

WINTER 2009



Natural Health Newsletter



JANUARY - FEBRUARY - MARCH 2009



I hope all of you had wonderful holidays with your loved ones. A new year has already begun. A fresh start is always exciting. Things you want to do this year or that you want to change. Here is information on a few things that always seem to be very interesting at this time of the year.

Winter blues

Does your life seem dark and heavy to you right now? Do you isolate yourself from your friends and family? Do you want to hide away from the world?

If you experienced these things or are experiencing them right now, you may be going through depression.

There could be many reasons for a depression from chemical or hormonal imbalances, personal or financial losses, suppression of emotions and anger for a prolonged time to SAD (seasonal affective disorder).

SAD is another form of depression, which begins during the fall & winter months and usually lasts until following spring. It is related to seasonal variations of light. Due to the changes of light amounts we experience during winter, the levels of the hormone melatonin change. There also seems to be a lower amount of serotonin in our bodies.

Stress is also a major contributing factor leading to depression. Therefore, in addition to treating chemical and hormonal imbalances it is also crucially important to address the underlying emotional issues.

Since SAD is caused by a deficiency of sunlight an effective therapy for reducing symptoms is **light therapy**. Bright, full spectrum fluorescent lights throughout the day can help your mood to normalize again. A deficiency in Vitamin D also seems to be related to feeling blue. **Exercise** has also been shown to be effective at alleviating symptoms of SAD.

A natural supplement known as **5-HTP or Griffonia** has been shown to improve mood, sleep and other symptoms related to depression. Another natural supplement is **St. John's Wort**. It has been shown to be effective in alleviating depression, anxiety, sleep disturbances, insomnia and anorexia.

If you feel like this every winter, it might be a good idea to start a supplement or medication in September and take it until March.

Most medications & supplements take ca. 4 weeks until effective.

If you are experiencing any of the above mentioned problems, please contact your doctor right away.

New at **Pharmasave**

Green Beaver Winter Skin Care

These products were formulated to protect & relieve the driest, roughest & itchiest skin naturally. Contains no Paraben, artificial fragrances or dyes, or petrolatum.



Made in Canada

Save at **Pharmasave**

15% off Webber Natural Vitamin D

Available as 400 or 1000IU tablets.

15% off all February 2009!



Save at **Pharmasave**

15% off Naka Multivitamin for Men & Women

Naka's Nutri MULTI for women & men are advanced LIQUID multi-vitamin formulas that allows for enhanced absorption by the body, delivering nutrients more efficiently to help promote your better health.

All Naka products 15% off

March 16-22nd!



New at **Pharmasave EcoTraction**

The pet- & environmentally friendly ice melting solution

EcoTraction is simply the easiest, safest and most cost-effective ice management solution on the market.



What is Detox or Detoxifying?

Detox (short for detoxification) stands for the natural and always ongoing process of eliminating or neutralizing toxins from our bodies. Toxins are substances that can potentially be harmful. Our bodies try to transform them into less harmful compounds and excrete them via the stool or urine.

Toxins can come from within our body, such as ammonia produced during the breakdown of protein and chemical that can enter our body through our airways, our digestive tract and the skin like pesticides, household cleaners, food additives, drugs, or heavy metals like lead.

What is a Detox Diet?

Most people think of Detox as a form of treatment for alcohol or drug dependence. But it also refers to diets, herbs & other methods of removing environmental and dietary toxins from our bodies for better health.

There are many different types of Detox diets. But generally Detox diets consist of:

- Minimizing the amount of chemicals ingested (eating organic food)
- Eating foods that provide vitamins, nutrients and antioxidants that aid in the detoxification process
- Foods high in fibre and water; they draw out and eliminate toxins by increasing the frequency of bowel movements and urination.

Who should go on a Detox Diet?

More and more research suggests that many of the chemicals our bodies are exposed to daily through food, water and air can become deposited in fat cells. A diet that lacks some nutrients may also impair our natural ability to detoxify which can lead to further build-up. This cumulative load, also called the body burden, is thought to contribute to illness and has been linked to hormonal imbalance, nutritional deficiency & inefficient metabolism.

Signs are thought to include

- Indigestion
- Bad breath
- Fatigue
- Poor skin
- Muscle pain

Benefits of a Detox Diet:

People often report

- Improved energy
- Clearer skin
- Regular bowel movements
- Improved digestion
- Increased concentration & mental clarity

Available at **Pharmasave**

Ezekiel Breads & Baked Goods

FLOURLESS • ORGANIC • COMPLETE PROTEIN • SPROUTED WHOLE GRAIN

Contains no flour. Preserves valuable nutrients and retains the important natural fibre and bran. Low glycemic index and diabetic friendly.



Call for your appointment with **Renate Winkler, D.N.M.**



Pharmasave 274-5383 or email me at renateps494@gmx.net

Available at **Pharmasave**

Bodi Detox Patch

Come to Pharmasave and try the most advanced, non-invasive form of total body detoxification available on the market today!

Just put the patches on your feet at bedtime and remove in the morning. Nothing goes into your body but watch what comes out!



Available at **Pharmasave**

Innovite Body Cleanses

Do you want a fresh start?

Then an Innovite body cleanse might be right for you.

Come to **Pharmasave** today to find the right cleansing product for you.



Available at **Pharmasave** - Genuine Health supplements

Try **Greens plus daily Detox** or **Greens plus daily Energy** products available as capsules or powder. New **Greens+ Instant Smoothie** a day provides a full serving of Greens+ in a creamy smoothie & delicious all-natural fruit flavour.



All Genuine Health products **15% off** February 23rd - Mar 1st.

New Year's Resolution - Weight loss? We can help:

There are so many different herbal remedies that can help you on your journey of weight loss.

- **Apple cider vinegar** is thought to increase your metabolism and thus help your body burn more calories
- **Calcium** increase to 900-1000mg a day is associated with a 8-9kg long term weight loss in people with a low calcium intake
- **Chromium** is a mineral that helps to regulate blood sugar and insulin levels; it appears to help decrease body weight yet increase lean body mass.
- **Conjugated linoleic acid (CLA)** (0.7-4.5g/day) seems to decrease body fat mass and increase lean body mass. It also seems to reduce hunger and improve satiety and feeling of fullness,
- **Essential fatty acids** are fats that are commonly deficient due to stress, pollution and poor diet. Signs of deficiency include dry skin, hair and nails, arthritis, premenstrual symptoms, poor immune function, inflammatory conditions, mental disturbances. They speed up fat metabolism and result in the burning of excess calories as heat.
- **Fibre** makes you feel full and improves bowel motility. It maximizes absorption of nutrients, lowers cholesterol and regulates blood sugar. Fibre should be introduced gradually and adequate water intake is essential
- **Green tea** extract (decaffeinated) can help you reduce weight by increasing your metabolism
- **Hoodia** sustains satiety and thus reduces food intake (and with that saves calories)
- **5-HTP** might help reduce appetite and weight by helping you to stop eating after consuming adequate amounts of food.
- **Soy protein** seems to help reduce weight

New at **Pharmasave**

Patsy Pie Biscotti

Enjoy these gluten-free biscotti with tea or coffee or just as a delicious snack.



New at **Pharmasave**

NoNuttin' Granola Bars & Clusters

Peanut free, nut free, dairy free, allergy friendly granola bar & Nonuttin' granola bars and clusters suitable for gluten free diets.



Back at **Pharmasave** - Lavera Cosmetics

All Lavera products are free of parabens, PEG and GMO & are suitable for allergy sufferers including individuals with celiac disease (gluten free!). Lavera does not test on animals; hence their products are cruelty free. This line includes organic color cosmetics, face and sun care specially formulated for allergy sufferers and sensitive skin.



New at **Pharmasave**

Green Beaver Hair Care

Hair care products with organic & wild crafted Canadian ingredients in 3 natural essences.

Made in Canada



New at **Pharmasave** - Now® Facial Care Products

Looking for skin that's softer and healthier than ever? We proudly introduce 2 facial care lines from Now products. NOW® Hyaluronic Acid Night Wrinkle Remedy Creme renews skin from damage caused by environmental factors. By combining Hyaluronic Acid with Avocado Oil, Phospholipids, L-Carnosine, Shea Butter, Green Tea Extract it makes it easy to restore, moisturize and protect skin while you sleep.



All NOW Facial Care Products **20% off** March 30th - April 5th 2009!

Green your Valentine's Day

Greening your gift ideas is becoming more and more popular and you can make a big impact on the environment by choosing some or all of the following points:

1. You can reuse old wrapping paper or try last Sunday's comics; they're very colourful. Or go through your ragbag and use any clothes, scarves, or pillowcases you hadn't figured out what to do with. You can also follow the Japanese custom of **furoshiki**, or cloth wrapping of gifts, and use new organic-cotton dishcloths or napkins, which become part of the present. (This works especially nicely if you're giving kitchenware or food.)
2. You can make your own cards, by making a collage out of old pictures.
3. You can make a donation to an environmental agency of your choice.
4. you can buy products that everybody uses like organic body care, natural house cleaning supplies, recycled plate ware and so on.



New at **Pharmasave**

Zazubean's line of functional chocolates is the ultimate Gourmet healthy dark chocolate made from bean to bar using only 100% organic ingredients and fair-trade cocoa beans. Tantalize your taste buds with aphrodisiac bars "Hottie" or "Flirt" or "Smooch" - perfect for Valentine's Day!



Save at **Pharmasave**

Giovanni Body Care

15% off February 9th - 15th

Grapefruit Sky, Raspberry Winter, Cucumber Song are perfect luxurious skin care products that make great gifts for that special someone in your life.



Now available at **Pharmasave**:
D:Tox Body Care products

Available at **Pharmasave** Maggie's organic cotton

A beautiful line of organic and fair trade socks, scarves, tights, loungewear, legwarmers, tees, and fashionable tops will make you feel comfortable and fashionable at the same time.

A beautiful printed Bliss Camisole and Lounge Pants make the Perfect "Lounge Set"! Choose different combinations of colours. All of these beautiful soft organic cotton products will become your favourites and they make great gifts!



Available at **Pharmasave**

Great gifts for all Tea Lovers

We carry a wide selection of teas for every taste bud; from loose leaf to tea bag, Black to green to white tea, Chai tea, medicinal teas, tea samplers & much more. You will find the perfect gift!



New at **Pharmasave** Healthy Choice Beeswax Candles

For warm ambience on a cold winter's night your family will enjoy pure hand crafted beeswax candles. Choose from tea lights to pillar + votive candles. Available in with essential oils like lemon &



cinnamon.