omega fatty acids to help support brain function. Contact your Nordic Naturals representative today for more information, or to place your order.



[nordicnaturals.ca](http://nordicnaturals.ca)