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 VIRGINIA is Master Hypnotherapist and Reiki Master
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[HOME](#) | [ABOUT](#) | [ADVERTISING RATES \(PRINT/ONLINE\)](#) | [SUBSCRIBE](#) | [CONTACT US](#) | [ARCHIVES](#) | [TELL A FRIEND](#)

 Search

FEATURES

- ▶ [Service Directory](#)
- ▶ [Classifieds](#)
- ▶ [Calendar of Events](#)
- ▶ [Banish Back Pain](#)
- ▶ [Healing Heart Disease](#)
- ▶ [Top 10 Secrets of 100% Healthy People](#)
- ▶ [Detoxing A Nation of Addicts](#)
- ▶ [Heart Healthy One-Pot Meals](#)

ARTICLES

- ▶ [Community News](#)
- ▶ [Homeopathy for Happiness](#)
- ▶ [Chinese Medicine for Common Childhood Complaints](#)
- ▶ [Traditional Chinese Medicine for Migraine Headaches](#)
- ▶ [The Relaxation Response](#)
- ▶ [Book Reviews](#)
- ▶ [Healthy Product News](#)

COLUMNS

- ▶ [Kim Elkington](#)
Everyday Sacred Journeys
- ▶ [Julia Woodford](#)
Letter from the Editor — Uncut
- ▶ [Jollean Schaffer](#)
Sun Sign Predictions
- ▶ [Conscious Living](#)

Healthy Product News

January 2010 [Articles](#)



At the Heart of It: femMED Helps Women Protect and Strengthen Their Heart

Each year, more women die of heart disease than all cancers combined. It's a common misconception that heart disease primarily affects men. In reality, women are more likely to live with the disease without knowing it, die from the disease, and suffer heart attacks that go undiagnosed by

the medical community.

That's where femMED's Heart Health comes in. Loaded with nutrients and antioxidants, as well as Omega-3 fatty acids and Coenzyme Q10, this specifically formulated supplement helps support various aspects of heart health. The fact is that women of all ages need to be proactive about protecting the health of their heart.

"I believe there is a strong role for nutritional supplements, along with a comprehensive lifestyle approach, to help women reduce their risk of heart disease," said Sherry Torkos, pharmacist, fitness instructor and author of *The Canadian Encyclopedia of Natural Medicine*.

femMED is a women's-only natural vitamin line and recently launched Heart Health just in time for February's Heart Health Month. This formula contains clinically studied ingredients that help reduce blood pressure, cholesterol and inflammation – all key risk factors involved in heart disease.

"Being proactive about cardiovascular health and knowing

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- ▶ [Viki Mather](#)
Up North and Off the Grid
- ▶ [Astrology By Robin Armstrong](#)

GUIDES

- ▶ [2009 Getaway Guide](#)
- ▶ [2009 Guide to Organics](#)

LINKS

- ▶ [WHOLE LIFE EXPO](#)

the warning signs could mean the difference between life and death,” said Shawna Page, founder and CEO of femMED.

Key supplemental ingredients in this formula that support heart health include:

- Fish oil provides omega-3 fatty acids (EPA and DHA) that offer many benefits for heart health by lowering cholesterol, preventing clotting and reducing inflammation. Numerous studies have shown that supplementing with fish oil can reduce the risk of heart attack and stroke. There are side benefits with fish oil – it is good for the health of your skin and brain.

- Coenzyme Q10 is a potent antioxidant that is involved in energy production in the heart. It supports the heart muscle, protects LDL cholesterol from oxidizing and helps lower blood pressure. Q10 is also beneficial for the health of your gums and immune system.

About femMED: This is the first user-friendly, mass channel retail brand of comprehensive supplements designed specifically for women, providing simple solutions for their most common health concerns. Colour-coded and easy-to-identify solutions in 13 formulations make it easier than ever for women to take control of their health. femMED’s line of natural, doctor-formulated solutions is designed to address the needs of women at every stage of life. Each product uses only the highest quality natural ingredients – each one is backed by extensive research and clinical studies, and is designed to work safely on its own or in combination with each other to achieve multiple health goals. femMED products are free of fillers, artificial flavours, colours, sweeteners and preservatives, and are delivered in vegetable capsules.


All products are produced in a Canadian pharmaceutically licensed facility. All formulas are \$29.95 and are available at major retailers across Canada or online at www.femmed.com.



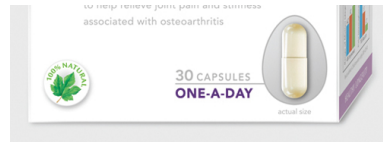
Genuine Health Introduces fast joint care+ for Pain Relief and Repair

According to the Centers for Disease Control, one in three North Americans

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suffers from swelling, pain or stiffness in their joints.

Now Genuine Health is introducing fast joint care+ with a unique blend of naturally occurring ingredients including glucosamine, chondroitin, fucose, hyaluronic acid (HA) and a Type I collagen – all essential nutrients for proper joint health and flexibility.

As the human body ages, these nutrients diminish, which can lead to tissue degeneration and pain, such as that experienced in osteoarthritis. A daily oral ingestion of only one 500mg capsule of fast joint care+ supplies the body with the blend of ingredients needed to provide fast relief from pain associated with many arthritic, connective tissue or other joint conditions.

In one of the clinical studies, patients showed a 25% improvement in pain within seven days of supplementation, and by 30 days there was a more than 50% reduction in pain. More than half of the patients were 100% pain-free by 30 days.

There are no known adverse side effects to fast joint care+. It's 100% natural and has a low risk of allergic reactions, as compared to shellfish-based glucosamine products.

Natural eggshell membrane (NEM®) contains essential nutrients including hyaluronic acid, collagens (type I, V, and X), glucosamine, chondroitin and many others.

Athletes or individuals involved in hard physical activity that continually put excessive stress on their connective tissues and joints may find an increased rate of this natural aging process. fast joint care+ with NEM® is truly food for the joints. It contains natural substances that should replace these components in your body to improve the quality of your connective tissue and joints.

Genuine Health is a Canadian-based company. Its vision is to provide the most superior products for a healthier and happier life. Genuine Health looks forward to an exciting future of helping more and more Canadians achieve the healthier, vibrant lives they are seeking – naturally.

fast joint care+ can be found at health food stores, pharmacy and grocery stores. The 10-day package is \$14.99; the 30-day package is \$33.99. For information on Genuine Health's full line of products visit

www.genuinehealth.com.



Nasal Cleansing System Defends Against Flu Viruses

With worldwide concern surrounding flu and cold viruses including H1N1, Med-Systems Inc. offers Canadians an ancient practice revived by modern science to defend against respiratory ailments and infections - the all-natural nasal cleansing system Sinu Cleanse®. This system works by flooding the nasal passage with an all-natural warm saline solution, preventing harmful bacteria from infecting the nasal area and acting as a preventive measure against viruses.

"The SinuCleanse nasal cleansing system is a time-tested, clinically proven method to protect yourself against the cold and flu season," explains SinuCleanse creator Dr. Diane Heatley, an ear, nose, and throat doctor at the University of Wisconsin-Madison.

SinuCleanse was first developed in 1997 by Dr. Heatley, who was introduced to the ancient concept of nasal cleansing by a colleague. Nasal washing, or jala neti ("water cleansing") as its referred to in its original Sanskrit form, has been used for centuries in India as daily protection from cold and flu viruses, sinus infections, and allergies. The product, known to many as a neti pot, has taken the U.S. by storm and is now widely available in Canada.



precautionary measures with your sinus health, this year especially."

"This is an effective, naturopathic way of helping prevent the onset flu viruses," says Dr. Heatley. "Because viruses most commonly enter the body through the nasal passageways, mouth and throat, it's important to take extra

The SinuCleanse® Neti Pot is now available at The Bay, Zellers, Rexall, Loblaws, Pharma Plus and Pharmasave, and includes an unbreakable, plastic nasal washing pot, saline solution packets, and full instructions on how to use the product. Med-Systems Inc. also offers the SinuCleanse

Squeeze™, for those who prefer a more common form of nasal treatment.

Visit www.sinucleanse.com for more information.



A Roadmap to HPV Freedom: Proven Ways to Prevent and Respond to Human Papilloma Virus

Report by Vanessa Benlolo, Bachelor of Biological Engineering

“Cervical dysplasia is an excellent example of what preventive medicine can accomplish because, in almost all cases, it is a preventable disease.” ~ Dr. Tori Hudson, N.D.

Finding out you have the Human Papilloma Virus (HPV) or cervical dysplasia can feel like a life sentence when your doctor tells you there is no cure. However, you can pave your way to health with the following natural treatment protocols designed by the leading HPV experts in the field.

Naturopathic doctors have been successful in treating patients with HPV, genital warts, and cervical dysplasia through screening, diet and lifestyle changes, nutrient supplementation, and herbal cancer formulas for decades. These protocols provide you with clear steps to follow on your journey to HPV freedom.

HPV is a common name for a group of sexually transmitted viruses that include Genital Warts, Vulvar Dysplasia (VIN) and Cervical Dysplasia (CIN) some of which can lead to pre-cancerous cell changes in the cervix. Cervical dysplasia (or cervical intraepithelial neoplasia, CIN) is the abnormal growth of cervical cells. Dysplasia is classified as mild or CIN I, moderate or CIN II, and severe or CIN III. Dysplastic cells are a result of a local tissue and a general immune health problem. It is important to note that these precancerous cells are not cancer. Cervical cancer occurs when cervical cells become cancerous and is preceded by cervical dysplasia.

Awareness Through Screening

The pap test is used to detect pre-cancerous and cancerous cells by taking a sample or “smear” from the lining of the

cervix. Screening is the most important step in early detection of dysplasias and cervical cancer allowing you to take immediate steps to address your health.

Reducing Risk – Diet and Lifestyle Changes

1) Eat a diet high in fruits and vegetables rich in carotenes such as lutein, zeaxanthin, beta-crypoxanthin and vitamin C.

2) Eat cruciferous vegetables: Indole-3-carbinol found in cabbage, kale, cauliflower and broccoli reduces the carcinogenic metabolites of estrogen metabolism.

3) Drink green tea: there is a growing body of evidence that suggests the flavonoid ECGC may inhibit the development of HPV and cervical lesions.

Immune support is an important part of reversing and preventing the progression of cervical dysplasia. These lifestyle guidelines will help you reduce your risk of contracting HPV and reverse its progression to cervical cancer.

1. Quit smoking – smokers exhibit a 200% to 300% higher incidence of cervical dysplasia.

2. Reduce sexual exposure to HPV by minimizing your number of sexual partners.

3. Practice safe sex: use condoms.

4. Rethink the use of oral contraceptives: women who have used oral contraceptives for five years are nearly four times as likely to develop cervical cancer.

5. Strengthen your immune system by sleeping, exercising, and reducing stress.

Addressing Nutrient Deficiencies

"I have had 100% success in returning dysplasia to normal and keeping tissue normal, with supplements." ~ Dr. Jane Semple, M.A., N.D.

Many who develop HPV or cervical dysplasia are more susceptible to the disease due to specific nutrient deficiencies. These nutrients have been identified through several studies, by both naturopathic doctors and medical doctors alike, as effective in reducing progression of HPV to cervical cancer.

1) Natural Mixed Carotenes: enhance cell-mediated immune response 75,000 IU twice daily or 25,000 – 50,000 IU for prevention

2) Vitamin A: beta-carotene converts to Vitamin A in the liver. 10,000 to 20,000 IU daily for those with liver malfunction.

3) Vitamin E: potent anti-oxidant

4) Selenium and Zinc: anti-oxidant minerals

5) Vitamin C: strengthens the immune system and detoxifies chemical carcinogens. 2,000 – 6,000 mg per day or 1,000 – 2,000 mg per day for prevention.

6) Folic Acid: essential for healthy cell growth – important if using oral contraceptives. 2.5 – 10 mg per day or 800 – 2,400 mcg per day for prevention.

7) Vitamin B12: plays a protective role in decreasing risk of cervical dysplasia. 1,000 mcg per day.

8) Green Tea extract: attacks HPV-infected cells and prevents lesions. 300 mg per day.

9) Indole-3-carbinol/diindolylmethane (DIM): powerful anti-carcinogen found in broccoli. 200 – 400 mg per day.

10) Curcumin: inhibits cell damage and regulates cell division and death. 350 – 500 mg once to twice daily.

11) Dandelion Root: antiviral liver and kidney cleanser.

12) Echinacea: anti-bacterial herb that stimulates T-cell production – not for continuous long term use.

13) Astragalus: increases production of T-cells that target abnormal cells.

14) Reishi Mushroom: immune system regulator.

Papillex is an all-natural formula containing 10 of the nutrients recommended by leading doctors in the field. The key ingredients in Papillex nutritionally support the elimination of genital warts, cervical dysplasia and other HPV related conditions. Papillex is available for \$34.95 per bottle and can be purchased in select Health Food stores across the GTA, and online at www.papillex.com.

Dr. Tori Hudson (2008). Women's Encyclopedia of Natural Medicine. NY: McGraw Hill

Jane Semple (2008). HPV and Cervical Dysplasia: A Naturopathic Approach

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