



ecotrends

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Motherlove®

LINE EXTENSION | SUPPLEMENTS

MOTHERLOVE

www.motherlove.com

INTRODUCING MOTHERLOVE'S GOAT'S RUE SUPPLEMENT

For over a generation, Motherlove Herbal Company has helped women discover the bond between motherhood and Mother Earth with their line of herbal products for pregnancy, birth, baby, and breastfeeding, formulated to nurture both body and soul. Recommended by lactation consultants and healthcare providers, and best recognized for their More Milk Plus liquid breastfeeding supplement and organic Nipple Cream, Motherlove is the trusted industry leader for safe and effective lactation support products.

With Ecotrend Ecologics as their exclusive distributor in Canada, Motherlove is pleased to announce a line extension in 2018. To meet popular demand from consumers and practitioners alike, Goat's Rue is now available in a 120-count bottle in the same proprietary liquid vegetarian capsules for which Motherlove is known. As opposed to a tea or dried herb capsule, a tincture or liquid capsule is the most potent way to take an herb. Liquid supplements retain their high potency and freshness over a greater period of time, resulting in a longer shelf life. Additionally, liquid extracts do not contain any fillers or binders, so they are immediately absorbed into the body.¹



Goat's rue, an herb native to the Middle East, was first discovered to support lactation by a dairy farmer named Gillet-Damitte in 1873. After feeding his dairy cows goat's rue, he discovered that their milk production increased between 35-50 percent.² Although the exact science behind how goat's rue supports lactation is not yet thoroughly understood, it is believed that goat's rue helps stimulate the development of mammary tissue.

Motherlove sources their certified organic goat's rue from reputable vendors throughout the world, as well as from their own certified organic farm in northern Colorado.

While there are many reasons why a mother could be experiencing low milk supply,

such as a recent return to work or a baby's poor latch, Goat's Rue is recommended for women with low milk supply who could benefit from an increase in mammary tissue. As such, Motherlove recommends Goat's Rue for:

- Women who did not see an increase in their cup size during pregnancy;
- Mothers who have had past breast surgeries;
- Mothers with hormonal imbalances, such as PCOS (polycystic ovarian syndrome)³; and,
- Adoptive moms who intend to breastfeed.

Of note, when taken in large doses, goat's rue may lower blood sugar. Therefore, it is recommended that insulin-dependent diabetics consult with their healthcare provider before taking this herb.⁴

Motherlove's introduction of Goat's Rue into the Canadian market via Ecotrend Ecologics allows more women the opportunity to successfully breastfeed and provide healthy nourishment to their little ones, contributing to the bond between mothers and their babies.

For more information on Motherlove, or if you have any questions about their products, please visit motherlove.com.



Kathryn Higgins, Motherlove's founder, harvesting goat's rue at their certified organic farm

Sources:

1. Gagnon, Daniel J. *Liquid Herbal Drops in Everyday Use, 4th Edition*. Botanical Research and Education Institute, 2000.
2. West, Diane, and Lisa Morasco. *Making More Milk*. McGraw Hill, 2009.
3. Huggins, Kathleen. *The Nursing Mother's Companion*. The Harvard Common Press, 2010.
4. Mills, Simon and Kerry Bone. *The Essential Guide to Herbal Safety*. Elsevier Churchill Livingstone, 2005.



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LINE FOCUS | SUPPLEMENTS

DOCTOR'S CHOICE

www.doctorschoice.ca

CLAW-OCHMB: DESIGNED TO SAFELY PULL HEAVY METALS AND CALCIUM DEPOSITS OUT OF THE BODY

We live in a toxic environment. However, it is easy to forget just how toxic our surroundings are. Take lead, for example; although this toxic metal is naturally occurring in the earth's crust, it has also been used heavily in day-to-day life. Here are some examples:

- Mining
- Manufacturing
- Recycling
- Pigments
- Paints
- Stained glass
- Ammunition
- Toys
- Drinking water (using lead pipes or lead solder)

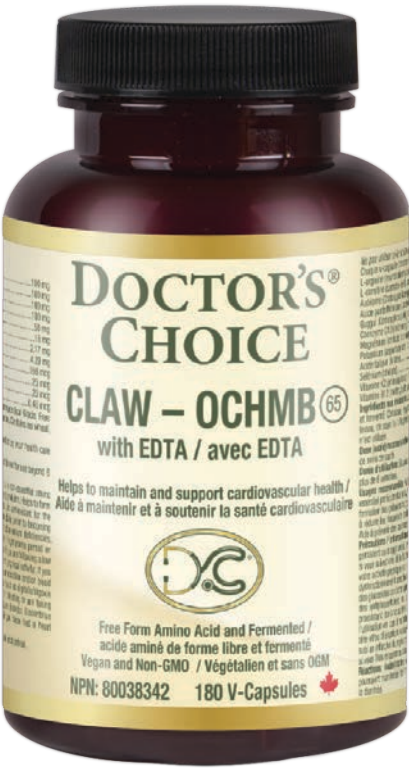
Although Flint made the news previously for lead poisoning in the city's drinking water, in 2016, Reuters obtained results for 34 states and the District of Columbia. Out of those, 3,810 neighbourhood areas had lead poisoning rates at least double those found in Flint. A 2016 study also confirmed the devastating effects of not only lead, but also other heavy metals on childhood development. Chelation-especially chelation with EDTA-is recognised as a powerful detox from heavy metals.

Dr. Gervasio Lamas, a Harvard-trained cardiologist, once scoffed at a patient's request to consider chelation therapy for his cardiac condition. However, upon further consideration, even Dr. Lamas was bothered by how quickly he had discredited something he had not investigated, and he set about to remedy that. Seventeen years later, Dr. Lamas made the study a reality, despite encountering a great deal of professional and financial hardship to do so. The results of the \$30 million double-blind study, released in 2013, were intriguing: the chelation group had an 18 per cent reduced risk for heart attack, stroke, hospitalization for angina, or the need for bypass surgery. The real standout result was in those with diabetes—a 41 per cent reduction in recurrent heart events, and a 43 per cent reduction in deaths. Dr. Lamas published his findings in the Journal of the American Medical Association, and is currently preparing for a second follow-up study.

Chelation is normally done with IV, but Doctor's Choice has developed a more user-friendly product that puts chelation in a capsule. CLAW-OCHMB combines EDTA with a synergistic blend of medicinal ingredients designed to safely pull heavy metals and calcium deposits out of the body—all in a V-capsule. We have 2 key recommendations

with CLAW: 1-Use one bottle per every 10 years of life. So, for example, a 40-year-old would use 4 bottles back to back, and then to be repeated every 5 years. 2-Be sure to also take a high-quality multi-mineral blend with K2, such as Opti-Cal/Mag Complex. Because CLAW depletes all minerals from the body both organic and non-organic, it needs to be replaced (with a high quality multi-mineral) to minimize mineral depletion symptoms such as joint pains and toothaches.

We may live in a toxic environment, but with the power of CLAW-OCHMB, we do not have to live with the effects of it.



Sources:

- Report finds 3,810 US areas with lead poisoning at double Flint's rate, <http://www.businessinsider.com/lead-poisoning-remains-potent-in-communities-around-the-us-2017-11>
- Lead Poisoning and Health <http://www.who.int/en/news-room/fact-sheets/detail/lead-poisoning-and-health>
- Association of blood heavy metals with developmental delays and health status in children, <https://www.nature.com/articles/srep43608>
- Chelation for Coronary Heart Disease, <https://nccih.nih.gov/health/chelation>



LINE FOCUS | SUPPLEMENTS

ENZYME SCIENCE

www.enzyscience.com

IMPROVING DIGESTION THROUGH ENZYMES

Millions of people experience occasional digestive difficulties, which may include gas, bloating and occasional heartburn. At the very least, these symptoms may be uncomfortable, but for many, these symptoms are a challenge.

To better understand digestive distress, it is important to understand the role that enzymes play within the digestive system.

With the first bite of food, enzymes go to work. Amylase enzymes found in saliva break down starches into simple sugars. As food progresses through the digestive tract, other enzymes take part. Protease (which digests proteins), lipase (which breaks down fats), and cellulase (which breaks down cellulose, a type of fiber), work to further break down food. All enzymes have a specific function within the body determined by their unique shape and composition.

Many individuals experience digestive distress when there simply aren't enough enzymes to completely break down a meal. Gas and other symptoms are created as poorly digested food quickly begins to ferment.

Enzyme deficiencies occur when there aren't enough enzymes to break down food. Some individuals may be genetically pre-disposed towards enzyme deficiencies, but for others, factors like age, diet, and lifestyle can play a significant roll. If you've heard the phrase "I just can't eat like I used to," an enzyme deficiency may be developing with age.

Casein, gluten and phenols are generally the most common food intolerances. Food intolerance is caused by a deficiency in the enzyme specific to breaking down a food group.

Enzymes are produced within the body, and also contained in the foods we eat. They are also sensitive to temperature, so when food is cooked, the enzymes contained within are destroyed. This is one of the reasons why incorporating raw food into an every day diet is crucial.

Because it isn't always ideal (or desired, depending on the individual) to eat a completely raw diet, many consider enzyme supplementation. Those with specific food intolerances can purchase enzyme products that are focused on the digestion of intolerant foods. Others, who want more complete digestive support can take a product designed to break down the entire meal. Both types of

products may be beneficial for digestive distress.

When choosing an enzyme product, look for one containing blends of enzymes. The best products on the market will optimize enzymatic activity by blending different strains of the same types of enzymes, for maximum effectiveness across the wide range of pH levels throughout the body. Also, make sure that the products you choose are free of excipients and any fillers. There is no need for these ingredients, and products are available that do not contain them.

Three go-to products to consider are:

Critical Digestion™ – a high-potency formula containing a blend of powerful enzymes optimized for maximum digestive efficiency. *

Complete Digestion™ –a supplement for individuals with moderate digestive difficulties, providing excellent support to break down the entire meal. *

Intolerance Complex™ –a full spectrum digestive enzyme formula to address multiple food intolerances.*



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to place your order.

Sources:
¹CN Jacobsen, VR (Nov. 1999) Screening of Probiotic Activities of Forty-Seven Strains. *Applied and Environmental Microbiology*, 4949-4956.
²Ibid.
³Sahadeva, RI. (2011) Survival of commercial probiotic strains to pH and bile. *International Food Research Journal*, 1515-1522.

Flora 20-14™ Ultra Strength
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Recommended Use: Take 1 capsule per day, at least 2-3 hours before or after taking antibiotics.
Usage Recommandé: Prendre 1 capsule par jour, au moins 2 ou 3 heures avant ou après la prise d'antibiotiques.

Medicinal Ingredients / Ingrédients Médicinaux (1 capsule contains / 1 capsule contient):	
Proprietary Flora Blend / Mélange Breveté Flora	20 Billion CFU* / 20 Milliards CFU*
<i>Bifidobacterium lactis</i>	
<i>Lactobacillus acidophilus</i>	
<i>Lactobacillus casei</i>	
<i>Lactobacillus plantarum</i>	
<i>Lactobacillus rhamnosus</i>	
<i>Lactobacillus salivarius</i>	
<i>Lactobacillus brevis</i>	
<i>Lactobacillus bulgaricus</i>	
<i>Lactobacillus gasseri</i>	
<i>Lactococcus lactis</i>	
<i>Bifidobacterium longum</i>	
<i>Bifidobacterium bifidum</i>	
<i>Bifidobacterium infantis</i>	
<i>Streptococcus thermophilus</i>	
◆ colony forming units / unités colonisatrices	

Non-medicinal ingredients: Cellulose (protective coating), L-Leucine and Silica.
Ingrédients non-médicinaux: Cellulose (enrobage protecteur), L-Leucine et Silice.

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- Source de probiotiques.

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Garder au froid ou congelé pour en maintenir la puissance.

Formulated by Dr. Tori Hudson
Naturopathic Physician

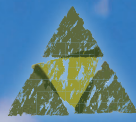


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Our Mission

Provide alternative health information and quality natural products to help you make choices for a healthy life and a healthy planet.

Our Pledge

Climate Smart Certified & bullfrog powered.
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