

Health Solutions

For everyday living

Why Finlandia?

We know what works. For over 30 years, we have been integrating allopathic and natural medicines, providing you with a comprehensive range of healing options. We are pleased to offer the following quality products and services:

- The largest selection of vitamins, herbal and natural medicines, and the most comprehensive homeopathic dispensary in Western Canada;
- A full service pharmaceutical dispensary;
- A comprehensive medical herbal dispensary;
- Private health and wellness consultations;
- Breast thermography screening (appointment required).
- Bio-identical hormone replacement;
- Detox centre (including detox kit consultations, ion cleanse, private infrared sauna, lymph drainage, and dietary recommendations);
- DEXA bone scan (appointment required).

Our friendly and skilled health professionals maintain comprehensive knowledge in the areas of:

- Naturopathic medicine
- Traditional Chinese Medicine (TCM)
- Homeopathy
- Vitamin & mineral therapy
- Massage
- Yoga

For more information, please visit our website: www.finlandiahealth.com

The Power of Whole Herbs

Throughout the ages, man has relied on the medicinal properties of plants to soothe and heal.

Although many of today's pharmaceuticals have their origins in plants, the process of isolating one or two active ingredients diminishes the overall benefits of the whole plant.

Phytochemistry (natural chemicals that make up plants) is varied and complex. Since there are often 300 or more chemicals within each plant that contribute to its therapeutic action, it makes little sense to isolate those that *appear* to be the most beneficial. Throughout the plant kingdom, phytochemicals work synergistically, for example bioflavonoids almost always accompany vitamin C, and aid its ability to strengthen and protect.

The entire chemistry of a specific plant works

together in harmony and synergy to balance all of the therapeutic actions of that plant. If one chemical has a strong action, another will balance that action.

Human beings have evolved side by side with the plant kingdom. When we ingest the whole plant, our bodies know exactly how to process and utilize the plant's unique chemistry to



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Herbal formula of the month

Reducing cravings and anxiety

Do you find yourself craving certain foods and beverages? Are these cravings worse when you are feeling anxious and stressed?

Cravings are one of your body's ways of telling you that something is not quite right. It's important that you don't ignore cravings as they provide valuable insight into your physical and emotional health and well being.

When we are stressed, the nervous system and adrenal glands must work harder to maintain balance in the body (homeostasis). Since this state of balance is crucial to survival, the body often responds to stress by initiating anxiety and associated cravings, in an attempt to supply the nutrients that promote physical and emotional stability.

Reducing anxiety leads to calmer adrenal glands and fewer cravings for unhealthy comfort foods and stimulants.

Nourishing the nervous system with **Finlandia Pharmacy's Nerves/Cravings formula** will help calm the emotions and allow the body to naturally re-establish its state of balance. (This will, in turn, lead to the desire for healthy and natural options instead of unhealthy stimulants.)

Finlandia Pharmacy's Nerves/Cravings formula contains the following healthful herbs:

Blue Vervain to remedy fatigue and relieve tension and stress;

Borage to help restore adrenal function and reduce mental/emotional stress;

California Poppy to relax the nerves and relieve depression, pain and insomnia;

Damiana to stimulate the central nervous system, increase energy, and relieve depression;

Linden to enhance the immune system, the heart and arterial system;

Milky Oat Seed to improve stamina, tone the brain and heart, and restore proper nerve function. This ingredient is particularly helpful in managing withdrawal symptoms from tobacco, alcohol and other addictions, and for headache, tension and irritability;

St. John's Wort to reduce anxiety, depression due to stress, physical or emotional shock; and selected

Bach Flower Remedies to increase confidence, address deep fear states and provide continuing support for behaviours associated with cravings.



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soothe and heal. Once the whole plant is ingested, our bodies also derive benefit from the plant's energy, which is added to our own.

By contrast, when we ingest an incomplete isolate (i.e. a component taken "out of context"), the body must use up energy to determine how best to deal with this unfamiliar single component.

This rationale also applies to standardized extracts where we—not the plant—have determined what the active ingredient is (and why Finlandia Pharmacy utilizes percolated fluid herbal extracts in its herbal formulations).

What are percolated extracts?

The two primary extraction methods are percolation and maceration. Both use solvents to remove the desired constituents from the plant.

Maceration involves soaking and agitating the solvent and plant materials together. The solvent is then drained off. The remaining extract is removed from the plant material by pressing or centrifuging. This method does not completely extract the active ingredients from the plant materials.

Percolation involves moistening the plant material with the solvent and allowing it to swell. Once the plants have absorbed the solvent, they are placed in one of a series of percolation chambers (cones). The plant material is repeatedly rinsed with solvent until the active ingredients have been removed. The solvent is reused until it is saturated. This method removes the plant's active ingredients more effectively than maceration.



Finlandia's medical herbal dispensary

Finlandia Pharmacy & Health Care Centre houses Western Canada's largest full service medical herbal dispensary, servicing retail customers and health care professionals.

We carry over 500 practitioner-strength fluid extracts, medicinal and bulk dried herbs and formulas, and add to our impressive inventory on an ongoing basis. To ensure that we offer you the highest standards, our herbal fluid extracts are concentrated and, whenever possible, organic, and our medicinal dried herbs are Canadian sourced and 80 per cent organic or wildcrafted. (Wildcrafted means that the herbs grow naturally, where nature intended, as opposed to being cultivated in foreign soils or unnatural conditions.)



Our dispensary staff will custom blend a herbal formulation to your specifications or recommend a formula that will address your needs.

We also carry herbal suppositories, herbal creams and oils, essential oils, base carrier oils, floral waters, and vibrational medicine remedies and can compound these to suit your requirements.

The only difference between a weed and a flower is a judgement
Dr. Wayne Dyer

SierraSil® special offer

Buy one Joint Formula 90 capsule bottle and receive a **free** bottle of the Joint Formula 45

Exclusively through Finlandia Natural Pharmacy for the month of October



SIERRASIL

SIERRA MOUNTAIN MINERALS INC.

Meet our Medical Herbal Dispensary Manager

Michelle Bonnie

Michelle is a published research biologist, herbalist, sound healer and vibrational medicine practitioner. She began her 30-year journey into the healing arts with scientific research into human viruses. This led Michelle to the awareness that a more integrated approach was needed to better affect health at the cellular, emotional and spiritual levels.

Michelle subsequently studied phytomedicine (plant medicine), sound therapy, crystal and other forms of healing, vibrational medicine and yoga. She has lectured and facilitated studies on herbal pharmacy, marine mammal sound research, quantum physics, crystal therapy, natural skincare and yoga. Her work has been published in several North American journals of science and medicine, and in various scientific periodicals.

Michelle enjoys developing long-term relationships with pharmacy customers, allowing her to better understand their unique needs in all levels of healing.

"Understanding a person's energy, knowing what makes them tick, is all part of the healing process," she says. "I look forward to interacting with Finlandia's customers and helping them improve their well being."



“Many patients have benefited from the use of supplements as part of their integrated cancer care program.”

Dr. Teresa Clarke, MD
Director of Clinical Services
InspireHealth



Optimal Health Multi 1 & Optimal Health Multi 2

Two new specially formulated multis good for everyone – particularly those experiencing chronic illness, elevated stress levels, or people with sensitive systems.

Multi 1: extra calcium, magnesium, zinc, vitamins D3, A, and Bs to support the body's healing systems.

Multi 2: Ester-C®, beta carotene, selenium, vitamin E, ALA and 50mg of Co Q10 to support the body against the effects of stress.

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SISU


InspireHealth
INTEGRATED CANCER CARE

Kangen Water

Finlandia is pleased to be able to provide therapeutic Kangen Water™ to in-store customers.

You may have heard of the many health benefits associated with Kangen Water™—sometimes referred to as alkaline ionized water.

Used in Japanese hospitals for over 30 years, Kangen Water™ converts acidity in the body to alkalinity, while providing superior hydration. Since the acidic, dehydrated body provides the perfect environment for cancer, parasites, arthritis, obesity, diabetes and many other diseases, increasing hydration and alkalinity provides a host of health benefits.

How was Kangen Water™ discovered?

All over the world, bodies of water—large and small—are recognized for their therapeutic benefits. Glacial streams in the Himalayas and the spring waters of Lourdes, in the Pyrenean foothills, are examples of water that has healing properties. When scientists took a close look at the properties and composition of many of these healing waters, they discovered that they were highly alkaline and highly ionized.

Now, simple tap water can be transformed into living, energized Kangen Water™ through the use of the Enagic™ LeveLuk SD501 ionizing device. This is the water we are offering our in-store customers.

How Kangen Water™ benefits you

Each glass of therapeutic Kangen Water™ contains millions of antioxidants, increases the body's supply of available oxygen, provides calcium and other vital minerals, and removes the toxins that cause the body to become unwell.

Alkaline ionized water also super-hydrates the body due to its unique molecular structure.

The provision of antioxidants

Kangen Water™ is full of negatively charged hydroxyl ions that actively search out free radicals in the body and disable them. Since most of the "diseases of aging" such as arthritis, cancer, heart problems, Alzheimer's disease, etc. are linked to free radical action, Kangen Water™ can help prevent and/or alleviate these conditions.

One glass of Kangen Water™ is equivalent to one gallon (16 glasses) of green tea in terms of antioxidant activity!

An abundant supply of essential minerals

Therapeutic Kangen Water™ is a rich source of alkaline minerals, including calcium, magnesium and potassium. These are in a form that the body can easily assimilate and put to use in enhancing the health. For example, calcium helps strengthen the bones and teeth.

Removal of toxins

The human body works hard to maintain the pH level (acid/alkaline balance) essential to health and well being. When the cells burn nutrients in foods, they produce acid wastes, including cholesterol, acetic acid, lactic acid (responsible for cramping in muscles when we work them hard), carbonic acid, ammonia and uric acid (crystals of which are present in the condition known as gout).

The blood stream delivers acidic wastes to the liver, kidneys, colon and

skin for disposal. Under normal (healthy) circumstances, the body accomplishes this task effectively, but stressful lifestyles, lack of rest, poor quality foods, and factors such as pollution impede the processes that remove acidic toxic by-products. As a result, the body may become more acidic. As previously mentioned, high acidity combined with dehydration fosters the ideal environment for life-threatening diseases such as diabetes and cancer.

Obesity is also linked to an acid environment and build-up of toxins in the body. When the body cannot effectively remove toxic acidic waste through normal channels, it converts it to solid waste products which are stored in the arteries, capillaries and fat tissues.

Increased availability of oxygen

Alkaline ionized water is also saturated with oxygen. As the water is ionized, the ratio of oxygen to hydrogen increases significantly, providing a rich source of highly absorbable oxygen.

Superior hydration

Alkaline ionized water also provides the body with superior hydration—an important factor when you consider the human body is largely composed of water. (Adult men's bodies are, on average, 60 per cent water, and women's 55 per cent.)

During the process of ionization, Kangen Water™ is reformed into hexagonal clusters of six molecules,* approximately two-thirds the size of clusters in tap or bottled water. These smaller clusters can easily penetrate cell membranes to better hydrate the body. Increasing hydration benefits the body in many ways, including the improvement of digestion, reduction of obesity, and enhancement of the appearance of the skin.



Weekly seminars

Once you have tasted the freshness of therapeutic Kangen Water™ at Finlandia, you may want to know more about the Enagic™ LeveLuk SD501 ionizing device and how to obtain a unit for your personal use.

You are therefore warmly invited to attend an educational seminar, held every second Monday at 7:00 pm in the store. (Please call to confirm meeting dates.)

We look forward to sharing therapeutic Kangen Water™ with you, and to helping you discover the many wonderful health benefits of alkaline ionized water.

* Throughout the cosmos, the hexagonal shape is repeated as a component of the "sacred geometry"— for example in the snowflake, which always has six sides. The archetypes and icons of sacred geometry are considered absolutely perfect, unchanging, and timeless.

Your Breast Health

Thermography

Introducing the safest and most powerful tool in early detection

Did you know that breast thermography can reveal a problem long before any other technique, giving you more time to take action for a more positive outcome? It is a proactive way of managing the health of your breasts.

Breast thermography detects functional changes in breast tissue before tumours form or when they are too small to be detected with X-rays. The procedure can detect the first signs of cancer formation up to eight years before any other diagnostic service currently in use and is 97 per cent sensitive in identifying abnormalities in breast tissue. (Breast thermography detects temperature differences that can occur when cancers have grown to 200-300 cells, while mammography is only able to detect cancers when they have reached a size of several million cells.)

When used with other screening procedures, breast thermography helps to achieve the best possible evaluation of breast health, allowing time for non-invasive therapies to improve breast tissue function. Monitoring with regular check-ups and thermography will assess improvements over time or identify that a problem may exist.

Breast thermography has the ability to detect the first signs of cancer formation—up to eight years before any other procedure...

Breast thermography is a medical technique used as a first-line screening procedure to assess breast health.

A highly advanced digital infrared camera and computer are used to measure temperatures radiating from breast tissue and adjacent areas. Temperatures that vary from the norm indicate the possible presence of cancerous tumours or precancerous activity in the tissues.

The 20-minute procedure is completely safe and requires no compression or radiation. It may be used safely on women of all ages, including women who have breast implants.

Breast thermography is beneficial to women of any age. Women may be examined for baseline screening in their early 20s, and then annually. The screening allows for more precise focus, if required, with other medical diagnostic tests such as ultrasound, mammogram, or MRI.

Since mammography is generally recommended for women of 50 and over, younger women who want to know the status of their breast tissue can achieve this objective through choosing to undergo thermography.

Breast thermography screening costs less than the price of a daily coffee, spread over the year. You could have three or four screenings annually for the yearly cost of a daily "designer" latté!

For more information or to schedule an appointment, please call Finlandia pharmacy, at 604.733.5323.

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natural Factors Seven Day Total Nutritional Cleansing Program

Revolutionary Healing Foods from Natural Factors

The Seven Day Total Nutritional Cleansing Program is a revolutionary two-step healing foods program, scientifically formulated to provide gastrointestinal healing and complete nutritional support for your body as it goes through the detoxification process.

- Step 1:** RevitalX eliminates internally generated toxins, relieving toxic stress, fatigue and exhaustion.
- Step 2:** Detoxitech gently and thoroughly cleanses, supporting every process used by the body to transport, detoxify and excrete heavy metals and other toxic substances.
- Step 3:** Included in the program are seven supplement packets, containing colon support tablets to help clear the colon of accumulated toxins, and liver support capsules to assist the liver's detoxification processes.

After completing the seven day program, most people should expect to feel energized, have a sense of well-being, have shed some pounds and will have taken vital steps toward insuring good health!





**FINLANDIA PHARMACY
& HEALTH CENTRE**

STORE HOURS (PST):

Monday - Saturday: 9:00 am - 6:00 pm
Sunday: Noon - 5:00 pm

PHARMACY HOURS:

Monday - Saturday: 9:30 am - 6:00 pm
Sunday: Closed
(Prescription drop-off is available)

LOCATED AT:

1111 West Broadway (at Spruce Street)
Vancouver, BC V6H 1G1 Canada

TEL: 604.733.5323
TOLL FREE: 1.800.363.4372
FAX: 604.733.5340

www.finlandiahealth.com

Free parking at rear of store

Harlan's Corner

It's the elixir of life, but all water is not created equal...



For over ten years, I have been fascinated by water and its effects on the human body, mind and spirit. My studies have led me to some fascinating conclusions about the role this vital element plays in our health and well-being.

Almost 70 per cent of the body is composed of water. When we become even a little dehydrated, the body and mind begin to function less efficiently.

Unfortunately, most of us do not consume enough water to keep our bodies running at peak efficiency. Every day, we need to drink at least one litre of pure water to maintain health. Although they contain water, other fluids such as tea and coffee do not count towards the one litre as they contain ingredients that stimulate the body to lose (excrete) water.

Not drinking enough water may be the largest problem for our elderly. The consequent dehydration can give rise to confusion, loss of energy and imbalance— leading to the unnecessary prescribing of drugs to remedy their "sickness." Water truly is the elixir of life!

Tap water, unfortunately, does not contribute to a well body. It is highly acidic and, on its journey to our taps, it is chlorinated and picks up a number of other unhealthy substances. An acidic body, combined with dehydration, provides the ideal environment for diseases to flourish.

Although the authorities do what they feel is right to make drinking water safe for human consumption, they cannot do everything. Ensuring

our water is truly "safe" is therefore up to us.

Water, water everywhere, but is it fit to drink? is the topic for our education evenings held every alternate Monday at Finlandia Pharmacy. We discuss in depth, the condition of our local tap water and other beverages, and how the choices you make in terms of what you drink—and from where you drink it—can dramatically affect your health.

During the workshop, we discuss the various options from the inexpensive to the ultimate water solution.

One of our goals at Finlandia is to provide you with the information that will help you live a full, healthy and vibrant life into your 90s and beyond—without the need for drugs. In addition to a healthful diet and exercise, we believe that the consumption of alkaline, super-hydrating, antioxidant-rich water will allow you to achieve this important objective.

The staff of Finlandia look forward to seeing you at our next education evening and to helping you increase your *healthspan* as well as your lifespan.

We welcome your questions and will do our best to address them in this column.

Harlan

**Water, water everywhere
but is it fit to drink?**



Get clear, acne-free and blemish-free skin – naturally

Your face says a lot about your health. That's why you take care of it, and want it to look its best. Unfortunately stress, poor dietary choices and hormonal changes can get in the way, leaving you with blemishes, breakouts or acne.

Introducing **perfect skin**: an all-natural supplement for clear, acne-free and blemish-free skin, based on leading research. **perfect skin** contains proven, natural ingredients including:

- ❑ Omega EPA concentrate, derived from wild, pure fish oils
- ❑ EGCG from green tea extract
- ❑ Zinc, Vitamin E
- ❑ Selenium and Chromium

Unlike topical acne products or medications which provide short term relief and leave your skin dry and dehydrated – while accelerating the aging process, **perfect skin** works from the inside out, giving you the healthiest, most effective results in as little as 4 weeks.



www.genuinehealth.com

For a healthier, vibrant life – naturally