



THE herbcentre
CLINIC • DISPENSARY • CAFÉ

Nutrition

In 2014, we conducted a Health Survey at The Herb Centre assessing nutrition, energy, sleep, and well-being. The survey's results have led us to highlight potential causes and solutions using natural medicines.

Eating Habits

- Meal size: Follow palm portion rule
- Nutrient awareness: Are we really eating as well as we think we are?
- Food restrictions: Linked to nutrient deficiency
- Skipping meals: Connected to blood sugar deregulation
- Eating slowly and sitting down: Promotes healthy digestion

Balanced Diet

- Proteins: Quality, regularity, adequate amounts
- Carbohydrates: Complex quality carbs
- Fats: Adequate omega 3 & 6

Nutrient Profile & Deficiencies

- Fruit & vegetable intake: Fibre, vitamins & minerals, phytonutrients
- Good quality food: Fresh & seasonal, quality protein, minimal processing
- Fluid intake

Beneficial Nutrients & Herbs to Consider:

- Vitamins & minerals: B Vitamins, Vit C, Vit D, Chromium, Magnesium, Multi, Iodine
- Others: Protein powder, Tyrosine, Tart Cherry Juice, Evening Primrose Oil, 5-HTP
- Herbs: Gymnema, Black Cohosh, Dong Quai

Testing & Handouts Available

Vitamin & Mineral handout	Blood glucose test
Protein & Iron handout	Zinc taste test
Food Diary	Live blood analysis
Healthy Eating handout	Serum ferritin & B12
Gastric acid test	

Come talk to our practitioners in our Store or Clinic to discuss how the high quality nutrients and herbs outlined above might help you. Reviewing your medications, lifestyle, health history, and current symptoms will help us find the right support for you. We may also provide handouts or recommend testing.



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Natural Support for Sleep

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Getting to Sleep - Onset Insomnia Influence

- Anxiety & busy mind
- Muscle tension & lack of relaxation
- Hormonal considerations including menopause and pregnancy
- Eating too late or type of foods eaten at night
- Stimulant intake – tea, coffee, energy drinks, chocolate, alcohol
- Bedtime routines & shift work

Staying Asleep - Maintenance Insomnia Influences

- Depression
- Sluggish liver function
- Low blood sugar
- Sleep environment - noise, light, disturbances
- Hormonal considerations including menopause, pregnancy & prostate
- Bedtime routines & shift work

Beneficial Nutrients & Herbs to Consider: Magnesium, B Vitamins, Chromium, Passionflower, Chamomile, Valerian, Kava, Hops, Lavender, Dandelion root, Globe Artichoke, Gymnema, St Johns Wort, Tart Cherry Juice, 5-HTP, Tyrosine & Iodine, Dong Quai, Black Cohosh, Evening Primrose

Lifestyle Habits

Establish a healthy sleep routine; regular meals, exercise & relaxation

Testing, Handouts & Questionnaires Available

Mood & stress questionnaire	Blood tests for hormones
Food diary	Blood glucose test
Sleep protocol	

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Natural Support for Energy Levels

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Stress: Adrenals & Mood

- B vitamins, Vitamin C, Magnesium
- Ginsengs
- Relaxation
- Exercise

Eating Habits: Blood sugar regulation & nutrient deficiency

- Chromium, B vitamins, Magnesium
- Gymnema
- Multi Vitamin & Mineral
- Protein

Mood: Seasonal Affective Disorder & underlying anxiety or depression

- 5HTP & Vitamin D
- Tart Cherry Juice
- Magnesium & B Vitamins
- Passionflower & Chamomile
- Exercise

Hormonal: Thyroid, adrenal & male or female hormone function

- Tyrosine & Iodine
- Withania & Ginseng
- Magnesium & B Vitamins
- Black Cohosh & Dong Quai
- Evening Primrose Oil

Testing & Questionnaires Available

- Thyroid temperature charting
- Blood glucose test
- Cortisol test
- Hormone profile
- Mood & stress questionnaire
- Blood pressure
- Live blood analysis
- Serum ferritin & B12

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