

# the VOICE



Volume 10, Issue 1

On February 21, 2019 the CANNP met with representatives of the Nova Scotia Department of Health and Wellness, other industry leaders and many concerned Nova Scotians, to assess the impact of the incoming Dietitians Act on the right of Nutritionists to practice in that province. Those present from the Department of Health included Dr. Robert Strang, Chief Public Health Officer, Cindy Cruickshank, Director, Health Workforce Policies & Planning, and Dean Hirtle, Director Legislative Policy.

The CANNP has been fighting this Act for several years. Once enacted, it will make it illegal in Nova Scotia for anyone other than a registered dietitian to provide nutritional advice as part of a professional practice.

The Department structured the meeting around two speakers. CANNP director and General Counsel Glenn Rumbell was asked to speak about the incoming Act, and Lisa Tsakos, R.H.N. who was instrumental in helping to arrange the meeting, was asked to speak about the nutrition community.

Glenn provided a detailed presentation on the changes implemented by the incoming Act, its consequences to many professional groups including nutritionists, fitness coaches, naturopaths, and midwives, and the negative impact granting a monopoly to dietitians will have on the right of Nova Scotians to choose their health advisors. He asked that the gov-

ernment immediately amend the Act to remove the practice restrictions and to make the title "Nutritionist" available as a professional title for our use, thereby distinguishing us from dietitians.

Lisa then provided the committee with a detailed account of our profession, our skills and training, our expertise, and the significant contributions we make to the health of Canadians.

Following the two presentations Department representatives acknowledged that they had not consulted with nutritionists at the time the Act was drafted and that the meeting provided new information which the Ministry would take under consideration.

With the help of Lisa, we are continuing our discussions with the Department. We are hopeful necessary changes will be made to the Act prior to its coming into force, to protect the rights of nutritionists.

We would like to thank Lisa for her outstanding assistance, and for being local lead on this project.

Watch for further developments.

Wendy Gibson, BA, RHN, NNCP  
Executive Director, CANNP

## Latest and Greatest

### Hey Alberta Members

This April you will be able to submit client claims online and access user guides, comprehensive reporting tools and up-to-date information from Alberta Blue Cross in one central location.

More info copy and paste:  
<https://www.dropbox.com/s/mmva616esltb1lh/Dietician%20%26%20Nutritionist%20Teaser%20-%20OHP.pdf?dl=0>



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## Power - One Hour

We continue to provide an impressive Power Hour line up.

On January 22 Michelle Post hosted exploring insights about Metabolic Balance and how it boosted her business. If you are interested in enhancing your practice — this was the place to hear all about it. We have the whole thing posted as a Tag the Expert in the Podcast and Inspired Events section of the site.

On March 6 at 1pm EST Marlene Hynd will discuss how mindset affects client outcomes. Drawing on 10 years clinical experience, Marlene will touch on effective strategies to aid in the areas of weight loss, body image, chronic dieting, overeating, emotional eating and binge eating as well as digestion, immunity, mood and energy.

We may **not be able** to tape every Power Hour so be sure to mark these dates on your calendar.

To reserve your space we now require a **totally refundable** \$10 fee.

<http://cannp.ca/power-hour-2/>.

## Colour Your Plate

*Colour Your Plate* has proven to be very popular. These 1-minute movies are directed to children, teaching them about fruit and vegetables (and healthy eating more generally) in a fun way — through animated produce. Please share with your clients. We have offered 6 vegetables to date for free. And have introduced the first of our fruit series with *Billy the Beloved Blueberry*. All talking produce are offered for a limited time.

## Corporate Campaign

Thanks to all of you who assisted with the Corporate Campaign. We appreciate the information that we have received to date and will continue to accept any contacts that you are willing to share.

## For Your Office

Are you looking for the perfect wall decor with an appropriate message? Made specifically for CANNP Members, we have had 3 original pieces of art reproduced in a poster version. Each is 11 x 17. Once these are gone, there will be no more made.

The posters are suitable for framing, colourful and speak to the principles that holistic nutritionists hold dear. You are welcome to purchase a set of 3 for \$45 plus \$5 shipping (to help cover the production costs.) Just drop us a note [info@cannp.ca](mailto:info@cannp.ca)



Please note that we will holding a draw for a set of these are the Conference in Toronto. Drop by and fill out a ballot!

## Web Presentations

CANNP has prepared 4 short videos suitable for your website or to share with clients. You can get all four:

- Food Therapy — Tips for Digestion
- Label Reading
- Macro/Micronutrients
- Immunity

The administration fee of \$20 helps CANNP keep your fees in check!

You can review the content of each video in the Member Only area, Business Tools.

**Professional Members only.**

## It Was Show Time

Victoria Members took advantage of a 2 for 1 ticket offer to the Health Show. That was followed by the Calgary Health Show — same offer.

CANNP was able to secure free admission to the tradeshow at the CHFA West show — one of our favourites.

We also offered Members free admission to the Toronto Yoga show

Spring and fall tend to be huge for related shows so watch eblasts for news.

## Starter Kit - Technology

Seems that a few of our earlier Starter Kit forms have some technical issues related to how they populate.

If you are experiencing such issues, please let us know so that we can issue you new forms. Please be sure to specify the forms that you need.

## Free Student Members

Calling all student members — we would like to keep you on our system until you graduate. To do so, we will need to know your expected grad date. If you have not already done so, please drop us a note with that information ([info@cannp.ca](mailto:info@cannp.ca)). If we do not have a date, your free Membership will expire at the end of one year. Once you graduate you can take advantage of the special new grad pricing.

### Please Note

CANNP is pleased to bring you many discounts and opportunities; we encourage you to use your best judgement and discrimination when choosing to participate. We do not endorse programs; we simply make them available to you as a benefit of membership. We appreciate the generosity of all our supporters.

The content of this newsletter is for the purpose of sharing information only. Readers are encouraged to investigate all ideas, products and/or services before committing to them. CANNP will not be held responsible for any adverse consequences resulting from the use of any information in this newsletter.

## The Power of Courage

Mel Robbins, author of the *5-Second Rule* is so empowering when she speaks of the Power of Courage and the need to “push the real out of you and into the world.” She explores the question of why we hold ourselves back. Many of us know this as getting in our own way. Robbins offers some practical advice.

According to Robbins, ‘we hide because we are afraid even to try.’ She states that even though we may think we are actually protecting ourselves from judgement or rejection, when you talk yourself into waiting — for the right time, the right circumstance, the right whatever — you are limiting your ability to make dreams come true.

The difference between people who make their dreams a reality and those who don’t is simple according to Robbins: it is having the courage to start and the discipline to keep going.

The use of the 5-second rule can make all the difference in the world between someone who is too paralyzed to move forward and someone who actively pursues their goals. Acknowledging that life is hard and gritty, Robbins points out that it can suddenly turn on a dime. She advises to stop waiting for success. Take the steps necessary to start. Use the 5-second rule and then take action. 5-4-3-2-1 — make that phone call — write that follow up letter — book that appointment.

The more often you choose courage, the more likely you will succeed. It is a numbers game indeed!

**The 5-Second Rule** by Mel Robbins, 2017

Mel has kindly given CANNP permission to share some her approaches with our Members.

## You Need to Look Into ...

**1. Galen’s Watch:** We have a new edition available to Members. This peer-reviewed collection of articles will save you tons of research time. All the articles relate to our field. Much of the work is done for you — and we offer it for free to our Members.

**2. That Clean Life:** If you are looking for a better way to meal plan and eat healthfully, this app helps you plan meals, discover delicious healthy recipes and automate a grocery list. The service is good for you but also presents opportunity for an “add-on” service to offer to clients. Healthy eating made ridiculously simple and fun!

<https://thatcleanlife.com/?afmc=21>

By signing up with *That Clean Life* you will be helping the CANNP also.

**3. Newsworthy:** This is an easy way to stay top-of-mind with your clients. Send out a newsletter once a month just to stay in touch with past clients and to entice potential ones. Presently there are 4 years of Newsworthy available so if you have signed up for one year, remember you can continue the process because it takes time to change someone’s mind. All you have to do is sign up, remit payment and send one newsletter per month to your mailing list.

**4. Goodlife Membership:** CANNP is working toward securing a favourable membership fee for NNCP’s. We would like to thank all those who took 3 minutes to complete the survey on our behalf. It was a helpful step to get the attention we required to move ahead. We will let you know how things progress.

## For Our Newest Members

Our more seasoned Members are well aware of all the fabulous benefits that CANNP offers but we wanted to take this opportunity to be sure that as new Members — overwhelmed by all that you have to take care of to get off the ground — you know that we are here for you. In addition to all that we do on your behalf with insurers and the government, watch for the following:

**Insurance** - discounted E & O; optional extended health and dental; coverage for those employers that include Nutritional Counselling from Manulife, iA Financial, GreenShield and Blue Cross (Alberta)

**On-going** - Mentoring (when available); *The Voice* newsletter; Podcasts and Inspired Events; *Galens Watch*; Menu Plan template; Chat forum: Power Hours; access to health related shows across the country; discounts on products and services

**Time Limited Offers** - ABC’s of Health; Organize Your Business; CORE 1, 2, 3; Business Card/Logo and Brochure critique; Grocery List; Check list of Healthy Habits; Plate Portion; Colour Your Plate - Talking Produce and more coming soon.

**Fee Based options** - Business Plan template; Starter Kit; Newsworthy; TrueView; Presentations for your site; Limited edition posters  
More are available all the time — watch for news in your weekly eblast!

### Fad Diets: Nothing New — But Different

Every fad diet that we come across is touted as “the one” — more innovative and most effective. The concept of fad diets is an old story with some dating well into history. And some of them are unbelievable.

According to an article printed in the Washington Post by Debra Bruno, the whole idea of weight gain/loss has changed over time.

Before the 20th century, gaining a few pounds was considered to be a sign of prosperity and good health. Thinness was associated with disease. Today we love a pudgy baby but hope that the teen years bring a more svelte figure and then the struggle to keep it is the never-ending challenge.

According to Bruno, there were several factors at play which caused the thinking about diets to do an about-face. One was the insurance companies which began to keep statistics on what “average” weight was for factions of the population, taking into account age, gender etc. They noted a clear correlation between excessive weight and mortality.

Fashion also played a role as the 1920’s brought the flapper, slimmer silhouette. The advertising world soon took note that thin was more appealing and from there some of the strangest and most unhealthy fad diets were born.

There was literally a diet that advised **smoking instead of snacking** — oh how times have changed! A 1928 ad for Lucky Strike cigarettes read in bold letters, “Reach for a Lucky instead of a sweet.” Apparently, smoking does burn calories and probably does provide oral stimulation often associated with smoking and of course, it is a common belief that people who quit do gain weight. No one though, can claim this to be a healthy approach to dieting.

**Amphetamines** were first prescribed during World War II, (discontinued in

1979 when addiction and abuse were better known) aiding on the battlefield to combat sleep deprivation. After the war, the manufacturer then touted the drug as one that particularly targets weight loss and depression. Apparently, in the USA, Meth is still approved by the FDA for short-term weight loss.

In the 1950’s a diet “candy” was brought to market. **Ayds** was an appetite suppressant taken before meals. Despite it’s unfortunate name, the candy grew in popularity until the AIDS crisis, at which point it was withdrawn from the market. Before that though, the diet square was laced with a medication that numbed the taste buds.

First appearing the 1930’s and again in the 80’s came the **Grapefruit diet**. The instructions were easy to follow — grapefruit and maybe a little protein but maintaining an intake of 400-800 calories per day. The result inevitably was many more binge eaters and yo-yo dieters. Being famished ultimately led to more weight gain.

During the Victorian era, the **tape-worm diet** was taken seriously. The concept was that a tapeworm in the intestine would consume calories that would otherwise feed the host. The consequences were quite dire and anything but healthy.

One diet which might have had great appeal as the **all junk diet**, sometimes referred to as the twinkie diet. It was tried by a professor from the Kansas State University in 2010. All Professor Haub ate was junk food. He limited his calorie intake to only 1500 calories per day which as it turns out, was 800 less than he usually consumed. Though he claims that this diet helped him jump start his weight loss there was no follow up report on the state of his health.

*Permission was granted to use the Washington Post article by Debra Bruno in whole or part.*

#### Insurance Update

CANNP, with the assistance of Member Amanda Janes, met with one of the larger insurance companies. The meeting included a comprehensive presentation which was well received. It highlighted the accomplishments of many of our Members and the impact that the profession is having on the public. We were also able to point to the ways we differ from others in the nutritional field.

We were asked to provide empirical proof of our impact by way of studies as well as testimonials. We have sent along what we found and are now waiting for the next steps. We understand that adding us to any policy will take some time but we remain hopeful.

In the meantime, we did learn that pressure from the policy holders (employers) will have sway so again, we are looking for your assistance.

1. If you are due to renew, doing so in a timely manner will help us keep the insurance companies’ lists of qualifying Members current.

2. Instruct your clients to submit claims every single time — even if they are confident that they do not have coverage.

3. Suggest that your client speak with their employers directly about adding “nutritional counselling” to the company policy. We offer a letter on the website that clients can use for this purpose. They can be found in the Members section under “For Your Use.”

4. When you or your client do have contact with an insurer, please be sure to indicate CANNP and/or our logo so that it is clear that you are a part of the Association and use your entire NNCP number (letters and figures) on your claim forms.

5. Approach the decision-makers of any corporation you are in contact with and determine what insurance company offers their coverage. If you can, secure a contact name and please email it to us.

## Where We Stand in the Dietetic World

During the recent Nova Scotia government meeting, Glenn Rumbell presented an interesting chart about how the provinces fair in terms of restrictions.

	ALB	BC	MAN	NB	NFLD	NS	ON	PEI	Q	SASK
Title Protection	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Reserve Specific Acts	X	✓	X	X	X	X	X	X	✓	X
Professional Exclusivity	X	X	X	✓	X	?	X	X	X	X

In brief: All provinces reserve specific titles for use by Dietitians. Nutritionist is restricted in Alberta, Nova Scotia and Quebec. Other provinces specify varying restrictions.

Only two provinces reserve specific activities for dietitians, with Quebec being the more restrictive.

One province currently grants dietitians a monopoly over dietary and nutritional advice. The New Brunswick Act was passed more than 30 years ago. The fate of Nova Scotia is still being considered.

More specifics can be found in *The Holistic Nutritionists Guide to Lawful Practice in Canada*.

### Book Review

***Meditation for Fidgety Skeptics* by Dan Harris, 2017.**

Dan Harris was an ABC News anchor who had a full blown panic attack on the air and had to cut his broadcast short.

He had always believed that the notion of meditation was something reserved for the hippies and the crystal wielding sorts. His panic episode led him on a journey to ultimately embrace meditation and on the way, debunk the common excuses related to doing a daily practice.

Dan and his buddy trek across the country seeking the most common issues that arise for would-be meditators. The science after all, supports the practice and many people want to do it but for one reason or another, do not partake.

The book is as humorous as it is enlightening. It includes guided practices if you wish to do them and stories of interesting people and situations which they encounter.

One excuse that many have, is “I don’t have the time.” The book debunks that one rather effortlessly. Dan suggests approaching meditation “in the spirit of experimentation.” He even goes as far as saying — “Meditation is basically the end of boredom” He uses a technique that can be implemented while standing in line in the grocery store for example. He shares a “busy persons meditation” that takes no time, adhering to the notion that “consistency trumps duration” — every minute counts.

In addition to the actual meditations, he offers Pro Tips and Cheat Sheets to help the reader who can’t seem to get over his/her skepticism.

In response to the excuse that you are considered a “wuss” if you meditate, Harris goes in head-on saying it is not a soft, fluffy thing. You face your fears, lean into them and it gives you the tools to be more effective and stay steady despite them.

**Meet Us May 4** at the Canadian Holistic Nutrition Conference in Toronto all about Inflammation: the Root Cause of Illness. Drop by our booth, see samples of the many free giveaways we offer and fill out a ballot for a draw!!! See you there!

## Canada's Food Guide

Well — it's about time!

The food guide had not been updated in years and now it relates more directly to many of the parameters in which the holistic world works. But, not all.

We have to agree that less focus on processed foods and sugar; more focus on drinking water and increased whole foods, is a good move for all Canadians.

That said, the Guide still has a definite lean toward a one-size-fits-all approach but now it is a more plant based focus. In this respect, it should be emphasized that the *guide* needs to be used as a *guide* and not as the only way to tackle diet and nutrition. While the mainstream world seems to need a defined program, we understand that a correct balance of food consumption is a personal matter, based on individual needs and make-up.

The Health Canada beliefs shine through clear as day. For example, the thought that saturated fats are bad and that Canola oil and margarine are better choices is still staunchly adhered to.

Canada's Food Guide has made big, huge strides but there is road still to travel. That's where we come in!

## Yay Whole Foods?

Toward the end of last year it was reported that Whole Foods Market in Canada and the US were removing coated paper packaging due to the chemicals in them.

According to one study, 2/3 of the containers used in salad bars and hot bars contained elevated levels of PFAS which is a class of industrial chemical which can cause liver damage, cancer and accumulate in the body as well as the environment.

Whole Foods is reported as saying that they are actively working with suppliers to find and scale new composite packaging options. Safer Chemicals, Healthy Families thanked Whole Foods and Trader Joe's for taking initial steps but urges them to, "finish the job by making public commitments with clear timelines to ban the entire class of PFAS chemicals in all food-contact materials and to ensure substitutes are truly safe."

More solutions need to be found — faster.

<https://progressivegrocer.com/whole-foods-ditches-packaging-containing-pfas-chemicals>

## Unhealthy Cravings

We know that ambient odours are used as a marketing tool — walk by any coffee shop and you will know this to be true. Now researchers are using this technique to study how to curb cravings.

People were exposed to either the scent of a healthful or unhealthy food while maintaining a control group. Exposure to the smell of unhealthy food tended to curb the need to actually indulge. In fact, those who were exposed to aroma of an unhealthy option were significantly more likely to choose the healthy option.

Researchers believe that this occurs because, "scents related to an indulgent food satisfy the reward circuitry in the brain, which in turn reduces the urge for actual consumption of indulgent foods."

Journal of Marketing Research  
<https://www.sciencealert.com/just-two-minutes-of-fatty-food-smells-could-be-enough-to-put-you-off-the-munchies>

## Business Buzz

*Paul Fink, BA, MBA, CPA (former), is a graduate from the University of Michigan and worked as a CPA at Peat, Marwick, Mitchell (now KPMG) in Detroit, Michigan, before moving to Toronto and becoming a leader in Commercial Real Estate Brokerage. Paul shares his extensive experience in business and his expertise in financial matters with the CANNP board.*

Do you ever have a client look at you in a particular way with an implication that he/she is unsure about what he/she has gotten themselves into? The client may be thinking, and may or may not verbalize, that you look too young; too inexperienced, too something else. In some instances, you may have a sense of the issue based on your introductory conversation. Other times it might be right up front. Whether right or wrong, a client having such thoughts impedes your entire consultation.

Your best course of action is to lay the question right out on the table. If it is actually expressed by the client, you are being given a gift, even if it seems like a challenge. Either way, until you tackle this concern head on, nothing you do or say will be fully heard. Therefore, it will not be absorbed or have full impact. This then would become that one-time client who won't comply and won't experience success — therefore never return or refer.

Whatever the apprehension, address it with a prepared, clear and logical answer. You may try something like "If I were you, I would be wondering ...state the hesitation..." Take a breath allowing the client to align with the question. Offer a well-prepared, constructive answer with tangible specifics. "My training at \_\_\_\_\_ includes XX hours of \_\_\_\_\_. My professional association, the CANNP, requires 30 hours of annual continuing education keeping me top of my game. I will be using a \_\_\_\_\_ tool which will address areas of imbalance ...etc."

Only once the issue is addressed and put to rest will the client be ready to truly listen with an open mind to the rest of your consultation.

One other point — despite the concern, try not to take it personally and get defensive. Most likely the issue stems from within the client — related to a past experience or some incident that they have been made aware of — and has little to actually do with you as a person.

Always remain professional, confident and forthright about what you can offer and the expectations you have about your time together.

## Science Catching Up

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Published in the journal *Nutrients*, consuming one fresh avocado per day may lead to improved cognitive function in healthy older adults due to increased lutein levels in the brain and eye. The research tracked 40 healthy adults ages 50 and over who ate one fresh avocado a day for six months. They experienced a 25% increase in lutein levels in their eyes and significantly improved working memory and problem-solving skills. “While the conclusions drawn are from a single study that cannot be generalized to all populations, the study’s outcome helps to reinforce and advance the body of published research on avocado benefits...” said Nikki Ford, Ph.D., Director of Nutrition of the Hass Avocado Board. The authors stated that “This study is an example of how practical dietary choices can be of benefit to healthy aging.”

<https://www.mdpi.com/2072-6643/9/9/919>

A new study examined bone health, antibiotics and the immune system. Researchers from the Medical University of South Carolina analyzed the impact of antibiotics on postpubertal skeletal development and the results can be found in the *Journal of Pathology*. They demonstrate that the disruption of the microbio in the gut due to antibiotic use caused an inflammatory response that may lead to less bone resorption whereby the osteoclasts release minerals and transfer them to the blood. It was noted that while there was no change to the osteoblasts, the number, size and activity of the osteoclasts was increased. This disrupted the delicate balance of bone resorption by osteoclasts and bone-building by osteoblasts control bone metabolism. As well the study showed that there was a significant impact on the communication between the immune system and the bone cells.

<https://www.medicalnewstoday.com/articles/324258.php>

An analysis of data from 46,000 people found that weight loss, nutrient boosting and fat reduction can reduce the symptoms of depression. Published in the *Psychosomatic Medicine journal*, Joseph Firth clearly found that a healthier diet reduced symptoms of depression, and though it boosted mood, such alterations “had no clear effect on anxiety.” With further examination of the data, “We’re not sure why some of the data showed significantly greater benefits from diets for women.” Of course, further study is required before definitive answers will be found.

<https://www.sciencedaily.com/releases/2019/02/190205090511.htm>

A study indicates that there is a link between zinc deficiency and high blood pressure by altering the way the kidney handles sodium. Findings published in the *Journal of Physiology-Renal Physiology* state that understanding the role of zinc in hypertension is key to finding effective treatment. People with low zinc levels are also at a higher risk for hypertension. The way in which the kidneys either excrete sodium into the urine or reabsorb it into the body plays a role in blood pressure control. Researchers compared male mice with zinc deficiency to healthy controls with normal zinc levels. Once the animals’ zinc reached adequate levels, blood pressure began to drop and urinary sodium levels increased. “These significant findings demonstrate that enhanced renal [sodium] reabsorption plays a critical role in [zinc-deficiency]-induced hypertension,” the research team wrote.

<http://www.the-aps.org/mm/hp/Audiences/Public-Press/2019/3.html>

## www. Wild, Wacky, Wonderful

### <https://www.bmj.com/food-for-thought>

This site offers a collection of publications that brings together some of the world’s most thoughtful and influential voices in the field of nutrition and health. There is a wide range of backgrounds and perspectives all working to help make sense of the state of current knowledge, the quality of the evidence on key issues, the extent and implications of potential disagreements between experts, and the agenda for further research. Some of the articles are about topics you may never have explored before. Others are reinforcing our commonly held beliefs. If you are just looking for an interesting nutrition read, this may be the place to find just that!

### [https://sci-hub.tw/?fbclid=IwAR3g\\_joD6ovS5X4LKj5zafBWzmJP1SMWbfMujoUjq-N5rLJATlrxqiUCVNs](https://sci-hub.tw/?fbclid=IwAR3g_joD6ovS5X4LKj5zafBWzmJP1SMWbfMujoUjq-N5rLJATlrxqiUCVNs)

You can tell this one is wacky just from the URL! Sci-Hub is a project that is working to remove the barriers to education and knowledge. If you find an article that only provides you with the abstract or a portion of the study, copy the URL, PMID or DOI — all of which are relatively easy to locate on a study — and plug it into the Sci-Hub search engine. If they have that study as part of their archive, you will gain access to the entire paper.

### <http://seafood.ocean.org>

What a wonderful resource! The Ocean Wise symbol next to a seafood item is their assurance of an ocean-friendly choice. With over 700 Ocean Wise partners and thousands of locations across Canada, the Ocean Wise seafood program makes it easy for consumers to make sustainable seafood choices that ensure the health of our oceans for generations to come. It is simple to use — choose a species of fish and then the type within the species you are interested in and the site will tell you if it is on their recommended list of not.

## Timing is Everything

We know that timing is important when it comes to taking medications — for example thyroid meds must be taken in the morning away from anything else for 1 hour. But timing is important for supplements as well.

There are some seemingly hard and fast rules but as we all know, everyone is different and sometimes the rules need to be altered to suit the client. Some folks have stomach issues when taking supplements and though it may be more effective to take a particular nutrient on an empty stomach, it just may not be possible for everyone. That said, here are the best suggestions we found for effective timing and interactions.

### Fat Soluble Vitamins

Vitamins A, D, E and K are better absorbed when taken with food containing a little fat. The bile and fat dissolving enzymes help with the processing. Without these helpers, your client won't be absorbing much of the vitamin.

### Vitamin B's

B vitamins, often taken as a complex, may boost energy so they are best taken in the morning with breakfast. Since B's are water soluble, the body can only absorb a limited amount at a time. Oral B12 is generally poorly absorbed and is best taken on an empty stomach.

### Calcium

Always take calcium away from iron and zinc because they interfere with one another. The body can only absorb about 600 mg of calcium at a time so if your client is taking more, have them space the dosages throughout the day. Unopposed calcium should be avoided and instead it should be taken with magnesium and vitamin D and food. A 2:1 or 1:1 ratio of magnesium to calcium is generally recommended.

### Magnesium

Magnesium on its own can have a laxative effect — whether it is needed or not! Because of this, it may be best to avoid taking it midday. It also has a relaxing effect which makes taking it late in

the day ideal. Everyone seems to need magnesium. It may take experimentation to see which formulation suits best.

### Fish Oil

Omega supplements should be taken with food since they can cause stomach upset and distress. The fat in a meal will help with the absorption as well. They are best taken away from exercise and bedtime due to the potential for reflux and heartburn. They can be taken in divided doses with breakfast and/or lunch or as part of an early dinner.

### Fibre

Fibre supplements should be taken at bedtime, or close to bedtime. They should always be taken away from other supplements and medication since they can interfere with the absorption. They should always be taken with a full glass of water.

### Probiotics

The taking of probiotics is a little confusing and there does not seem to be any one correct answer. This is due to the fact that the microorganisms are vulnerable to stomach acid. For that reason, some say probiotics work best if taken on an empty stomach, but some people have difficulty and stomach upset with them — particularly if they are not used to taking these powerhouse organisms.

Others claim that some food in the stomach buffers the acid making the good bacteria more viable. You may want to instruct your client to try with and without food to see what works best. There seems to be consensus that it is best to avoid post meal probiotics due to the low survival rate of the good bacteria 30 minutes after eating. Always choose an option that includes a variety of bacteria strains.

There you have it — the goals for supplement taking. For some, a little leeway may be required and for others, experimentation may be necessary. You may have a client for whom the only rule that works might be — take them at a time that works for you, as long as you take them.

## Cheat Sheet

### Do

1. Wash supplements down with water.
2. Keep in cool, dry, dark place, unless otherwise indicated.
3. If there is stomach upset, take with food.
4. Consider capsules instead of tablets for added absorbability.
5. Keep probiotics (unless heat stable) & fish oil refrigerated.
6. Check for contra indications.

### Don't

1. Take with hot beverages, especially caffeine.
2. Don't double up if a dose is missed.

### Generally Take During the Day with Food

Vitamins A, D, E, and K  
B Complex vitamins  
Fish oils  
Calcium/Magnesium w/Vitamin D

Probiotic is not so cut and dry

### Generally Take at Night

Magnesium  
Fibre

## Common Question

### Q. Do I need to log onto the CANNP website to join or renew?

A. The join/renew applications are on the [cannp.ca](http://cannp.ca) site but you do not need to access the members-only area to complete the application. In fact, if you have inadvertently let your membership expire, you will be denied access. Simply complete the application and remit payment. We take care of the rest!