

Fall 2024

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ESSENTIAL FATTY ACIDS

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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

NURTURING BABY’S SKIN

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Fan of: Good food and slow mornings

Tip: Listen to your body!

On my shelf: Vitamin D and magnesium

STRENGTH VS. ENDURANCE

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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

HORSERADISH

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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 IMMUNITY BOOST

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Practice: The Root Natural Health Clinic | 905-990-8100 | theroot.ca

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

BREAST HEALTH

PAGE 26

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ND Candidate

Practice: Naturopathic Medical Intern
@wellnesswithdom

Focus: Pediatric/family wellness; health promotion for childhood and infancy

Fan of: Reading and running

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

On my shelf: Magnesium

PERIMENOPAUSE & ADHD

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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

NOURISHING MAKEUP

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DR. ADRIENNE DELUCA
ND & Doula

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

PLANT PROTEIN / RECIPES

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CPA, CA, CNP Candidate

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 / 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

COCONUT MILK

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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



"LET THY FOOD BE
THY MEDICINE AND
THY MEDICINE BE
THY FOOD."
—Hippocrates

Illustration: KosOlga / DepositPhoto.com

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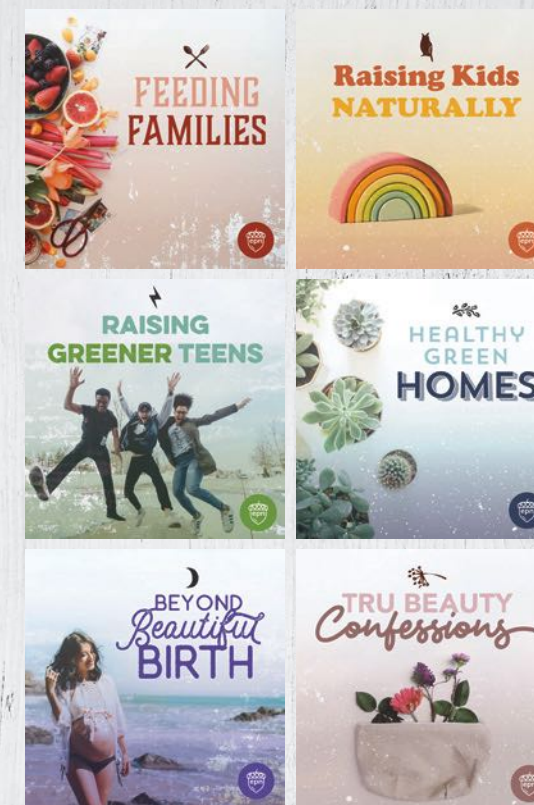
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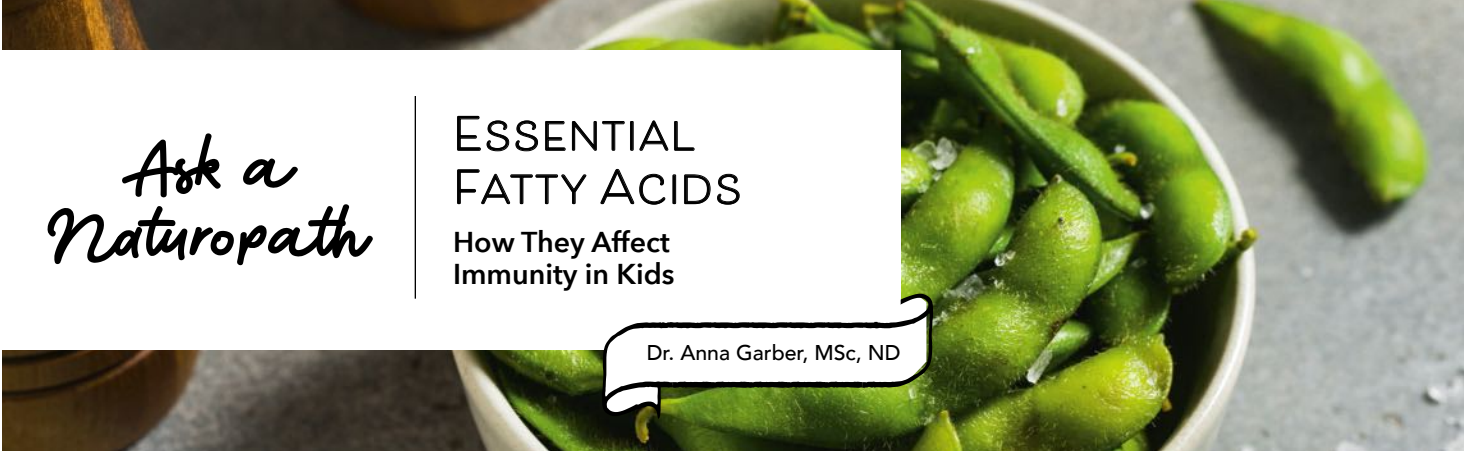
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Dr. Anna Garber, MSc, ND

Ask a Naturopath

ESSENTIAL FATTY ACIDS

How They Affect Immunity in Kids

Children are born with immature immune systems, which gradually develop and strengthen as they age. During this period of growth, obtaining adequate essential fatty acids (EFAs) is crucial to support the maturation and function of the immune system. EFAs play a role in regulating inflammation, supporting the development and function of immune cells, and enhancing the body's ability to fight off infections and diseases. Ensuring that children receive enough EFAs through a balanced diet or supplementation can significantly bolster their immune defences, aiding in the smooth transition from a vulnerable infancy to a robust and resilient childhood.^{1,2}

WHAT ARE EFAS?

EFAs are polyunsaturated fats found in different foods the body requires for proper growth, development, and function. Areas of the body that rely on EFAs include:

- » Brain
- » Skin
- » Immune
- » Heart
- » Joints
- system

These fats are essential because the body cannot produce them independently, so they must be obtained through diet.^{3,4}

The two primary categories of EFAs are *omega-3* and *omega-6* fatty acids. Omega-3s include alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), while omega-6s include linoleic acid (LA) and arachidonic acid (AA). The following table provides an overview of the EFAs and their common dietary sources.^{3,5}

BENEFITS FOR KIDS IMMUNITY

Omega-3 and omega-6 fatty acids are involved in the production of eicosanoids, which help regulate the

body's immune response.^{1,3} Omega-3 fatty acids are particularly crucial for modulating the immune response due to their anti-inflammatory properties.⁶ They help reduce chronic inflammation, which is linked to numerous health issues, including autoimmune diseases, allergies, and asthma.⁷

EFAs also contribute to the proper functioning of immune cells, such as neutrophils, monocytes, macrophages, dendritic cells, T-cells, and B-cells, which are essential for identifying and combating pathogens. Studies have also shown that children with adequate levels of omega-3s in their diet tend to have a lower incidence of respiratory illnesses and allergic conditions.^{1,8}

OMEGA-6: OMEGA-3

Omega-6 and omega-3 fatty acids both play essential roles in growth and development, but they have opposing effects on inflammation, which can be particularly harmful to immune function. Omega-6 fatty acids promote inflammation if consumed in excess, while omega-3 fatty acids have anti-inflammatory properties that help to regulate and resolve it.¹

Currently, the typical Western diet is disproportionately high in omega-6s, with an estimated omega-6 to omega-3 ratio of 15-20:1.^{7,9} This is primarily due to the overconsumption of linoleic acid from industrial omega-6-rich seed oils such as soybean, corn, safflower, sunflower, and cottonseed oil. These oils are commonly found in a variety of processed and packaged foods due to their low cost and long shelf life.¹⁰ Examples of foods that contain these oils are commercially prepared:

- » Baked goods
- » Chips
- » Crackers
- » Margarine
- » Salad dressings
- » Ready-made meals

In addition, the typical Western diet has a low intake of omega-3-rich sources such as seafood, which also contributes to the high omega-6 to omega-3 ratio.⁹

Before 100 years ago, humans consumed a diet with an omega-6 to omega-3 ratio of around 1:1; currently, there's no consensus on the ideal omega-6 to omega-3 ratio, but some studies find a ratio of 5:1 or less beneficial for various health outcomes.⁹ Regardless of the specific ratio, experts agree that reducing omega-6 in the typical Western diet is crucial for long-term health and well-being, particularly for children who are still growing and developing.^{7,9} This can be accomplished by limiting your child's consumption of processed and packaged foods and including a dietary or supplement source of omega-3 fatty acids in their diet every week.

For practical tips on how to incorporate EFAs into your kiddo's diet, go to our website: ecoparent.ca/efas-tips

SUPPLEMENTATION

While obtaining EFAs from a balanced diet is ideal, supplementation can ensure children receive adequate amounts—particularly for choosy eaters or those with dietary restrictions. Omega-3 supplements, such as fish oil or algal oil, are commonly used to boost intake of these important fats. Parents should focus on omega-3 supplements only and avoid omega-6 as the typical Western diet already contains an abundance of omega-6 fatty acids.

When selecting a fish oil supplement, it's crucial to choose high-quality products that are free from contaminants. Look for products certified by the International Fish Oil Standards (IFOS) program. IFOS certification ensures that the fish oil has been tested for purity, potency, and freshness, providing peace of mind that the supplement is safe and of high quality. Products that have this certification can be found on their website: certifications.nutrasource.ca.

Prior to starting any supplementation with your child, it's important to consult a healthcare provider to tailor the approach to your child's specific needs and avoid potential interactions with other nutrients or medications.

THE BOTTOM LINE

Essential fatty acids are a crucial component of a child's diet, playing a vital role in supporting their immune system. Ensuring a balanced intake of omega-3 and omega-6 fatty acids can make a significant difference in a child's ability to fend off infections, manage inflammatory conditions, and reduce the risk of autoimmune diseases and allergies. Although the typical Western diet is already high in omega-6s, parents shouldn't avoid whole food sources such as nuts and seeds; rather, they should limit their children's intake of processed and packaged foods. Encouraging a varied whole-food diet that contains food sources of EFAs will not only support your child's immune health, but their overall health and well-being too. 🌱

For references visit ecoparent.ca/ELV/FALL24

NATURAL REMEDIES FOR DIAPER RASH

& NURTURING YOUR BABY'S SKIN

Dr. Angelica Mastrodicasa, ND



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WHAT IS A DIAPER RASH?

Diaper rash, also known as diaper dermatitis, is one of the most common skin diseases in early childhood.¹ Around 25 percent of babies suffer from a diaper rash within their first four weeks of life, though most cases self-resolve in just a few days.² The skin within the diaper-covered area often appears red, inflamed, and tender, creating a very uncomfortable situation for your little one.³ Luckily, most cases of diaper rash aren't serious and can be managed with the help of preventative hygiene strategies combined with topical creams and lotions.

WHY IT OCCURS

Moisture and Friction: When there's increased moisture in the area from prolonged exposure to urine, the skin is more

susceptible to frictional damage from the diaper itself. This causes inflammation and redness in the area, which can further develop into ulcers and tears in the skin if left untreated.⁵

pH Balance: pH measures how acidic or alkaline our skin is. Healthy skin is slightly acidic, which helps protect it from damage and different types of bacteria. Urine is quite alkaline (high pH), which disrupts the skin barrier and makes it more susceptible to rashes and irritation.⁶

Enzymes: Stool contains a variety of enzymes that break down our food and usually don't pose any issues for our skin; however, when the pH of a baby's skin is made more acidic or neutral (from contact with urine), it becomes the perfect place for fecal enzymes to become active. These enzymes can start eating away at the skin, causing discomfort.²



Immature Skin: Newborns and infants also have a very different skin structure, composition, and function compared to the skin of adults. The skin barrier is a lot less mature and isn't able to lock in moisture, which emphasises the importance of using barrier creams and lotions. In addition, the outer layer of the skin—called the *stratum corneum*—is quite thin in infants; this layer is responsible for skin barrier function and protects the skin from different irritants in the environment, such as chemicals and feces or urine. As you can imagine, a weak skin barrier combined with lots of bacteria can be a recipe for disaster. It usually takes about two years for the skin to become mature enough to handle irritants in the environment.²

IS MY BABY AT RISK?

There are some risk factors that parents can control and others they simply cannot. For instance, it seems as though breastfed babies are less likely to have diaper rash compared to babies that are formula-fed. Breast milk seems to change the stool such that it has a lower pH and is less irritating to the skin. So, if you can, choosing to breastfeed may reduce your baby's chance of experiencing diaper rashes. Premature babies are also more prone to diaper rashes because the skin is so fragile and immature. It takes several weeks after gestation for the skin to develop the proper acid mantle and barrier protection that it requires.⁵

"APPLYING A BARRIER CREAM
CONTAINING ZINC OXIDE OR
PETROLEUM JELLY CAN HELP PROTECT
THE SKIN FROM CONTACT WITH URINE
OR STOOL. IT ALSO ALLOWS THE
UNDERLYING SKIN TO HEAL."

Newborns and infants who suffer from diarrhea are also at an increased risk of developing a diaper rash. When there's a fast passage of stool through the digestive tract, there's also

a higher concentration of enzymes in the stool, meaning a higher chance of skin irritation.⁵ It's also important to note that diaper rash can occur simultaneously with other skin disorders like psoriasis or eczema.² To be safe, it's always best to have diaper rashes assessed, especially if they fail to heal or worsen over time.

THE ABCDE APPROACH TO DIAPER RASH

A: Air—Give your baby's skin some air. Removing their diaper for a while can help eliminate any friction or irritation in the area while also keeping it dry.⁵

B: Barrier—Applying a barrier cream containing zinc oxide or petroleum jelly can help protect the skin from contact with urine or stool. It also allows the underlying skin to heal.⁵

C: Cleansing—Keep the area clean. You can use water, a soft washcloth, or baby wipes that are formulated to be alcohol- and fragrance-free.⁵ Make sure you're gentle when wiping and pay special attention to any folds that stool or urine may be hiding in. If the rash is severe, you can also use a squirt bottle of water to clean the area or run a warm bath.⁶

D: Dry—A dry diaper means a happy baby. Opt for super absorbable and breathable diapers. Some guidelines state that newborns should be changed every two hours, and older infants every three to four hours.⁵

E: Education—Education on hygiene should never be overlooked. Make sure you wash your hands before and after each diaper change, wipe the area front to back, and avoid scrubbing the skin.⁵

NATURAL & CONVENTIONAL TOPICALS

Corticosteroids can usually clear diaper dermatitis quite quickly; however, excessive and persistent use can lead to some unfavourable side effects, including changes in skin colour and thinning of the skin itself.⁷ For this reason, some parents may be interested in exploring other options. Here are some of my favourites:

1. Zinc oxide: A five percent zinc oxide ointment applied after each diaper change is anti-inflammatory, antibacterial, and moisturising. Not only does it reduce the risk of secondary infection, but it creates a physical barrier between the skin and stool or urine.⁷

2. **Vitamin B5:** Panthenol is an analog of vitamin B5 and contains moisturising properties that prevent the loss of water in the skin.⁷
3. **Calendula (Pot Marigold):** This is an antiseptic and anti-inflammatory herb used to cure skin disorders and relieve pain and discomfort.⁸
4. **Chamomile:** This has been used for centuries as a mild astringent and anti-inflammatory herb to treat diaper rash and an array of other skin infections and wounds.⁹
5. **Petroleum jelly:** Petroleum jelly-based formulations have been shown to significantly reduce redness and diaper rash severity by providing a protective barrier to the skin.⁷
6. **Breast milk:** This contains antibodies that can kill off bacteria and viruses when applied topically to the skin. It also contains a variety of vitamins, including Vitamin E, which is effective for wound healing.⁴
7. **Other herbal remedies:** Other antimicrobial and anti-inflammatory herbs can be compounded into diaper rash creams, including aloe vera, olive oil, and witch hazel. Not only are these natural oils soothing to the skin, but they can also improve skin barrier integrity.⁷

WHAT ELSE COULD IT BE?

A diaper rash should begin to resolve after a few days. If it doesn't, this could mean that your baby has acquired a secondary infection and help from a medical professional should be sought after.² For example, fungal infections from *Candida albicans* and bacterial infections from *S. aureus* or *S. pyogenes* require prescribed antimicrobial treatment and should not be managed at home.²

Red Flags:

- » Broken, raw, and/or bleeding skin
- » Blisters, sores, or boils that drain pus
- » Fever
- » Dehydration
- » Small red spots surrounding large red patches¹⁰

Diaper rash is a common condition in babies and infants. With a little know-how, you can make your little ones more comfortable if they do get it, or potentially prevent diaper rash from occurring altogether. Remember: If a diaper rash doesn't clear up in a few days, seek assistance from your healthcare practitioner as it may be a more serious problem. 📞

For references visit ecoparent.ca/ELV/FALL24



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SPORTS & NUTRITION

Strength vs Endurance Training

WHAT'S THE DIFFERENCE?

Dr. Daina Patel, BSc, DC



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In the world of fitness, strength training and endurance training are two fundamental yet distinct approaches to achieving physical fitness. Each method has unique benefits, principles, and exercises tailored to specific goals. Whether you aim to build muscle or improve stamina, understanding the differences between these training methods can help you design a workout plan that best suits your needs.

BUILDING MUSCLE & POWER

Strength training—also known as resistance training—focuses on increasing muscle mass, strength, and power. This approach involves lifting weights or using resistance bands to challenge your muscles, causing them to adapt and grow stronger over time. The primary objective is to enhance the ability of the muscles to exert force, which is essential for activities that require bursts of strength or power.

Strength Training Exercises

Weightlifting: Exercises like the bench press, deadlifts, and squats are classic examples. These compound movements engage multiple muscle groups, promoting overall strength.

Bodyweight Exercises: Push-ups, pull-ups, and planks are effective for building strength without the need for equipment.

Resistance Bands: Using resistance bands for exercises like bicep curls and rows can add variety to your routine.

Strength training typically involves performing fewer repetitions with heavier weights. For example, you might do 3–5 sets of 6–12 repetitions, gradually increasing the weight as your muscles adapt. This method helps to maximize muscle hypertrophy (growth) and strength.

Benefits of Strength Training

Increased Muscle Mass: Regular strength training leads to muscle growth, making muscles larger and more defined.

Enhanced Metabolism: More muscle mass increases your resting metabolic rate, meaning you burn more calories even when at rest.

Improved Bone Density: Weight-bearing exercises stimulate bone growth, reducing the risk of osteoporosis.

Better Joint Health: Strengthening the muscles around joints can help improve stability and reduce the risk of injuries.

Chocolate Peanut Butter Shake recipe:
ecoparent.ca/pb-shake

BUILDING STAMINA & CARDIOVASCULAR HEALTH

Endurance training, on the other hand, focuses on improving the efficiency and capacity of the cardiovascular and respiratory systems. The goal is to enhance your ability to sustain prolonged physical activity, which is crucial for sports and activities that require long periods of exertion.

Endurance Training Exercises

Running: Long-distance running or jogging is a classic endurance activity that improves cardiovascular health.

Cycling: Whether on a stationary bike or out on the road, cycling is excellent for building leg endurance and cardiovascular fitness.

Swimming: This full-body workout enhances cardiovascular endurance while being gentle on the joints.

Rowing: Using a rowing machine or rowing on water can significantly boost endurance, working multiple muscle groups simultaneously.

Endurance training typically involves performing activities at a moderate intensity for an extended period. For instance, you might run or cycle for 30–60 minutes at a steady pace, focusing on maintaining a consistent level of effort.

Benefits of Endurance Training

Improved Cardiovascular Health: Regular endurance training strengthens the heart, reducing the risk of heart disease and improving overall cardiovascular function.

Enhanced Respiratory Efficiency: This type of training increases lung capacity and efficiency, allowing you to take in more oxygen and use it more effectively.

Increased Energy Levels: Improved cardiovascular health translates to better overall energy levels and reduced fatigue.

Better Weight Management: Endurance activities burn a significant number of calories, aiding in weight loss and maintenance.

While both strength and endurance training offer numerous benefits, they target different aspects of physical fitness and produce different adaptations in the body.

Key Differences—Quick Reference Guide

For a well-rounded fitness routine, it's beneficial to incorporate both strength and endurance training into your workout regimen. This approach ensures that you develop both muscular strength and cardiovascular endurance, leading to overall improved health and fitness. For example, you might dedicate certain days of the week to strength training (e.g., Monday, Wednesday, Friday) and other days to endurance activities (e.g., Tuesday, Thursday, Saturday). This balanced approach helps prevent overtraining and allows different muscle groups to recover while maintaining a consistent fitness routine.

Primary Focus: Strength training aims to build muscle mass and power, while endurance training focuses on improving stamina and cardiovascular health.

Exercise Types: Strength training uses resistance exercises like weightlifting and bodyweight movements, whereas endurance training involves aerobic activities like running and cycling.

Repetitions and Sets: Strength training involves fewer repetitions with heavier weights, while endurance training involves sustained activity at a moderate intensity.

Energy Systems: Strength training primarily uses anaerobic energy systems (short bursts of high-intensity effort), whereas endurance training relies on aerobic energy systems (prolonged moderate-intensity activity).

Understanding the differences between strength training and endurance training can help you tailor your workouts to meet your specific fitness goals. Whether you're looking to build muscle, improve stamina, or both, incorporating elements of each type of training can lead to a more balanced and effective fitness regimen. So grab those weights or lace up your running shoes, and start working towards a fitter, healthier you! 🏋️‍♀️🚴‍♀️



eskymaks / DepositPhoto.com

Ask a Herbalist

WORTH ITS WEIGHT IN GOLD

Horseradish

Mary Charteris EN, BScN, RH

This is a delicious addition to the culinary and herbal enthusiasts' perennial food garden. Horseradish is an ancient, highly flavourful and functional food that supports digestive and respiratory health, and can ameliorate conditions of damp congestion. While it's said that early Greek and Roman historical texts once touted the root as a topical remedy for back pain and even as an aphrodisiac, there's still mystery surrounding the earliest origins of horseradish. A popular culinary accompaniment to meat dishes and oysters, it's also a rich source of micronutrients—including sulfuric compounds, which give its characteristic pungency and unique therapeutic profile.

Carrying the signatures of family and celebration for me, a small dish of shredded horseradish root always made the rounds accompanying the holiday dinners of my childhood. From the first time I experienced its strong, pungent flavour, I was hooked, intrigued by its exotic biting heat that spread up into my sinuses and warmed my belly. What I didn't know at the time was how much there is to discover about the history and power of this mighty root that supersedes its reputation as a popular condiment.¹

Horseradish root gets its characteristic pungency from a high concentration of volatile compounds called *isothiocyanates*, which are also found in black mustard seed. Isothiocyanates are activated when the fresh root is shredded or scraped, breaking open *glucosinolates* (nitrogen- and sulphur-rich compounds contained in the plant cell wall) and exposing them to a defence enzyme called myrosinase.¹ The strong, pungent quality of horseradish is particularly effective at dispersing congestion and dampness in the lungs and colon; it warms and stimulates the membranes, thins mucous, and supports energy circulation in these organs. From a Traditional Chinese Medicine perspective, white pungent foods such as horseradish are understood as balancing to the Metal element associated with early autumn and "letting go." This is a season of focus and a time for nourishing and warming foods. As the sun begins to wane, the energy of the natural world, as well as our own *qi* (or vital energy), begins to move inward and downward in anticipation of the winter months.² Incorporating horseradish into soups and stews disperses cold and adds a boost of nutrition as an excellent source of vitamins C and B as well as essential minerals.³ Revered herbalist Margi Flint notes that horseradish is also an excellent source of selenium—an antioxidant which is essential for cellular health.⁴

Herbal Profile

Armoracia rusticana

Common names: Horseradish, Mountain Radish, Great Raifort, Red Cole, Creole Mustard

Family: *Brassicaceae*

Parts Used: Tap root primarily; leaves are edible

Taste: Pungent, hot

Energy: Warming, drying, relaxant

Active Constituents:

- » Glucosinolates
- » Alkyl compounds sinigrin and gluconasturtiin
- » Alkyl isothiocyanate and phenethyl isothiocyanate¹
- » Steroids (campesterol, beta-sitosterol)
- » Flavonoids
- » Coumarins
- » Phenolic acid
- » Ascorbic acid

Herbal Actions: Stimulant, rubefacient, analgesic, antiseptic, diuretic, aperient, vermifuge, diaphoretic

Internal Use (stimulant)

- » Digestive
- » Respiratory
- » Urinary

External Use

Effective as a warming poultice when applied to painful joints.⁵ Can also be applied to the chest as a poultice in respiratory conditions to encourage expectoration of phlegm.⁶

System tropism:

Gastrointestinal: Stomach, large intestine

Respiratory: Lungs, sinuses

Musculoskeletal: Joints

Urinary: Urinary tract, kidneys

PLANT HISTORY

The common name “horseradish” is said to stem from the German term *meerettich*, meaning “strong” or “more radish.” The botanical name *Armoracia rusticana* translates to “wild,” “rustic,” or “of the country” roots.³ Cultivated from earliest times, horseradish’s precise origins remain a mystery; however, sources indicate it’s likely indigenous to Southeastern Europe, where it was cultivated for both culinary and therapeutic purposes over 2,000 years ago.^{1,6} There is very little written about horseradish, but an image of the root is depicted on a mural preserved from the ancient city of Pompeii.⁷ It’s also mentioned in both Greek and Roman texts; it was said that the Delphic Oracle priestess proclaimed to Apollo that “horseradish was worth its weight in gold.”⁸

Both root and leaf were utilized during the Middle Ages in European traditional medicine for respiratory conditions, joint pain, and toothaches.³ By the late 17th century, horseradish gained popularity across Europe for culinary use—often found cured in vinegar—and it’s thought to have made the journey to North America by colonists.¹ Indigenous peoples of North America have utilised horseradish as both food and for traditional healing. The Delaware of Ontario applied a poultice of horseradish leaves to alleviate symptoms of neuralgia; the Cherokee took the fresh ground root to aid digestion and administered internal preparations to address rheumatic pain, stimulate urination, aid a sore throat (as a gargle), seasonal colds, and respiratory conditions; and the Iroquois administered “an infusion of smashed roots” to strengthen the blood.⁹

PLANT DESCRIPTION

A perennial plant of the mustard family, horseradish grows as a rosette, forming a fleshy tan or off-white taproot that can grow more than a foot in length underground amidst a network of side shoots. The main taproot is adorned with a crown of long, coarse leaves with a crinkled appearance, undulating borders, and tapered ends. In late summer, as it matures, horseradish can reach a height of over 2-3 feet and produces tiny terminal white flowers that are four-petaled, sweet-smelling, and fruit with small cylindrical seed pods.¹⁰ This hearty root likes loose, loamy soil and does well in cooler climates; it can be cultivated in zones 3-9 but will do better with afternoon shade in hotter climates. It’s suggested that roots harvested in the autumn contain the most pungency. Horseradish is also excellent for repelling aphids in your garden.^{3,6}

Character
Horseradish has a planetary correspondence with Mars.⁵

PROPERTIES & INDICATIONS

DIGESTIVE

Horseradish is highly stimulating to the digestive tract, clearing excess mucous and congestion and encouraging regular bowel movements.

- Indications:**
- » Sluggish digestion
 - » Decreased appetite
 - » Loose stools
 - » Dysbiosis and yeast imbalances related to the presence of excess cold and dampness in the GI tract

RESPIRATORY

Pungent isothiocyanates make horseradish particularly effective in moving tenacious secretions in the upper respiratory tract and sinuses.

- Indications:**
- » Wet coughs with stubborn phlegm (helps encourage productive cough)
 - » Hoarseness
 - » Relapsing sinus inflammation, poor drainage of mucous

MUSCULOSKELETAL

Horseradish root contains the highly stimulating, volatile oil *sinigrin*, a compound which is being studied for its role in mediating inflammation.¹¹ In specific cases involving chronic joint pain, a poultice of fresh horseradish root wrapped in a cloth barrier may be applied to affected areas to increase local circulation. Nicholas Culpepper, a 17th century English botanist and herbalist, wrote of horseradish: “If bruised and laid to a part grieved with the sciatica, gout, joint-ache, or hard swellings of the spleen and liver, it doth wonderfully help them all.”

- Indications:**
- » Rheumatic pain
 - » Joint pain

URINARY

The glucoside sinigrin found in horseradish root has a stimulating diuretic action on the kidneys, which can support the proper release of excess fluid buildup in the tissues.¹

- Indications:**
- » Kidney stones
 - » Edema (mild)

SAFETY & CONTRAINDICATIONS

Fresh root contains volatile oils in quantities that can cause skin irritation, blistering, and burns. Avoid direct contact with the eyes and skin; always employ a cloth if applied as a poultice. Glucosinolates in horseradish impact thyroid function, so excessive consumption is best avoided by those with hypothyroid conditions.¹²

PREPARATIONS & APPLICATIONS

Dosage: 2-4 g dried herb daily

Fresh root preparation: It’s best to crack a window or process horseradish outdoors, if possible. When the skin of the

RECIPE: *Fire Cider*
(Adapted from Rosemary Gladstar’s recipe)

This warming, sweet, and spicy digestive tonic is loaded with phenolic compounds and flavonoids which mediate inflammation and contribute to both a healthy gut and immune system.¹³ This is a staple for any household as we move into the colder months. Bravehearts can even take it by the spoon! Fire cider also makes an excellent addition to salad dressing, and adds flavour to steamed veggies, grains, or meat dishes.

Ingredients

- » ½ c onion, chopped
- » ¼ c freshly grated ginger
- » ¼ c freshly grated horseradish
- » ⅓ c garlic, chopped
- » 2 jalapeno peppers, chopped
- » Juice and rind of 1 lemon
- » 1 freshly grated turmeric root
- » Fresh ground black pepper
- » Cayenne (to desired heat)
- » 2 Tbsp dried rosemary
- » Apple cider vinegar
- » Honey

root is ruptured, it releases isothiocyanates that are extremely strong (pungent) and can cause tears. Once the root has been thoroughly rinsed and dried, the skin can be peeled and finely chopped, grated, or put through a food processor. Fresh-process only what you plan to use, as once the skin of the root is broken, pungency begins to wane. Adding up to half a cup of vinegar per one cup of freshly grated horseradish and some salt can help to preserve its flavour. Horseradish also preserves well in wine or brandy⁶ and makes an excellent addition to fire cider.

Leaves: Can be added to soups or salads; opt for leaves no longer than 2 inches in length.

Instructions

1. Put all ingredients in a clean quart-size glass jar and pour enough vinegar to cover, ensuring all herb material is submerged in 1-2 inches of the liquid.
2. Seal well. Place a square of parchment paper between the jar and the metal lid to prevent rusting.
3. Set in a cool and dark place for 4 weeks.
4. Strain the mixture, making sure to squeeze as much liquid from the pulp as possible.
5. Add honey to the remaining liquid until the desired sweetness is achieved.

Stores well in the pantry for up to 2 months in cooler climates but will last longer if stored in the refrigerator.

Enjoy 1-2 Tbsp daily.¹⁴ ☞

For references visit ecoparent.ca/ELV/FALL24

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Boosting IMMUNITY to Prevent Cold & Flu with TCM

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

Traditional Chinese Medicine (TCM) uniquely understands how a cold or flu is contracted; it's considered an invasion of an external pathogenic factor. These factors enter the body from the outside, such as through wind, cold, heat, or dampness. It's important to know the process and terminology from a TCM point of view to understand the concept behind methods to boost immunity. This is the best way to learn how to fight off a cold or flu from a TCM perspective.

VITAL ENERGY

Xie qi translates to "evil qi." *Xie qi* implies that the "evil" is a pathogen, and "qi" is the energy or vital force.

A person gets sick when an evil wind or other element enters the body. *Xie qi* can enter if the person's energy is weak, where the body is unable to close pores appropriately—it's as if a gate is left open. When a person is weak, the *Xie qi* often quickly enters with the wind between the layer of the skin and muscles, and early symptoms appear (e.g., chills, aversion to wind and cold). At this stage, action can be taken to help kick the pathogen out before the cold or flu takes hold.

"WHEN QI IS STRONG, THE BODY HAS THE STRENGTH IT REQUIRES TO WARD OFF PATHOGENS."

Wei qi is the defensive layer of energy that circulates between the *cou li*, which is the space between the skin and muscles. *Wei qi* is governed by the energy of the Lung, and when it's strong, it can close pores appropriately and prevent *Xie qi* from entering the body.

It may be useful to understand that the qi and blood production for the body come from a specific sequence of events. As we breathe air in, the body takes in vital energy from the atmosphere and combines it with the vital energy from the food we eat. When they combine on an energetic level, this nourishes the force that supports life and allows us to flourish. When qi is strong, the body has the strength it requires to ward off pathogens. This is why it's important to choose seasonal food, beverages, and cooking methods that support the production of energy fueling our defence (immune) system.

SEASONS

Seasonal changes tend to cause more illnesses. Fall is a season of change; it's in between summer and winter, moving from yang towards yin. During this time, winds change and become more prevalent. People don't always dress properly and/or have weakened immune systems, which causes them to lean towards illness.

A cold or flu in TCM is assessed by patterns of symptoms, referred to as "wind-cold," "wind-heat," or "wind-damp." As the names describe, wind enters accompanied by other elements. This understanding helps us differentiate the symptom patterns and determine what treatment is best. I'm going to mostly focus on wind-cold since it's most prevalent at this time of year. Seeing a TCM acupuncturist or herbalist can help you learn more about what to do if you get sick and it falls outside of this pattern.

Symptom Patterns

Wind-cold:

- » Aversion to cold and wind
- » Chills more than fever
- » Stiff or achy neck and shoulders
- » Sore throat
- » Fatigue
- » Runny nose
- » Sneezing
- » Coughing
- » Clear or white mucous
- » No sweating

Wind-heat:

- » Aversion to wind
- » Fever more than chills
- » Sore throat that can be painful and red
- » Thirst
- » Congestion or cough with yellow mucous
- » Sweating

Wind-damp:

- » Occasional aversion to wind
- » Feeling heaviness in your body or head
- » Sweating that may feel sticky
- » Fatigue
- » Nausea
- » Vomiting
- » Loose stools
- » Diarrhea
- » Poor appetite
- » Possible joint pain and stiffness
- » Sticky feeling in the mouth

S

PREVENTION

To protect yourself against getting a cold or flu, dress properly for the conditions you're in and change out of wet clothes quickly. With changing winds in fall, it's beneficial to cover your chest, throat, nape of the neck, and upper back by wearing a scarf, sweater, or zipping up your jacket; these areas are where our wind gates are. There are also acupuncture points at the nape of your neck and upper back which can help release wind from the body.

Wearing clothes that cover the midsection of your body and wearing socks that cover your ankles will also enhance your immune system. Covering these areas keeps warmth in your Kidneys and their channels. The Kidneys have an inner fire that stokes and reinforces your vital energy. You don't want to cool down a fire that is vital to energy formation; it must stay strong to keep your immune system healthy.

NUTRITION

In the fall, having more soups, stews, porridges, and slower and longer cooking methods nourishes your energy, which will help protect you. These foods and methods make it easier for your digestive system to process food, helping you build qi, keep warm, and prevent weakness as the seasons change. Choosing ginger, garlic, green onion, and cinnamon can help to warm the body and its channels. Drinking ginger tea is another easy option. Avoid eating raw and uncooked foods because this adds more cold back into the body and won't help with recovery. Avoiding sugary, greasy, raw, or cold foods will also prevent dampness from forming or worsening in the body.

Astragalus root (Huang Qi) can be taken to help strengthen the body's Lungs and Wei qi as a preventative measure, assisting the body in warding off sickness. Ginger and cinnamon are good for warming our channels and bodies; eating foods or drinking teas with these ingredients can help build and strengthen the immune system.

MOXIBUSTION

Moxibustion (moxa) is affordable and accessible. You can do it at home using the traditional herb version (done outdoors to prevent your house from being filled with smoke), or there is a charcoaled, smokeless version for indoor use. Traditional rolls are made of Ai Ye, mugwort that has been

aged and flossed and comes prepared in many different forms. It's most common to see it rolled into a stick that you can light and burn close to acupuncture points. This method helps warm and protect the body by building its defence systems, or warm the channels and release cold from the body. Ask your practitioner how you can incorporate moxa into your life.

TAI CHI & YOGA

Tai Chi and yoga are forms of exercise that move, regulate, strengthen, and maintain the flow of qi throughout the body. Exercise helps our organs communicate and work well together so they function properly and build up our defences. Tai chi and yoga also strengthen the Lung's energy and function by incorporating breathwork with movement.

MEDITATION

Qi gong is a meditation technique that also incorporates qi movement and breath. There are many Qi gong exercises you can find through the internet, books, and classes to help you learn how to strengthen qi and help enhance immunity.

TREATMENT

If you are sick, there are points on the body that help to release wind-cold, wind-heat, or wind-damp. Some points also provide strength to fight it off. Your acupuncturist will assess you and be able to offer personalised guidance on what to do at home; they may also prescribe a herbal formula. Since COVID-19, most practitioners are offering assistance in the recovery phase by treating a lingering cough, congestion, fatigue, and so on. It's best to contact your practitioner for guidance or to see if it's okay to come in for treatment if you aren't feeling well and your symptoms are fresh.

Seeing an acupuncturist who has formal training in TCM can be of assistance, as TCM is the practice of illness prevention. A TCM acupuncturist assesses your body's basic constitution and chooses a treatment plan to help where you may be weak or require balance. Seeing your practitioner for health maintenance—not just when you are sick—can be key to preventing illness and boosting your immunity. 🌿



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Breast Health

It's Important to Know How You Feel

Domenique Barbaro

pongans68@gmail.com / Depositphotos.com

Author's Note: The terms woman/women/female refer to a female sex assigned at birth and the terms man/men/male refer to a male sex assigned at birth.

Breast health is an extremely critical aspect of comprehensive healthcare. For women, the health and development of the breasts span through multiple reproductive stages, including puberty, pregnancy, lactation, and menopause. Breast tissue undergoes many changes through these stages and, under hormonal influence, can often evolve and present with certain abnormalities. Optimal breast health begins with awareness and education. Let's explore some common changes and stages of development, and how to advocate for your care.

BREAST DEVELOPMENT

Breast development begins when a fetus is in the uterus; by the time a baby is delivered, they have already developed the nipple and milk-duct system. The next major stage of development occurs at puberty when the mammary glands develop. This stage of development is heavily influenced by sex hormones (specifically estrogen) that play vital roles in both the female and male reproductive systems. Anatomically speaking, breast development is often the first secondary sexual characteristic to appear in females, occurring between the ages of 8½-13½, on average. Due to the rise of testosterone, the male breast stops developing at puberty. With changes in relative hormonal levels, however, some males show signs of breast development beyond puberty, which is also known as gynecomastia. The breast undergoes more cellular and tissue changes in a female until the age of 18-20, when the adult nulliparous breast is completely developed. It's not until pregnancy that the breast undergoes further tissue alterations to produce breastmilk. With age and through menopause and beyond, the breast undergoes multiple anatomical changes, increasing the risk of certain abnormalities.¹

BREAST PATHOLOGIES

According to the Canadian Cancer Society, breast cancer is the most common cancer among Canadian women over the age of 50, and it's estimated that over 30,500 Canadian women will be diagnosed with breast cancer in 2024. It is

important to note that while women account for most cases of breast cancer, it can also occur in males—but this is much less common. Breast cancer starts in the breast tissue and occurs when cells abnormally divide and form tumours.^{2,3}

"BREAST CANCER SCREENING COMES WITH BENEFITS AND RISKS, SO IT'S IMPORTANT TO TALK TO YOUR HEALTHCARE PRACTITIONERS ABOUT YOUR LEVEL OF RISK AND WHAT YOUR PREFERENCES FOR SCREENING ARE."

While breast cancer is the most common, other breast pathologies include *cystic* changes; *mastitis* (an infection of the ducts of the breast, often seen secondary to breastfeeding); and cyclical *mastalgia* (breast pain that is commonly hormone-mediated).

BREAST CANCER SCREENING

According to the province of Ontario's Breast Screening Program, a woman between the ages of 50-74 years should get a mammogram every two years. A mammogram is a type of X-ray that can detect breast cancer. It does not require a referral from a doctor and is covered under OHIP. Ontario's Breast Screening Program also offers guidelines for those who are at higher risk of breast cancer and may be eligible for a yearly mammogram *and* MRI. Fall 2024 will bring a new element to the Ontario Breast Screening Program guidelines, as you will now be able to self-refer for a mammogram starting at the age of 40. You can find an Ontario Breast Screening location at [Ontario.ca](https://ontario.ca). Breast cancer screening comes with benefits and risks, so it's important to talk to your healthcare practitioners about your level of risk and what your preferences for screening are.³

COMMON BREAST CHANGES

While there are breast pathologies and conditions that accompany risks to your health and warrant further discussion and workup, there are also breast changes that are normal and no cause for concern. One major example is cyclic breast pain, also known as cyclic mastalgia. It's one of the most common breast complaints among those of child-bearing age (15-40). This often presents as a combination



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"CONSULTING THE
INTERNET CAN LEAD TO
ASSUMPTIONS ABOUT
ONE'S BREAST HEALTH AND
CAUSE ANXIETY."

of tenderness, dull aching, burning pain, and swelling or engorgement as a female approaches menstruation. This pain is often localised to the upper-outer portion of each breast; however, it can often radiate into the armpit and other areas of the breast. While the cause of this pain is not definitively confirmed, it's believed to be hormone-mediated. Other common changes include the development of stretch marks and changes in the shape of the breast with age. The breasts can also become elongated, the nipples begin to point downwards, and the space between the breasts often widens.⁴

Even though these changes are considered normal, it's still critical that you discuss any symptoms or changes you notice in your breasts with your doctor and/or healthcare team.

OPTIMISING BREAST HEALTH

There are specific interventions and alternative therapies that can be effective for certain breast conditions. Antibiotics, for example, are a first-line therapy for mastitis, and cold compresses are a common adjunct therapy for relieving pain and inflammation in this condition. But for general breast health and to reduce the risk of breast cancer, it is general health optimisation that's the most protective. Getting adequate sleep, staying active, maintaining a healthy weight, avoiding smoking, and reducing your alcohol intake can reduce your risk of breast cancer while also improving overall health and well-being.³

Most medical organisations advise against doing breast examinations on yourself due to the lack of evidence that it improves survival rates or breast cancer detection.⁵ While a self-exam for breast cancer screening is not recommended, it's still important to be familiar with the texture and shape of your own breasts so you can take careful note of changes.

YOUR ROLE

It's always a good idea to be your own health advocate, as you know your body best and will be able to spot changes more promptly than your healthcare team in some cases. It is critical to bring up any changes in your breast health to your practitioner right away to ensure you are acting proactively and finding trustworthy answers to your questions. Consulting the internet can lead to assumptions about one's breast health and cause anxiety. Your healthcare team will have the appropriate resources to answer your questions and can obtain lab work assessments and diagnostic testing for breast health, staying up to date with screening protocols, and consulting your healthcare team about any changes or questions you have will ensure you are receiving the best care possible. ⁶

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ADHD & PERIMENOPAUSE

How to Improve Your Quality of Life

Dr. Natalie Hennessey, ND



"XXXXXX"

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Attention deficit hyperactivity disorder (ADHD) is a neurodevelopmental disorder characterised by symptoms of inattention, hyperactivity, and impulsivity. While traditionally associated with children, ADHD is increasingly recognised as a condition that persists into adulthood, affecting many women throughout their lives.¹ Perimenopause—the transitional period before menopause—brings its own set of hormonal changes and challenges, which can exacerbate or alter the presentation of ADHD symptoms. The interplay between ADHD and perimenopause is complex, encompassing physiological, psychological, and social challenges.

ADHD, PERIMENOPAUSE & BEYOND

ADHD tends to manifest in three ways: inattentive, hyperactive-impulsive, and combined presentations.¹ Symptoms include difficulties with focus, organisation, time management, impulsivity, and restlessness. These symptoms can lead to significant impairments in daily functioning, impacting professional, academic, and personal lives. For women, ADHD often goes undiagnosed until adulthood, partly because symptoms can be subtler and are sometimes attributed to personality traits or life stressors.²

Symptoms Common Among Women with ADHD Include:

- » Difficulty sustaining attention, forgetfulness, procrastination, trouble following instructions
- » Restlessness, fidgeting, impulsivity, interrupting others, difficulty waiting, excessive talking
- » Mood swings, sensitivity to stress, low self-esteem, emotional reactivity, chronic fatigue
- » Relationship difficulties, workplace struggles, health issues

Perimenopause is marked by fluctuations in estrogen and progesterone levels, leading to a host of physical and emotional symptoms, including:

- » Hot flashes
- » Night sweats
- » Mood swings
- » Cognitive changes

These hormonal fluctuations can last for many years, typically occurring in women between their early to mid-40s and early 50s. The decline in estrogen levels, in particular, is significant

because estrogen is thought to have a protective effect on the brain, influencing neurotransmitter systems that regulate mood and cognition.³ Cognitive change, which is a normal challenge during perimenopause, can pose an extra difficulty for women with ADHD *and* perimenopause.

Changing Symptoms

Women with ADHD often report difficulties with “executive functions.” During perimenopause, cognitive functions can be further compromised due to a decline in estrogen levels.³ The combined effects of ADHD and hormonal changes can lead to pronounced memory lapses, decreased concentration, and increased distractibility—impacting women’s day-to-day lives, work function, relationships, and mental health.^{4,5}

"ON THEIR OWN, BOTH ADHD AND PERIMENOPAUSE CAN CAUSE SLEEP DISTURBANCES, RESULTING IN DECREASED LEVELS OF RESTFUL SLEEP."

Perimenopause can worsen symptoms of emotional dysregulation that are common in women with ADHD, including mood swings, irritability, and heightened emotions.⁶ Due to fluctuating hormone levels, this can lead to increased anxiety, depression, and worsening emotional instability, where women may find it more challenging to manage stress and may experience more frequent and intense mood swings.^{7,8}

On their own, both ADHD and perimenopause can cause sleep disturbances, resulting in decreased levels of restful sleep. ADHD often leads to difficulties in falling asleep and maintaining sleep, while perimenopause is often associated with night sweats and poor-quality sleep.^{9,10} The interplay between these conditions can cause significant sleep deprivation, further impairing cognitive function and emotional well-being.

COPING STRATEGIES & TREATMENT OPTIONS

Working alone or with a qualified health professional to make changes in day-to-day habits, balance your diet, or add in daily movement can significantly improve the quality

of life for many women with either ADHD, perimenopause, or a combination of the two.

Changes You Can Start Now

1. *Include regular physical activity.* As per Health Canada guidelines, aim for 150 min (or approx. 30 minutes, 5 times weekly) of movement per week.¹¹
- » It's also recommended to add in 2-3 sessions of strength training (body weight, dumbbells, barbells, or bands) weekly.
2. *Maintain adequate hydration* (i.e., drink more water than coffee).
3. *Focus on getting high-quality sleep* by practicing good sleep hygiene and allotting sufficient time for it and associated routines.
4. *Include daily mindfulness practices*, such as meditation and yoga, which enhance emotional regulation and reduce stress.
5. *Try cognitive behavioural therapy (CBT)* to address the cognitive and emotional challenges of ADHD. CBT can provide strategies for organisation, time management, and coping with negative thought patterns.

NUTRITION

Nutrition plays a crucial role in managing ADHD symptoms. While no diet can “cure” ADHD, certain dietary patterns and nutrients may help improve attention, focus, and behaviour. A balanced diet that includes a variety of nutrients is essential for brain health and overall well-being. Emphasising whole foods over processed foods can provide the necessary vitamins and minerals for optimal brain function.

- » *Complex carbohydrates* such as brown rice, quinoa, and whole grains provide sustained energy and support stable blood sugar levels, which can help maintain focus.
- » *Lean proteins* such as chicken, turkey, fish, beans, and legumes are important for neurotransmitter production, supporting attention and cognitive function.
- » *Fruits and vegetables* are rich in vitamins, minerals, and antioxidants to support brain health and reduce inflammation.
- » *Healthy fats*, including omega-3 fatty acids found in fish, flaxseeds, chia seeds, and walnuts are particularly beneficial for brain health and can improve impulsiveness.

MEDICATION & SUPPLEMENTATION

For many women, medication and/or supplementation remains an important piece of ADHD treatment. Various pharmaceutical medications and supplements can help manage symptoms associated with this condition; however, during perimenopause, it's crucial to monitor and adjust medication dosages as symptoms ebb and flow.

HORMONE REPLACEMENT THERAPY (HRT)

Some women may benefit from HRT to alleviate perimenopausal symptoms. Estrogen replacement can help stabilise mood and improve cognitive function, while progesterone therapy can improve sleep and night sweats.^{8,12,13} HRT, however, is not suitable for everyone and should be considered on an individual basis with the support of qualified medical professionals to weigh the benefits against potential risks.

START NOW

You don't need a formal diagnosis to start making positive changes that can support symptoms of ADHD and perimenopause. By adopting healthier lifestyle habits—such as incorporating a balanced diet rich in nutrients that support brain health, engaging in regular physical activity, and practicing mindfulness techniques like meditation or yoga—you can improve your overall well-being. These changes can help enhance focus, stabilise mood, and reduce stress.

Building and maintaining a strong support network is essential. This can include family, friends, support groups, and professionals. Sharing experiences with others who understand the challenges of ADHD and perimenopause can provide emotional support and practical advice to help you succeed in challenging times.

The interplay between ADHD and perimenopause is complex, affecting cognitive, emotional, and physical well-being. Recognising and addressing the unique challenges faced by women during this transitional period is essential for improving their quality of life. Through a combination of medication/supplementation, lifestyle modifications, therapy, and support, women can navigate the dual challenges of ADHD and perimenopause with confidence. 📌

For references visit ecoparent.ca/ELV/FALL24



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Makeup

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Dr. Adrienne DeLuca, ND



Making Your Own Cleanser

In a 50 ml pump bottle, mix the following ingredients:

- » ⅓ c castile soap
- » ⅓ c green tea (cooled)
- » ½ tsp grapeseed oil
- » 3 drops of rose essential oil
- » *Optional:* 2 drops of vitamin E oil

Shake well, then cleanse and rinse.

TIP: Poke a hole in a Vitamin E soft gel and squeeze the drops in!

Wearing makeup is considered a necessity for many, but is it doing more harm than good? Here are my top tips for safe makeup products and routines that truly nourish your skin.

When it comes to nourishing my skin, I place a huge emphasis on “less is best.” This means the fewer ingredients I’m using, the better. It also means making sure your makeup is being applied to a clean and well-moisturised canvas and being removed gently so it isn’t overly disruptive to the skin barrier.

GENTLE CLEANSER

The first step to a nourishing makeup routine is ensuring you’re starting with a clean slate—that means getting your skin nice and clean without a harsh cleanser. Everyone’s skin type is a little different, but if you’re washing your face with something that makes it feel dry and tight afterwards, the cleanser is probably too harsh for your skin.

My personal favourite is a homemade cleanser that I make every month. Here are the ingredients and their benefits:

Green tea: An anti-inflammatory that reduces redness and swelling

Castille soap: A mild cleanser for the skin and a strong antimicrobial; helpful for acne

Grapeseed oil: Contains vitamin E, which reduces inflammation, holds moisture, and reduces fine lines and wrinkles

Rose essential oil: Regenerates the skin cells, helping with dry, sensitive, and aging skin

MOISTURISER

Make sure to moisturise after you cleanse to ensure your skin stays nice and plump. I often use jojoba oil on its own or have my aromatherapist make me an easy blend of natural oils and essential oils.

FOUNDATION

There are tons of harsh ingredients in conventional foundations; however, there are things you can look for to ensure you’re getting a foundation that is healthy and nourishing for your skin.

"USING A FOUNDATION WITH SPF 30 OR HIGHER MEANS YOU'LL GET GREAT COVERAGE FOR YOUR SKIN WHILE PROTECTING IT FROM THE SUN'S RAYS."

What to avoid:

Any foundation with phthalates, parabens, petrochemicals (e.g., PEG, DEA, parfums, fragrances), and coal tar dyes such as FD&C and D&C colours. These ingredients may cause reproductive harm, disrupt hormones, cause allergic reactions, or are known carcinogens.

What to look for:

UV Protection: Using a foundation with SPF 30 or higher means you'll get great coverage for your skin while protecting it from the sun's rays, which may contribute to cellular damage and aging skin. Typically, this means the foundation contains zinc oxide.

Vitamins C & E: Foundations that include these vitamins will help repair the skin and slow signs of aging.

Oils: If you tend to have oily skin, a foundation containing oil may make your skin look extra oily. In this case, opt for an oil-free foundation, or try a powder. For dry skin, feel free to stick to an oil-based foundation as this will help to lock in moisture.

Anti-aging Benefits: These foundations typically contain SPF and have some of those great vitamins discussed earlier. Be sure to read the ingredient label.

Hydrating Ingredients: Look for ingredients like hyaluronic acid, squalane, glycerine, ceramides, and lactic acid, which will keep your skin looking plump and supple.

Hyaluronic acid is especially great at hydrating the skin as it helps with collagen production and fights wrinkles.

MASCARA

My two favourite ingredients to see in mascara are jojoba oil and glycerin. Typically, mascaras with these ingredients give your lashes length and definition, while keeping them healthy and moisturised.

LIP BALM

Lip balm is a simple but nourishing way to protect your lips from sun damage while giving them a bit of shine and a hint of colour—I find it perfect for the beach, hiking, or camping.

When I’m not directly in the sun, I always opt for a lip balm made of natural oils and vitamins, similar to what we talked about when looking for a foundation. Moisturising ingredients like jojoba oil, Vitamins C and E, shea or cocoa butter, and beeswax help keep your lips healthy and nourished while giving them a fuller look.

MAKEUP REMOVER

At the end of the day, make sure to remove your makeup. Sleeping with mascara on is how infections, breakouts, and clogged pores can occur—not to mention ruining your pillowcase.

Instead of buying the expensive, fancy makeup removers that are filled with who-knows-what, I recommend using a simple oil. Grapeseed or avocado oil works well; however, almond oil is my personal favourite for several reasons:

- » Tons of vitamins and nutrients to nourish your skin
- » Locks in moisture to keep skin looking and feeling hydrated
- » Helps reduce dark circles under the eyes, or dark spots on the skin as it has a mild lightening effect

Using makeup that isn’t harmful and opting for ingredients that make you look beautiful while nourishing your epidermis is the obvious choice. Just remember to read those labels before putting anything on your skin. ☺

CHOLESTEROL & HYPERTENSION

CONTROL IS KEY

High cholesterol and hypertension are very common today. This is due, in part, to lifestyle choices such as lack of exercise and eating too many processed and high-fat foods. In some cases, these conditions are hereditary, so better lifestyle choices are the first line of defence. Supplementation can provide a second safeguard to get those stubbornly high levels down into a more normal range.

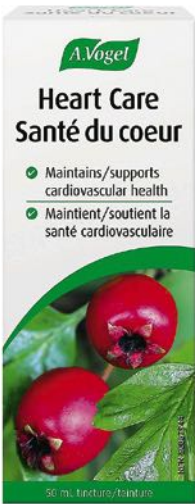
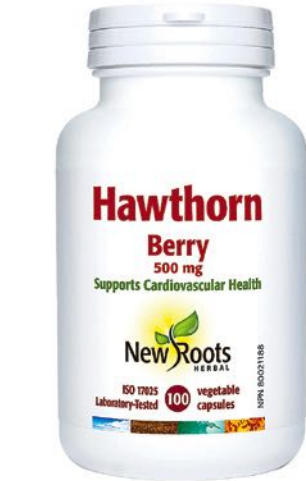
CANPREV –Berberine 500

Berberine 500, made from Oregon grape root, provides many health benefits, including aiding in the control and maintenance of healthy cholesterol levels (serum triglyceride, total, and LDL). If your cholesterol is on the high side, give this one a try. It's vegan, non-GMO, an excellent source of antioxidants, and soy-, dairy-, and gluten-free.



AOR –Cholesterol Control

This bergamot supplement helps to control not only total cholesterol but HDL and LDL too! The flavonoids found in bergamot provide antioxidant and anti-inflammatory support for healthy blood vessels. Lifestyle changes, including quality supplementation for cholesterol, are essential for cardiovascular health. Vegan, non-GMO, and gluten-free.



GENESTRA –Col-Sterol

The secret lies in plant sterols; consuming these *Brassica napus* sterols leads to a continuous reduction in dietary cholesterol absorption that reduces total and LDL cholesterol (the bad one)! Each soft gel provides 1300 mg of five-star sterol esters.

NATURAL FACTORS –GarlicRich Super-Strength Garlic Concentrate

Garlic preparations high in allicin, like this one, pack a double punch as they reduce elevated blood pressure and cholesterol. GarlicRich is pesticide-free, odourless (bonus!), and each soft gel has a whopping eight cloves of garlic. Your high blood pressure and cholesterol won't know what hit them!

A.VOGEL –Heart Care

Made from fresh herbal berry extracts, Heart Care increases exercise tolerance, providing an avenue for improved cardiovascular health. It's vegan, sugar-, gluten-, and cruelty-free.

NEW ROOTS –Hawthorn Berry

Hawthorn berry extract has a rich flavonoid content and is known for its ability to dilate coronary blood vessels, which makes it beneficial for hypertension and high blood pressure; it works for both high and low blood pressure, potentially returning them to a normal state. Other included root ingredients (burdock, echinacea, sarsaparilla, Oregon grape, yellow dock) are certified organic. 🌱

Powered by Plant Protein

HIGH-PROTEIN PLANT FOODS TO FUEL YOUR BODY



Angela Moscarelli

ChamilleWhite / Depositphotos.com

Plant foods—including whole fruits, vegetables, legumes, grains, nuts, and seeds—provide our bodies with essential micronutrients, immune-supporting antioxidants, and disease-fighting phytochemicals. They are abundant in fibre, which is essential for bowel regularity, helpful for lowering blood cholesterol, and protective against cancer, obesity, hypertension, and insulin resistance.

Whole plant foods have the power to help the body detoxify naturally, restore energy and vitality, improve cardiac function, decrease inflammation, and even improve the health of our skin and eyes.

With all these amazing benefits plants have to offer, it seems like the obvious choice to include more plants in our diet—but what about protein? A common misconception is that plant foods are low in protein, and many vegetarians and vegans are asked, “How do you manage to get enough protein in your diet?”

PROTEIN POWER

Protein is essential for many bodily functions, primarily the maintenance of tissues (like muscle), bones, and cells (including blood cells) throughout the body. Protein is vital for growth and development, and the amino acids from protein are major components for most hormones.

COMPLEMENTARY FOODS

While it's true that animal proteins are complete proteins—meaning they contain all the essential amino acids that we need for life—it is possible to obtain sufficient protein levels

Factoid

Amino acids are the building blocks for protein, which consist of nine amino acids that must be supplied in the diet; these are known as essential amino acids. The remaining amino acids can be manufactured by the body from these essential amino acids and other dietary components.¹

from various plant sources, provided individuals are conscious of their protein intake. This starts with knowing the best plant protein sources, as some plant foods contain more protein than others, and also properly combining plant sources to form complete proteins.

Factoid

Complementary proteins are two or more plant protein foods when eaten together provide the body with all the essential amino acids it requires. Usually, one or two amino acids may be low in each food, so combining them in the same meal (or consuming the same day) is generally considered to be the best approach. For example, nuts, seeds, or grains can be combined with legumes.¹

HIGH-PROTEIN PLANT FOODS

SEITAN

25 g of protein per 3½ oz or 100 g²

Seitan is made from hydrated and cooked vital wheat gluten flour, also commonly known as wheat gluten. It closely resembles meat in both appearance and texture and is one of the highest plant sources of protein, making it a popular choice among vegans and vegetarians.



SOYBEAN: TOFU, TEMPEH & EDAMAME

12-20 g of protein per 3½ oz or 100 g

Tofu, tempeh, and edamame all originate from soybeans and can be considered complete proteins. Tofu is made from coagulated soy milk pressed into blocks, whereas tempeh is made from soybeans that have been fermented. All three contain iron, calcium, vitamins, and minerals.^{3,4,5}

BEANS & LENTILS

15-18 g of protein per cooked cup⁶

High in protein and fibre, lentils, along with kidney, black and other bean varieties, contain beneficial plant compounds and may reduce your chance of heart disease, diabetes, and certain types of cancer.

ANCIENT GRAINS: SPELT & TEFF

10-11 g of protein per cooked cup⁷

Spelt is a type of wheat containing gluten, whereas teff is naturally gluten-free and originates from an annual grass. Both contain B vitamins, zinc, selenium, and other sources of beneficial nutrients. They are higher in protein than other ancient grains such as barley, sorghum, and farro.

SEEDS: HEMP & CHIA SEEDS

5-9 g of protein per 3 Tbsp or 30 g⁸

Hemp seeds come from the *Cannabis sativa* plant and chia seeds are derived from the *Salvia hispanica* plant. They contain magnesium, iron, calcium, selenium, and an optimal ratio of omega-3 and omega-6 fatty acids, which are crucial for long-term health.

ALGAE: SPIRULINA & CHLORELLA

8 g of protein per 2 Tbsp or 14 g⁹

Spirulina and chlorella continue to gain popularity among “green food” products on the market, and rightly so. They are easily absorbed by the body, contain all essential amino acids, encompass large amounts of chlorophyll, and a substantial amount of beneficial vitamins and minerals.

OATS

5 g of protein per ½ cup or 40 g¹⁰

Oats contain beta-glucan, which is a prebiotic fibre—a food source for good bacteria in the gut—that promotes a healthy gut microbiome.¹¹ Although lacking in amino acids, lysine, and threonine, oats are higher in protein compared to most grains, including rice and wheat. They also contain important vitamins and minerals, including zinc, magnesium, phosphorus, iron, and folate.

WILD RICE

7 g of protein per cooked cup¹²

Boasting nearly twice the amount of protein as white rice, wild rice is also higher in fibre, niacin, iron, and phosphorus (since wild rice is not stripped of its bran). Wild rice contains plenty of minerals and vitamins, including B vitamins.

VEGGIES

4-8 g of protein per cooked cup

Vegetables with the most protein include:

- | | |
|--------------|--------------------|
| » Green peas | » Brussels sprouts |
| » Spinach | » Mushrooms |
| » Artichokes | » Kale |
| » Asparagus | » Potatoes |

Vegetables are also high in fibre and rich in essential nutrients that your body needs to function at its best, so they should not be left out.¹³⁻²⁴

Pro Tip

Layer your meals and snacks with multiple high-protein plant sources to obtain a diversity of beneficial plant compounds and reach your daily protein goals with ease. A dish of wild rice, sauteed asparagus, and kidney beans served with a spinach and strawberry salad topped with hemp seed dressing contains all the essential amino acids and over 25 g of protein (depending on the serving size).

PLANT-BASED ALTERNATIVES

Buyer beware! Many plant-based meat and dairy alternatives on the market are ultra-processed and may contain fillers, preservatives, dyes, refined oils, thickeners, gums, and “natural” or artificial flavours that closely resemble original tastes and textures. Limit products which contain ingredients you can't pronounce or recognise, and consider this: Many of your favourite plant-based foods can be made at home with better-for-you ingredients at a fraction of the price.

Diets rich in plant foods have been linked to many health benefits; with proper planning and knowledge of which plant foods contain the most protein, it *is* possible to obtain all the nutrients your body requires to thrive.



Recipe

WILD RICE & BLACK BEAN BOWL WITH MAPLE DIJON DRESSING

INGREDIENTS

- » 1 c dry wild rice
- » 3 carrots
- » 398 mL can of black beans
- » 2 c spinach
- » ½ bunch of cilantro, roughly chopped
- » 1 Tbsp olive oil
- » 2 tsp pure maple syrup
- » ½ tsp cumin power
- » ½ tsp garlic powder
- » ¼ tsp sea salt
- » Pinch of cinnamon
- » 3 Tbsp hemp seeds
- » ⅓ c maple Dijon dressing

**SERVES
2-3**

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Line a baking sheet with parchment paper and set aside.
3. Cook the wild rice according to the package instructions.
4. Wash and peel the carrots and cut into ½-inch slices. Add them to the baking sheet and drizzle with olive oil, maple syrup, and season with cumin, garlic powder, salt, and a pinch of cinnamon. Toss to coat and spread evenly across the sheet.
5. Bake for 12-18 minutes or until the carrots are tender.
6. Drain and rinse the black beans and set aside.
7. Wash and dry the spinach and set aside.
8. To assemble the bowls: Add the rice, roasted carrots, black beans, and spinach. Top with cilantro and hemp seeds.
9. Drizzle with the maple Dijon dressing. 🍴

For references visit ecoparent.ca/ELV/FALL24

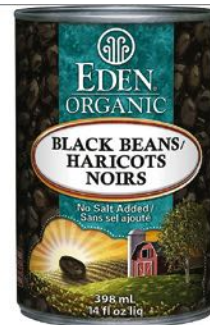


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THE HEALTHY KITCHEN

FALL HARVEST



Harvest Bowl

WITH CREAMY DATE DRESSING

This harvest bowl is a celebration of all things autumn. Packed with hearty greens, root vegetables, and quinoa, this bowl will be your go-to in the cooler months, but so tasty you'll want to enjoy it all year long. The date dressing is naturally sweet and creamy and stands up well to the bold flavours in this bowl.

INGREDIENTS: BUDDHA BOWL

- » 1 c dry quinoa (approx. 2 c cooked)
- » 2 small sweet potatoes
- » 540 ml can chickpeas (drained, rinsed, and patted dry)
- » 5–8 leaves of kale, stem removed (approx. 1–2 c massaged kale)
- » 1 c cucumber, chopped
- » ½–1 c pickled red onions
- » ½ bunch fresh parsley
- » 2 Tbsp olive oil (or avocado oil)
- » 1 tsp paprika
- » ½ tsp garlic powder
- » ½ tsp cumin powder
- » ½ tsp sea salt
- » ¼ tsp cayenne pepper (optional)
- » ½ c pumpkin seeds

INGREDIENTS:
CREAMY DATE DRESSING

- » 4 Medjool dates, pitted and soaked (reserve the soaking water)
- » 2 Tbsp tahini (ground sesame seeds)
- » 3 Tbsp olive oil or avocado oil
- » 1 Tbsp pure honey
- » ½ orange, peeled and deseeded
- » ½ tsp ground cumin
- » ¼ tsp cinnamon
- » ⅛ tsp ginger
- » ½ tsp sea salt
- » 3–5 Tbsp warm water, as needed

Illustration: geraria / Depositphotos.com

INSTRUCTIONS

1. Preheat the oven to 425°F.
2. Line a baking sheet with parchment paper and set aside.
3. Cook the quinoa according to the package instructions.
4. Wash the sweet potatoes and cut into ½-inch cubes leaving the skin on, then add them to one side of the baking sheet.
5. Drain and rinse the chickpeas, then lay them out on a clean dish towel and pat to remove excess water. Add them to the other side of the baking sheet.
6. Drizzle the sweet potatoes and chickpeas with olive oil and season with paprika, garlic powder, cumin powder, salt, and cayenne pepper (if using). Toss to coat, then spread evenly across the pan. Bake for 15–20 minutes or until the sweet potatoes are tender and the chickpeas are slightly crispy.
7. While the sweet potatoes and chickpeas are roasting, prepare the massaged kale. Wash and dry the kale leaves and remove the stems. Finely chop the kale and add to a bowl together with a drizzle of olive oil and gently massage until it softens up.
8. To make the creamy date dressing: Add all ingredients for dressing into a high-speed blender and blend until smooth. Add reserved date soaking liquid if needed to reach the desired consistency.
9. To assemble the bowl: Add the quinoa to the centre of the bowl, then arrange the veggies, including the pickled onions and chickpeas, around the quinoa. Top with chopped parsley and pumpkin seeds. Drizzle with creamy date dressing.

MEAL PREP TIP: Once prepared, these Buddha bowls will store in the fridge for up to 5 days. For optimum freshness, store each ingredient separately and assemble when ready to enjoy.

SERVES
2–3



Apple Pie Spiced WARM QUINOA PORRIDGE

Take a break from your regular bowl of oats and try this flavourful quinoa porridge instead. It's like having dessert for breakfast, with all the flavours of a classic apple pie but made with good-for-you ingredients to keep you fueled until lunch. It's gluten-free, dairy-free, and refined-sugar-free. This healthy breakfast porridge is high in fibre, protein, and healthy fats and is perfect for meal prep and busy mornings.

INGREDIENTS

- | | |
|--|---|
| » 2 c coconut milk | » 1 tsp cinnamon |
| » 1 c cooked quinoa | » ⅛ tsp cardamom |
| » 2 apples, finely chopped | » Pinch of freshly grated nutmeg |
| » 1 Tbsp ground flax | » Pinch of allspice |
| » 1 Tbsp chia seeds | » 1 tsp pure vanilla extract |
| » 1 Tbsp hemp seeds | » <i>Optional toppings:</i> Walnuts, |
| » 1 Tbsp pure maple syrup or coconut sugar | almond butter, chopped dates, chopped apple |

INSTRUCTIONS

1. Add all ingredients into a medium pot and simmer gently on low heat until porridge has thickened after about 15–20 minutes.
2. Add more milk as needed before serving, as the mixture will thicken more as it cools.

If desired, serve in bowls and top with walnuts, nut butter, chopped dates, and additional chopped apples.

Angela Moscarelli

SERVES
2

MEAL PREP TIP:

Make a large batch of quinoa as part of your weekly meal prep and reserve a cup of the cooked quinoa to make this recipe.



acongar / Depositphotos.com

SERVES
2

Editor's Note: Angela Moscarelli is the founder of GuidedWellness.ca, an outlet where she shares delicious, healthy recipes that are family-friendly and easy to prepare. Angela aims to inspire, support, and guide busy professionals like herself to achieve optimal health and well-being through holistic nutrition.

Illustration: xxxx / Depositphotos.com



Pumpkin Spiced WHIPPED COTTAGE CHEESE

This light and fluffy spread is made with whipped cottage cheese. It's easy to make and the result is a smooth and creamy texture that's similar to ricotta. It's high in protein and can be enjoyed for breakfast or as a snack.

INGREDIENTS

- » ¾ c cottage cheese
- » 2 tsp pure maple syrup
- » ½ tsp pumpkin spice
- » ½ tsp pure vanilla extract

INSTRUCTIONS

1. Add all ingredients to a high-speed blender and blend until smooth.

Serve as a sweet dip with strawberries or other fruits. This spread can also be enjoyed as a fall-flavoured topping for oatmeal bowls or spread onto toasted bread, topped with jam and a sprinkle of nuts or seeds.



Maple Tamari Salmon SHEET PAN MEAL

Sheet pan meals are perfect for busy weeknights or entertaining, as the oven does most of the heavy lifting. Sheet pan meals cook up relatively quickly and require minimal clean-up. This salmon sheet pan meal is seasoned with a sweet and salty combination of flavours, and it couldn't be simpler to make. Pair it with roasted broccoli and basmati rice for a complete and balanced meal.

INGREDIENTS

- » 4 salmon fillets, room temperature
- » 1 c dry basmati rice
- » 3 c broccoli florets
- » 2 Tbsp maple syrup
- » 2 Tbsp tamari sauce
- » 1 Tbsp sesame oil
- » 2 Tbsp sesame seeds
- » 1 Tbsp olive oil
- » ½ tsp sea salt
- » *Optional toppings:* Tamari sauce, sriracha sauce, finely chopped cilantro, chopped green onion, and roasted cashew nuts

INSTRUCTIONS

1. Preheat the oven to 425°F.
2. Line a rimmed baking sheet with parchment paper.
3. Cook the basmati rice according to package instructions.
4. Add the broccoli florets to a bowl along with olive oil and a sprinkle of sea salt. Toss well to combine.
5. Arrange the florets onto one side of the baking sheet.
6. Pat salmon fillets dry with a paper towel and place onto the other side of the baking sheet. Brush salmon with maple syrup, tamari, and pure sesame oil. Sprinkle with sesame seeds.
7. Place the sheet pan in the oven and bake for 12-15 minutes until the salmon is fully cooked.

To serve, add the basmati rice to a bowl and top with salmon and broccoli. Add optional toppings, if desired.

SERVES
4

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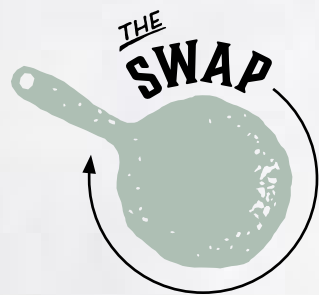


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GRANOLA BARS

ANOTHER FALL FAVOURITE

Dr. Sarah White, ND

A healthier you is just a simple swap away.

Food and drinks packaged for kids are typically higher in sugar and lower in nutrition. While children usually need a few lunch box snacks to get them through the school day, the go-to granola bar is typically loaded with inflammatory oils, processed ingredients, and as much sugar as a candy bar. Let's swap out those sugary snacks for healthier packaged options or homemade granola bars like the pumpkin spice version here.

TRADITIONAL CHOICE:

Granola bars are often marketed as a healthy snack for children, but most are loaded with processed sugar, unnecessary calories, and artificial ingredients. A popular favourite contains up to 15 g of refined sugar per serving! Some granola bar companies try to tap into the consumer trend towards healthy food choices by fortifying their bars with omega-3s and vitamins, but only in tiny amounts—and this can't make up for the high sugar content. While these beloved snacks are undoubtedly quick and easy, they're basically processed cookies masquerading as health food. It's also important to look at the type of oils used in these packaged snack foods; most contain seed oils such as canola, soybean, and sunflower, which can lead to inflammation and other health issues when consumed in excess.

THE SWAP: Good news! There are plenty of health-minded companies that now offer healthier granola bars. Many are high in fibre, made with whole ingredients like nuts and oats, and use nut butter or coconut oil instead of seed oils. Look for low-sugar bars that are also free from sugar alcohols, artificial sweeteners, and harmful preservatives. It's also surprisingly quick and easy to whip up a week's worth of granola bars at home. This recipe incorporates seasonal fall flavours but can be tweaked to incorporate whichever flavours your child prefers.

PUMPKIN SPICE GRANOLA BARS

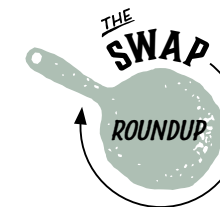
Ingredients

- » 2 c old-fashioned rolled oats
- » 1 c brown rice crisp cereal
- » ½ c maple syrup
- » ¼ c sunflower seed butter, pumpkin seed butter, or cashew butter
- » ½ c coconut oil or avocado oil
- » ¼ c pumpkin seeds
- » 3 Tbsp hemp seeds
- » 1 Tbsp pumpkin pie spice (or 2 tsp cinnamon, 1 tsp nutmeg, 1 tsp ginger)
- » 1 tsp vanilla
- » ¼ tsp sea salt

Instructions

1. Mix oats, rice cereal, pumpkin seeds, spices, salt, and hemp seeds in a large bowl.
2. Mix nut/seed butter, oil, vanilla, and maple syrup in a small sauce pot on the stovetop over low heat until slightly warm and easier to pour.
3. Mix the warmed liquid mixture with the dry ingredients and stir well to combine.
4. Pour mixture into an 8 x 8 parchment-lined baking pan and lightly press the mixture so it's even.
5. Place pan in the fridge for 1 hour until bars firm up, then cut into 10 bars and wrap each in parchment paper to store.

Keep in the fridge for up to 1 week. 🌱



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Cookie Crumble

Made with Whole Grains

KIND SNACKS
Oats & Honey with Toasted Coconut Granola Bars

Wheat-Free



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Protein Vanilla Cucumber

20 g of Protein

SIMPLY ORGANIC
Pumpkin Spice

Sugar-Free



THE FAMILY TABLE

AUTUMN EATS

Dr. Sarah White, ND



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Pear & Maple Muffins

Pears are loveliest in the fall, and our favourite way to cook up all of those beautiful farmers' market pears is to make batch after batch of these healthy millet muffins. This recipe calls for spelt—a type of ancient wheat with a nutty taste that works perfectly with pear—but you can sub in gluten-free or millet flour if you're following a gluten-free diet. The resistant starch from the grains and pears in this recipe helps to feed the good bacteria in your digestive system, making this the perfect gut-healthy breakfast.

INGREDIENTS

- » 2 c spelt flour (can sub gluten-free flour blends or millet flour)
- » ½ c whole rolled oats
- » ¼ c melted coconut oil or avocado oil
- » ½ tsp baking soda
- » 2 eggs
- » 2 tsp vanilla
- » ½ c nut milk or oat milk
- » 2 medium pears, finely chopped
- » ½ c maple syrup
- » ¼ tsp sea salt

INSTRUCTIONS

1. Whisk the eggs, vanilla, and nut milk together in a large bowl until well incorporated.
2. Whisk the dry ingredients in a separate bowl, then add the wet ingredients into the batter.
3. Fold in the pear pieces and pour into a lined muffin tin.
4. Bake at 350°F for 20-25 minutes.



Apple & Ginger Brown Butter BREAKFAST CRUMBLE

We suggest you go to your local 'pick your own' apple farm this fall, then rush home to make a delicious, healthy crumble. This apple and ginger brown butter crumble is a great way to use up all of those delicious, in-season apples. It's also gluten-free and vegan but feel free to use high-quality organic butter and flour if it works for you! It's delicious both ways.

INGREDIENTS

- » 2 c rolled oats
- » 1 c gluten-free flour or organic flour
- » ½ c maple syrup
- » 2 tsp vanilla bean paste
- » 1 stick of vegan or regular butter
- » 4 c apples (chopped into 2 x 2 cm pieces)
- » Juice from 1 lemon
- » Zest from 1 lemon
- » ½-¾ c cane sugar (sweetened to taste)
- » Flaky sea salt

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Add the chopped apples to a large mixing bowl with the lemon juice, half of the lemon zest, and cane sugar. Let rest while you're prepping the crumble topping.
3. Melt butter in a saucepan on the stovetop over medium heat and add the vanilla bean paste. Stir the butter the entire time to keep it moving, allowing the butter to foam and sizzle around the edges.
4. After 5-8 minutes, the butter will turn golden brown. Immediately remove the pan from heat and pour the butter into a heat-proof bowl to stop the cooking process.
5. Mix rolled oats and flour in a mixing bowl then pour in the brown butter and remaining lemon zest and maple syrup. Mix well and allow to cool slightly.
6. Place the apple mixture at the bottom of a pie tin or round baking dish, top evenly with the crumble, and finish with a little flaky sea salt.
7. Bake for 45-50 minutes and serve with vanilla ice cream or coconut yogurt.



Illustration: Irina_Katunina / Depositphotos.com




Autumn Salad

WITH ROASTED SQUASH & PINE NUTS

This salad features hearty kale and seasonal squash, both of which happily withstand cool fall nights and can be grown locally long into the cold season. By focusing on well-cooked seasonal ingredients, it truly tastes like fall in a bowl. It also keeps a lot better in a lunch box than a traditional romaine salad. Toss in some cooked protein for a complete lunch.

INGREDIENTS

- » 2 medium fall squash (e.g., acorn or delicata), chopped into small cubes (about ½ inch)
- » 2 Tbsp olive oil
- » Juice from ½ a lemon
- » 4 Tbsp pine nuts
- » 3 Tbsp tahini
- » 2 tsp maple syrup
- » 2 tsp Dijon mustard
- » 1 Tbsp miso
- » 1 bunch of kale, chopped
- » 1 apple, peeled, cored, and diced
- » 3 Tbsp cranberries
- » Sea salt, to taste

INSTRUCTIONS

- 1 Preheat oven to 350°F.
- 2 Lay squash on a baking sheet and drizzle with olive oil and salt.
- 3 Bake for at least 30 minutes, stirring halfway through, until squash is golden brown.
- 4 Toast pine nuts for 5 minutes in a small pan on the stovetop.
- 5 In a large bowl, combine tahini, maple syrup, Dijon, miso, lemon juice, and a small amount of water, mixing until creamy.
- 6 Add the kale leaves and rub them vigorously with both hands to coat them with the sauce. Toss the squash and kale into the dressing and top with diced apple, cranberries, and pine nuts.



Spicy Fish Stew

Fall equals soup season! While a pear and parsnip or butternut squash soup can be lovely in the fall, we prefer heartier preparations with extra protein and some fibre-rich brown rice as the weather begins to cool. This spicy fish stew makes the most of lingering end-of-summer vegetables while packing in a ton of protein and warming spices to support a healthy digestive system.

INGREDIENTS

- » 1 Tbsp extra virgin olive oil
- » 1 medium onion, finely chopped
- » 2 garlic cloves, finely chopped
- » 1 tsp dried chili flakes
- » 1 tsp dried oregano
- » 1 large can of organic diced tomatoes
- » 4 c organic vegetable broth or bone broth
- » 1 c brown rice
- » 14 oz white fish, cut into chunks
- » 1 medium zucchini, halved lengthwise and sliced into ½-inch pieces
- » 1 delicata squash, halved lengthwise, seeds removed, and sliced into ½-inch pieces
- » ¼ c black olives, drained and pitted
- » 1 tsp sea salt
- » Ground black pepper
- » Chopped parsley to garnish

INSTRUCTIONS

- 1 Heat the olive oil in a large soup pot or Dutch oven.
- 2 Add onion and garlic and fry until softened.
- 3 Add the spices and continue cooking for 10 seconds. Stir in tomatoes and broth and bring to a simmer.
- 4 Add the squash and brown rice and cook for 15-20 minutes until the rice is tender.
- 5 Add the zucchini and salt and pepper. Cook for another 5 minutes until zucchini is cooked through.
- 6 Add the fish pieces and top with black olives. Cover and cook until the fish begins to flake.
- 7 Top with parsley and serve.



Be a Man with a Plan!

[The earlier men start thinking about how they age, the better]



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COCONUTS—MORE THAN MILK
Did you know there’s only one species of palm tree that can bear coconuts? It’s called the *Cocos nucifera*.¹ The wide-spread distribution of this common palm occurred naturally because coconuts can float and travel across entire oceans, allowing them to seed in new lands.² The coconut is highly regarded in Ayurvedic medicine (a natural system of medicine dating back more than 3,000 years in India). Early Sanskrit writings reveal the coconut palm tree as the “tree that gives all necessary for living,” referring to how every part, from roots to fronds, can be utilized.³ The Indonesian saying, “There are as many uses for coconut as there are days in the year,” also highlights the versatility of this food.⁴

HEALTH BENEFITS
Have you ever heard of “manganese for the knees?” Coconut milk is an excellent source of manganese and other minerals, including calcium and iron, that support bone health. It’s also

a source of easy-to-digest fats for improved metabolic health. Coconut milk contains medium-chain triglycerides (MCTs), a specific type of fat that’s easily used by the body for energy instead of being stored away.⁵ MCTs increase the body’s metabolic rate, helping you to lose weight and feel more energised.

Almost 50 percent of the fatty acids provided by coconuts are in the form of lauric acid, a fatty acid shown to have antimicrobial properties.⁶ Lauric acid supports the immune system and can help the body fend off viruses and bacteria, such as *H. pylori* and *Candida*.⁷ If you’re familiar with the practice of “oil pulling,” which is essentially the use of coconut oil as a mouthwash, lauric acid is responsible for that mouth-cleaning effect.

Coconut milk is popular today for its many health benefits and culinary applications. It finds its place in savoury dishes and decadent desserts alike. Plus, it’s a delicious and creamy alternative to dairy milk.

*(No-Butter)
Butter
Chicken*

Try adding more warming spices to your menu as the nights get cooler. This dairy-free take on butter chicken combines tender chicken simmered in a fragrant blend of creamy coconut milk, tomatoes, and spices—a meal sure to warm you up! Enjoy over steamed brown rice for an added boost of B vitamins.

SPICE MIX INGREDIENTS

- » 2 tsp cumin
- » 2 tsp coriander
- » 1 tsp mustard seed powder
- » 1 tsp turmeric
- » 1 tsp garam masala
- » ½ tsp cayenne pepper (omit for a milder flavour)
- » ½ tsp sea salt

CURRY CHICKEN INGREDIENTS

- » 2 Tbsp avocado oil
- » 6 boneless and skinless chicken thighs, chopped into 1-inch pieces
- » 1 medium white onion, diced
- » 1 Tbsp fresh minced ginger
- » 4 cloves garlic, minced
- » 1 can (398 ml) of diced tomatoes
- » ½ c coconut milk
- » 2 c cooked brown rice, for serving

INSTRUCTIONS

1. Combine spices in a small bowl.
2. In a mixing bowl, season the chicken with half the spice mix. If time permits, cover and refrigerate for 30 minutes or up to an entire day.
3. Add the avocado oil to a large pot over medium heat. Once hot, add the seasoned chicken and cook for about 5 minutes on each side.
4. Remove the chicken from the pot and set aside on a plate.
5. In the same pot, sauté the onions for 3 minutes before adding in the garlic, ginger, and remaining spices. Sauté for 3 more minutes.
6. Add in the diced tomatoes and cook for approximately 10 minutes, occasionally stirring and scraping the bottom of the pot with a wooden spoon.
7. Transfer the contents of the pot to a blender and add the coconut milk. Make sure there’s somewhere for heat to escape (it’s very hot). Blend until smooth, or add a splash of water if it’s too dry to blend.
8. Return the blended sauce to the pot, then add the chicken. Cover and simmer on medium-low heat for 20 minutes.
9. Serve over brown rice. 🍴

For references visit ecoparent.ca/ELV/FALL24

DID YOU KNOW?
Roundup

VITA BIO
Organic Diced Tomatoes



BBN
Organic Coconut Milk

SIMPLY ORGANIC
Ground Coriander



LUNDBERG ORGANIC
Brown Basmati Rice



FROM THE GROCERY AISLE

This issue has many tasty recipes; you can find most of your ingredients in our grocery aisle. Check out our editor's top picks, and get cooking!

SPICES

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Organic



Gluten-Free



SEEDS/ GRAINS



Antioxidant Power

THE OTHER STUFF

Wheat-Free



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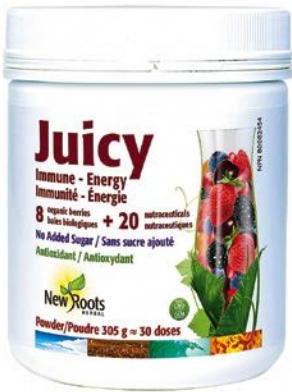
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