

# Body of Knowledge November Seminars

**Thursday, November 18th 6:30-8pm**

FREE

To celebrate Men's Health month Dr. Brunel, ND will show us preventative strategies and natural treatments for **common health issues experienced by men.**

**Thursday, November 25th 6:30-8pm**

FREE

Join Ashleigh Whitworth PhD CMCH, and learn how to **transform the 'bah-hum-bug'** patterns around the holiday season into a feeling of peace, or at least, calm!

November 2010

## INTRODUCING TWO NEW GREENS FORMULAS BY ENEREX.....

We are thrilled to announce the arrival of Enerex's new green superfood products - *Greens Gluten-Free Mixed Berries* and *Greens Gluten-Free Natural* which include the certified organic cereal grass juice powders of alfalfa, barley and kamut®. Alfalfa is especially rich in vitamin K, barley leaves have been shown to contain loads of enzymes and anti-oxidants, and kamut® grass juice powder possesses 49% higher antioxidant activity compared to common wheatgrass powder. These cereal grasses are a rich source of chlorophyll, beta carotene, vitamins A, D, E, B6 and K, and contain several enzymes which improve absorption of nutrients.



The mixed berries formula contains a variety of berries including acerola, aronia (choke berry), organic black currant, organic cranberry, organic raspberry, organic blueberry, organic goji, organic acai and organic strawberry. The dark pigments in these berries seem to offer protection against cardiovascular disease, degenerative eye disease such as cataracts, and may offer some help in preventing certain cancers and bladder infections. Both of these new green formulas are certified gluten-free, with the mixed-berries variety being vegan friendly and free of bee products.

Green food supplements help to alkalize, energize, cleanse and nourish the body's cells along with improving the body's pH level. They provide essential vitamins, minerals, anti-oxidants and enzymes that are the building blocks to good health.

*DID YOU KNOW ... Movember? Visit [www.movember.com](http://www.movember.com) for details*

## Attention Men: Size Does Matter!

**By Brad King, MSc, MFS**

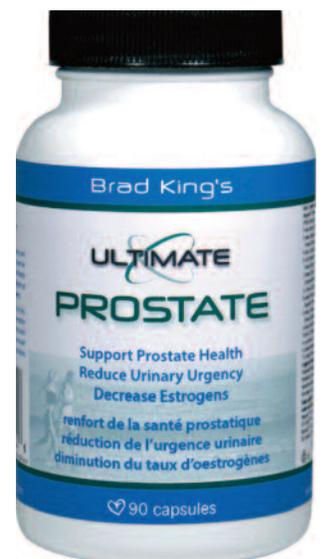
Over 30 million men throughout North America suffer from a condition called benign prostatic hypertrophy (BPH), an enlargement or swelling of the prostate gland, a walnut-sized male reproductive gland located just below the bladder in front of the rectum. By age 50, over half the male population will suffer from BPH, which will increase to almost 100% of the male population by age 80.

Due to the fact that the prostate surrounds the upper section of the urethra (the tube that transports urine and semen), its swelling can cause quite a few unpleasant complications, some of which include weak urine stream, strong and sudden urge to urinate, frequent urination at night and/or a delayed reaction when urinating.

One of the main problems associated with BPH is that not all men know they have it because they don't experience the symptoms mentioned above, which could lead to further complications down the line, one of which may be prostate cancer.

According to a cancer statistics report released by the Canadian Cancer Society and the National Cancer Institute of Canada, prostate cancer is now being diagnosed in Canadian men at the same rate as breast cancer in Canadian women.

The 100% natural research-proven ingredients within **Ultimate Prostate™** work to support and enhance overall prostate health naturally, and without the side effects that are often associated with prescription drugs.



# Looking for Holiday Gift Ideas?

Spread good health this holiday season with your friends and family. From natural skin care and organic teas to 'clean' candles we have loads of gifting ideas for you that support

the environment, fair trade and good health. Visit us anytime on line for more gift ideas that you can give with a clear conscience.

December 2010

## What's new at Vitamins First

### Animal Parade

Nature's Plus supports the miracle of growth as nature intended with pure, high-quality, whole-food formulas designed to promote healthy development through each life stage. Their Animal Parade® line delivers quality nutrition that parents can trust along with a rainbow of incredibly delicious, naturally-sweetened flavors and fun varieties that your kids will love! Come in and try the new Animal Parade® Tummy Zyme™ Children's Chewable Digestive Aid, Animal Parade® Children's Chewable Inner Ear Support, Animal Parade® Tooth Fairy™ Children's Chewable Dental Health Support, and Animal Parade® Baby Plex® Multi Vitamin/Mineral in a sugar free liquid form!



### FitSMART Bars

Forget about 'fad' diets and popping pills that don't live up to their promises. The new FitSMART Bars are a sure way to complement your weight management plan. FitSMART Bars are possibly the most satisfying bar you have ever tasted. Each scrumptious bar contains 10 grams of fibre and 10 grams of protein per serving. These new FitSMART Bars are naturally sweetened with dates and contain only natural flavours. Come in and try these new tasty bars.



### Manuka Honey

For generations, New Zealanders have relied on the health benefits derived from Manuka Honey. Every January Bees gather honey from the white flowering Manuka bush. This unique honey is high in dietary methylglyoxal (MGO) which has anti-bacterial activity. Numerous studies have shown it to be effective for treating bacterial infections, supporting digestive and immune health, and having a positive effect on blood glucose, cholesterol and insulin levels. Drop in to learn all about what Manuka honey can do for you! Forget about 'fad' diets and popping pills that don't live up to their promises.

## "What is Reflexology?"

*by Sue Monk, Vitamins First clinic practitioner*

This is a question I am asked frequently. Reflexology is a healing therapy that has been in existence, in some form, since ancient times. There are examples of Egyptian pictographs showing this treatment being carried out.

Reflexology is based on the principle that the feet and hands contain reflex points related to all parts and systems of the body. When I use my thumbs & fingers to apply pressure to the reflex points it causes an involuntary response in the organs & glands connected by pathways (also known as meridians) to these specific reflexes. This in turn results in a chain reaction of physiological changes throughout the entire body. Energy blockages are released, increasing circulation and enabling the body's healing mechanisms to work more efficiently. Reflexology helps return the body to a state of balance, is good for stress reduction and as a treatment can be both relaxing & energizing.

There are reflex points on the hands, on the head and even on the ears acting as complete maps of the body. To maximize the benefit of a full treatment on the feet I often show a client certain points on their hands that they can treat between visits using a chart they can take home. This allows them to take an active part in their own healing journey and I encourage clients to work on themselves frequently.

I am delighted to have joined the team at Vitamins First as a Certified Reflexologist and look forward to building my practice here. I also offer Usui, Reiki and Raindrop aromatherapy treatments.