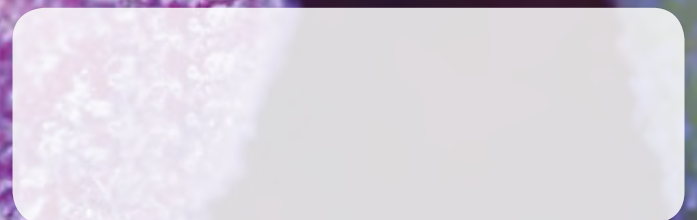


# Health Action

THE VOICE OF NATURAL WELLNESS

Compliments of



Information | Education | Advocacy



## Guidance Counselling— Canada's Food Guide

For decades, Canada's government-promoted Food Guide for Healthy Eating has provided us with advice on how to eat. But, given rising rates of obesity and diabetes, is it meeting modern nutrition and health needs? In short, no. Alexis Costello takes a look at where Health Canada misses the opportunity

to make relevant changes to Canadian's eating patterns.

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## Powerhouse Herbs and Spices

Herbs and spices not only add intrigue and unique taste to a dish, but they also can be a powerful asset in increasing nutritive value in any meal. Here, holistic nutritionist Eden Elizabeth presents mouth-watering recipes not to be missed for both their flavour and nutritional value.

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## Natural Cold and Flu Remedies

At this time of year, it's a hot topic—preventing nasty bugs from snagging you and your loved ones. But what makes this article special? Well, these tips by naturopathic doctor Kali Maclsaac are clinically proven ways to prevent and treat cold and flu this season.

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## A Cancer Breakthrough from Traditional Chinese Medicine

The sweet wormwood compound artemisinin has undergone promising cancer research at the University of Washington. To further understand this, HANS director of operations Michael Volker went down to Seattle to do an exclusive interview with Dr. Tomikazu Sasaki.

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## Emotional Freedom Technique to Overcome Five Blocks to Love



Intimate relationships are often a source of stress. Enter emotional freedom technique (EFT), which is an exceptional way to transform stress and set us up for healthy relationships. Author and EFT advisor Heather Donaldson investigates the five blocks to love and asks some essential questions about how to develop and maintain a loving connection.

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# Recharge Your Adrenal Batteries

by Brenda Eastwood,  
RNCP

**D**ay-to-day life is filled with chemical, physical, nutritional and emotional stress. These repeated and accumulated stresses take a toll on your health and can lead to something called adrenal fatigue.

Adrenal fatigue (AF) is comprised of a whole host of symptoms including difficulty losing weight, the need for caffeine to get you going in the morning, fatigue, low libido, hot flashes/night sweats, inability to cope well with stress, inability to tolerate much exercise or you feel worse after exercising, poor concentration and memory, headaches and migraines, difficulty falling or staying asleep, depression, anxiety, PMS, cravings for salt or sugar, shakiness or irritability when hungry, asthma, eczema, rheumatoid arthritis, joint pain, frequent colds and flu, hay fever and other allergies.

Does this sound like you? The more symptoms you have the more likely you are suffering with moderate to severe AF.

## Positive nutritional action

Taking some very simple steps to help eliminate AF will make a dramatic difference in the way you feel.

People with AF often crave salt because it is a good stimulant for your adrenal glands. If you crave salt and don't suffer with high blood pressure you can use pink Himalayan salt. As your adrenal glands get



stronger, your cravings for salt will get weaker.

Caffeine and sugar are your adrenal glands' two worst nutritional enemies. Gradually wean your caffeine consumption down to no more than eight ounces per day, and create four to five sugar-free days per week. I am referring to processed and added sugars, not the ones that occur naturally in your whole fruits and grains, legumes and vegetables.

Eat healthy, small portions of food and eat regularly (don't skip meals). Make sure each meal and snack contains quality fat, protein and carbohydrates (not from processed foods).

## Supplements to recharge

There are many adrenal supplements to choose from,

but it is best to start with the adrenal recovery basics. Vitamin C is at the top of the list. The more stress you have been under, the more vitamin C you have used up in your body. Common recommendations are 1,000 to 2,000 mg of buffered vitamin C, known as calcium ascorbate, twice a day.

A high-potency B complex could be taken one to two times per day as B vitamins are critical for adrenal gland function.

All vitamins need minerals to work properly. Excellent sources of trace minerals are ionic minerals, algae, alfalfa, bee pollen and aloe vera juice.

Pantothenic acid (B5) is needed in extremely high dosages (500 to 3,000 mg daily) by the adrenal glands.

Pantothenic acid must be taken with the entire B complex, vitamin C and trace minerals to be effective. Of all the minerals, magnesium citrate (400 to 600 mg daily) is needed the most for AF recovery. 🌱

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Brenda Eastwood, RNCP, is an author and a women's health and hormone specialist on a mission. Over the last 33 years, she has changed the lives of thousands of women through 17 years in private practice, hundreds of seminars and workshops, regular radio and television interviews, CD series, newsletters, teleclasses and an online coaching program. Her new book is *Get off the PMS and Perimenopausal Roller Coaster: Learn 9 Natural Fast Track Solutions to Balanced Hormones*. [www.HormoneRollerCoaster.com](http://www.HormoneRollerCoaster.com)