



Your Partner in Wellness

February 2009 | Choices Markets Nutrition & Health News

Heart Healthy Superfoods

By Desiree Nielsen RD, the Choices' Dietitian

Our hearts power us through our day circulating oxygen and nutrients to our hungry cells. February is heart month, so why not show your heart a little love and return the favour with a few heart-healthy superfoods? Check out these easy-to-love food choices that are good for your tastebuds, heart and wallet. Many of these foods are locally grown, and by purchasing them you're also caring for the planet—it is a veritable love fest!

Apples

Brightly coloured apple skins show off their antioxidant appeal. Anthocyanins in apples may help to lower blood cholesterol, as does the soluble fibre they contain.

Spinach

Popeye was right – so eats your spinach! Boasting twice the iron of other greens, spinach has plenty of heart-healthy folate and plant sterols to lower cholesterol. Try a strawberry and spinach salad, which will add vitamin C to help make the iron in spinach more bioavailable.

Prunes

Prunes contain potassium for healthy blood pressure and Quercetin, which helps prevent the harmful oxidation of LDL (“Bad”) cholesterol. The soluble fibre in prunes may also help to lower blood cholesterol for a healthy heart.

Baked Beans

Remember baked beans on toast? Did you ever think it could be good for you? Stick to the tomato sauce version for less saturated fat and a dose of lycopene, a powerful antioxidant. Beans are a wonderful source of fibre – some brands have 6 grams of fibre per half cup! Baked beans also boast folate and selenium, an important antioxidant.

Pomegranate Juice

High in potassium and polyphenols, pomegranate juice has been shown to reduce the amount of plaque in arteries and promote healthy blood pressure in some studies. One particular brand, POM wonderful, has been directly studied for its effects on diabetes, heart disease and cancer.

Pumpkin Seeds

Seeds are the oft-neglected cousin of nuts but their powerful nutrition shouldn't be ignored. Pumpkin seeds are a heart-friendly star: rich in omega 3 fatty acids; plant sterols to help lower cholesterol and magnesium. You might never look at Jack O' Lanterns the same way!

Green Tea

No super foods list is complete without mentioning green tea. The antioxidant EGCG in green tea may actually inhibit the growth of cancer cells. Green tea has also been studied for its potential benefits in heart disease and diabetes.

Tea is a lower-caffeine alternative to coffee, and all teas contain an amino acid, theanine, which opposes the effects of caffeine, helping you to avoid the “jitters.”

Shiitakes

Shiitakes have long been revered in Asia for their role in health. Eritadenine may help to lower cholesterol, while lentinan is being studied for its immune-boosting properties. Shiitakes also boast a healthy dose of good for your heart B vitamins.



Looking for more nutrition advice?

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Health and Wellness Specials

Enzymatic Therapy Smart CoQ10 Chews



29.99 30 tabs

To Support Cardiovascular Function.

Coenzyme Q10 (also known as ubiquinone) is present in every cell of the body and is vital to cellular energy production. It is especially important for heart health because of its high-energy requirements.

Natural Factors Echinamide Anti-Viral Formula



19.99 100ml

This incredibly potent herbal formula from Natural Factors, also available in capsules, is used to stop a cold, flu or other virus in its tracks. It also has anti-fungal and anti-bacterial properties to contribute to improved overall health and function.

Anti-Viral formula harnesses the power of nature to help you fight viruses and combines the best-researched and time-tested herbs to help your immune system deliver a more potent viral-fighting punch.

New Roots Oil of Oregano C93



13.49 15ml

Of all the oregano species, "Origanum Minutiflorum" contains the highest naturally occurring carvacrol to volatile oil content—up to 93%. This species' higher purity eliminates the bitter, harsh taste common to other species of oregano. Imported directly from the Mediterranean, steam distilled, hand-picked and chemical free, WILD OREGANO C93 is an effective nutritional supplement for colds, flu, bacteria, viruses and parasites.

Natural Factors 100% Natural Chewable Vitamin C



7.99 90 caps

These 500 mg tasty chewable C wafers are great for kids and adults too! Natural Factors uses only natural sweeteners and flavours.

Vegan proteins+



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840g

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With Genuine Health's new Vegan proteins+, you get the most complete vegetarian protein formula, derived from all-natural pea, cranberry, brown rice, alfalfa and hemp.

Just one serving provides ALL 8 essential amino acids, 8 vitamins, 13 minerals and 20 grams of dietary protein. Simply add to water, in juice - with no blender required. Natural cocoa flavour.

Did you know? Leading sports nutrition experts like Dr. John Berardi recommend cycling protein formulas every few weeks to avoid developing food allergies. So whether you are vegetarian or not, Vegan proteins+ makes a perfect choice for a leaner, healthier body.

HELP

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Fibromyalgia Syndrome: From Proper Diagnosis to New Treatment Options

By Dr. Danny Jui, ND

What is Fibromyalgia?

Fibromyalgia Syndrome (FMS) is a common clinical syndrome characterized by widespread pain and muscle tenderness often accompanied by chronic fatigue, sleep disturbance and depressed mood. It is the second most common rheumatologic condition in North America, after osteoarthritis.

How is Fibromyalgia Diagnosed?

The exclusion of other medical conditions with similar symptoms is the first step in the proper diagnosis of FMS. Medical conditions such as anemia, blood sugar imbalance, hypothyroidism, rheumatoid arthritis, and Lyme disease among many others need to be thoroughly investigated based on the individual's specific clinical history. The next step is to confirm or exclude the diagnosis of FMS working with a rheumatologist.

What Treatment Options Are There?


Going beyond conventional pharmacotherapy for symptom relief, naturopathic medicine uses evidence-based natural approaches to address the potential underlying causes of fibromyalgia. Current research has identified four main clinical correlations with fibromyalgia: 1) Exhausted or confused immune system 2) Physical trauma at various levels 3) Psychological stress and trauma and 4) Weak or damaged digestive tract. Naturopathic interventions such as essential fatty acids, acupuncture and certain vitamins and minerals have been shown to be beneficial for people recovering from fibromyalgia. The latest research has also placed a positive spotlight on Intravenous Micronutrient Therapy, a treatment which had already received many successful anecdotal reports for treating fibromyalgia. In this

new study, all participants reported increased energy and ability to perform activities of daily living as well as a 60% reduction in pain and an 80% decrease in fatigue at the end of the eight-week treatment period.

What is Intravenous Micronutrient Therapy?

Intravenous Micronutrient Therapy (IVMT) is a high-dose combination of calcium, magnesium, vitamin B-complex, and vitamin C delivered using standard IV techniques, allowing patients to absorb higher concentrations of these nutrients than oral dosages. It is aimed as a way to allow the body to recover optimally by more efficient use of these nutrients. Patients typically receive eight weekly treatments and then are re-assessed.

Am I a Candidate for IVMT?

A complete history, relevant physical exam and baseline lab tests are recommended in order to determine the appropriateness of IVMT for you. There are certain medical or physiological conditions that may prevent you from receiving this therapy. Working with experienced physicians in the area of IVMT and fibromyalgia is an important step to ensuring a proper diagnosis and appropriate treatment options for you and your family. 



Dr. Danny Jui offers comprehensive naturopathic care including Intravenous Micronutrient Therapy as a treatment option for people with fibromyalgia. For more information or references on this article, please visit www.DrDannyJui.com

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New Year, New You! Wellness Series

February 2009

REGISTRATION DETAILS:

Vancouver Seminars: Cost \$10, location - Centre for Peace, 1825 W 16th Ave, Vancouver

Seminars at South Surrey store: Cost \$5, location - 3248 King George Hwy, South Surrey

Cooking classes at South Surrey store: Cost \$15, location - 3248 King George Hwy, South Surrey

Call the number listed next to the event, 8:00am-4:30pm, Monday to Friday. All net proceeds go to local charity.

OUR VANCOUVER SEMINARS ARE BACK:

Wednesday, February 4th, 7:00-8:30pm

Food Talks - But Who's Listening? Six Steps to Sensational Eating, with *Suzanne Kyra, MA, Registered Clinical Counsellor*
The Fireside Room, Centre for Peace, 1825 W. 16th Ave, Vancouver **(604) 736-0009**

Wednesday, February 11th, 7:00-8:30pm

Exploring Human Potential, with *Dr. Alain Desaulniers, BSc, DC*
The Fireside Room, Centre for Peace, 1825 W. 16th Ave, Vancouver **(604) 736-0009**

CHOICES SOUTH SURREY SEMINARS:

Thursday, February 12th, 7:00-8:30pm

Hot and Bothered: Part II, with *Dr. Allison Patton, ND, Mountainview Wellness Centre*
Choices South Surrey **(604) 541-3902**

Thursday, February 19th, 7:00-8:30pm

Reversing Heart Disease with Chelation and Plaques Therapy, with *Dr. Galina Bogatch, ND, Mountainview Wellness Centre*
Choices South Surrey **(604) 541-3902**

Wednesday, February 25th, 7:00-8:30pm

Are You Sick All the Time?, with *Dr. Brian Gluvic, ND, Village Health*
Choices South Surrey **(604) 541-3902**

Thursday, February 26th, 7:00-8:30pm

Heart Sense For Women, with *Lorna Vanderhaeghe, MS*
Choices South Surrey **(604) 541-3902**

COOKING CLASSES:


Monday, March 2nd, 7:00-9:00pm

Heart Healthy Cooking, with *Choices' Executive Chef Antonio Cerullo*
Choices South Surrey **(604) 541-3902**

For more information on all events and speakers, visit our website: choicesmarkets.com

Nutrition Tip: Three Cheers for Chocolate!

Hip hip hooray! A square of chocolate a day just might keep the doctor away! According to research published in the *Journal of the American Medical Association*, a 6.3g serving (approximately one square) of dark chocolate per day may lower blood pressure. Dark chocolate is also rich in magnesium—a mineral that helps to promote heart health and works as a muscle relaxant. Have a nasty cough? Believe it or not, dark chocolate works as a cough suppressant because it contains theobromine which suppresses vagus nerve activity and thus eases coughing. So next time a cough comes your way enjoy a cup or two of homemade cocoa! Loaded with minerals, cocoa is rich in antioxidants that help to fight disease and slow down the aging process. Keep in mind these health benefits only apply to dark chocolate, not white or milk chocolate. When selecting your delectable treat, be sure to choose a high-quality chocolate—preferably fair trade and organic—that contains at least 70% cocoa mass.

Emily McPhee, RHN is available on Fridays at our Kerrisdale location (W 57th Ave), and can be contacted at: emcpc@choicesmarket.com or by phone at (604) 263-4600. 



Visit choicesmarkets.com/nutrition and discover our new heart healthy diet handout!

Kitsilano

2627 W. 16th Ave.
Vancouver
604.736.0009

Cambie

3493 Cambie St.
Vancouver
604.875.0099

Kerrisdale

1888 W. 57th Ave.
Vancouver
604.263.4600

Yaletown

1202 Richards St.
Vancouver
604.633.2392

Choices in the Park

6855 Station Hill Dr.
Burnaby
604.522.6441

Rice Bakery

2595 W. 16th Ave.
Vancouver
604.736.0301

South Surrey

3248 King George Hwy.
South Surrey
604.541.3902

Choices at the Crest

8683 10th Ave.,
Burnaby
604.522.0936

Kelowna

1937 Harvey Ave.
Kelowna
250.862.4864