

# The Canadian Family's Guide to Navigating Natural Health

To celebrate **Natural Health Products Week**, the Canadian Health Food Association (CHFA) is challenging Canadian families to follow this five part guide and make simple, natural changes that can have a positive impact on the health of their family.

Natural Health Products

# NHP week

NOVEMBER 4 to 10, 2013

chfa.ca

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## SUPPLEMENT ESSENTIALS

*Proven must-haves for the whole family.*

Make sure you have these four essentials in your cabinet:

- Omega-3 Fats
- Probiotics/Prebiotics
- Vitamin D
- Multivitamins

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## GREEN CLEANING 101

*A crash course on cleaning the natural way.*

Use our "Green Cleaning" recipes to make these natural, chemical-free cleaning products:

- Natural all-purpose cleaner
- A natural laundry detergent
- Natural furniture polish
- Natural stainless-steel cleaner

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## HEALTHY HYGIENE

*Know what you are slathering on your skin.*

Here are four key chemical ingredients to steer clear of when buying deodorants, shampoo, moisturizers and make-up:

- BHA & BHT
- Phthalates
- Parabens
- Siloxanes

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## GO ORGANIC

*Get to know your clean 15 and the dirty dozen.*

Implement the "Dirty Dozen" and "Clean 15" in your home and let it help guide your next trip to the produce aisle. Print out these handy guides for your fridge:

- The "Dirty Dozen"
- The "Clean 15"

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## NATURAL FIRST AID KIT

*Simple at home remedies that work.*

Give your first aid kit a natural boost by adding these items:

- Coconut oil
- Unpasteurized Honey
- Arnica
- Aloe Vera

**70%** of Canadian NHP users support developing a new act for NHPs in Canada.

**79%** of NHP users believe that Natural Health Products are safe.

**80%** of NHP users feel that Natural Health Products are "very or somewhat important" to their families.

Brought to you by:

**chfa**<sup>TM</sup>  
Voice of the Natural Health Industry  
La voix de l'industrie de la santé naturelle

**70%** of Canadians Use Safe & Effective **NATURAL HEALTH PRODUCTS**

Visit [chfa.ca](http://chfa.ca) for more information on how to **Navigate Natural Health** for the whole family.