

Fall 2025

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RED LIGHT THERAPY + CHILDREN

PAGE 8



DR. ANNA GARBER
ND

Practice: Juniper Naturopathic Clinic
junipernaturopathic.com

Focus: Children's health, digestion

Fan of: Travel, photography, unique experiences, and deep conversations

Tip: Eat a varied, whole-foods diet with produce daily!

On my shelf: Omega-3 and vitamin D

COLIC 101

PAGE 10



DR. DOMINIQUE BARBARO
ND

Practice: drdomeniquend.com

Focus: Pediatrics, women's and perinatal health

Fan of: Reading, cooking, yoga

Tip: Sleep well, nourish your body, and do what you love!

On my shelf: Ginger

SUPPLEMENTS FOR ATHLETES

PAGE 14



DR. DAINA PATEL
BSc, DC

Practice: Dr. Daina Patel, DC, Toronto
drdainapatel.com

Focus: Chronic pain, wellness, and prevention

Fan of: Yoga and meditation

Tip: Movement is medicine!

On my shelf: Magnesium, lavender oil

HAWTHORN

PAGE 16



MARY CHARTERIS
BScN, RN, RH

Practice: Registered nurse, registered herbalist

Focus: Digestion, immune health, and mental wellness

Fan of: Fresh fish cooked over a fire

Tip: Bare feet on the earth!

On my shelf: Lemon, ginger, sea salt, reishi

TCM COMBO TREATMENTS

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MARY BASKWELL
R.TCMP, R.Ac, RPN

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Focus: General practice, mental health, gynecology, and fertility

Fan of: Hiking, yoga, crafting my own teas, creams, and tinctures

Tip: Simply breathe with awareness!

On my shelf: Herbs, crystals, books

5 TIPS FOR HEAVY CYCLES

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DR. ANNALEEZA CAPUTI
ND

Practice: Natural Choice Medical Clinic
drannaleezacaputiind.com

Focus: Women's health and hormones

Fan of: Dancing, nature walks, and reality TV

Tip: Self-care is not selfish!

On my shelf: Vitamin D

RED LIGHT THERAPY + CHILDREN

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VAGINAL ATROPHY

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Focus: Women's reproductive health, mental wellness, and gut health

Fan of: Walking with my dog, Huey, and time with family and friends

Tip: Sleep is the basis of optimal health!

On my shelf: Echinacea tincture

NON-TOXIC PERFUMES

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DR. ADRIENNE DELUCA
ND

Practice: wellness-with-adrienne.com

Focus: Pediatrics, fertility, birth planning, pregnancy & postpartum

Fan of: Walking with my dog Ripley

Tip: Drink more water!

On my shelf: Herbal tea, coffee, Sour Patch Kids

IMMUNE SUPPORT / RECIPES

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ANGELA MOSCARELLI
CPA, CA, RHN

Practice: Guided Wellness
guidedwellness.ca

Focus: Helping busy professionals optimise their health

Fan of: Gardening, fitness, and nature

Tip: A healthy lifestyle is about balance!

On my shelf: Spirulina, lemons, fermented coconut milk

THE SWAP-GRANOLA BARS

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MARIA D'ALESSANDRO
RHN

Practice: Miala | www.miala.ca
Focus: Women's health, menstrual cycle, and endometriosis
Fan of: Walking my dog Apollo & reformer Pilates
Tip: Everything in moderation!
On my shelf: Magnesium & L-Glutamine

THE FAMILY TABLE

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DR. SARAH WHITE
ND

Practice: Replete Wellness (virtual) repletewellness.com
Focus: Fertility, anti-aging, and skin health
Fan of: Raising chickens and gardening
Tip: Morning healthy fats and protein!
On my shelf: Liposomal glutathione, curcumin

DID YOU KNOW?

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MELODY MAIER
CNP

Practice: Holistic Whisk holisticwhisk.com
Focus: Acne-focused nutrition and women's health
Fan of: Homemade nut milk, and a good book
Tip: Always be kind to yourself!
On my shelf: Matcha, magnesium

Elevate

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“ I HAVE CHOSEN TO BE HAPPY
BECAUSE IT IS GOOD FOR MY HEALTH.

- Voltaire



Ask a Naturopath

IS RED LIGHT THERAPY OKAY FOR KIDS? the Potential Healing & Wellness Benefits

Dr. Anna Garber, MSc, ND



bakhrum.media / Depositphotos.com

When you first hear about red light therapy, it can sound almost too simple to be effective—a gentle beam of light shining on skin to help with healing, inflammation, and even sleep. But over the past decade, researchers and clinicians have been paying closer attention to this non-invasive therapy, uncovering how specific wavelengths of red and near-infrared light can support the body’s natural repair processes. Let’s look at what red light therapy is, how it works, and what to consider if you’re thinking about exploring it for your child.

WHAT IS RED LIGHT THERAPY?

Red light therapy, also known as low-level light therapy or photobiomodulation, uses specific wavelengths of red and near-infrared light to support healing at a cellular level. Think of it as a gentle, supportive light bath that encourages your cells to produce more energy (ATP) and calm inflammation. Unlike UV light, which can damage the skin, red and near-infrared light are safe when used correctly.¹

This therapy is often delivered through panels, handheld devices, or lamps that shine light onto the skin. Sessions are painless, non-invasive, and generally well tolerated, even by sensitive children.²

SUPPORT FOR HEALING AND WELL-BEING

While high-quality studies in children are still emerging, red light therapy has been extensively studied in adults and shows promise for a range of concerns. Much of what we understand about its benefits comes from research into its mechanisms of action. Here are a few of the ways red and near-infrared light may help the body:

- » **Boosting Cellular Energy Production:** Red light can stimulate mitochondria—the “energy factories” inside cells—to produce more ATP, which helps cells repair and regenerate more effectively.³
- » **Reducing Inflammation:** Red light has been shown to help regulate inflammatory pathways, which may ease swelling and discomfort in tissues.³
- » **Improving Circulation:** Exposure to certain wavelengths can promote vasodilation and increase blood flow, delivering more oxygen and nutrients to areas that need healing.⁴
- » **Modulating Oxidative Stress:** By balancing free radicals and antioxidants, red light can help protect cells from oxidative damage.³

Because of these effects, researchers have explored red light therapy for a variety of conditions, including skin concerns such as alopecia, ulcers, herpes simplex virus, acne, skin rejuvenation, wounds, and scars;⁵ as well as muscle recovery after injuries or strains,⁶ pain concerns like arthritis, neuropathy, temporomandibular joint disorder, fibromyalgia, and post-surgical pain.⁷ Red and near-infrared light have been shown to improve sleep quality and melatonin production as well.⁸

WHAT DOES A SESSION LOOK LIKE?

Red light therapy is quite straightforward. Your child might lie or sit near a red light panel or have a handheld device positioned over a target area. Sessions are typically short, lasting between five and 20 minutes, and usually take place in a calm, comfortable space. During the session, your child will feel a gentle warmth sensation, but no pain or discomfort.

SAFETY CONSIDERATIONS

Many parents wonder, “*Is this safe for my child?*” When used appropriately, red light therapy has a strong safety record in adults and is generally well tolerated.¹⁰ Research suggests it can be safe for children in certain settings, such as treatment for myopia;^{9,11} however, because large, rigorous studies in pediatrics are limited, we don’t have a complete picture of its long-term safety for all uses in children.

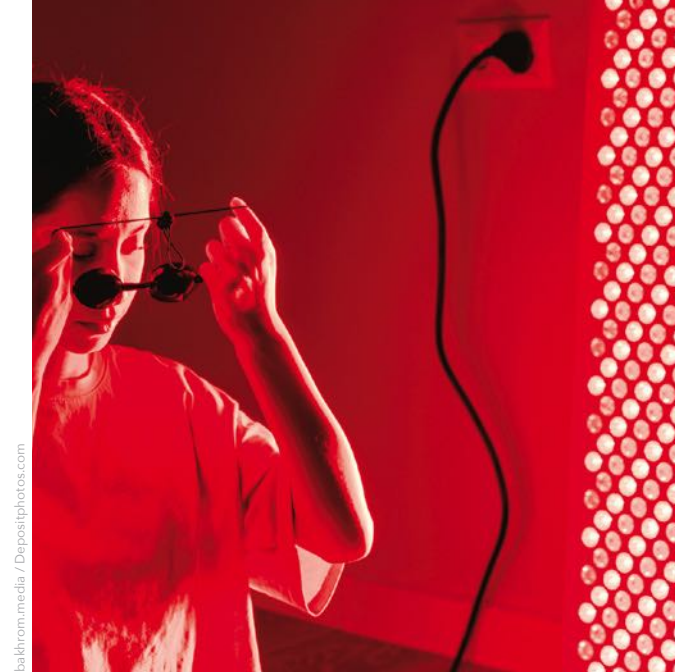
If you decide to explore red light therapy, be sure to supervise each session and follow recommended treatment times—more isn’t always better. Depending on the device, your child may need eye protection. It’s also important to choose equipment with clear safety certifications and reliable product details. Better still, have a qualified technician administer red light therapy until more research for use with children is available.

HOW TO CHOOSE A QUALITY RED LIGHT DEVICE

Choosing a device that’s safe and effective is essential if you’re considering trying red light therapy at home. Not all products marketed online meet the standards needed to deliver real therapeutic benefits.

Here are a few tips to help you make an informed choice:

- » **Wavelength range:** Look for devices emitting red light around 630–660 nanometres and near-infrared light



bakhrum.media / Depositphotos.com

between 800–850 nanometres. These ranges are the most researched for healing and anti-inflammatory effects.

- » **Certifications:** Check for Health Canada compliance and approval.
- » **Reputable brands:** Choose manufacturers that publish transparent technical specifications and have a history of quality and reliability.
- » **Support and guidance:** Make sure the company offers clear instructions and customer support.

Avoid purchasing cheap, unverified products from unknown online sellers, as they may not deliver therapeutic wavelengths or, worse, may pose safety risks.

Red light therapy is an emerging option that may help support healing, reduce inflammation, and promote relaxation. While research and experience in adults show it’s generally safe and well tolerated, studies in children are still limited, and more evidence is needed to fully understand its long-term effectiveness and safety for pediatric use.

If you’re considering red light therapy for your child, start by consulting a qualified healthcare professional who can help you weigh the potential benefits and risks. Taking time to explore your options with care is an important step toward making informed decisions that feel right for your family. 🌟

For references visit ecoparent.ca/ELV/FALL25

COLIC IN INFANTS

Exploring Possible Causes & Treatment Strategies

Dr. Dominique Barbaro, ND

“...IT IS CRITICAL YOU WORK WITH A HEALTHCARE PROVIDER TO OBTAIN A DEFINITIVE DIAGNOSIS BEFORE IMPLEMENTING TREATMENT STRATEGIES.”



Getty Images / Unsplash+

Colic can be a scary and frustrating ailment for both an infant and their parents. It's a condition that is multi-faceted, and the causes are not entirely understood. It is important to note that while colic can be worrisome, it's a common condition that many infants face; it does not last forever and is not harmful. We have some recommendations for non-invasive treatment strategies available that can help your little one if they are experiencing this concern.

SYMPTOMS & DIAGNOSIS

Colic is characterised as inconsolable and persistent crying episodes in an infant who is fed and healthy that can last three or more hours. It affects anywhere from 10 to 20 percent of newborns in the first few weeks of life and is a common pediatric concern. Other key features of the condition include crying episodes without a known cause, crying until the infant's face is red, abdominal tension, clenched fists, and drawing the legs inward. Colic is a diagnosis of exclusion, meaning that it's only diagnosed when other

possible conditions and causes for the crying episodes have been definitively ruled out. The diagnostic criteria for colic are known as the rule of three, which includes crying for more than three days per week, for more than three hours per day, for more than three weeks. It's important to understand that colic episodes have a distinct beginning and end and usually include crying that is often described as "screaming" with a level of urgency. Episodes are almost always unprovoked without specific triggers or patterns. It is critical to talk to your healthcare provider about your child's case before assuming your child's situation is colic and proceeding with treatment. Your healthcare provider will conduct a thorough physical exam and health history and be able to tell you what mechanism may be at play.

POSSIBLE CAUSES

Colic still requires more research to determine why it occurs, despite years of research already being conducted in this area. There are several theories as to what may cause the

presentation of colic, most having to do with feeding, the gut, and nutrition. Some potential causes for colic include changes in fecal microflora, intolerances such as lactose intolerance, poor latching/feeding, gastrointestinal inflammation, and maternal smoking.² Additional contributing factors may be maternal diet while breastfeeding, insufficient burping, under- or overfeeding and gut hypermotility.¹ Some studies have shown that infants with colic have higher levels of gut inflammatory markers, further solidifying the potential connection between colic and the gut.³

TREATMENT STRATEGIES

Parental Reassurance

The first and most important treatment for colic is parental education and reassurance.² Parents should be reassured that colic is a self-limiting condition and that it's harmless to your baby. Counselling parents on what the condition is, the potential causes, and what next steps would be if they wanted to proceed with treatment is the first step to any colic case. If symptoms persist and parents wish to intervene with treatment, strategies will depend on whether the baby is breastfed or bottle-fed.

Allergen Restricted Diet

An allergen-restricted diet may be useful to treat colic in babies who are breastfed. Studies have shown that mothers who introduced a low-allergen diet had less crying time on average than infants whose mothers did not adopt this diet style.⁴ The major allergens include:

- » Cow's milk
- » Tree nuts
- » Wheat
- » Soy
- » Fish and eggs⁴

Spicy foods and aromatics, such as garlic, can also play a potential role in contributing to colic. It's important to note that all mothers should work with a healthcare provider to ensure any diet is right for them and to obtain guidance on how to implement one without being restrictive or harming to their own health. If this diet style is adopted, it is usually short-lived, and a normal diet can be resumed after the infant reaches three to six months of age.²

Switching Formula

For babies who are formula-fed, switching to a different formula may be helpful. Studies have shown that infants who switched to partial, extensive, or hydrolysed formulas had reduced crying time.⁵ While a formula switch may be helpful, every baby is different, and this approach may take trial and error. It's recommended that a formula be tried out for two weeks, and to make the transition easier, it can be mixed with your baby's original formula incrementally for the first four days of introduction.² If the new formula is successful in reducing colic, it doesn't have to be used permanently, as the original formula can be administered again once the infant reaches the three to six-month range.²



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Herbs

Some studies have demonstrated that herbs such as peppermint, chamomile, vervain, lemon balm and licorice have decreased crying time.⁶ While more research is needed in the area of herbal support for colic, these herbs can be supportive for relaxing the nervous system and relieving gas.

Probiotics

Breastfed babies can benefit from tailored probiotic supplementation in cases of colic. Studies that show benefits have utilised a particular strain known as *Lactobacillus reuteri* (strain DSM 17938). Supplementing with this probiotic at a dose of five drops per day reduced crying in breastfed infants with colic; however, in bottle-fed babies, it significantly increased fussing and crying, therefore, it's only recommended that breastfed babies utilise probiotics as a treatment for colic.² While the evidence shows bottle-fed infants respond poorly to probiotics, there may be cases where a probiotic is still indicated at the discretion of your healthcare provider.

Physical Therapies

There has been research done on physical supports such as chiropractic support, osteopathic manipulation, massage, and acupuncture. Studies have not shown consistent results, and more research in these areas is required. Out of all the physical therapies, massage has the most consistent evidence of improving symptoms of colic and other gastrointestinal concerns such as bloating and gas, while also being a cost-effective at-home method to try.⁷

Colic is a common condition, and while the cause is still unknown, there are non-invasive and evidence-based approaches that can relieve the struggle and discomfort for your baby. It's important to note that while colic won't last forever and is a harmless condition, it is critical you work with a healthcare provider to obtain a definitive diagnosis before implementing treatment strategies. Every case is different, and your child may need additional support in other areas that are not colic-related. 📞

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SPORTS & NUTRITION

Fueling Performance

A CHIROPRACTOR'S PERSPECTIVE ON ATHLETIC SUPPLEMENTATION

Dr. Daina Patel, BSc, DC

Emma-Jane Hobden / Unsplash.com

As a chiropractor who has worked with athletes ranging from weekend warriors to professional competitors, I've witnessed firsthand how proper nutrition and supplementation can have a dramatic impact on both performance and recovery. While my expertise lies in musculoskeletal health, the connection between what we put into our bodies and how our bodies perform is undeniable.

Before diving into supplements, let's establish a crucial principle: supplements should supplement, not replace, a well-balanced diet. I've seen too many athletes reach for the latest powder or pill while neglecting the basics of proper nutrition. Your body is designed to extract nutrients from whole foods more efficiently than from isolated compounds.

SUPPLEMENTS CAN PROVIDE SUPPORT AND FILL GAPS, BUT THEY CAN'T COMPENSATE FOR POOR FUNDAMENTALS.

Think of your body as a high-performance machine. Just as you wouldn't put low-grade fuel in a race car, your athletic performance depends on quality nutrition. Whole foods provide not just individual nutrients, but complex combinations that work synergistically within your body.

SUPPLEMENTS MOST ASKED ABOUT

Protein

In my practice, certain supplements come up in conversation repeatedly. Protein powder is probably the most common. It's incredibly convenient for athletes who struggle to get enough protein through whole foods alone, especially after those gruelling training sessions when their muscles are crying out for repair. Whey protein tends to be quickly absorbed, making it popular for post-workout recovery.

Collagen

Collagen has become increasingly popular, and for good reason. As someone who sees the wear and tear on joints and connective tissues daily, I appreciate that collagen provides the building blocks for tendons, ligaments, and cartilage. Many of my athletic clients report improved joint comfort when they use it consistently.

Amino Acids

Branched-chain amino acids (BCAAs) are another frequent topic. These are particularly interesting because they can be used directly by muscles for energy during exercise and may help reduce muscle breakdown during intense training. Some athletes find them helpful for reducing soreness, though individual responses vary.

Electrolytes

These are crucial, especially for athletes who sweat heavily or train in hot conditions. I've seen too many athletes struggle with cramping and fatigue simply because they're not replacing what they lose through sweat. Sodium, potassium, and magnesium are the big players here.

Omega-3s

Omega-3s from fish oil deserve special mention. The anti-inflammatory properties can be game-changing for recovery, and I've noticed that athletes who consistently take quality omega-3s often report less joint stiffness and faster recovery between training sessions.

Glutamine

Glutamine is an amino acid that becomes depleted during intense exercise. It plays a role in immune function and gut health, which is why some athletes find it helpful during heavy training periods when they're more susceptible to fatigue.

Caffeine

Probably the most widely used performance supplement in the world. Most athletes already know about its energy-boosting effects, but it can also enhance focus and potentially improve endurance performance when used strategically.

What I've learned from working with athletes is that their nutritional needs are often much higher than the average person's. A competitive swimmer burning 4,000 calories per day has different requirements than someone hitting the gym three times a week. When you're training intensely, your body is constantly breaking down and rebuilding tissue, and that process requires raw materials.

Sometimes, whole foods alone aren't practical. Try eating enough tuna to get adequate omega-3s, or consuming enough collagen-rich foods to support joint health when you're training twice a day. This is where strategic supplementation makes sense—it's about filling gaps and supporting what your body is already trying to do.

I've seen marathon runners who swear by glutamine for immune support during heavy training blocks, while powerlifters might focus more on creatine for explosive strength. A tennis player dealing with joint stress might benefit from collagen, while an endurance cyclist might prioritise electrolyte replacement and BCAAs for those long training rides.

The key is understanding your sport's specific demands and your body's responses to those stressors. Some athletes feel amazing with a simple protein powder and omega-3 routine, while others need more comprehensive support. There's no shame in either approach. It's about finding the optimal performance and recovery.

A WORD OF CAUTION

Not all supplements are created equal. The supplement industry has varying quality standards, and what's on the label isn't always what's in the bottle. For competitive athletes, there's also the concern about banned substances that might appear in contaminated products.

Third-party testing and certifications can provide additional confidence in product quality. Investing in fewer, higher-quality supplements is often more beneficial than taking numerous questionable ones.

I strongly encourage athletes to work with qualified healthcare professionals when considering supplementation. This might include sports nutritionists, physicians familiar with sports medicine, or other practitioners like chiropractors who understand the demands of athletic training.

Blood work can reveal actual nutrient deficiencies rather than assumed ones. Many athletes are surprised to discover that their fatigue or performance issues aren't related to the supplements they thought they needed.

Supplementation is just one tool in the athlete's toolkit. Proper training, adequate recovery, stress management, and a foundation of whole foods remain the cornerstones of athletic success. Supplements can provide support and fill gaps, but they can't compensate for poor fundamentals.

Remember that your body is remarkably adaptable and resilient when given the right support. Focus on consistency in your approach rather than seeking quick fixes, and always prioritise safety and long-term health over short-term performance gains. 🏆

For a Post-Workout Recovery Smoothie:
ecoparent.ca/recoverysmoothie

Ask a Herbalist

A HERB WITH HEART

Hawthorn

Mary Charteris BScN, RN, RH

Hawthorn is a beloved herb that supports the physical heart while also offering grounding nurturance to the emotional heart. Both astringent and cooling, hawthorn's leaves, flowers, and berries nourish and restore cardiovascular tissue. Hawthorn's berries, also called 'haws,' contain robust antioxidants in the form of organic acids, procyanidins, and flavonoids, which all contribute to its positive effect on vascular tissues, coronary circulation, and overall cardiovascular health. Herbalist Rosemary Gladstar notes hawthorn is a herb to "feed and tone the heart."^{1,2}

Hawthorn offers care during times of challenge. I frequently incorporate it into formulas for those navigating concerns of the heart, such as grief or loss. Hawthorn also supports blood pressure, imbalances in cholesterol, or non-pathological arrhythmias. Its impact on cardiovascular circulation also has a marked effect on another highly vascular organ, the stomach. Its leaves, flowers, and berries make a lovely addition to a digestive support formula for those with chronic indigestion or irritable bowel syndrome.

HISTORY

Hawthorn has been utilised in traditional healing across Asia, Europe, and the Americas, with early use in Arabic traditional healing. Hawthorn was employed for its effect on heart-related ailments and blood glucose regulation.^{1,3} Greek Physician Dioscorides (1st Century AD) wrote the earliest botanical record of hawthorn in his work *De Materia Medica*. In China, hawthorn berries, known as *Shanzha*, have been used medicinally since 659 AD, first noted in the *Tang Materia Medica* for treating dysentery.⁴

Indigenous Peoples of the Ojibwe or Anishinaabeg and Okanagan traditionally consumed hawthorn berries as food, while the Okanagan, the Colville Iroquois, and Apache used decoctions of *Crataegus douglasii* and *pruinosa* species as a digestive, dietary aid, and remedy for diarrhea. Many Indigenous Peoples have traditionally used hawthorn berries for 'winter food,' mashing the berries into thin sheets and drying them to make bread and cake. This was utilised as a nutritious and vitamin-rich snack—similar to crackers—and dipped in soups to soak up and help digest the fat.⁵

Herbal Profile

Crataegus

Common Name:

Hawthorn, Thornapple, Mayblossom, Mayberry

Family: Rose

Parts used: Flower, leaf, and berries

Taste: Sweet, sour, astringent

Energy: Excitation, atrophy, relaxation

Properties: Neutral, slightly cooling

Active Constituents:

- » Flavonoids (vitexin, quercetin, rutin, hyperoside)
- » Proanthocyanidins
- » Triterpenoids (oleanolic, ursolic, crategolic acids)
- » Phenolic Acids (caffeic and chlorogenic acids)
- » Polysaccharides⁹

Herbal Actions:

- » Cardiotonic
- » Cardiac trophorestorative
- » Antioxidant
- » Diuretic
- » Hypotensive
- » Astringent^{1,9}

Internally:

Supports Circulation

- » Improve coronary circulation through direct effect on the cells of the cardiac muscle
- » Regulatory effect on the cardiovascular system: strengthens the heartbeat and equalises its rhythm
- » Assists digestive function



Illustration: mart_m / Depositphotos.com

PLANT DESCRIPTION

Hawthorn is a deciduous shrub or small tree, and typically grows five to 15 meters tall in woodlands, hedgerows, and open fields across temperate regions of the Northern Hemisphere (both in Europe and North America). The plant can tolerate many soil types and is known best for its characteristically dense, dramatically thorny branches. The young bark of a Hawthorn tree is smooth and gray in colour, becoming fissured as it ages. The stems of the plant bear sharp thorns that can grow up to 2.5 centimetres long. Its leaves are simple, alternate, and often deeply lobed or toothed, varying widely in shape across species.

Hawthorn produces clusters of delicate five-petalled pink or white flowers with abundant stamens. Blooming in the Spring, the flowers exude a sweet, floral fragrance from a distance and what some describe as a fishy scent up close. This scent, punctuated by a hint of ammonia, is due to a compound called trimethylamine found in hawthorn flowers, which is also a very sweet perfume for pollinators. Pollinated flowers grow into red, and or purple berry-like haws which mature in late summer and into autumn, each containing one to five seeds. Haws have a tangy-sweet flavour, making them ideal for jellies, teas, and sauces.



CHARACTER

Hawthorn is considered to be associated with the planet Mars, characterised by the round, red shape of its berries, and the sharp thorns found on its branches.^{7,8} In both Greek and Roman mythology, Mars is symbolic of strength. From a medical astrology perspective, the planet Mars corresponds to the formation, maintenance, and circulation of blood, muscle tissue and the function of the adrenal glands—the storehouse of our vital force.⁸

PROPERTIES & INDICATIONS

CIRCULATION & BLOOD

Hawthorn has been studied for its effects on lipid binding to the walls of capillaries and in red blood cells which maneuver through these areas.¹

Rutin, one of the primary flavonoids found in the plant, has a specific affinity for supporting capillary health. Rutin is understood to optimise circulation to the capillaries, reducing tissue degradation and addressing congestion in areas of microcirculation—an aid to cardiovascular conditions related to excess heat. This may partially explain how incorporating hawthorn into a formula can support improvements in conditions of hypertension and imbalances in harmful low-density lipoprotein (LDL) cholesterol. Herbalist Matthew Wood asserts that Hawthorn berries also have a beneficial effect on coronary circulation, writing: “Hawthorn improves the nutrition, activity, energy reserves, and energy release of the heart muscle.”^{1,4,6}

INDICATIONS

- » Poor circulation
- » Weakness of the heart muscle, or heart problems following acute febrile illness such as influenza, pneumonia, and, less commonly, scarlet fever
- » Irregular, intermittent, small and rapid pulse¹
- » A grey pallor to the skin related to cardiac insufficiency
- » Degenerative conditions of the heart, including coronary artery disease and angina
- » Conditions of arrhythmias

EMOTIONAL HEALTH

Hawthorn, a rose family plant, has long been associated with the support and safeguarding of the emotional body during periods of loss and grief. Herbalist David Winston notes that hawthorn is particularly apt at calming the spirit for those who are affected significantly by what is around them in their physical or social environments.¹

INDICATIONS

- » Patterns of restlessness and or irritability accompanied by difficulty with maintaining focus
- » Insomnia
- » Grief or trauma
- » Experience of tension or chest pain when strong emotions are present (in the absence of a physical imbalance).¹

DIGESTION

Crataegus pinnatifida, a species of Hawthorn most frequently utilised in Traditional Chinese Medicine, has specific indications for digestive complaints related to food stagnation or consumption of fatty meals. Rich in flavonoids and organic acids, hawthorn optimises digestive enzymes, supporting better digestion and assimilation of nutrients. Pectin found in the berries is a source of dietary fibre with prebiotic activity, encouraging a healthy microbiome.⁴

INDICATIONS

- » Bloating and indigestion
- » Digestive cramping and colic
- » Decreased appetite
- » Inflammatory bowel conditions
- » Stomach issues related to nervous conditions

CONSIDERATIONS & CONTRAINDICATIONS

Hawthorn improves the effects of cardioactive drugs such as beta blockers and cardiac glycosides such as digoxin. It's recommended to work with a trained clinician if taking these medications and wishing to introduce hawthorn.

PREPARATIONS & APPLICATIONS

Dosage: 0.3-1 g dried herb daily.

Tincture: 2.5 ml three times daily (2.5 ml twice daily as a maintenance dose (1:5 in 40%))

Tea (infusion): Pour 1 cup of low-boiled water over 2 teaspoons of dried herb, steep the infusion covered for 10-15 minutes. Decoct the berries. Drink up to three times per day.

Dried: Gather leaves and flowers in early spring and place them on drying racks. Berries are typically harvested in the fall after the first frost, and dried or processed in a food dehydrator. 🌿

For references visit ecoparent.ca/ELV/FALL25



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TREATMENTS THAT CAN COMPLEMENT

Acupuncture

Mary Baskwell, R.TCMP, R.Ac, RPN

When most people come in for a treatment with a Traditional Chinese Medicine (TCM) practitioner, they're often receiving a combination approach. Some clinics structure their sessions primarily around acupuncture, while others weave different TCM modalities together to create a more integrated experience. It depends on the expertise of each practitioner and/or the community's needs. In TCM, a single visit might include acupuncture alongside therapies such as cupping, tui na massage, moxibustion, herbal therapy, food therapy, meditation, and sometimes qi gong or tai chi practices. These therapies work in harmony to support your health in a holistic and personalised way.

“THE DIVERSITY OF THESE APPROACHES CREATES A UNIQUE HEALING EXPERIENCE WITH EACH PRACTITIONER, INTEGRATING THEIR SKILLS TO SUPPORT YOUR HEALTH IN WAYS THAT ALIGN WITH YOUR GOALS, PREFERENCES, AND NEEDS.”

Because each practitioner has a unique background, an acupuncturist may also hold certifications in other therapies that can benefit your health, such as yoga instructor, counselling, manual osteopath, and more. During your treatment, each modality is chosen to support your main reason for coming in, so not every therapy is used all at once. Instead, they are layered strategically over time to help you reach your goals. Another benefit of this versatility is that people often have preferences; some love cupping or massage, while others prefer not to have needles but still want to receive the benefits of TCM.

MOXA

Moxibustion, for example, involves burning aged and flossed mugwort near or on acupuncture points to stimulate energy flow. Moxa sticks are rolled for ease of application and controlled heat, allowing them to be held over points or moved along meridians. Loose moxa can be rolled into cones and placed on mediums like ginger slices, salt, or herbal cakes, each of which adds its own therapeutic effects. Rice-grain moxa is rolled into tiny pieces and applied with a protective ointment directly to the skin over an acupuncture point for stimulation. Smokeless moxa, made from compressed

charcoal, is used when traditional moxa is not advised as a course of treatment or cannot be ventilated well, producing minimal smoke and scent. Moxa can also be bundled onto acupuncture needles to direct heat into specific points, or placed inside moxa boxes positioned over the belly or back to diffuse warmth safely and evenly. This therapy is incredibly versatile, used to treat digestive issues, menstrual pain, low energy, joint problems, and pain, and to support immune health, among other uses and conditions.

TUI NA

Tui na is a form of therapeutic massage rooted in TCM, using techniques such as pressing, grasping, rubbing, and tapping with hands to stimulate meridians, organs, and tissues. Tui na can be both diagnostic and therapeutic. It's beneficial in treating musculoskeletal conditions like frozen shoulder, tennis or golf elbow, and migraines. It can also support gynecological health, easing PMS or menopause symptoms, and help break up phlegm in respiratory conditions (tapping back with cupped hands in a strategic pattern). Beyond treating specific ailments, tui na releases fascia, reduces tension, nourishes the body, improves circulation of blood and energy, and promotes overall relaxation.

GUA SHA

Gua sha combines the concepts of “*gua*,” meaning to scrape, and “*sha*,” meaning to bring to the surface. It is a scraping technique used to relieve muscle tension, stimulate acupuncture points, and promote circulation. Gua sha can also help release what is called “wind” in TCM—a diagnostic concept that is used for some colds and flus. In these cases, gua sha may be used to release the pathogen to the exterior before it penetrates deeper into the body; however, proper diagnosis from a qualified practitioner is always recommended. Gua sha tools can be made of stone, animal horn, ceramic, or even household items like spoons or jar lids. Facial gua sha, which gently sculpts and drains lymph, has become popular in recent years in North America but has long been used in Eastern traditions for its rejuvenating benefits.

CUPPING

Cupping therapy uses suction rather than pressure to increase circulation in tissues, easing pain and stagnation. Many people think of cupping as stationary cups placed with medium to

deep suction, often leaving circular marks that look like bruises. These bruises are called “sha.” They can be a diagnostic tool indicating excess or deficiency, or showing where blood is stagnating. This helps practitioners confirm or refine a diagnosis and guide next steps in treatment. Moving the cupping is another approach, where oil is applied to the skin and the cup is moved around with varying suction and speeds. Faster movements with medium suction can leave marks and clear stagnation, while lighter suction with slower movements feels more relaxing, increasing circulation and calming the nervous system. Practitioners choose the method based on your condition and constitution. On days when someone feels very weak, cupping might be avoided, as it can be too strong. Your practitioner will explain what is appropriate for you at each session. During pregnancy, cupping is generally avoided unless performed by a practitioner with specific training, who can assess when or if it is suitable during such a delicate time.

HERBAL THERAPY

Herbal therapy is another pillar of TCM. Herbal formulas are prescribed by Registered TCM Practitioners to complement external treatments with internal support. These formulas can prevent or treat illnesses such as colds and flus, relieve pain, improve gynecological health, support sleep, ease headaches, strengthen digestion, and nourish overall vitality. However, herbal therapy requires proper diagnosis and should only be prescribed by qualified practitioners trained to create tailored formulas specific to your constitution and needs.

FOOD THERAPY

Food therapy is another common recommendation in TCM. Like herbal therapy, it uses nature’s resources to support health, but with the foods you eat daily. Dietary recommendations may be designed to nourish your constitution long-term or to address a situational need, such as having a specific soup or congee when unwell. Food is medicine in TCM, and what you eat, or what you avoid, can make a significant difference in your ongoing care and overall vitality.

ADDITIONAL MODALITIES

Practices such as meditation, qi gong, tai chi, breath work, and yoga may also be included in treatments or prescribed as self-care, depending on the certification and scope of practice the practitioner offers. In TCM, the mind and body are deeply connected; what affects one influences the other. Incorporating these practices can enhance treatment results, support mental health, improve coping skills, and empower you to care for yourself between sessions and throughout life. They help regulate the nervous system, build strength and balance, and foster a sense of well-being.

In addition to these core TCM therapies, many practitioners bring unique offerings. For example, some may include red light therapy, Reiki, astrology, or sound healing in their treatments. Other practitioners may offer craniosacral massage, counselling, or other modalities, depending on their extended training, certification, and practice focus. The diversity of these approaches creates a unique healing experience with each practitioner, integrating their skills to support your health in ways that align with your goals, preferences, and needs. 🌿



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Is Your Menstrual Cycle Unusually Heavy?

Dr. Annaleeza Caputi, ND

HERE ARE
5 POSSIBLE
REASONS WHY

Menstrual cycles are one of the most powerful ways the body communicates. If your periods have become heavier than usual, it may be tempting to dismiss the change as a stressful month or a normal part of getting older. But a shift in your menstrual flow, especially when it becomes consistently heavy, deserves a closer look.

5 KEY AREAS TO LOOK AT

As a naturopathic doctor with a focus in women's health, I view the menstrual cycle as a vital sign—our monthly report card, if you will. When bleeding becomes excessive or prolonged, it can be your body's way of waving a red flag. Instead of simply masking the symptoms, naturopathic medicine aims to understand the *why*. Here are five key areas I recommend investigating if your period has become heavier than normal.

1. Understand What "Heavy" Actually Means

Before we dive into causes and treatment, it's important to define what qualifies as a *heavy* period, also known medically as *menorrhagia*.

Signs that your period may be clinically heavy include:

- » Soaking through a pad or tampon every hour for several hours in a row

- » Needing to use double protection (pad and tampon) consistently
- » Having to change your pad or tampon during the night
- » Passing blood clots larger than a quarter
- » Bleeding that lasts longer than 7 days
- » Fatigue, shortness of breath, heart palpitations or other signs of iron deficiency

Tracking your cycle using an app or menstrual journal can provide valuable data. Record not just the number of days, but the heaviness of flow, presence of clots, associated symptoms, and whether the flow is interfering with your daily life.

Tip: Use a menstrual cup or period underwear to estimate blood loss volume. On average, a normal cycle involves losing around 30-40 mL of blood. More than 80 mL is considered heavy.

2. Are We Perimenopausal?

Perimenopause is the transitional phase leading up to menopause, often beginning in a person's 40s, though it can start earlier. One of the most common (and frustrating) symptoms during this time is heavy menstrual bleeding. If you're finding that your periods are longer, heavier, or more unpredictable than usual, you're not alone.

Why does perimenopause trigger heavier periods?

The root cause lies in hormonal fluctuations, particularly estrogen and progesterone. During perimenopause, estrogen levels may spike while progesterone declines, especially in cycles where ovulation doesn't occur. This relatively higher estrogen can cause the uterine lining (endometrium) to thicken more than usual. When your body finally sheds this lining, the result is a heavier, longer period. You might also notice shorter cycles (e.g., every 21 days) or unpredictable bleeding patterns, which are hallmark signs of the perimenopausal transition.

3. Check For Structural Causes —It's Not All Hormonal

Sometimes, heavy periods are the result of a physical change in the uterus. Conditions to rule out include:

Uterine fibroids

These are benign muscular growths that can distort the uterus and increase bleeding. Especially common in women in their 30s and 40s.

Endometrial polyps

Small, usually non-cancerous growths on the uterine lining that can cause spotting and heavy flow.

Adenomyosis

A condition where the endometrial lining grows into the muscular wall of the uterus, leading to heavy, painful, and prolonged periods.

Endometriosis

Although more commonly associated with pain, it can also lead to irregular and heavy bleeding. Referral to a gynecologist may be needed for further investigation or management options like endometrial ablation, or surgical intervention if conservative measures aren't enough.

4. Nutrient Deficiencies—Cause & Effect

Heavier bleeding puts you at risk of *iron deficiency anemia*, which can make your periods worse over time. But it can also work the other way, where nutrient deficiencies may be contributing to your heavy periods in the first place.

Key nutrients to evaluate:

Iron

Loss of iron through heavy bleeding can cause fatigue, brain fog, hair loss, and cold intolerance.

Vitamin B12 & Folate

Essential for red blood cell production and methylation. Low levels can worsen hormonal imbalances.

Vitamin D

Plays a role in hormone regulation and inflammation. Low vitamin D is linked to endometriosis and fibroids.

Magnesium & B6

Supports progesterone levels, reduces uterine muscle spasms, and helps regulate estrogen metabolism.

Naturopathic strategy:

- » Run a complete iron panel (ferritin, serum iron, TIBC)
- » Test vitamin D, B12, and homocysteine to catch hidden deficiencies
- » Incorporate iron-rich foods (grass-fed red meat, pumpkin seeds, lentils) and pair with vitamin C for absorption
- » Consider working with a professional to curate an appropriate supplement plan for you and track your labs over time



5. Thyroid Dysfunction & Metabolic Health

Your thyroid plays a direct role in your menstrual health. Both *hypothyroidism* (low thyroid function) and *hyperthyroidism* (overactive thyroid) can cause changes to your period.

Hypothyroidism

This condition more commonly causes heavy or prolonged bleeding due to poor clearance of estrogen and delayed ovulation. Some signs include fatigue, constipation, cold hands and feet, thinning hair, and low mood.

Hyperthyroidism

Hyperthyroidism, a condition where the thyroid gland produces too much thyroid hormone, can significantly affect the menstrual cycle. The excess hormones can disrupt the balance of reproductive hormones, often leading to lighter, less frequent, or even absent periods (amenorrhea). Some individuals may also experience shorter cycles or increased menstrual flow, though this is less common.

PCOS & insulin resistance

Women with polycystic ovary syndrome (PCOS) often have irregular cycles, but when periods do come, they can be heavier due to a thickened endometrial lining from skipped ovulation. For a full thyroid picture, you should have a battery of tests done by your healthcare provider to determine next steps.

LISTEN TO YOUR FLOW

A heavy period isn't just an inconvenience; it's information. In naturopathic medicine, we aim to *treat the root cause* by viewing symptoms like heavy menstrual bleeding as the body's way of asking for help.

By exploring hormonal health, structural causes, nutrient deficiencies, and metabolic health, we can create a comprehensive treatment plan that goes beyond symptom suppression. You don't need to "just deal with it" or normalise suffering. There are tools, testing, and treatment options that can restore balance and reduce heavy bleeding naturally and effectively.

Working with a naturopathic doctor can help you explore holistic and integrative options alongside your primary care provider or gynecologist. 🧘

WHEN TO SEE A DOCTOR

You should seek medical evaluation if:

- » Your period is interfering with daily life
- » You are experiencing signs of anemia (fatigue, dizziness, paleness)
- » Bleeding lasts more than 10 days
- » You are passing clots larger than a quarter
- » You are over 40 and have a sudden change in your menstrual pattern. Also, if you are post-menopausal (you have gone 12 consecutive months without a period) and you suddenly have uterine bleeding, you must see a doctor immediately



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VAGINAL ATROPHY

The Quiet Symptom
of Menopause

Dr. Natalie Hennessey, ND

“IT'S IMPORTANT TO ACKNOWLEDGE THE GRIEF SOME WOMEN FEEL; THE MOURNING OF THE VERSION OF INTIMACY THEY ONCE HAD. THAT GRIEF IS REAL, AND VALID.”

boris@webtise.rs / Depositphotos.com

Menopause is often painted with a few broad brushstrokes: hot flashes, night sweats, and mood swings. But beneath the headlines lies a quieter, often unspoken experience known as vaginal atrophy, or genitourinary syndrome of menopause (GSM), that can affect up to 84 percent of postmenopausal women. It may not get the spotlight, but for many, it's the symptom that impacts their daily life, intimacy, and quality of life the most.¹

Let's pull back the curtain on vaginal atrophy, because talking about it, understanding it, and supporting it—both gently and effectively—is not only empowering, it's necessary.

WHAT IS VAGINAL ATROPHY?

Vaginal atrophy refers to the thinning, drying, and inflammation of the vaginal and vulvar tissues due to the decline in estrogen that comes with menopause. Symptoms can include:

- » Vaginal dryness, burning, or irritation
- » Pain with intercourse
- » Decreased lubrication
- » Urinary urgency or frequency
- » Recurrent urinary tract infections²

You can ask any woman who has experienced vaginal atrophy; these symptoms don't just impact you physically, they affect sexual wellbeing, relationship dynamics, and emotional health. And yet, they are vastly underreported, likely due to embarrassment, stigma, or the mistaken belief that it's just something to put up with.¹

THE HORMONAL CONNECTION

Estrogen plays a key role in maintaining the structure, elasticity, and moisture of the vaginal and urethral (the tube that carries urine out of the body) tissues. As estrogen levels decline during perimenopause and postmenopause, these tissues become thinner, less elastic, and more prone to irritation. The natural pH of the vagina also shifts, which can affect the microbiome and increase the risk of infections.

A HIDDEN ECOSYSTEM

The vagina has its own microbiome, dominated by *Lactobacillus* species in premenopausal women. These bacteria help

maintain an acidic pH, creating a natural defence against infections. With low estrogen, pH rises, Lactobacilli decline, and harmful bacteria may thrive, leading to irritation, UTIs, or infections like bacterial vaginosis (BV) and yeast. Recent research in the journal *Menopause* confirms that women with GSM have significantly less microbial diversity, with a notable reduction in beneficial Lactobacilli bacteria.^{3,4}

There is good news, though! There are safe, effective, and well-researched therapies that can restore comfort and function to vaginal tissues. From localised estrogen therapy to over-the-counter options like hyaluronic acid and vitamin E, and integrative supports that rebuild moisture and resilience, there are many ways to feel better.

THE GOLD STANDARD

When it comes to treating vaginal atrophy, localised estrogen therapy is the gold standard. And here's the good news: it's extremely effective and very safe for most women, including those who can't or don't want to use systemic hormone therapy. Some of these options are vaginal estrogen cream, estrogen tablets, or an estrogen ring. These work directly on the tissues that need it without significantly raising systemic estrogen levels. For most women, side effects are minimal, and the benefits, including relief from dryness, itching, pain with intercourse, and even urinary symptoms, are significant. Your family doctor, nurse practitioner, or specialist can help with this type of therapy.⁵

WHAT ABOUT SAFETY?

Updated guidelines from *The North American Menopause Society* emphasise that low-dose vaginal estrogen has an excellent safety profile and does not increase the risk of breast cancer, stroke, or cardiovascular disease in the vast majority of users.⁵

NATUROPATHIC & INTEGRATIVE SUPPORTS

For many women, layering therapies is an important tool in improving quality of life while dealing with GSM. Localised vaginal hormone replacement therapy may be the foundation, but many complementary supports can improve comfort and tissue resilience and are often a first step in controlling the discomfort that GSM causes.

Complementary Supports

Hyaluronic Acid + Vitamin E Gels (vaginal moisturiser)

—These are a non-hormonal option that can restore hydration and elasticity to the vaginal tissues.

Sea Buckthorn Oil (Omega-7)

—This can be taken orally or applied topically via certain vaginal moisturisers.⁶

Pelvic Floor Physiotherapy

—Chronic tension, pain with intercourse, or urinary symptoms can all be improved with targeted physiotherapy. A specially-trained pelvic floor physiotherapist can help reestablish neuromuscular control and reduce guarding or pain-related dysfunction.

IMPACTING EMOTIONS & INTIMACY

Let's not forget that GSM doesn't just affect the body—it affects the heart, mind, and connection, too. Many women describe feeling disconnected from their bodies or reluctant to engage in intimacy due to pain or embarrassment. Partners of those experiencing GSM often fear the pain and discomfort that may come with being physically intimate. This loss of physical closeness can lead to feelings of shame, grief, or frustration, both personally and within a partnership.

Low libido, painful sex, and dryness can make intimacy feel like a chore or even a source of anxiety; however, communication is powerful medicine. Talking openly with your partner about what you're experiencing, what feels good, what doesn't, and what support you need, can build emotional intimacy, even when physical intimacy is temporarily on pause. Being vulnerable and honest can create space for both partners to express needs and show up with empathy.

It's also okay to reimagine what intimacy looks like. Pleasure doesn't have to mean intercourse. Many couples find that redefining connection through touch, laughter, shared experiences, and gentle physical closeness can be just as fulfilling. Finding toys, exploring the body's various erogenous zones and becoming intimate in different ways can become a temporary or new normal for many couples.

It's important to acknowledge the grief some women feel; the mourning of the version of intimacy they once had. That grief is real, and valid. But with time, treatment, and compassion (for yourself and each other), it's entirely possible to build a new, even deeper sense of closeness.

For some, working with a pelvic floor therapist or sex therapist can be a game changer, offering guidance, validation, and a path forward. These practitioners can help restore comfort, confidence, and pleasure—not just physically, but emotionally, too.

Practical LIFESTYLE TIPS

Managing vaginal atrophy isn't just about medication, it's about creating an environment that supports ongoing comfort and vitality. Here are some practical strategies that can make a real difference in your day-to-day life:

- » **Use lubricants** during intimacy
- » **Apply vaginal moisturisers** 2-3 times weekly (or as needed)
- » **Hydrate well** throughout the day
- » **Avoid irritants** like fragranced soaps, bubble baths, and synthetic underwear
- » **Stay sexually active**, if that feels right for you. Regular stimulation (even through solo touch and toys) helps maintain tissue elasticity and blood flow. Use tools or techniques that feel safe, gentle, and supportive
- » **Be gentle with yourself.** This is a season of change, not decline. Nurturing your body with awareness and kindness is a form of self-respect and healing

These small shifts can add up to a big impact, especially when layered alongside therapeutic interventions.

BREAK THE SILENCE

If you've been dealing with vaginal discomfort, pain, or dryness, please know it's not in your head, and it's not something you just have to endure. There are safe, effective treatments, both conventional and integrative, that can help you feel like yourself again. Menopause is a profound transition, but it doesn't have to mean the end of comfort, intimacy, or connection. Let's keep talking, keep advocating, and keep supporting one another. 🗨️

For references visit ecoparent.ca/ELV/FALL25



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NON-TOXIC PERFUMES

And How to Avoid the Hidden Dangers in Your Signature Scent

Dr. Adrienne DeLuca, ND

“TRANSITIONING TO A NON-TOXIC PERFUME DOESN'T MEAN SACRIFICING LUXURY.”



Daiga Ellaby / Unsplash+

You spritz it on before a date, a big meeting, or just to feel a little more like yourself. But have you ever paused to wonder what's *actually* in your perfume?

As a naturopathic doctor, I often remind my patients that our skin is our largest organ, and anything we apply to it is absorbed directly into our bloodstream. While we're becoming more conscious about what we eat and how we clean our homes, many people overlook the everyday exposure to synthetic fragrances and the hidden health implications that come with them.

Let's unpack what's really in traditional perfumes, and why switching to non-toxic options could be one of the simplest but most powerful steps you take toward cleaner living.

FRAGRANCE—THE TRUTH

One of the most misleading ingredients in the cosmetics world is the term “fragrance.” On labels, this word often hides a cocktail of dozens—sometimes even hundreds—of undisclosed chemicals. The FDA doesn't require manufacturers to list the specific components of “fragrance,” mean-

ing that companies can legally keep these ingredients under wraps.

What's The Big Deal?

These undisclosed chemicals often include phthalates, synthetic musks, and parabens, which have been linked to hormone disruption, reproductive toxicity, allergies, and even potential carcinogenic effects. For patients with asthma, migraines, eczema, or chemical sensitivities, exposure to synthetic fragrance is often a hidden trigger.

NON-TOXIC PERFUMES—A GOOD START

You are exposed to harmful substances every day through food, water, cleaning products, and cosmetics, so let's begin by lowering your overall toxic load by using non-toxic perfumes to replace your favourite ones. While the body has natural detoxification systems like the liver, kidneys, and skin, they're not equipped to handle everything all at once. Switching to non-toxic perfume is a small change that can significantly reduce your overall exposure.

BATHTUB ANALOGY OF TOXIC LOAD

Imagine your body is like a bathtub.

The faucet represents all the toxins you're exposed to daily:

- » Pesticides
- » Air pollution
- » Synthetic fragrances and beauty products
- » Household cleaning agents
- » Medications
- » Plastics and heavy metals
- » Emotional stress (yes, even stress contributes!)

The bathtub represents your body's capacity to handle and eliminate these toxins, which include:

- » Liver and kidney function
- » Gut health
- » Skin and lymphatic drainage
- » Nutritional status
- » Genetics

The drain is your body's detoxification systems—how well your liver, kidneys, lymph, gut, and skin can “drain” or eliminate toxins.

If the faucet is flowing faster than the drain can handle, the bathtub starts to fill. If this continues over time without support or reduction in exposure (turning the faucet down), eventually the bathtub will overflow.

This overflow is what we call a *high toxic load*, and it can present as:

- » Hormonal imbalances
- » Fatigue
- » Brain fog
- » Skin issues like eczema or acne
- » Allergies or sensitivities
- » Autoimmune flare-ups
- » Headaches or migraines
- » Poor sleep or mood disturbances

We may not be able to change the drain, but we can adjust our faucet!

WHAT MAKES A PERFUME “NON-TOXIC”?

Non-toxic perfumes are free from synthetic chemicals, especially endocrine disruptors and allergens. Look for these characteristics when choosing a safer scent:

» **Fragrance transparency:** Brands should list every ingredient, not just the word “fragrance.”

» **Natural essential oils:** These are distilled from flowers, plants, fruits, and spices. Common ones include bergamot, sandalwood, rose, and neroli.

» **Plant-based alcohols or oil bases:** Instead of synthetic solvents, look for grain alcohols or carrier oils like jojoba or coconut.

» **No parabens, phthalates, or artificial dyes:** A truly clean perfume won't need these to be beautiful—or effective.

4 Tips to Choose a Better Perfume

As you transition away from conventional perfumes, think of these 4 tips:

- 1. Start small:** Try sample sizes from reputable non-toxic brands before committing to a full bottle.
- 2. Patch test:** Natural doesn't always mean irritation-free. Essential oils can still cause sensitivities. Test on a small area before you begin daily use.
- 3. Pay attention to sourcing:** Choose brands that use sustainably harvested botanicals and ethical sourcing practices. A quick read on their website should do it.
- 4. Shelf life:** Without synthetic preservatives, non-toxic perfumes may have a shorter shelf life. Store them in a cool, dark place to help prolong their life.

Transitioning to a non-toxic perfume doesn't mean sacrificing luxury. It means choosing to align your outer expression with your inner values. It means honouring your health, respecting your environment, and trusting that true beauty never needs to be synthetic.

So, the next time you reach for your signature scent, read the label and consider making a switch that's better for your hormones, skin, and your future. Because what you put on your body is just as important as what you put in it, and you deserve nothing less than clean, conscious beauty. 🌿



EXFOLIATORS & FACE MASKS

FOR ESSENTIAL SKIN CARE

Exfoliators and face masks are essential components of good skin care. They remove dead skin cells, rejuvenate, and clear out blocked pores, leaving your skin softer and more radiant—your true self. Here are six exfoliators and face masks that are a must-try this fall season.

BEAUTY OF JOSEON –Red Bean Refreshing Pore Mask



A buildup of sebum and dead skin cells—a process that occurs naturally on your face—can clog and enlarge pores, blocking these natural pathways. Refresh your pores with this red bean mask, which contains kaolin. Why red bean with kaolin? Kaolin absorbs excess sebum while red bean extract acts as an exfoliator. Once you apply this cooling mud mask and let it set, you'll feel the dirt and grime rinse away as you gently remove it, leaving your skin feeling clean and refreshed, and not dry or tight.

MEDICUBE –Collagen Night Wrapping Mask



Leave this mask on overnight, and peel it off in the morning to give your skin a radiant moisture boost. The overnight mask contains collagen, hyaluronic acid, and niacinamide, which nourishes your skin and creates a moisture barrier, locking in hydration while you sleep. Lightweight and comfortable with no greasy residue.



HELLO JOYOUS –Super Natural Mask

The best face masks are those made with natural ingredients, such as organic oats and white clay that act as a gentle exfoliator. This mask also has organic nettle leaf to calm skin irritation, calendula, which acts as an anti-inflammatory, and comfrey and marshmallow root that improve skin tone with regenerative powers. Apply this exfoliating face mask one to two times per week for healthier-looking skin. Contains no harsh chemicals, parabens, phthalates, or synthetic fragrances.

ACURE –Brightening Scrub



A refreshing facial scrub that uses natural ingredients to give you an at-home spa treatment. Sea kelp softens and detoxifies, while lemon peel and French green clay cleanse. Add a bit of Madonna lily to round out the spa experience. This all-natural face scrub is sulphate- and paraben-free, contains no mineral oil, petrolatum, or formaldehyde. 100% vegan.

MAD HIPPIE –Microdermabrasion Facial



Micro exfoliants, together with alpha hydroxy acids (AHAs) and probiotics, work to soften and refine your delicate facial skin. Bamboo and volcanic ash polish dry skin, while six AHAs, including glycolic and mandelic acid, provide a gentle exfoliation for radiant skin. Massage into clean, damp skin in circular motions, leave in for three minutes, then rinse off. Apply at night one to three times per week.

WILDCRAFT –Face and Body Scrub



This invigorating exfoliator is great for all skin types. An ultra-fine scrub containing sweet almond oil, rhassoul clay, and apricot kernel shells that remove impurities and soften your skin with a minty essential oil scent. Made with 100% all-natural ingredients without harmful chemicals. It's vegan, and cruelty-free. 🌱

SUPPORT YOUR IMMUNE SYSTEM Naturally

WITH WHOLE FOODS, HERBS AND SPICES, AND LIFESTYLE HABITS

Angela Moscarelli, RHN

Our body's natural defence—the immune system—is complex and designed to help fight against infection and destroy bacteria, viruses, parasites, and other pathogens it recognises as foreign. Your body is composed of white blood cells, antibodies, nodes, vessels, tissues, organs, proteins, and chemicals that defend the body against harmful organisms and remove dead and damaged cells. The immune system plays a crucial role in maintaining our health and well-being. Thankfully, there are ways to support the immune system naturally with diet and lifestyle.

THE FIRST LINE OF DEFENCE

The skin is the largest organ in the body and our first layer of defence. Rich in immune cells, it serves as a barrier shielding our body from pathogens and our external environment. Our skin reflects what is going on inside the body, which is why healthy skin starts from within. Whole food nutrition, adequate hydration, and proper functioning of the gastrointestinal tract are key.

FERMENTED FOODS

Components of the immune system exist throughout the body, with more than 70–80 percent residing in the gut microbiome¹ and controlled by the bacteria that live there. Probiotics (good bacteria) are essential for the health of our gut microbiome,

digestive and intestinal health, and the strength of our immune system. Fermented foods like kimchi, sauerkraut, kefir, kombucha, tempeh, and yoghurt are powerful probiotics that build up the population of good bacteria and help control inflammation in the gut. Without these good bacteria, eventual inflammation can cause a “leak” (i.e., leaky gut syndrome) into other areas of the body when the lining of the intestinal system becomes more permeable.

PROTEIN

Protein is not just for muscle growth and repair, it's necessary to build and maintain all components of the immune system. Choose healthy, whole food options like quality lean white meat (chicken or turkey), sustainably caught fish or seafood, eggs, yoghurt, cottage cheese, and plant sources such as peas, lentils, quinoa, nuts, and seeds. The recommended daily protein intake is between 1–1.5 g/kg, depending on your age, dietary requirements, and specific performance goals. As an easy rule of thumb, aim for 15–30 grams of protein at each meal and at snacks.²

ESSENTIAL FATTY ACIDS

Omega-3 and omega-6 fats are considered essential fatty acids because the body must obtain them through diet. While omega-6 fats are common in the Western diet, and

are found in peanuts, corn, soybeans, canola and sunflower oil, omega-3s are less common in these foods. Walnuts, chia seeds, flaxseed oil, sustainably caught and raised cold-water fish such as Pacific salmon, anchovies, halibut, and sardines are rich in omega-3 fats and can help to reduce inflammation in the body. Omega-3 fatty acids act as important modulators of inflammation and immune system responses. They help to promote a healthy nervous system and improve brain function.

ANTIOXIDANTS

Vitamins A, C, and E perform many important functions in the body. The most common are supporting healthy skin, eyesight, growth, and tissue healing, as well as immune function. A deficiency in vitamin C can result in impaired immunity and greater susceptibility to infections. Vitamin A and E modulate a range of immune functions and specific immune responses. All three vitamins also act as powerful antioxidants, which help to protect our cells from damage caused by free radicals.

Free Radicals

These are unstable molecules created by the process of oxidation during normal metabolism in our bodies. Free radicals may play a part in various diseases, including cancer, heart disease, stroke, and other age-related diseases.

KEEP THESE FOODS AT THE TOP OF YOUR GROCERY LIST:

Vitamin A: Apricots, cantaloupe, cherries, mango, and peaches

Vitamin C: Citrus fruits, broccoli, bell peppers, strawberries, and kiwi

Vitamin E: Almonds, sunflower seeds, olive oil, apricots, olives, avocado, and spinach

HERBS & SPICES

Regular consumption of herbs and spices supports overall immunity, may help prevent illness, and reduces inflammation and free-radical damage. Pungent spices like cloves, garlic, ginger, and turmeric have antioxidant, anti-inflammatory, and antimicrobial properties that may help strengthen the body's immune system. Herbs within the *Lamiaceae* family, like basil, oregano, rosemary and spearmint, contain similar bioactive



compounds, including rosmarinic acid, that can help to promote health and immune support.³

LIFESTYLE

Along with diet, our lifestyle habits, environment, and even emotional and psychological factors can all play a role in the health of our immune system. Chronically elevated cortisol levels caused by chronic stress can result in increased permeability of the gut barrier. Overwork, intense emotions, pollutants, pesticides, alcohol, drugs, lack of exercise and sleep can drain our energy and strength, which *suppresses* immune function, leaving us more vulnerable to outside influences like viruses and infection. Ways to combat these are breathwork, exercise, laughter, meditation, a chemical-free home and workplace, positive attitude, quality sleep, and self-love. These *support* the optimal function of the immune system and the entire body!⁴

Movement is Key for Health

The lymphatic system is part of the immune system and works to resist disease and fight infection. It removes foreign cells and proteins, dumping them into the blood to be broken down and eliminated. The lymphatic system acts as a secondary circulation system, utilising muscle activity and exercise to circulate lymph fluid, which is why movement is so important to our overall health and immune function.⁵

A healthy, balanced diet packed with antioxidant-rich foods including herbs and spices, and beneficial probiotics, along with lifestyle practices that reduce stress, promote positive well-being and support rest, can strengthen the body's ability to protect, react, and recover from illness and infections. This is a natural approach to boosting and maintaining a healthy immune system.

Try This Recipe!

SERVES
4

IMMUNE SUPPORTING NOURISH BOWL

This nourish bowl is packed with antioxidants and powerful herbs and spices that help support your immune system while helping to keep you feeling full and satisfied for hours. It's also perfect for meal prep and keeps well in the fridge for up to four days.

NOURISH BOWL INGREDIENTS:

- » 1 c dry quinoa
- » 2 c broccoli, chopped
- » 2 c red peppers, chopped
- » 2 c red onion, chopped
- » 2 398 mL cans lentils
- » 4 tsp extra virgin olive oil, divided
- » 2 Tbsp fresh mint, chopped
- » 1 tsp sea salt, divided
- » 2 c fresh spinach
- » 4 Tbsp sunflower seeds

SPICED YOGHURT SAUCE INGREDIENTS:

- » 1 c plain natural yoghurt
- » 1 lemon, juiced
- » 2 cloves garlic, minced
- » 1 Tbsp honey
- » 1 tsp dried mint
- » 1 tsp ground turmeric
- » 1 tsp ground cumin
- » 1 tsp ginger juice or ground ginger
- » ½ tsp ground cinnamon
- » ¼ tsp black pepper
- » ½ tsp sea salt

INSTRUCTIONS

1. Preheat the oven to 425°F.
2. Prepare the quinoa as per package instructions.
3. Toss the veggies with 2 teaspoons olive oil and ½ teaspoon of sea salt. Spread onto a baking sheet and roast for 15-20 minutes or until golden brown.
4. In a small bowl, mix the ingredients for the spiced yoghurt sauce and set aside.
5. Drain and rinse the lentils. Mix with 2 teaspoons olive oil, chopped mint and ½ teaspoon of sea salt.
6. To assemble the nourish bowls, arrange the cooked quinoa, roasted veggies, lentils, and spinach into 4 shallow bowls. Top with fresh mint, sunflower seeds and a dollop of spiced yoghurt. 🍴

For references visit ecoparent.ca/ELV/FALL25



BOB'S RED MILL
Organic Whole Grain
Quinoa

Good Source of Iron

BENEFITS BY NATURE
Organic Lentils



High in Fibre



PRANA
Organic Sunflower Seeds

Source of Vitamins B and E

THE GINGER PEOPLE
Organic Ginger Juice



No Added Sugar

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THE HEALTHY KITCHEN

IMMUNE SUPPORTIVE RECIPES

Angela Moscarelli, RHN

SERVES
1



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Apple Cinnamon Porridge

Most conventional store-bought oatmeal blends are loaded with sugar, resulting in a blood sugar spike followed by a crash, leaving you feeling hungry again. This warm bowl of porridge is not only delicious and nutrient-dense but also high in protein and fibre. It takes only minutes to prepare using this no-stove-top method.

INGREDIENTS

- » ½ c rolled oats
- » 1 tsp chia seeds
- » 1 tsp ground flax
- » ¾ c boiling water
- » 1 tsp coconut sugar
- » 1 scoop unflavoured protein powder
- » 2 Tbsp milk of choice
- » 1 tsp cinnamon
- » ½ c shredded apple
- » 1 Tbsp almond butter
- » 1 Tbsp hemp hearts

INSTRUCTIONS

1. To a small bowl, add rolled oats, chia seeds, and ground flax.
2. Pour in boiling water, mix well, then cover with a plate and let sit for 3-5 minutes while the oats and seeds absorb the water.
3. Next, add coconut sugar, protein powder, milk, cinnamon and mix to combine.
4. Top with shredded apple, a drizzle of almond butter, and a sprinkle of hemp hearts.



Immune-Boosting Smoothie Bowl

This smoothie bowl is loaded with whole-food ingredients to support the immune system naturally. Oranges are high in vitamin C, which strengthens the immune system by protecting and promoting the production and function of immune cells. Ginger and turmeric have antioxidant, antiviral, antifungal, and antibacterial properties to help prevent and fight infections. Good bacteria in yoghurt act as a probiotic, helping to increase gut microbial diversity. Bananas act as a prebiotic, supporting gut health and providing vitamin B6, which is needed to keep the immune system functioning properly.

INGREDIENTS

- » 1 orange, peeled, seeds removed
- » 1 frozen banana, sliced
- » ½ c plain natural yoghurt
- » 1 tsp fresh ginger, grated
- » ¼ tsp turmeric powder
- » 2 tsp pure raw honey
- » 1 tsp pure vanilla extract
- » 1 Tbsp hemp seeds
- » pinch black pepper (to help with turmeric absorption)
- » 1 c crushed ice
- » ½ c water, or more as needed

Optional toppings: shredded coconut, chopped mango, chopped almonds, almond butter

INSTRUCTIONS

1. Add all ingredients to a high-speed blender and blend until smooth.
2. Add more water as needed to reach your desired consistency.
3. Pour smoothie into a bowl and add optional toppings.



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SERVES
1

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Chickpea Curry Salad

This is your sign to start meal prepping easy salad jar recipes. Perfect as a grab-and-go lunch or ready-made weeknight dinner. Try a new recipe each week to keep things interesting, like this chopped chickpea curry salad made with a creamy dressing packed with flavour and crunch!

CHICKPEA SALAD INGREDIENTS

- » ¾ c chickpeas, rinsed and drained
- » ½ c chopped peppers
- » ½ c chopped broccoli
- » ½ c shredded carrots
- » ½ c chopped apples
- » 1 c cooked quinoa
- » 1 c romaine lettuce
- » 2 Tbsp pumpkin seeds
- » 2 Tbsp dried cranberries chopped

CURRY DRESSING INGREDIENTS

- » 3 Tbsp tahini
- » 2 Tbsp honey
- » 1 Tbsp tamari (or soy sauce)
- » ½ c water
- » 1 lemon, freshly squeezed
- » 2 garlic cloves
- » 1 tsp sea salt
- » 1 tsp garam masala
- » ½ tsp ground cumin
- » ½ tsp ginger powder
- » ¼ tsp turmeric powder
- » pinch black pepper (to help with turmeric absorption)

INSTRUCTIONS

1. Add the ingredients for the dressing into a high-speed blender and blend until smooth.
2. Add a few tablespoons of the dressing to the bottom of a 32-oz glass mason jar, then layer in the salad ingredients as listed above.
3. Secure the lid and store in the fridge.

Meal Prep Tip:
Prepare 2-3 jars for the week. Salad lasts in the fridge for up to 4 days.

**SERVES
1/JAR**

Illustration: kamenuka / Depositphotos.com



Gingerbread Snacking Cake

Made with oats, bananas, pumpkin purée and yoghurt, this cake is yummy enough to enjoy as dessert but also healthy enough to enjoy as an afternoon snack. Even the cream cheese frosting has been “healthified” with no butter and just a touch of sweetness. The gingerbread recipe you never knew you needed!

INGREDIENTS

- » 3 eggs
- » ½ c coconut sugar
- » ¼ c unsulphured molasses
- » ½ c coconut oil, melted
- » 1 ripe banana, mashed
- » ½ c pure pumpkin purée
- » ⅓ c plain natural yoghurt
- » 1 tsp pure vanilla extract
- » 2 c oat flour (finely ground rolled oats)
- » 2 tsp baking powder
- » 1 tsp baking soda
- » 1 Tbsp gingerbread spice*
- » ½ tsp sea salt

CREAM CHEESE FROSTING INGREDIENTS

- » 4 oz natural cream cheese
- » 2 Tbsp cane sugar (finely ground to resemble powdered sugar)
- » 2 tsp lemon juice, freshly squeezed
- » Pinch sea salt

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Beat eggs and coconut sugar until fluffy. Add in molasses, melted coconut oil, mashed banana, pumpkin purée, yoghurt, and vanilla extract and mix until well combined.
3. Add the dry ingredients and mix just until combined.
4. Spoon batter into greased 9x13 baking pan.
5. Bake for 18-22 minutes or until a toothpick inserted in the center comes out clean. Meanwhile, prepare the cream cheese frosting.
6. In a stand mixer, add all the ingredients for the cream frosting and mix until smooth.
7. Store in the fridge and spread over the cake once it has completely cooled.



bhofack2 / Depositphotos.com

**SERVES
9-12**

***Make your own gingerbread spice:**

Mix 1½ tsp ground cinnamon, 1 tsp ground ginger, ¼ tsp ground cloves, ¼ tsp ground nutmeg.



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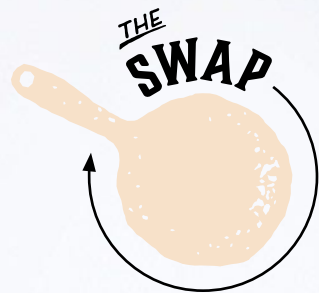
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GRANOLA BARS

OPT FOR A DELICIOUS DARK CHOCOLATE ALTERNATIVE

Maria D'Alessandro, RHN

Granola bars are often marketed as a healthy, convenient snack, but not all bars are created equal. Many are loaded with added sugars, artificial ingredients, and highly processed oils that can do more harm than good.

TRADITIONAL CHOICE:

Most traditional granola bars contain ingredients which can have a negative impact on our health. Oils like soybean and canola are often refined at high temperatures, stripping them of nutrients and creating inflammatory compounds that can disrupt hormone balance and contribute to chronic conditions. Similarly, artificial ingredients, like preservatives, colours, and flavour enhancers, can place extra stress on the liver and digestive system, which may interfere with gut health and natural detoxification processes.

A healthier you is just a simple swap away.

THE SWAP:

Swap out your traditional granola bar choices for these nutrient-dense homemade dark chocolate granola bars. Tahini is a healthier alternative because it's made from ground sesame seeds, offering healthy fats, plant-based protein, and essential minerals like calcium and iron without those added sugars or artificial ingredients. Flaxseed is a nutrient-dense superfood rich in omega-3 fatty acids, fibre, and lignans, which support hormone balance, gut health, and heart health. Raw honey and coconut both have positive impacts on our gut health, and dark chocolate is a better alternative than artificial ingredients because it contains antioxidants and magnesium, which support mood and heart health.

For references visit ecoparent.ca/ELV/FALL25



What are lignans?
Lignans are polyphenolic compounds found in plant-based foods like seeds, legumes, fruits, and vegetables.¹

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DELICIOUS DARK CHOCOLATE CHIP GRANOLA BARS

Ingredients

- » ½ c tahini
- » ¼ c raw honey
- » ⅔ c quick oats
- » 3 Tbsp ground flaxseed
- » ⅓ c dark chocolate chips
- » Shredded coconut (optional)

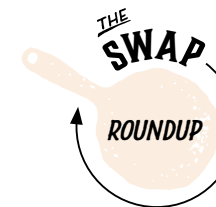
Instructions

1. Line a small baking dish with parchment paper.
2. In a bowl, mix the tahini and honey. Add in the oats, ground flaxseeds and chocolate chips. Mix well.
3. Press the mixture into all corners of the baking dish with a spatula or another piece of parchment paper to create a smooth, even surface.
4. Top with shredded coconut. Chill for 30 minutes before cutting into bars.

Prep time: 10 minutes
Set time: 30 minutes
Serving: 8 bars 🍴



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Dark Chocolate Chips

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ORGANIC TRADITIONS

Organic Shredded Coconut

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THE FAMILY TABLE

CREATIVE TASTES OF FALL THAT YOU'LL LOVE

Dr. Sarah White, ND



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SERVES
4

itor115@gmail.com / Depositphotos.com

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Canadian Paella

This Canadian paella is a twist on the traditional Spanish dish, incorporating seasonal ingredients that celebrate the rich flavours of Canada. This version showcases the distinctive taste of Canadian saffron, which is harvested in the fall, along with local autumn vegetables that are abundant in the region. This recipe is plant-based, but feel free to add some East Coast seafood or wild venison as a protein-rich option.

INGREDIENTS

- » 2 Tbsp olive oil
- » 1 yellow onion, chopped
- » 3 cloves garlic, minced
- » 1 medium butternut squash, diced
- » 1 c Brussels sprouts, cut into small pieces
- » 1½ c Arborio rice
- » 4 c vegetable broth
- » 1 c local saffron-infused water (use a pinch of Canadian saffron, let sit in hot water for 20 minutes)
- » 1 tsp smoked paprika
- » 1 tsp dried thyme
- » Salt and pepper to taste
- » 1 c green peas (fresh or frozen)
- » 1 red bell pepper, diced

INSTRUCTIONS

- 1 In a large paella pan or a wide skillet, heat the olive oil over medium heat.
- 2 Add the chopped onion and garlic, sautéing until fragrant and translucent.
- 3 Stir in the diced butternut squash and Brussels sprouts, cooking for about 5 minutes until they start to soften.
- 4 Next, add the Arborio rice, stirring to coat the grains with oil before pouring in the vegetable broth and saffron-infused water.
- 5 Season with smoked paprika, thyme, salt, and pepper, bringing the mixture to a gentle simmer. Allow the paella to cook uncovered for about 20 minutes, without stirring, until the rice has absorbed most of the liquid.
- 6 In the final few minutes, fold in the green peas and diced red bell pepper, letting them heat through.
- 7 Once the rice is tender and the liquid is mostly absorbed, remove the pan from the heat and let rest for a few minutes before serving.



Teff Crepes WITH STEWED APPLES

Teff is a fibre-rich, gluten-free flour that brings a unique nutty flavour to your breakfast or dessert table. This ancient grain, native to Ethiopia, is rich in nutrients and pairs perfectly with the warm sweetness of stewed cinnamon apples. The combination of soft, thin crepes and spiced apples creates a comforting dish that's perfect as a dessert for cozy fall gatherings or a special weekend brunch.

TEFF CREPES BATTER

- » 1 c teff flour
- » 1½ c milk or plant-based milk
- » 2 large eggs
- » 2 Tbsp melted butter, coconut oil or vegan butter
- » 1 Tbsp maple syrup
- » A pinch of salt

STEWED CINNAMON APPLES

- » 2 Tbsp butter, coconut oil, or vegan butter
- » 3 medium apples, peeled and sliced
- » 2 Tbsp maple syrup
- » 1 tsp ground cinnamon
- » 1 Tbsp lemon juice
- » A pinch of salt
- » Yoghurt (optional)

INSTRUCTIONS

- 1 In a mixing bowl, whisk together the teff flour, milk, eggs, melted butter or coconut oil, maple syrup, and a pinch of salt to make a smooth batter.
- 2 Let the batter rest for about 15 minutes while you prepare the stewed apples.
- 3 In a skillet over medium heat, melt the butter or coconut oil and add the diced apples, maple syrup, cinnamon, lemon juice, and a pinch of salt.
- 4 Cook for about 10 minutes, stirring occasionally, until the apples are tender and caramelised.
- 5 Heat a non-stick skillet over medium heat and pour about ¼ cup of the crepe batter into the pan, swirling to coat the bottom evenly.
- 6 Cook for 2-3 minutes on each side until lightly golden.
- 7 Repeat this process with the remaining batter, stacking the crepes on a plate.
- 8 To serve, fill each crepe with the stewed cinnamon apples and fold or roll them up.
- 9 Finish with a drizzle of maple syrup or a dollop of yoghurt for extra flavour.



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SERVES
4

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Savoury Pumpkin Fritters WITH SPICY MAPLE AIOLI

Savoury pumpkin fritters can be served as an appetiser or topped with a fried egg for a unique breakfast that tastes just like fall. These fritters are crispy on the outside and tender on the inside—and they pair beautifully with spicy maple aioli. They're easy to prepare, with canned pumpkin and pantry staples.

PUMPKIN FRITTERS

- » 1 can (15 oz) pumpkin purée
- » 1 c wholewheat, gluten-free or spelt flour
- » 2 large eggs
- » 1 tsp baking powder
- » 1 tsp ground cumin
- » ½ tsp smoked paprika
- » ½ tsp salt
- » ¼ tsp black pepper
- » ¼ c green onions, finely chopped
- » ¼ c grated Parmesan cheese
- » Coconut oil for pan frying

SPICY AIOLI

- » ½ c mayonnaise or veganaise
- » 1 Tbsp lemon juice
- » 1 tsp Dijon mustard
- » 1-2 tsp sriracha (adjust to taste)
- » 2 tsp maple syrup
- » 1 clove garlic, minced
- » Salt and pepper to taste

INSTRUCTIONS

1. In a mixing bowl, combine the canned pumpkin purée, all-purpose flour, eggs, baking powder, cumin, smoked paprika, salt, black pepper, green onions, and Parmesan cheese. Mix until well combined, ensuring there are no lumps.
2. Heat coconut oil in a skillet over medium heat.
3. Once the oil is hot, drop spoonfuls of the pumpkin mixture into the skillet, flattening them slightly with the back of the spoon to form the fritters.
4. Fry for about 3-4 minutes on each side until golden brown and crispy.
5. While the fritters are cooking, prepare the spicy aioli by whisking together the mayonnaise, lemon juice, Dijon mustard, sriracha, maple syrup, minced garlic, and salt and pepper in a small bowl.
6. Once the fritters are cooked, drain them on paper towels and serve warm with the spicy aioli on the side for dipping.

SERVES
4

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Adaptogen Bone Broth

Adaptogens are plants that help the body adapt to stress and helps promote overall wellness. This adaptogen bone broth is a nourishing recipe that not only supports immune health, especially during the fall months, but also provides a rich source of vitamins and minerals. The slow cooker allows for a convenient way to extract nutrients from the bones, while the addition of adaptogenic ingredients can help keep your immune system healthy this fall. This broth can be sipped on its own or used as a base for soups and stews, making it a versatile addition to your fall meal prep.

INGREDIENTS

- » 3 lbs beef or chicken bones (preferably with marrow)
- » 2 Tbsp apple cider vinegar
- » 1 onion, quartered
- » 2 carrots, chopped
- » 2 celery stalks, chopped
- » 1 head of garlic, cloves separated and skin removed
- » 1 c shiitake mushrooms (dried or fresh)
- » 1 bay leaf
- » 1 tsp black peppercorns
- » 1 tsp dried thyme
- » 1 tsp dried rosemary
- » 2 Tbsp of your preferred adaptogenic herbs (Ashwagandha root, Chaga powder or a 1-2-inch nugget of whole Chaga, Licorice root or dried Schizandra berries)
- » 12 c water
- » Salt & pepper to taste

INSTRUCTIONS

1. Start by placing the bones in the slow cooker and add the apple cider vinegar, which helps extract nutrients from the bones.
2. Then, layer in the quartered onion, chopped carrots, chopped celery, smashed garlic, mushrooms, bay leaf, black peppercorns, thyme, rosemary, and your chosen adaptogenic herbs.
3. Pour in the water, ensuring the ingredients are fully submerged.
4. Cover the slow cooker and set it on low for 12-24 hours, allowing the flavours and nutrients to meld together.
5. Once the broth is ready, strain it through a fine-mesh sieve into a large bowl or pot, discarding the solids. Season the broth with salt to taste, and let it cool before storing it in the refrigerator or freezer.



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SERVES
4

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Try it in a smoothie!

GREEN ENERGY SMOOTHIE

INGREDIENTS:

- 1-2 cups coconut milk
- 1 cup frozen mango
- ½ cup frozen avocado
- 1-2 handfuls of fresh spinach
- ½" of fresh ginger
- 1 scoop fermented *organic* vegan proteins+ in vanilla

DIRECTIONS:

1. Put all ingredients into blender.
2. Blend and serve.

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DID YOU KNOW?

Turmeric: Nature's Anti-Inflammatory

Plus, a dressing recipe!

Melody Maier, CNP



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HISTORY

Turmeric is a spice from the same botanical family as ginger. The part of the plant most often used is called the rhizome—the underground stem that stores the plant’s energy. Fresh turmeric has a vibrant orange interior with a tough brown exterior and a peppery, slightly bitter flavour.

Native to South Asia, turmeric is a celebrated spice woven into the cuisines and cultures throughout the region, especially in India. It is a staple ingredient in classic dishes like curries, dals, and soups. In Indonesia, turmeric is the key ingredient in jamu, a traditional herbal tonic with medicinal properties.¹ Beyond the kitchen, turmeric has been utilised in wedding ceremonies, beauty rituals, herbal medicine, and as a natural dye. It holds a significant place in Ayurvedic and Traditional Chinese Medicine to treat various conditions such as acne and joint pain.²

ANTI-INFLAMMATORY

Curcumin is the active compound responsible for the many health benefits of turmeric, including being a potent

antioxidant and anti-inflammatory. While inflammation is a natural immune response to injury or infection, keep in mind that short-term inflammation is protective; long-term inflammation is linked to chronic health issues.

Research suggests that curcumin from turmeric may reduce inflammation with a similar effectiveness as medications like hydrocortisone and ibuprofen, while avoiding the unwanted side effects.³ Curcumin supplements have become a popular natural option for managing pain and inflammation from arthritis, digestive disorders, allergies, and more.

Tip: When cooking with turmeric, boost the benefits by pairing it with a pinch of black pepper, or a healthy fat to enhance curcumin absorption.

Did you know curcumin can have a positive effect on mental health, too? Chronic inflammation is becoming increasingly recognised as a contributor to mental health conditions, including depression and anxiety.⁴

For references visit ecoparent.ca/ELV/FALL25

Turmeric Pepper Dressing

This warming, anti-inflammatory dressing goes perfectly with hearty roasted veggies as the days get cooler. Black pepper and olive oil enhance the absorption of curcumin, the active compound in turmeric, helping you make an extra nutritious meal.

INGREDIENTS

- » 2 Tbsp olive oil
- » 1 Tbsp lemon juice
- » 1 Tbsp tahini
- » 1 tsp Dijon mustard
- » 1 tsp honey
- » ½ tsp turmeric powder
- » ½ tsp ginger powder
- » ¼ tsp black pepper
- » ¼ tsp salt
- » 1-2 Tbsp water, if needed

INSTRUCTIONS

1. Whisk all ingredients in a bowl, or shake in a jar until smooth.
2. Taste and adjust sweetness, acidity, or salt to your liking. Add water to adjust the consistency, if needed.
3. Store in the refrigerator for up to 5 days (shake before each use). 🌱

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BOOST YOUR DEFENCES

During cold and flu season, the immune system plays a critical role in helping the body defend against viruses that cause illness. Adequate sleep, excellent nutrition, and proper use of supplementation to boost your immunity are ways to reduce the symptoms of cold and flu, and in some cases, prevent the illness from ever taking hold. Here are some excellent supplements to boost your immune system and help ease symptoms if you're already ill.

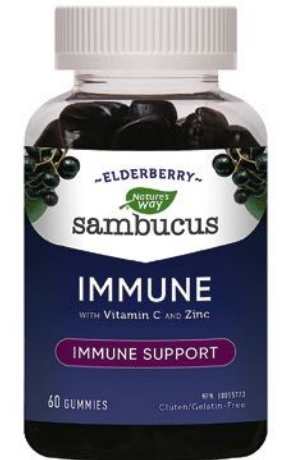
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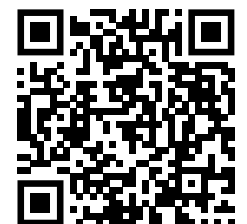
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