

# Flourish

HEALTHY BODY, MIND, AND SPIRIT

Balancing  
Sunshine, Safety,  
and Vitamin D

Metabolic  
Syndrome

Act before It's Too Late

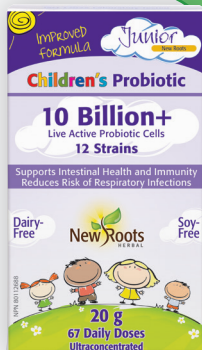
Mosquitoes  
Crashing  
Your Party?

Vol. 8, No. 3 • Free  
Summer 2024



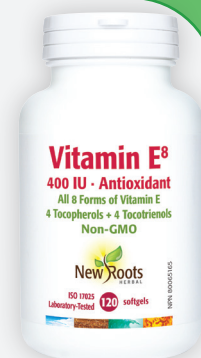
## Children's Probiotics 10 Billion+ · Improved Formula

- Formulated with 12 therapeutic strains to support intestinal health and immunity
- Reduces the risk of respiratory infections
- Refrigerated to preserve lifespan of living cells
- Powder mixes easily into cold foods



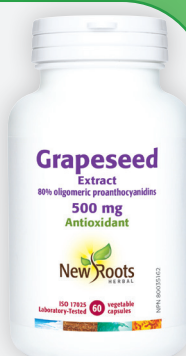
## Vitamin E<sup>8</sup> 400 IU All 8 Forms of Vitamin E

- Delivers over 400 IU of all 8 forms of vitamin E—4 tocopherols and 4 tocotrienols, plus squalenes
- Biologically active, natural, and non-GMO ingredients
- Potent antioxidant for protection from environmental stressors



## Grapeseed Extract 500 mg

- Relieves chronic venous insufficiency-related sensation of swelling, tingling, and heaviness of legs
- Delivers the fierce antioxidant action of 500 mg of grapeseed-sourced proanthocyanidins per capsule, along with 100 mg cranberry-seed concentrate



## Wild Omega 3 EPA 660 mg DHA 330 mg · Lemon Flavour

- For cardiovascular and cognitive health
- Helps reduce serum triglycerides
- Sourced from wild, deep-sea whole sardines and whole anchovies
- Tested in an ISO 17025-accredited lab and fully screened for contamination by heavy metals



## Hair & Scalp For Healthier, Stronger Hair

- Formulated with critical B-complex vitamins that promote productive hair follicles and healthy hair
- Rich in saw palmetto, which inhibits conversion of healthy testosterone to unwanted DHT, thus reducing hair loss
- Beneficial for women and men



## Ultra B Complex 50 mg

- Flush-free formula does not cause facial redness
- Advanced B-complex supplement for the maintenance of good health
- Delivers a comprehensive roster of biologically active B vitamins



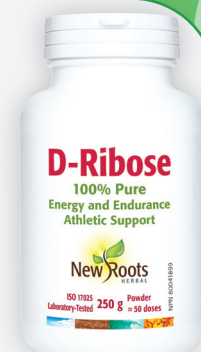
## Glutathione Reduced 200 mg + Vitamin C 50 mg

- Ideal for those worried about environmental toxins
- This reduced form improves bioavailability and absorption
- Recognized as a master antioxidant that neutralizes and prevents free radicals



## D-Ribose 100% Pure

- Driving force for energy and endurance
- Provides athletic support via energy metabolism
- Energizes muscles, including the myocardium



IN PARTICIPATING STORES ON ALL AVAILABLE SIZES

*Sale Ends September 30, 2024*

**NEW! NMN Renew 150 mg**  
**Nicotinamide Mononucleotide**

- Nicotinamide mononucleotide (NMN) is a precursor to NAD<sup>+</sup>
- Metabolically active, in an introductory dose of 150 mg per capsule
- Promotes mitochondrial function
- Improves energy production within cells
- Plays a pivotal role in healthy aging
- Does not have any known interactions with prescription drugs
- Available in 60 capsules, for a total of 9,000 mg per bottle, or 120 capsules, for a total of 18,000 mg per bottle



20%

**NEW! NMN Renew 300 mg**  
**Extra Strength · Nicotinamide Mononucleotide**

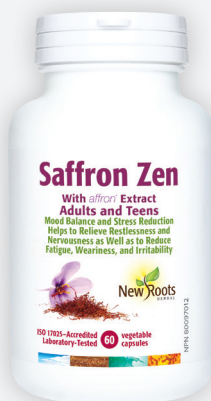
- Nicotinamide mononucleotide (NMN) is a precursor to NAD<sup>+</sup>
- Metabolically active, in extra strength 300 mg per capsule
- Promotes mitochondrial function
- Improves energy production within cells
- Plays a pivotal role in healthy aging
- Does not have any known interactions with prescription drugs
- Available in 30 capsules, for a total of 9,000 mg per bottle, or 60 capsules, for a total of 18,000 mg per bottle



20%

**NEW! Saffron Zen**  
**With Fast-Acting *affron* Extract**

- Formulated with fast-acting *affron* extract, a premium and proprietary saffron extract
- Supports mood balance in adults and teens aged 12 and up
- Reduces the symptoms of perceived or anticipated stressors, such as fatigue, weariness, and irritability
- Improves restorative sleep and sleep quality
- Tested in our ISO 17025–accredited laboratory to be non-GMO as well as gluten-, soy-, wheat-, egg-, corn-, and dairy-free



20%

**NEW! Iron Bisglycinate**  
**35 mg Elemental Iron**

- Helps prevent iron-deficiency anemia (IDA)
- Contains essential B-complex vitamins vital for red blood-cell formation
- Validated potency with a single-capsule daily dosage
- Gentle on the stomach
- Free from gluten, soy, and dairy; suitable for vegans



20%

The Only Canadian-Branded Natural Supplement  
Manufacturer That Tests All Products in an On-Site,  
8,000 sq. ft., State-of-the-Art, ISO 17025–Accredited Lab

# Editor's Letter



Beaming rays of sunshine, green grass, colourful flowers, birds chirping, and spending time with those you care for most. Ask anyone who knows me, and they will attest to summer being my absolute favourite season. After months of frosty cold winter temperatures and spring seasons that are unpredictable at best, summer brings an abundance of magical warmth and happiness.

It's more than just the balmy temperature: It's the opportunities that come with it. Dinner with the family on the deck, walks in the park with your furry companion, a game of tennis with your best friend, or watching an incredible sunset with your special someone.

Given my exceptional love of the season, we have curated some articles to help you make the most of it and cope with some of its less appealing aspects. Discover our contributors' recommendations for keeping cool under pressure, staying well-hydrated, getting ample rest, delighting in summer flavours, and keeping mosquitoes at bay! We'll explore how we can take our health to the next level this summer, feeling and looking our very best, so we can flourish today and well into the summers of our golden years.

Before we know it, we'll be wishing summer could last a few more weeks, even a few more days. So, let's take advantage of bright mornings, sunny days, and mild evenings to make every moment count and have an unforgettable summer!

Happy reading!

Sophia Golanowski, BCom, MBA  
Editor-in-Chief

## Flourish

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A naturopathic doctor graduate from CCNM, dedicated to helping individuals live their best lives through mind-body connection.



### Jill Northrup, ND

A Toronto-based naturopathic doctor passionate about evidence-based naturopathic holistic care.



### Patricia Wu, ND

Serving the South Delta, BC, community with a naturopathic practice focusing on brain health and happy aging.



### Annick Moffatt, ND

With more than 20 years of experience in the health domain, she brings a holistic approach to health problems.





06



13



19



27



33



36

# Table of Contents

- 06 Saffron (*Crocus sativa*)**  
An Ancient Herb for Everyday Health

---

- 09 Blue Zones and the Evidence-Based Practices Associated with Longevity**

---

- 13 Next-Level Health with an ND**

---

- 16 Mosquitoes Crashing Your Party?**

---

- 19 Balancing Sunshine, Safety, and Vitamin D**

---

- 22 Sea Buckthorn Berry Oil**  
Your Secret Weapon for Sensitive, Dry, or Reactive Skin

---

- 24 Metabolic Syndrome**  
Act before It's Too Late

---

- 27 Resetting your Circadian Rhythms**

---

- 30 Eating with the Seasons**

---

- 33 Creative Ways to Drink More Water**

---

- 36 Culinary Corner**

---

- 39 Ask Gord**

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