

# Naturally

## SPEAKING

JULY / AUGUST 2006

Visit us online at [Natures-Pharm.com](http://Natures-Pharm.com)

### Event Calendar

July 12, 6 p.m.

#### Digestive Wellness Lecture

at Nature's Pharm

Join us in a free informational seminar provided by Tracy Hutchinson of Renew Life, The Digestive Care Company. Learn how you can improve your digestion and in turn, maintain your day-to-day health, energy, and mental well-being. Seating is limited, so please call ahead and reserve your spot today.

August 29, 6 p.m.

#### Herbal Well-Being Seminar

Location T.B.A.

Register today to attend a free informational seminar provided by Stuart Tomc, representing North American Herbs. Learn how you may be plagued by the "fungus among us" and what you can do to feel better and have more energy – even eliminate your seasonal allergies! Seating will be limited so please call ahead and reserve your space today.

# Genaslim

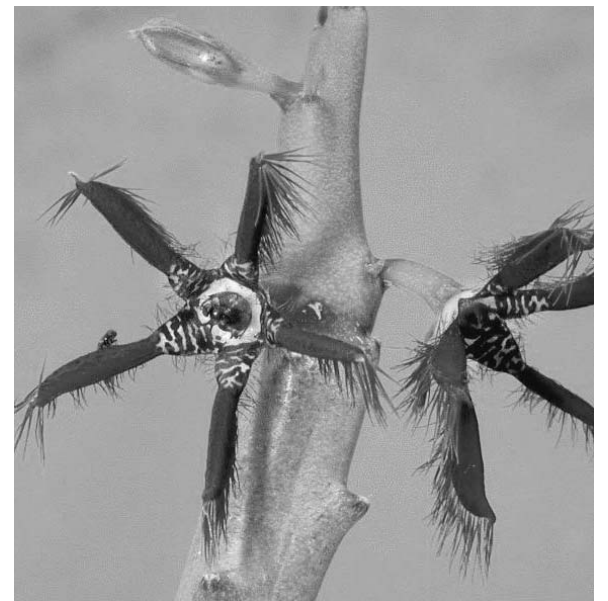
Still having a hard time bearing all at the beach despite your revamped diet and hard work at the gym? It may be time to enlist some help! Caralluma Fimbriata is one of the newest discoveries in the realm of appetite control.

Caralluma Fimbriata, an edible succulent and part of the cactus family, is commonly consumed in India. It is a natural appetite suppressant often used by Indian tribes to suppress hunger when out on long hunting treks. Members of the labor class in India have also used the vegetable to increase their stamina while suppressing their hunger. Pickles and chutneys and other Indian dishes commonly feature the vegetable as a part of the daily cuisine.

The plant extract works to control appetite by blocking a sensor in the hypothalamus, the portion of the brain that controls feelings of hunger and fullness. The glycosides contained in the extract actually create a new signal that the hypothalamus reads as a full stomach.

Not only does Caralluma Fimbriata help with appetite, but it also appears to block fat synthesis through the inhibition of two enzymes (Acetyl Co-A and Malonyl Co-A), thus forcing the body to burn more fat.

Currently, the rights to the Caralluma Fimbriata extract are owned by only one company, Country Life, and can be found in their product called Genaslim. To date, there have been two clinical trials on the extract, which is trademarked as "SLIMALUMA." So far, both trials have shown those taking the extract to have statistically significant decreases in weight, waist circumference, body fat, and hip circumference. Those taking the placebo had no statistically significant decreases in any of the categories. Few adverse reactions were reported.



In addition, three different toxicity studies have been conducted on "SLIMALUMA." Even for very high doses, equivalent to 5 grams per kilogram of body weight, no toxicity was found. The other studies found no mortality or mutagenic effects resulting from the extract.

As a compliment to the Caralluma Fimbriata extract, Genaslim also features green tea extract. Besides being a great antioxidant, research has found green tea to have heat producing, or thermogenic, properties which help increase calorie expenditure.

According to two studies, persons consuming green tea have been found to increase energy expenditure over the course of 24 hours by 4%. In an average person, this equates to about 70 calories.

Although this may not seem like much when it takes 3500 calories to shed one pound, these little bits will add up over time. For example, over the course of one year, this would be equivalent of 8 pounds. Combined with the appropriate diet and exercise, Genaslim has the potential to be a very helpful diet partner. ☺

### Summer Sun Salvation!

1 Supplement your diet with a daily dose of astaxanthin, which supports your skin's ability to protect itself from the sun. Taking just 10 mg a day can help your skin be more resilient to both tanning and burning.

2 Kick your Coppertone and Banana Boat sunscreens to the curb! Although these lotions protect your skin from cancer causing UV rays, they also contain many harsh and potentially carcinogenic chemicals. Invest in a sunscreen containing natural ingredients such as those made by Jason, Alba, or Aubrey Organics.

3 Still got burned? Soothe your skin with an aloe gel and follow with an antioxidant rich vitamin E cream to help fight skin-damaging and wrinkle-promoting free radicals.

# Salba

## A Functional Food Superstar

Move over flax seed, there's a super-food in town. Thanks to the diligent work of research scientists, an ancient power food has made a comeback with even more health benefits than ever.

The now known as Salba, originates from the mint family called Chia and was formally used by the ancient Aztec culture. They valued the grain for its nutritional density which was helpful in providing sustenance to their tribes during long battles or lengthy treks. Unfortunately, the importance of Chia to the Aztec culture was discovered by the Spanish conquistadors who quickly eliminated the crop from South America.



In 1991, the re-breeding process began. After 15 years of traditional breeding and research, the scientists had cultivated a crop of completely white Chia, which happened to also have even more nutritional value than the original grain. Most of the current Salba crop is grown in Peru, where there exists an ideal growth environment. No chemical treatments, pesticides, or genetic modification are used.

The new and improved super-grain is an excellent source of all essential amino acids, and also contains more omega-3 fatty acids and fiber than flax seed. Salba is also very rich in vitamins and minerals including: calcium, iron, copper, magnesium, potassium, phosphorus, and vitamins A and C. An additional benefit is that the grain is completely gluten free.

Current studies on the grain indicate that its consumption could have a significant impact on a wide variety of common

health problems: blood pressure, diabetes, cardiovascular disease, and inflammation. Improvement in each of these areas was seen in participants of a clinical study in 2000. Although the control group followed a similar diet supplemented with a grain of a similar composition to Salba, they had no significant improvements.

In addition to the study mentioned above, several other short and long term studies have been conducted by Dr. Vladimir Vuksan, Associate Professor of Endocrinology and Nutritional Sciences at the Risk Factor Modification Center in St. Michael's Hospital of the University of Toronto.

## Tips for Using Salba

1. Grind the whole grains in a coffee or seed grinder and store in the freezer.
2. Use ground Salba to help thicken gravies, soups, etc.
3. Fortify your baked goods by using 3 parts flour and 1 part ground Salba.
4. Use ground Salba as an egg replacer (1/4 cup Salba = 1 egg).
5. Make a Salba gel by adding 1/2 cup of ground Salba to 2 cups of water. Take 1 tablespoon to 1/2 cup of the gel as a daily supplement or add the gel to yogurt, pudding, hot cereal, or beverages.

One such study found white bread fortified with Salba to have a much lower impact on both blood glucose and insulin levels of the participants. Another longer term study examined the food as a therapeutic addition to the diets of diabetic patients. Patients had no adverse reactions and were found to improve in measurements of blood pressure, fasting blood glucose, and long term diabetes indicators. Researchers and doctors alike may soon consider Salba a revolutionary new therapy for both diabetes and cardiovascular disease. 🍌

## Off the Shelf

### NEW PRODUCTS IN STOCK

#### Earth Shoes

Shoes that not only look good, but feel good too! The unique negative heel technology helps improve your posture and adds the effect of walking on an incline, which boosts your calorie burn. Available in a variety of styles and sizes, including wide widths.

#### Simply Organic Grill Seasonings

Summer is here! Fire up that grill and spice up your dinner with one of several different grill seasoning blends.

#### House Foods Tofu Shirataki Noodles

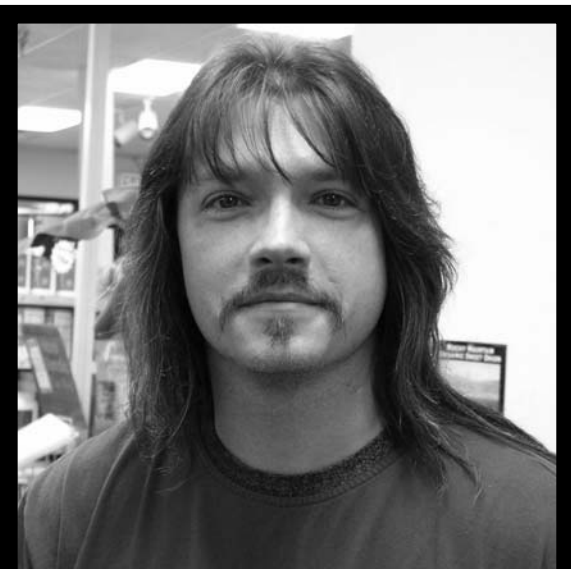
Trying to watch your carbs or just wanting to sneak in some extra protein? Try these low-calorie tofu noodles in your favorite pasta dish.

#### Pure Fruit Technologies Juice

Check out these antioxidant packed powerhouse juices. Just one tasty and exotic ounce a day for better health! Four varieties available: Mango-xan, Goji-Zen, Gac-Chi, and Seabuck-7.

#### Country Choice Organic Snacking Cookies

New, tasty, bite-sized cookies have arrived. Too cute to eat... almost! Available in Chocolate Chip, Vanilla Wafer, Iced Oatmeal, and Ginger Snap.



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### EMPLOYEE of the QUARTER

Congratulations to Larry Hughes!

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**DISCLAIMER:** The information presented in this newsletter is for educational purposes only and not intended to replace professional medical care when required. Always consult a qualified healthcare practitioner for disease diagnosis and therapy.



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Salba

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Genaslim  
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**NATURE'S PHARM**  
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