

balanced planetsTM living

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"It's all about stress, Baby. It's all about you and me."

by Dr. John Gray PhD

When it comes to stress, you've either got it or you're experiencing a flat line on a cardiogram. Yet in a strange twist of fate, unchecked stress is linked to heart disease and brain dysfunction that can speed up that flat-lining experience. And I don't need to tell you that stress plays a role in creating irritability, impatience, frustration and

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Do foods affect **YOUR** relationships?

By Julie Daniluk RHN

We have all heard that a romantic meal sets the tone for a hot date but what if the menu had the power to make or break the mood? The latest research shows that what we eat affects our sex hormones. Hormones are tiny messengers in our body that influence everything we feel and do. Have you ever blamed your bad day on your hormones? Men often hear their partner's say: "It's not my fault, my PMS made me do it." It feels

sometimes like the hormones are in control. It is like your glands are throwing a mutiny and it is time that the captain takes back the ship!

How you may ask? By giving your body the right building blocks to feel balanced. In our modern world, there is a big disconnect between the foods we eat and how they can affect our hormones. For example, if you eat food that disagrees with your stomach, you are likely to feel pain or bloating. The food-hormone connection is subtler, since eating a sugar and

fat-rich donut may contribute to the PMS (Premenstrual Syndrome) you experience two weeks later. The lag time makes it difficult to make a direct correlation. The swings in mood can put a huge dent in the

recipe inside ♥

trust that women and men have in relationships. In John Gray's Book, "Venus on Fire, Mars on Ice", he explains that the food-hormone connection is now scientifically

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Balanced Planets™ Chocolate Peanut Butter Dream Supreme

8 oz	purified water, rice or almond milk
2 scoops	Balanced Planets™ SuperFoods Daily Power Shake Chocolate
1 tablespoon	organic peanut butter
4	ice cubes

Mix in a blender on medium for 1-2 minutes. Pour into a tall glass.

Dreamy

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“It’s all about stress, Baby. It’s all about you and me.” continued from page 1

boredom that can do a lot of damage to our important relationships. While we can’t eliminate all our stressful experiences, we can minimize the impact that stress has on our health and our relationships. And it comes down to sex – not whether you’re having any, but rather which one you were born.



We can minimize the impact that stress has on our health and our relationships. And it comes down to sex – not whether you’re having any, but rather which one you were born.

You see, the bodies of men and women respond to stress differently, and we also require different strategies for stress recovery. A woman’s brain is neuron-rich, with many connections between the left and right side. This explains why women are so good at multi-tasking, and why she can become over-stimulated and over-whelmed when she’s under stress. And because both sides of her brain are so connected, she can’t “turn it off” and distract herself from the stress.

On the other hand, men typically have less connective tissue than women, allowing them great powers of focus. That’s why he can forget to bring home the milk when he’s thinking about work. It’s also the reason men can switch gears entirely, putting their stress into a box to deal with when they have the physical stamina to cope with it: a man’s brain can easily switch from left brain to right brain functioning.

So it’s not that she over-reacts and he doesn’t care: instead, each

sex is hard-wired to process stress differently. Taken together in a loving relationship, it’s the perfect recipe: while he relaxes and forgets, she remembers. When he lets go, she holds on. When she becomes overwhelmed by her busy brain, his singular focus kicks into gear to help her cope.

Stress recovery

But the differences don’t stop there. While both sexes release the hormone cortisol in response to stress, we use different hormones to initiate the relaxation response. Women require oxytocin, the bonding hormone

associated with breast-feeding and orgasm, while men need to amplify their testosterone levels to put cortisol in its place. Women boost oxytocin through connection and nurturing situations; she needs a sympathetic ear to hear about her stress, which in turn boosts oxytocin and promotes calm. Rather than needing to connect, however, men just want to be alone in their cave to relax, which allows them to rebuild stress-busting testosterone.

You can see how these different coping styles can lead to problems in a relationship: she needs to talk while he needs to be left alone. Couples must learn to accept their inherent differences and allow each other to have what they need in order to combat the effects of stress and cortisol. When a man is given the opportunity for alone-time to rebuild testosterone, he then has the energy to listen to and effectively support his partner.

Hormone helpers

Because of our stress levels, both

men and women have depleted the nutrients necessary for building stress-relieving hormones. Fortunately, there are nutritional whole food supplements available to promote healthy hormone production. Both sexes, for example, benefit from PGX® to keep blood sugar stable, which, in turn, helps to balance other hormones. But you can also find tailor-made stress support, depending on your needs.

The woman’s perspective

When you start to feel pulled in a thousand different directions and can’t find two seconds to focus on a single thought, reach for “calm in a cup”. Enjoy nutrients like L-Theanine to relax and restore your brain, and GABA to promote feelings of comfort and ease. And there’s a reason you like chocolate: cacao contains phenylethylamine (PEA), which creates feelings of love and happiness! Women can also take advantage of 5HTP to support the production of the feel good hormone serotonin. Pretty soon, you’ll be having one thought at a time! As well, when you use PGX® to help balance blood sugar, you may not feel as ravenous come dinner time. You’ll find this combination of nutrients and more in **Balanced Planet’s™ Venus Calm™ for Women**.

The man’s perspective

After a long day at work, your testosterone (and energy!) has bottomed out. Like this, you’re not much good to anyone: you’ve got to get your testosterone pumping again. Retreat to your cave for a few minutes to revive. Make your beverage of choice one that contains maca to reduce stress levels. Along with GABA, enjoy the naturally high levels of vitamin C in goji berries: vitamin C supports the adrenal glands that often become overworked with chronic stress. Look for these ingredients and more in new **Balanced Planets™ Mars Revive™ for Men**. You’ll be a new man in no time.



How 'burn out' burns up nutrients

You know what burn out feels like, but you may not realize that when your body is in sugar-burning stress mode, you also rapidly use up your mineral stores. That might not mean much to you now, but consider this: our brains and bones and heart rely on minerals to function at peak levels. It's no wonder, then, that stress is associated with many of the so-called diseases of aging.

Sometimes we forget that all of our body systems are intimately connected. Stress and burn out plays a role in the development of depression, and depression has also been associated with the development of type 2 diabetes. As the dominoes fall, type 2 diabetes is then linked with impaired bone formation, leading to increased risk of fractures. Chronic stress also impacts your brain health. Research shows an association between psychological stress in middle

age with the development of dementia, particularly Alzheimer's disease. Where do the minerals come into the equation? Low levels of magnesium are a factor in the development of metabolic syndrome and type 2 diabetes. Low magnesium is also common in patients with coronary artery disease and chronic heart failure. Not surprisingly, patients with type 2 diabetes are at increased risk of heart disease. Studies show that magnesium improves heart output,

reduces cardiac arrhythmias and helps to improve fat metabolism. While adequate magnesium levels are vital for health maintenance, chronic stress depletes them.

Minerals required for optimal brain function but burned up by stress include magnesium, zinc, chromium and iodine. Although a well-balanced diet should provide an adequate supply of these minerals, in reality our foods are simply not as nutrient-dense as they used to be. The bottom line? Our foods are deficient in the minerals our bodies require. Nutrient-deficient foods combined with mineral-burning stress equals a mineral deficiency that impacts all aspects of your health.

It's a good idea, then, to use a daily mineral supplement like **Balanced Planets™ Vital Elements™** including calcium, magnesium and zinc to boost mineral stores and build strong bones. Trace minerals that boost brain power and promote relaxation and improved focus include lithium orotate, iodine and L-theanine. Look for important trace minerals found in Himalayan sea salt.

Put out your stress fire with adequate mineral support from **Balanced Planets Vital Elements.**

Here's what to look for in **your** mineral supplement:

Magnesium orotate helps ensure healthy metabolism, a relaxed brain and bowel regularity. Women often need more than men. (60-300 mg.)

Calcium orotate not only ensures stronger bones and provides extra energy but also frees us from food cravings between meals or at night. (30-360 mg.)

Potassium citrate helps cells absorb oxygen and nutrients more efficiently. (20-120 mg.)

Zinc orotate helps men make testosterone and promotes optimal brain function in both sexes. (20-60 mg.)

Chromium is used by the body to stabilize blood sugar and make hormones and brain chemicals work more effectively. (250-750 mg.)

Trace minerals, such as those found in Himalayan sea salt (mineral rich deposits from ancient sea beds found deep in the Himalayan mountains) are required in tiny amounts for the body to function at its best. Most food is deficient in these trace minerals.

Meet the experts



Dr. John Gray PhD

is the best-selling relationship author of all time. The author of 16 books, including the relationship classic, *Men Are from Mars, Women Are from*

Venus, recognized by USA Today as the "best-selling book of the 90s." As John explains, "Much of my work has focused on how men and women can better understand and accept their differences. Recent advances in scientific research have proven that the differences between the sexes are bio-chemically based, and can be explained by our unique production of hormones." John's newest book *Venus on Fire Mars on Ice*, focuses on these differences and how we can address the issues resulting from the hormone differences.



Hyla Cass MD

is a nationally recognized expert on integrative medicine. She combines the best of natural medicine with modern science in her clinical practice and appears regularly on TV

(e.g. The View, E-Entertainment, MSNBC) and national radio, and has been quoted in many national magazines. Dr. Cass graduated from the University of Toronto School of Medicine, interned at Los Angeles County USC Medical Center, and completed a psychiatric residency at Cedars-Sinai Medical Center/UCLA. She is the author of several popular books including: *Natural Highs*, *8 Weeks to Vibrant Health*, and *Supplement Your Prescription: What Your Doctor Doesn't Know About Nutrition*.



Julie Daniluk

hosts *Healthy Gourmet*, a reality cooking show that highlights the ongoing battle between taste and nutrition by using unique groups such as bikers,

dragon boat racers and ballroom dancers to challenge their taste buds with nutritious foods. As a nutritional expert, Julie has appeared in over 300 TV and radio segments including City TV's *Perfect Fit*, *The Gill Deacon Show* on the CBC, CTV's *Balance* and *Three Takes* on Slice Network. Television viewers recognize her most from her "busted" segments on *The Right Fit* (W Network) where she examines the foods people need to purchase to stay healthy and grades healthy choices on restaurant menus, acting as a nutrition encyclopedia.

Are CRAVINGS all in your head?

by Hyla Cass MD

If you think that passing by the sweet counter at 3 PM is a matter of willpower – and it's a power that eludes you – take heart. Ignoring the cravings that sabotage many a health resolution isn't as much about willpower as it is about brain power. More specifically, it's about the power that your brain has over your body when it comes to your blood sugar. Fortunately, it's possible to satisfy your brain and tame your cravings at the same time.

Compare your body's need for food to the fuel system of an automobile: when the fuel gauge on your car approaches E, a tiny little light starts to flash. If you wait too long, you might hear an alarm, or a computerized voice telling you to fill up. The trick for preventing the lights and bells from going off in your car is to top up the tank before the fuel level gets too low. Ignore this operational reality – and all the warning signs – and you will be stranded on the side of the road.

The same holds true for your body's own personal fuel system, except your body runs on glucose (sugar). When your blood sugar gets too low, little warning systems start to go off. Your body wants a fill-up, and your brain sends you a craving for glucose. You can try all the meditation techniques and journaling exercises you want in an attempt to distract yourself, but your brain still wants what it wants. And since your brain's main focus is survival – not a return to your skinny jeans – your brain will win.

Because your brain's goal is quick energy, you'll most likely get a craving

for cookies or whatever food you associate with a glucose supply. This is where we can get into trouble: because they are made with easily-digested sugar, succumbing to the quick fix of

When blood sugar bottoms out, your brain's survival mechanism kicks in and visions of sugar plums or chocolate bars start dancing in your head. Willpower doesn't stand a chance.

glucose causes your blood sugar levels to immediately spike, sending insulin levels equally skyward. Of course, what goes up must come crashing down and the cycle invariably starts again. When blood sugar bottoms out later, your brain's survival mechanism kicks in again and visions of sugar plums or chocolate bars start dancing in your head. Willpower doesn't stand a chance.

The key to taming your cravings is to accept the power of your brain, and to learn to work with it. You must avoid the blood sugar rollercoaster, and instead keep blood sugar levels even. You do this by eating more protein and more fibre throughout your day, every few hours. Eat protein



like eggs, yogurt or vegetarian protein powder at breakfast to set yourself up for a more balanced ride through the day. Rather than white bread, white pasta and white rice, choose complex carbohydrates like whole grains, beans and lentils. These foods take longer to digest, releasing sugar more gradually into the bloodstream and preventing blood sugar spikes that will send you to the snack bar later in the day.

You can also take advantage of a unique complex of water-soluble

plant fibres called PGX[®] that can help reduce blood sugar fluctuations.

Balanced Planets™ SuperFoods Daily Power Shakes™, in vegetarian or whey protein, provide all the amino acids in the proportions needed to make feel-good brain chemicals; Goji berries to boost vitamin C levels and support adrenal glands; cacao to promote feelings of love and happiness and PGX to balance blood sugar. Your **SuperFood Daily Power Shake** will provide a nutritious and delicious start to your day.



Balanced Planets™ Blueberry Burst

Ingredients:

8 oz. purified water, rice or almond milk

2 scoops Balanced Planets™ Vanilla Daily Power Shake

4 to 6 ice cubes

20-30 blueberries

Mix in a blender for 1-2 minutes. Pour into a tall glass.

Enjoy!

Do foods affect your relationships? continued from page 1

proven. This book gives couples so much hope because it reminds us that we can choose our destiny with our next meal!

Why are hormones so complicated?

Hormones are like women at a party – they like to do everything (including washroom visits) together. If one of the hormones is upset, then the rest of the hormones start to tip like a line of dominoes. For example, when you eat too much sugar, your pancreas releases a large quantity of insulin to deal with it. If the insulin overworks, it begins to influence the thyroid, the adrenals and the ovaries until all of a sudden, you're dealing with a bunch of glands having such a chat that they can't be productive anymore.

When we eat empty calories in refined food such as white bread, pop, candy and fried food, we miss out on the key nutrients we need to make our hormones happy. The solution is to eat foods that are supercharged with extra nourishment so that we can fill in the gaps our bodies need.

Here are 3 fabulous SuperFoods to get excited about:



Goji Berries contain gram for gram more vitamin C than oranges. Vitamin C helps our body cope with stress by supporting the adrenal glands. It also has more immune boosting beta-carotene than carrots. Goji berries are similar to raisins but are more tart.

Acai Berries contain a remarkable concentration of antioxidants called



flavonoids that protect your body from toxins. Consider it like the 'rust proofing' that you get for your car. Studies indicate that eating flavonoids protect our thyroid and sex hormones from damage.



CACOA (raw chocolate) has twice the antioxidant concentration of processed cocoa. Long considered a 'happy food', chocolate is a popular treat when we need a food friend to lean on. Recent research covered in John Gray's book explains the chemical in cacao that is scientifically proven to help you be more relaxed, playful and creative.

And yes ladies, chocolate is a hormone helper! That is why we crave and love it so much! The cacao bean is rich in magnesium, an energy mineral that improves sleep and reduces PMS.

A great way to start balancing your hormones is to create vibrant recipes using the **SuperFoods™ Daily Power Shake Powder**. It conveniently contains many superfood ingredients combined into one easy to use, delicious nutritional supplement. Now you have the power to ensure an exceptional date with your partner by giving your body the raw materials it needs to produce hormones in just the right amount and at just the right time!



Super Squares

Try out this delicious rice crispy square recipe that provides the amino acids, antioxidants and essential fats that the body craves for hormone balance!

Ingredients:

3/4 cup (185 mL)	rice syrup
1/2 cup (125 mL)	hazelnut or almond butter
1/2 cup (125 mL)	tahini
1/8 tsp (.5 mL)	grey sea salt or pink rock salt
1/2 cup (120 mL)	SuperFoods™ Daily Power Shake Powder-Vanilla or Chocolate flavour depending on your taste.
5 cups (1.25 L)	crispy brown rice cereal
2 tbsp	ground flax seed
1 tsp (5 mL)	cinnamon
1/4 cup (60 ml)	goji berries (optional)

Per serving:

Calories: 120 calories • Fat: 7 grams • Protein: 8 grams • Carbs: 12 grams

Directions:

1. In a saucepan over low heat, combine brown rice syrup, tahini and hazelnut or almond butter until softened.
2. Remove from heat. Add sea salt, flax and SuperFoods™ Daily Power Shake Powder. Stir well.
3. Fold in cereal, hazelnuts, and cinnamon, stirring until well mixed.
4. Press into a 9 x 13 inch (18 x 32 cm) pan. Sprinkle goji berries on and pat lightly.
5. Slice into 24 squares and place in an airtight container.

(use organic ingredients whenever possible)

real world **super** powers



by Dr. John Gray PhD

While it would be great to be able to disappear on occasion – and who hasn't needed to be in two places at once? – you can enjoy real world Super Powers like day-long sustained energy, reduced stress levels and improved focus. You can actually feel good again, and it has nothing to do with radioactive spiders. Rather, it's all about eating powerful Super Foods.

Avoiding the energy spikes and crashes that accompany a day otherwise fuelled by coffee, donuts or carb fuelled cereal with toast, is as simple as keeping blood sugar (glucose) levels stabilized. Kick-start your Super Power filled day with protein and fibre. These nutrients take longer to digest and, as a result,

release glucose into the blood stream more slowly. This is not only going to keep you feeling balanced, but you will likely feel fuller longer – which will help to cut down on overeating.

Look for fibre in foods like goji berries. Goji berries help to stabilize blood sugar and are an excellent source of Vitamin C, a nutrient that supports your adrenal glands. Adrenal glands suffer under chronic stress, which can lead to fatigue, weight gain and forgetfulness. These tangy berries also help to prevent age-related brain shrinkage, helping you to maintain strong powers of concentration! After your blood sugar levels are more stabilized, don't be surprised when your sleep – and mood – improves.

And rather than getting your morning motivation from coffee, enjoy Brazilian acai berries. These berries raise your metabolism to increase energy levels without the side effects of caffeine. Unlike caffeine that increases your stress levels, high fibre acai berries actually lower them. Acai also helps to flush out excess fluids. Include medium-chain triglycerides (MCTs) from coconut oil for improved energy, and burn more fat at the same time. As a bonus, MCTs give you the power to last longer between meals without feeling hunger.

Yet, we live in a world where stress is on par with breathing. In fact, you could easily call stress our kryptonite. Maca root can help to lower your

feelings of stress while at the same time increase the healthy production of hormones that make you feel good. Keep the good feeling going with cacao. Adored for ages because of its taste, cacao contains iron and an amino acid called phenylethylamine (PEA), which is associated with the joyful feelings of falling in love. PEA can help you relax, cope better with stress, and feel the love again.

Of course, natural berries and roots contain plenty of fibre, but you're going to have to boost your protein levels to amplify your strength. And, yes, this means you. Many people, especially women, don't eat enough protein. But it's easy to get more protein in your diet using supplementary powders. Try undenatured whey protein, processed at low temperatures to preserve energy-and-health-inspiring enzymes. This form of whey protein contains all essential amino acids in the right ratios to create feel-good brain chemicals like serotonin. Undenatured whey protein is also easily absorbed so you don't need much. On the other hand, if you prefer a vegetarian source of protein, sprouted rice and pea protein is gluten-free and has low potential for allergens.

Perhaps the best skill as a superhero is to be able to get these Super Foods into your day. What could be easier than a morning shake combining all of them? With **Balanced Planets SuperFoods Daily Power Shakes™**, you may not be able to leap tall buildings, but you'll certainly have the energy to bound through your day.



Superfoods for Cleansing

We clean our hands. We also need to remove toxins and impurities from our bodies.

SPOT training

We've been told for years that spot training simply isn't effective. That may be true if you are trying to create six pack abs, but it's off the mark if you have other goals in mind. Enjoy these exercises to feel better, look your best and have a great time.



Boost testosterone: As men age, testosterone starts to wane – and current lifestyles don't help. Some research suggests that 40 year old men today have the same amount of testosterone as 70 year old men from years gone by! Testosterone is the elixir of youth for men, playing a role in libido, energy, stamina and mood. To boost your testosterone with exercise, it's time to meet some resistance: research shows that while testosterone helps build muscle, levels of this power hormone are higher after a work-out involving resistance training (weights). Work with a fitness pro to design a routine that is safe and effective for you.

Encourage oxytocin: After a busy day, it's not necessarily the cup of tea that brings a woman's blood pressure back to normal; it's the increase in her levels of oxytocin. Known as the bonding hormone, oxytocin levels increase when women are able to share with each other. When it comes to raising oxytocin through exercise, it's time to get schooled: whatever forms of exercise you choose, be sure it includes a class. Choose from lessons in low-intensity aerobics, dance, Pilates – even belly dancing! Nothing like laughter for a shot of feel good hormones!



Satisfying sex: In order to enjoy sex, we have to be flexible, strong and energetic. Yoga can help with all of these goals. Yoga poses help to improve flexibility so we can enjoy positions that bring us pleasure. Poses also help strengthen and tone muscles, which not only look better on the beach, but give your self-esteem a boost – and that always improves the bedroom experience! Women can also benefit from certain yoga moves that strengthen pelvic floor muscles.

Sleep soundly: To sleep like a baby, be sure to participate in moderate exercise for 20-30 minutes at least three times per week. Plan your exercise sessions for early morning or afternoon: exercise in the evening can sabotage your sleep plans and keep you wide awake for hours. Regular exercise will reduce the time it takes to fall asleep and increase the time you spend in the most restorative level of sleep (stage 4). Total sleep time can also increase up to one hour.



No matter what your goal, you can easily find a form of exercise that hits the spot!



At Balanced Planets™ we believe in balanced living.

And we also believe it's simple. Creating balance involves the alignment of body, mind and spirit – and understanding that making positive changes in one will impact all the others. Balance involves nourishing the body with healthy food and exercise, making time to relax and letting restful sleep be a priority. It involves stimulating the mind with learning, and nurturing your spirit with self-care, meditation and quiet time. It is in the quiet moments we sense where our lives are out of balance. Balanced living includes a desire to live each day with meaning, to live with intention and to reach your full potential. Balanced Planet's™ SuperFoods Program helps you take the first steps to balanced living. Combining superb nutrition with a simple daily program, we can help you get your health and life in balance.

Balanced Living;
You'll be Amazed at
How Marvelous Balance Feels

The human body has the capacity to process toxins. However, in today's polluted world, environmental toxins, combined with toxins created within the body due to poor nutrition or malfunctioning digestive systems, can overtax the body's detoxification system causing serious health risks. Each day we're exposed to and assaulted by thousands of chemicals that can have a toxic effect on our bodies. To maintain good health you need to help your body cleanse itself of waste, harmful toxins and heavy metals.

Refresh™ is a combination of superfoods that work synergistically to effectively cleanse the body. Aloe Vera reduces inflammation and helps

the body remove toxic heavy metals. Organic lemon stimulates the liver to produce toxin-cleansing bile. Sea salt provides all the trace elements and helps your cells remove waste.

For an extra cleansing boost, add Potassium citrate, which helps your cells absorb more water and pump out toxic waste, and acidophilus that can help protect the body against harmful bacteria, parasites and fungi.

Cleanse your body every morning with **Balanced Planets Refresh™** to invigorate and energize your day.



BALANCED PLANETS™ SUPERFOODS PROGRAM



cleanse

FIRST THING
EVERY MORNING

- Promote Toxin Elimination
- Support Liver Health
- Increase Energy
- Boost Metabolism
- Balance Blood Sugar



energize

WITH A SUPER-
FOODS SHAKE
FOR BREAKFAST

- Improve Mood
- Increase Energy
- Support Adrenal Glands
- Balance Blood Sugar
- Reduce Cravings

AND VITAL ELEMENTS
FOR MINERALS
EVERY DAY

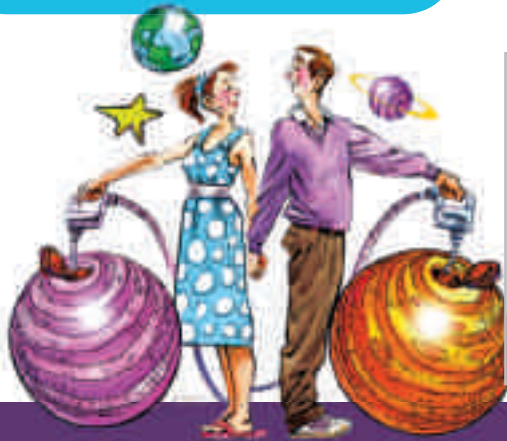
- Increase Energy
- Promote Calm
- Improve Focus
- Support muscle,
bones, brain and heart



balance

ANY TIME OF DAY TO
COPE WITH STRESS

- Enhance Mood
- Improve Energy
- Promote Relaxation
- Reduce Cravings
- Balance Blood Sugar



Superfoods have been used by different cultures for thousands of years and are known for their extra nutritional benefits. Superfoods provide the nutrients we need for optimal health and vitality plus dramatically accelerate any weight loss program.

FROM

John Gray PhD

Best selling author of *Men are from Mars, Women are from Venus* and his newest book *Venus on Fire Mars on Ice*



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