Gotta eat your fruits and veggies!

PhytoBerry® and VegeGreens® deliver all the goodness of a whole day's supply of fruit and veggies in just two little scoops. They are both highly alkaline, packed with antioxidants and phytonutrients and are an essential part of your daily nutritional strategy.

Available through traditional health food retailers across Canada.

Formulated By / Formulé par Mikhael Adams, B.Sc., N.D.

Mikhael Adams, B.Sc., N.D. has been involved in the development and formulation of vitamin and mineral supplements for over 25 years. Mikhael lectures throughout North America on a variety of wellness related topics and is the co-founder of the Renascent Integral Health Centre.

www.progressivenutritional.com

Go for GABA

Natural support for stress, anxiety, and insomnia

Michael T. Murray, ND

Everyday stress is a normal part of modern living. Work, family, finances, and time management are just a few of the stressors we face every day. For some people, stress can be overwhelming, leading to anxiety and insomnia. Fortunately, there is a safe and effective natural remedy that may help.

GABA (gamma-aminobutyric acid) is a natural calming agent. It is one of the brain’s most important regulators of proper function and neurotransmission. It appears that many people with anxiety, insomnia, epilepsy, and other brain disorders do not manufacture sufficient levels of GABA. While many drugs work by increasing the effects of GABA in the brain, they may have side effects, addictive properties, or may not be suitable for long-term use, whereas natural GABA is both safe and effective—without any known side effects.

Calm and focused

Studies with synthetic GABA have shown that it does not cross the blood-brain barrier very well, leading to the assumption that GABA found in the brain was manufactured there and that supplemental GABA would not increase levels of GABA in the brain. That appears to be the case with synthetic GABA, but not with GABA naturally manufactured from Lactobacillus hilgardii.

Research has shown that GABA increases the production of alpha brain waves (a state often achieved by meditation, characterized by being relaxed with greater mental focus and mental alertness) and reduces beta waves
"Many people with anxiety, insomnia, epilepsy, and other brain disorders do not manufacture sufficient levels of GABA."

(associated with nervousness, scattered thoughts, and hyperactivity).

In Japan GABA is a popular ingredient in functional foods, beverages, and dietary supplements designed to produce mental and physical relaxation without drowsiness. The most popular applications of GABA are found in chocolate and coffee beverages. It is particularly helpful in counteracting the effects of caffeine.

GABA is fast acting. Generally, the effects are felt within 15 minutes and can last from four to six hours.

Natural sleep aid

Clinical studies with GABA have yielded interesting results. One study had subjects who were afraid of heights cross a suspension bridge that spanned a 150 ft. (46 m) canyon. Halfway across the bridge a saliva sample was obtained. Typically, during times of stress the level of secretory IgA (an important antibody in saliva that helps fight infection) drops, sometimes precipitously. This happened when the subjects were given a placebo, but not when they were given GABA.

Another GABA study demonstrated improved sleep quality. Feeling refreshed and ready to tackle the day requires us to achieve and maintain deep levels of sleep for a sufficient time. Conventional sleeping pills can inhibit deep sleep and disrupt normal sleep patterns, causing people to wake feeling as tired as when they went to bed. Not so with GABA.

Michael T. Murray, ND, serves on the Board of Regents of Bastyr University. Author of more than 30 books on nutrition, Dr. Murray is director of product development for Natural Factors.