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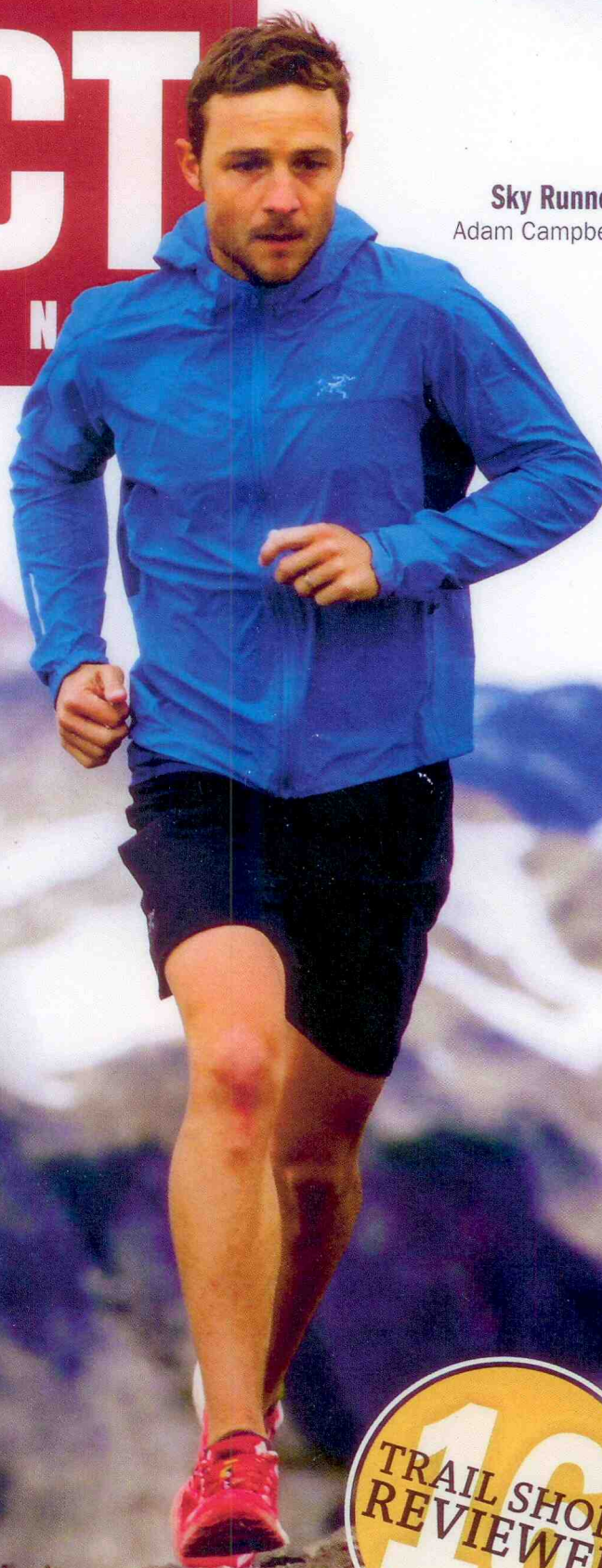
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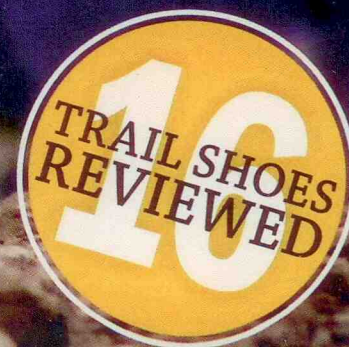
8 PODCASTS
FOR RUNNERS

PLUS IMPACT'S NEW GUIDE TO

**NATURAL
HEALTH PRODUCTS**

THE SUMMER SPORTS ISSUE

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Building Optimal Health and Performance



know how their health could be improved.

know the foods that are rich in all the things that are good for you and our experts will let you know who they believe are the leading manufacturers of the best products available in Canada.

In this IMPACT, Part 1 is about

Good health doesn't happen by chance, it takes knowledge, commitment and inspiration. We hope we can deliver all three.

Guided by the contributions of top supplements experts in Western Canada, IMPACT is embarking on a bold multi-issue project to present information on more than 150 Natural Health Products to let our readers

ADAPTOGENS

FIGHT BACK AT STRESS

BY DR. ROB ROTH



ADAPTOGENS ARE DIETARY supplements and herbal medicines that support the body's response to stress. Typically, this happens at the level of the adrenal glands, two glands atop the kidneys that have important roles in regulating blood pressure, sex drive and stress. Adaptogens help to economize the stress process in the body by affecting the adrenal glands' secretion of cortisol, epinephrine and norepinephrine, hormones crucial in regulating energy and the stress response.

Beyond a frank overfunctioning adrenal gland, medically known as Cushing's Syndrome, and a complete underfunctioning, medically known as Addison's Disease, there is an entire spectrum of adrenal function to be considered that can produce various symptoms and medical ailments.

THERE ARE THREE PRINCIPAL CATEGORIES OF ADAPTOGENS:

TONIC ADAPTOGENS:

These upregulate and heighten the adrenal glands' stress response. Panax ginseng exemplifies this kind of adaptogen. Consult a naturopathic doctor or other healthcare professional to discuss what adaptogens are most appropriate for you.

PURE ADAPTOGENS:

These regulate the stress process by allowing the body to best adapt to stress or economize the stress response. Siberian ginseng could be considered the purest adaptogen.

TROPHORESTORATIVES:

These support the adrenal glands' normal functioning. Often, the adrenal glands are heavily overworked and symptoms of this are generalized fatigue, great difficulty getting up in the morning and the need for lots of caffeine to get going. This state results from longstanding stress that pressures the adrenal glands beyond what it can functionally handle. Licorice root is a great example of this kind of adaptogen.

PANTOTHENIC ACID (VITAMIN B5)

Vitamin B5 plays a crucial role in maintaining appropriate adrenal gland functioning, which enables a healthy stress response for the body.

What it does: B-vitamins are readily depleted under times of stress and chronic stress leads to a weakened adrenal response. Vitamin B5 supplementation has been shown to improve the body's stress response and mitigates antioxidant damage at the level of the mitochondria, the cell and body's system for producing energy, this helps improve energy levels.

Why you might need it: Because stress is as ubiquitous as air in the Western world.

Who shouldn't use this: Individuals who are highly sensitive to supplements. Avoid these in the evening as they can increase the body's energy levels and disrupt sleep.

What if you take too much: Mild transient gastrointestinal disturbance such as nausea, heartburn and diarrhea. These typically do not occur until doses exceed 1 gram daily.

Where to get it: Peanut butter, peanuts, almonds, wheat bran, cheese, lobster. Refining, freezing, canning and cooking food causes losses of B5.

Expert picks: MegaFood Adrenal Strength; AOR Pantethine; AOR Advanced B complex; Intramuscular injections from your doctor.

DESSICATED ADRENAL CORTEX TISSUE (BOVINE OR PORCINE)

Supplementing with the actual tissue from an animal source can prove useful as the tissue itself has most of the cofactors, minerals, vitamins, and hormones needed to support the adrenal gland.

What it does: This type of supplementation and medication is most commonly used with the thyroid gland but the same principles apply to the adrenal gland. Since the gland itself is rich in the nutrients, supplementing with it supports our adrenal tissue, thereby helping to restore its normal function.

Why you might need it: In prolonged stress, multiple nutrients are often necessary to support the adrenal glands because more than

just a single nutrient is required to reinstate health in this organ pair. This is similar to using herbs. Herbs have a complex array of phytonutrients to support the adrenal glands or dysregulated organ in the body. Likewise supplementing with the adrenal tissue taken from a bovine or porcine source can supply a wide array of important nutrients.

Who shouldn't use this: This should only be used when monitored by a healthcare practitioner.

What if you take too much: Overstimulation and potential toxicity of certain nutrients in the body. Because tissue like this has a number of nutrients in it, it becomes difficult to monitor how everything is interacting.

Where to get it: Supplements.

Expert picks: AOR Orthoadapt; Seroyal TAD+.

MAGNESIUM

Magnesium glycinate is more desirable than magnesium citrate as the glycinate is more absorbable and therefore reduces the adverse effect of loose stools.

What it does: Like Vitamin B5, magnesium is an important modulator of the adrenal glands, ensuring this organ system can deliver appropriate stress responses congruent to the stress trigger. Modulating the cortisol response is one way this occurs. Magnesium is also a muscle relaxant.

Why you might need it: Stressed and overworked individuals. People who experience tension headaches and for whom stress results in muscle tension or trigger points. Individuals at risk for a heart attack may also benefit as magnesium can enhance the dilation of blood vessels around the heart and in the rest of the body allowing better blood flow to these areas as well as potentially lowering blood pressure.

Who shouldn't use this: People with low blood pressure.

What if you take too much: Loose bowel movements and diarrhea.

Where to get it: Leafy greens such as spinach, pumpkin seeds, soy beans, avocados, bananas, figs.

Expert picks: Can-Prev; Pure Encapsulations; Douglas Lab Magnesium Glycinate; Bioclinic Naturals; Natural Factors; Preferred Nutrition.

VITAMIN C

This should be taken in a whole food supplement form or augmented in the diet from vitamin C rich foods and not on its own. There is considerable evidence to suggest the health benefits of Vitamin C are diminished, lost and can even have a detrimental effect when taken in an isolated form.

What it does: Prevents oxidative damage due to stress and supports adrenal gland function.

Why you might need it: Improves immune function by increasing white blood cell activity to get rid of bacteria and viruses. Supports a healthy stress response.

Who shouldn't use this: Everybody should take vitamin C.

What if you take too much: Loose bowel movements and diarrhea with doses typically above 4 or 5 grams daily.

Where to get it: Chili peppers, bell peppers, kale, spinach, broccoli, Brussels sprouts, oranges.

Expert picks: MegaFood Complex C; Seroyal; Thorne; Douglas Lab Orange Chew

500mg; INNATE vitamin C 400; Natural Factors.

B-COMPLEX (VITAMINS B1, 2, 3, 5, 9, 12)

B-Vitamins are readily depleted under times of stress and while each B-vitamin plays a unique and critical role in the body they are all useful as adaptogens.

What it does: B1, 2, 3 are primarily responsible for energy production at a cellular level, B5 as discussed above, B9 and B12 are responsible for red blood cell production, which again can improve energy levels during stress.

Why you might need it: If you are suffering from low energy.

Who shouldn't use this: Individuals sensitive to supplements, in particular stimulating supplements.

What if you take too much: Very high doses can cause tinnitus, nervousness and anxiety.

Where to get it: Whole grains, turkey, tuna.

Expert picks: AOR advanced B-Complex; Seroyal Active B-Complex; INNATE B-Complex; Intramuscular injections administered by a doctor.

INTRAVENOUS VITAMIN AND MINERAL COCKTAILS

IV and mineral cocktails bypasses the issue of poorly absorbing digested supplements by administering them directly into the bloodstream. This is particularly important when the digestive tract has impaired absorption due to inflammation and overall poor gut health. Each treatment can be specifically catered to the individual, adjusting dose and adding or removing nutrients based on individual need.

What it does: Provides a comprehensive array of important nutrients and minerals that support the body's ability to manage stress. Supports the adrenal glands, nervous system and immune system. Is often a stronger and more effective medicine when oral supplementation is not providing the necessary health improvements.

Why you might need it: People suffering from prolonged stress that is unresponsive to oral supplementation or that is resulting in more systemic health complications.

Who shouldn't use this: People with allergies to any ingredients in the IV;

IMPACT Magazine Guide to NATURAL HEALTH PRODUCTS

is compiled with the expert assistance of:



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formulating products and educating the public since 2004.



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Dr. Melina Roberts, a naturopathic doctor and clinic director of Advanced Naturopathic Medical

Centre in Calgary, is a leading authority in the field of naturopathic medicine specializing in uncovering root causes of problems treating amateur to professional athletes, digestive issues, hormonal balancing and chronic disease.



Dr. Rob Roth is a naturopathic doctor and herbalist practicing in Calgary. While focusing

primarily on pain management and injury rehabilitation, Dr. Roth also maintains a family medical practice that specializes in difficult to treat conditions.

Potentially, individuals who have a number of drug and supplement sensitivities.

What if you take too much: This treatment needs to be administered by a naturopathic or medical doctor trained in IV nutrient therapy.

Where to get it: Only through a naturopathic or medical doctor.

PANAX GINSENG (ASIAN GINSENG)

Used in traditional Chinese medicine for thousands of years for improving vitality and libido.

What it does: Provides increased resistance to stressors, improving mental function and stamina. Has an effect on the hypothalamic-pituitary-adrenal (HPA) axis leading to its anti-stress action. Saponins present are thought to increase cortisol levels and DHEA in women. Thought to decrease serum prolactin in males leading to increase in libido. Contains ginsenosides which improve immune function by stimulating the production of several types of immune cells. Has some blood sugar lowering properties, but is not as effective as American ginseng.

Why you might need it: If you are suffering from fatigue, mental stress, low libido, depressed immunity, diabetes.

Who shouldn't use this: Do not use during pregnancy or lactation. Caution in those taking coumadin, hypoglycemics (anti-diabetic drugs), caffeine, immunosuppressant medications, MAOI (anti-depressant) drugs.

What if you take too much: Side effects can include insomnia, palpitations, hypertension, decreased appetite, diarrhea, headache, mastalgia, changes in menstruation.

Where to get it: Root of the ginseng plant.

Expert picks: Natural Factors; St. Francis Herb Farm; dispensed herbal products from a naturopathic doctor.

PANAX QUINQUEFOLIUS (AMERICAN GINSENG)

A ginseng species native to North America, traditionally used for medicinal purposes by Native Americans.

What it does: Contains triterpene saponins, ginsenosides, which reduce post-meal blood sugar, possibly by interacting with insulin. American ginseng may be

a more effective blood-sugar stabilizer compared to Panax ginseng. Ginsenosides are thought to be responsible for increasing libido and improving memory through its action on acetylcholine. Contains polysaccharides that improve immune function by stimulating the production of several types of immune cells.

Why you might need it: To address anemia, diabetes, respiratory tract infections, ADHD symptoms, or to improve stamina and athletic performance.

Who shouldn't use this: Do not use during pregnancy or lactation. Caution in those taking coumadin, hypoglycemics (anti-diabetic drugs) or MAOI (anti-depressant) drugs.

What happens if you take too much: Side effects can include intestinal irritation. It's possible that side effects similar to Panax ginseng could occur although it is not documented.

Where to get it: The root of the ginseng plant.

Top Brands: Medi-herb; dispensed herbal products from a naturopathic doctor.

WITHANIA SOMNIFERA (ASHWAGANDHA)

Widely used in Ayurvedic medicine, an ancient Indian medical system. Withania (ashwagandha) is sometimes compared to Panax ginseng for its actions and is considered the Indian Ginseng.

What it Does: Withania reduces inflammation, acts as an antioxidant, modulates immune function, increases stamina during physical activity. Increases resistance to stressful events by reducing stress-induced increases in cortisol. Reduces anxiety by acting similarly to GABA (an inhibitory neurotransmitter). It is also thought to increase thyroid hormone synthesis or secretion, but exact mechanism on the thyroid is unclear.

Why you might need it: To combat stress due to anxiety, fatigue, insomnia, anemia, poor immune function, or during pregnancy. Athletes, particularly if they are anemic or have depressed immunity could use ashwagandha.

Who shouldn't use this: Use caution if you are taking sedatives such as benzodiazepines or anxiolytics, any drugs that suppress immune function and thyroid

hormone medication. Those sensitive to the nightshade family may be sensitive to Withania. Individuals with autoimmune disease should consult a health-care practitioner before use.

What happens if you take too much:

Large doses could cause intestinal upset, diarrhea, vomiting.

Where to get it: Traditionally leaves, bark and root have been used, but now most herbal products will contain Withania root only.

Expert Picks: Medi-herb; AOR; dispensed herbal products from a naturopathic doctor.

GLYZYRRHIZA GLABRA (LICORICE ROOT)

Licorice is widely used in Western herbal medicine, but is also used in Chinese and Ayurvedic medicine.

What it Does: Used for intestinal ulcers, sore throat, gastritis, adrenal insufficiency, bacterial or viral infections, eczema and weight loss. Licorice blocks several inflammatory mediators possibly contributing to its ulcer soothing action. Components of licorice called glycyrrhetic acid inhibit the breakdown of cortisol. This helps when there is insufficient production of cortisol during times of stress. DGL or deglycyrrhized licorice is more often used for the gastrointestinal actions since it has had the cortisol and mineralcorticoid altering component removed, eliminating side effects such as high blood pressure and potassium loss. DGL is not an effective supplement for anti-stress and adaptogenic actions. Licorice has also been shown to lower testosterone levels slightly and impact estrogen levels.


Why you might need it: Stress with adrenal insufficiency (low cortisol), fatigue, fibromyalgia, chronic fatigue syndrome.

Who shouldn't use this: Do not use if you have high blood pressure, cardiovascular or kidney conditions, or during pregnancy and lactation. Use caution if taking anti-hypertensive drugs, corticosteroids, diuretics, estrogens, coumadin.


What if you take too much: Overdose symptoms include high blood pressure, increase potassium loss and water retention.

Where to get it: Root of the licorice plant.


Expert picks: Medi-herb; AOR; Seroyal; Metagenics; Natural Factors; dispensed herbal products from a naturopathic doctor



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RHODIOLA ROSEA (RHODIOLA)

Grows in Arctic and mountainous regions of Europe and Asia. Studied for decades in Russia for its adaptogenic properties.

What it does: Increases resistance to a variety of stressors. Enhances work performance, improves sleep, reduces fatigue, prevents altitude sickness.

Influences levels of serotonin, dopamine and norepinephrine in the brain and has been used to treat depression and schizophrenia. Great for overwork situations and periods of acute stress such as athletic events. Has some cardio-protective effects.

Why you might need it: If you are suffering stress, fatigue, overwork, depression or you want to increase performance, both athletic and intellectual.

Who shouldn't use this: Do not use during pregnancy or lactation.

What if you take too much: Irritability and insomnia can occur at above 2g/day of standardized extract.

Where to get it: Standardized extracts are guaranteed to contain adequate amounts of the most active constituents — salidroside and rosvarin.

Expert picks: Mediherb; Natural Factors; Preferred Nutrition; AOR or dispensed herbal products from a naturopathic doctor.

BETA SITOSTEROL

What it does: Beta sitosterol modulates specific components of the immune system helping reduce inflammation and preventing relapses for patients with autoimmune disease.

Why you might need it: Helps you cope with stress. Benefits and adaptogenic effects include antibiotic, anti-inflammatory, antioxidant, anti-platelet, anti-diarrheal, improved athletic performance, estrogenic effects, immunomodulation and stress reduction.

Who shouldn't use this: Use cautiously if you have a pine allergy due to potential cross reactivity. If you have diabetes, be aware that beta sitosterol may lower blood sugar levels.

What if you take too much: Based on available data, it appears that beta sitosterol is well tolerated in recommended doses.

Where to get it: Beta sitosterol is found in plant-based foods such as fruits, vegetables, soybeans, breads, peanuts and peanut products.

Expert picks: Immunocare; Moducare; Pure Encapsulations.

SUMA

In South America, suma is known as para toda ("for all things"). The indigenous peoples of the Amazon have used suma root for generations for a variety of health purposes, including as a general tonic; as an energy, rejuvenating and sexual tonic and as a general cure-all for many illnesses.

What it does: Used as a general tonic, suma has hormonal effects and was used by Russian athletes to help increase endurance and muscle building. Suma increases resistance to stress from physical, chemical and biochemical factors.

Why you might need it: Commonly used to reduce stress, increase hormone production, reduce inflammation, reduce pain, anxiety, increase muscle mass and to treat sexual dysfunction.

Who shouldn't use this: Possibly unsafe for patients with hormone sensitive conditions or cardiovascular disease.

What if you take too much: Reliable

data regarding the safety of suma is lacking in available literature. The plant is likely safe when used short-term at the recommended dosages.

Where to get it: Suma is a large, shrubby vine that is indigenous to the Amazon basin and other tropical parts of South America.

Expert picks: Nature's Way; New Roots.

REISHI

Reshi has been used in traditional Chinese medicine for more than 4,000 years to treat liver disorders, hypertension and arthritis.

What it does: Recent clinical studies support the use of reshi mushroom to treat cancer, arthritis, hepatitis, heart disease, diabetes, hypertension and renal disorders.

Why you might need it: Promotes longevity through its immunomodulating action. Also leads to improvement of liver function and improvement and restoration of normal respiratory system functioning.

Who shouldn't use this: May prolong bleeding, so avoid if you have bleeding disorders or take anticoagulants. Do not use

during pregnancy or lactation.

What if you take too much: Minor side effects can include rashes and headaches. Safety information is lacking.

Where to get it: Reishi mushroom grows on decaying logs and trees. Active ingredient has not been clearly identified.

Expert picks: Organika; Nature's Way; Purica; New Chapters.

CORDYCEPS SINENSIS

There are more than 300 species of Cordyceps fungus, and many have a long history of medicinal use. In Asian countries, this use dates back centuries. Cordyceps sinensis grows on the larvae of a caterpillar found mainly in China, Nepal and Tibet.

What it does: Although the clinical trials pertaining to cordyceps are usually small and often poorly designed, studies show that the supplement may be useful for fighting cancer, performance enhancement, renal disorders, sexual dysfunction and to modulate the immune system.

Why you might need it: Modulates the immune system: increases the number of

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T helper cells, natural killer cell, blood mononuclear cells and increases the levels of certain immune messengers while prolonging the survival of certain immune cells. Cordyceps affects hormone production, stimulating testosterone production in animal studies. In other studies, cordyceps improved energy metabolism leading to reduction in fatigue and increasing physical endurance.

Who shouldn't use this: Use caution if diabetic as cordyceps can reduce blood-sugar levels. The product can inhibit platelets and may increase bleeding time. Use caution in patients on hormone replacement, given that cordyceps can increase sex hormone production.

What happens if you take too much: Animal studies show the product is exceptionally safe and dosages much higher than those typically used in clinical studies are well-tolerated.

Where to get it: No real food source. Cordyceps appears to have a very specific ingredient profile leading to its clinical effectiveness. Several potential active ingredients including: adenosine, adenine, uracil, uridine, mannitol, beta sitosterol, oligosaccharides, polysaccharides, 18 common amino acids, zinc, potassium, manganese, phosphorus, selenium, vitamin B1, B2 and vitamin E.

Expert picks: Organika; Purica; New Chapters; Now.

ASTRAGALUS

Astragalus (*Astragalus membranaceus*) is a perennial plant native to China and has been used in traditional Chinese medicine for more than 4,000 years. This plant is a type of bean or legume. The medicinal component of the plant is the root.

What it does: Astragalus protects the body from stress and disease and has been used to help build energy and resist disease. It inhibits free radical production. It activates an enzyme that extends the lifespan of DNA. It improves the immune response by potentiating the effects of interferon, which protect us against infections. It lowers blood sugar. Astragalus is an antioxidant, has anti-inflammatory, antibacterial and antiviral properties. It protects the liver.

Why you might need it: Astragalus

is commonly used for preventing and treating colds and flu, treating stress and inflammation in the body, improving the immune system, treating diabetes or hypoglycemia. Can be helpful for individuals with chronic degenerative disease.

Who shouldn't use this: May interfere with organ transplant recipients and immunosuppressive therapy. For individuals with autoimmune disease, astragalus may increase immune system activity. Caution if you take blood-thinning medication, have a bleeding disorder or are taking medication for diabetes.

What happens if you take too much: Side effects include bloating, loose stools, low blood pressure and dehydration.

Where to get it: Typically taken as tincture (liquid alcohol extract) or capsules.

Expert picks: St. Francis; Genestra; MediHerb.

HOLY BASIL (OCIMUM SANCTUM)

Holy basil is a sacred plant native to India and has been used in Ayurvedic medicine for centuries. It has a pleasant aroma. The leaves and stems are used medicinally.

What it does: Holy basil reduces inflammation and protects the body from the harmful effects of stress by reducing elevated cortisol levels. It is an antioxidant, anti-inflammatory, anti-microbial, immune tonic, anti-diabetic and adaptogen. The Holy basil plant is a rich source of vitamin C, calcium, magnesium, potassium and iron.

Why you might need it: Holy basil is commonly used to treat stress, inflammation, colds and flu, as well as treating ringworm and warts.

Who shouldn't use this: Holy basil is not recommended if you are taking blood-thinning medication, or anti-inflammatories such as NSAIDs or acetaminophen, or medication for diabetes. If you are pregnant or nursing, you should not use Holy basil.

What happens if you take too much: Symptoms of overdose include shallow breathing, blood in urine or sputum, mouth and throat burns, nausea, racing heartbeat, seizures and coma.

Where to get it: Medicinally in the form of dried leaves which can be made into a tea, a powder or a capsule.

Expert picks: New Chapter; AOR.

MACA (LEPIDIUM MEYENII)

Maca root has been cultivated as a vegetable crop in the Peruvian Andes for 2,000 years. It is a radish-like root vegetable in the potato family.

What it does: Maca stimulates the pituitary gland, which works to regulate the hormonal system. Maca increases energy, strength, stamina, libido and fertility. Athletes use Maca for increasing strength, energy and stamina. In postmenopausal women, it has been shown to be helpful in increasing energy, decreasing night sweats, hot flashes, depression and anxiety. It is rich in minerals including iodine, a thyroid-regulating mineral.

Why you might need it: Maca root is used for anemia, chronic fatigue syndrome, enhancing energy, stamina, athletic performance, memory, frequent infections, hormone imbalances, menstrual irregularities and menopausal symptoms.

Who shouldn't use this: There is insufficient reliable information about the safety of Maca in amounts greater than used as food, therefore it is recommended not to take Maca when pregnant or nursing. People who are sensitive to nightshade vegetables may be sensitive to Maca. Use caution if patients are taking hormone replacement therapy or contraceptive medication.

What happens if you take too much: Possible side effects include stomach upset, nausea, increased heart rate, heartburn, headaches.

Where to get it: Typically taken as a powder or in capsule form.

Expert picks: Vega Maca Powder; Organic Traditions; Preferred Nutrition.

ELEUTHEROCOCCUS SENTICOSUS (SIBERIAN GINSENG)

Eleutherococcus senticosus is a tall, prickly shrub native to China, Russia, Korea and Japan. It has been used in Chinese medicine for more than 2,000 years. The active ingredient is the root.

What it does: The root has antioxidant properties, is anti-inflammatory, neuroprotective and improves the use of oxygen by exercising muscles. Eleutherococcus senticosus exerts most of its effects through the pituitary-adrenocortical system. Increases resistance to environmental stress by helping the liver detoxify harmful toxins. The active ingredient, eleutherosides, stimulates the immune system to increase immune cells. Contains choline, a brain chemical that can improve mental performance and memory. Contains saponins that inhibit the growth of cancer cells.

Why you might need it: Improves athletic performance, increases stamina and endurance, protects the body against stress-induced illness and fatigue, enhances mental acuity, helpful against chronic infections.

Who shouldn't use this: You should not use Siberian ginseng if you are taking blood-thinning medication, corticosteroids, digoxin, diabetes medication or drugs that suppress the immune system. Safety in pregnancy and nursing has not been established. People with uncontrollable hypertension should be cautious about taking Siberian ginseng.

What happens if you take too much: Possible side effects include insomnia, drowsiness, vomiting, heartache, confusion, irregular heart rhythm, nosebleeds, and/or anxiety.

Where to get it: Typically taken as tincture (liquid alcohol extract) or standardized capsules.

Expert picks: St. Francis Herb Farm; AOR ortho Adapt. ■

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