

COOKING WITH ENERGIZING MCT OIL | 7 MOOD-LIFTING ESSENTIAL OILS

COMPLIMENTS OF

THE VITAMIN SHOPPE

AMAZING Wellness

Your 21-Day SPRING DETOX GUIDE

Surprising Health
Benefits of
BOSWELLIA
pg. 34

+ 4 Cleansing
Juice Recipes!

SUPPLEMENTS 101
The Best Time
to Take Your
Vitamins

10 HERBS TO
BOOST
YOUR BRAIN

**Crazy for
Collagen**

Protect bones,
improve joint health
& fight aging with
this super supplement

3 tips for
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CAFFEINE

SPRING 2018

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WITH RAW ORGANIC FIT

This is the year you're going to do it! Stay focused, stay motivated and lose those extra pounds. There's no better place to start than by adding clean, Raw Organic Fit to your new healthy lifestyle.

Raw Organic Fit is a Certified USDA Organic, vegan, high-protein powder specifically designed for weight loss[†] and is made with 13 raw sprouted organic ingredients, delivering a powerful 28 grams of complete plant protein per serving—all sustainably farmed without toxic residue. We've included USA grown Organic Peas as the main protein source, making Raw Organic Fit smoother and tastier than ever. Additionally, Raw Organic Fit is low in sugar, less than 1 gram, and has a low glycemic index, a significant element of getting and staying fit.

Raw Organic Fit also contains several clinically studied ingredients, including Organic Svetol® green coffee bean extract, Raw Food-Created Chromium and Organic Cinnamon to help you burn fat, maintain healthy blood sugar, boost your energy, lose weight and look great![†] It also has Raw Organic Ashwagandha added to help manage stress-related cravings.[†]

Additionally, Raw Organic Fit's high fiber content—9 grams—from organic tapioca, flaxseed and African baobab fruit makes it naturally filling and satisfies hunger.

The Certified USDA Organic plant proteins in Raw Organic Fit are produced at low temperatures, to avoid denaturing protein and reducing its quality. Raw Organic Fit also contains live probiotics and enzymes.

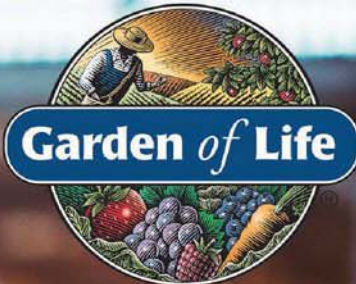
Not only is Raw Organic Fit Certified USDA Organic and Non-GMO Project Verified, but it's also Certified Vegan, Informed-Choice Certified (Trusted by Sport), Gluten Free, Dairy Free and Soy Free.

THE #1 SELLING DIET PRODUCT*

With a great tasting, mild, slightly sweet flavor, Raw Organic Fit mixes perfectly with all of your favorite foods and beverages. Add Raw Organic Fit to a breakfast smoothie, almond milk or water within 30 minutes of waking up as part of your overall plan to reduce calories, increase daily exercise and kick-start your day and your weight loss.[†]

Burns Fat[†] · Satisfies Hunger[†] · Fights Cravings[†]





Also Available in Delicious Bars!

170
CALORIES

28g
PROTEIN

9g
FIBER

<1g
SUGAR

*ACCORDING TO SPINSSCAN 11-05-17
CALORIES, PROTEIN & FIBER MAY VARY BY FLAVOR



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Medical-Grade Collagen: 102 Million Doses, 35 Years, 4,700 Health Professionals.

Science, Absorption, Results: Why Liquid Type 1 Collagen Peptides Remain the #1 Choice of Doctors and Hospitals...

by Jim Caras

It's *easy* to find a collagen product. It's *not easy* to know if it'll actually work. Dozens of collagen supplements have flooded the market in every form, flavor, and at every price imaginable. So, when choosing one, how can you be sure you're making the right decision?

With over 35 years of medical use, doctors have done your homework for you...

The Collagen Doctors Recommend to Doctors

With over 102 million doses and rising, doctors and hospitals remain steadfast

in their commitment to **liquid Type 1, enzymatically hydrolyzed, collagen peptides** (found in *Health Direct's AminoSculpt*). This true *Medical-Grade Collagen™* is considered the "*Gold Standard*" by the medical community. Here's why...

Proven Medical Use

FIRST, these liquid peptides have been used by over 4,700 physicians, clinics, hospitals and health professionals for over 35 years. They're preferred because they have provided consistent results for decades with a proven safety

record, even when used by patients with serious health problems.

Science Backs Type 1 Collagen **SECOND**, these liquid peptides contain **pure Type 1 collagen**. While there are 28 different types of collagen in the body, 90% of your body's collagen is Type 1. Plus, the weight of published scientific research supports Type 1 collagen, making it a solid choice (*see benefits in the graphic below*).

Type 2 collagen is good for healthy cartilage (and has some effects on skin) but lacks many benefits of Type

Collagen Burns Fat, Beautifies Skin and Supports Joints!*



"BURNS Fat, SHAPES The Body..."

As we age, we gain fat and lose muscle. High doses of liquid Type 1 collagen peptides help stop this by preserving and building lean muscle. That way, you can keep a firmer, more shapely body for longer. This is why bariatric weight loss clinics have long recommended *AminoSculpt's* medical-grade liquid collagen peptides as part of their programs.*



"BEAUTIFIES Hair, Skin, & Nails..."

While many hospitals use *AminoSculpt's* liquid Type 1 collagen peptides for skin repair, they also have beauty and personal care benefits. 90% of your hair, skin, and nails are Type 1 collagen. Therefore, people typically notice better skin softness, hydration, tone, and appearance, as well as improved growth and quality of their hair and nails.*



"SUPPORTS Joints, Bones, & Even Sleep..."

Type 1 collagen is a major component of ligaments, tendons and bones. Collagen's exclusive amino acid, Hydroxyproline, plays a primary role in the structure and maintenance of bones and connective tissues.

Plus, collagen's most abundant amino acid, Glycine, is clinically shown to improve sleep when taken at bedtime. Users of *AminoSculpt's* liquid collagen peptides typically report deeper sleep and waking up more refreshed.

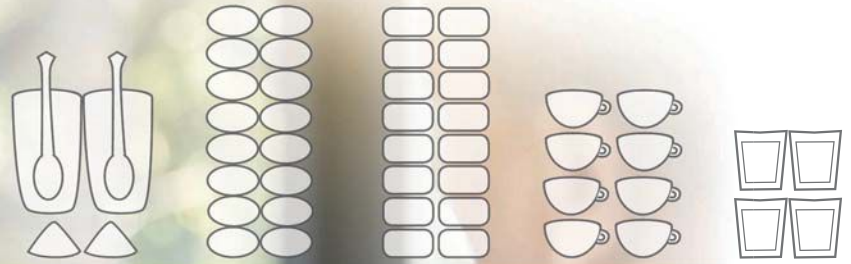


"IMPROVES Recovery & Wound Care..."

Collagen contains high amounts of high-nitrogen amino acids that build and repair the body (300-400% more Arginine and Glycine than whey and other proteins). A published clinical trial shows that *AminoSculpt's* medical-grade liquid collagen peptides perform FIVE TIMES GREATER than whey protein for improving wound and tissue repair.

Also, recent studies show that supplementing with Type 1 collagen peptides before exercise can help decrease your likelihood of injury.*

Medical-Grade vs. Generic Collagen



AminoSculpt® Collagen Peptides	Collagen Powders	Collagen Pills/Tablets	Collagen Chews	Bone Broths	Other Liquid Collagens
✓	X	X	X	X	X
✓	X	X	X	X	X
✓	X	X	X	X	X
✓	X	X	X	X	X
1 Fl Oz	12 Fl Oz	16	16	4-8 Cups	1-4 Fl Oz

102 Million Doses Over 35 Years of Medical Use

4,700 Doctors, Hospitals and Health Professionals

Original Pioneer in Patented Hydrolyzed Collagen Peptides

Type 1 Liquid Peptides in Published Clinical Trials

Clinical-Strength Dose of Collagen (16,000 mg)

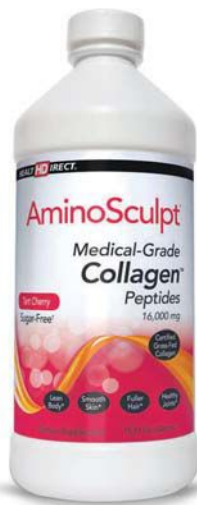
1 collagen. Some products contain rarer forms of collagen such as Types 3, 5, or 10. While these additional types may look enticing, there is little medical evidence supporting their use. They won't hurt you, but you're probably paying extra money for no additional health benefits.

"Liquid" Collagen is Best

THIRD, doctors prefer peptides in "liquid" form.

Most of the published studies, patents, and real-world medical use are on liquid collagen. Plus, these liquid peptides are "enzymatically hydrolyzed" (pre-digested with natural fruit enzymes) for maximum absorption, and better results.

Liquids are also ready-to-use and do not have to be mixed with food or juice. They provide the most collagen in the smallest dose. And, they're safer to take than powders and pills with no danger of



choking, or difficulty swallowing.

The #1 Medical-Grade Collagen™...

Although there are many collagen products available, only **AminoSculpt®** contains the same liquid collagen peptides used by 4,700 medical professionals for over 35 years. **AminoSculpt®** is the original medical-grade, liquid Type 1 collagen peptide supplement and the only one with:

- ✓ **16,000 mg per ounce**
- ✓ **Non-GMO ingredients**
- ✓ **Certified grass-fed collagen**
- ✓ **Certified KO kosher**
- ✓ **Paleo-friendly ingredients**
- ✓ **NO sugar, gluten, dairy, nuts, soy, or grains**
- ✓ **Over 1,000,000 bottles sold**
- ✓ **A money-back guarantee****

Try AminoSculpt® Today



THE VITAMIN SHOPPE®



"The Trouble With Bone Broth..."

Homemade bone broth, bone broth powders, and gelatins have become popular. While they're a rich source of minerals and other nutrients, they're actually a poor source of collagen. This is because they're difficult for the body to digest. **"Raw" and "Whole Food" are things you don't want your collagen to be.** Many people think that cooking makes the collagen in bone broth digestible enough to be beneficial. This simply isn't true. Collagen must be "hydrolyzed" (broken down by enzymes) into peptides to be fully absorbed and used by the body.

Ironically, bone broths and gelatins promoted for gut health may actually cause bloating, digestive issues, and even fatigue, because of their poorly absorbed, un-hydrolyzed collagen.

About the Author: Jim Caras has written and lectured on collagen for over 20 years. His book, "How to Completely Reshape Your Body!", was one of the first to use collagen for rejuvenating and shaping the body.

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Natural remedies for surviving allergy season



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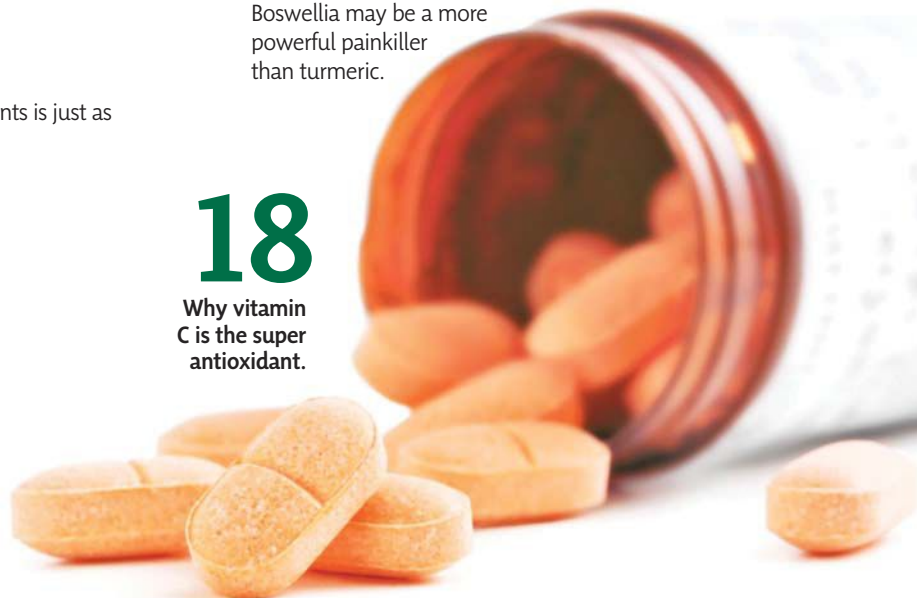
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FRESH STARTS

A good detox can help organs work more effectively, bolster your immune system and boost energy levels.

Spring has arrived a little early here in Southern California. As I'm writing this, it's sunny and 80 degrees outside. It's hard to imagine that just a few short weeks ago we were celebrating the holidays, overindulging in rich food and drink. For many of us, holiday parties took precedence over hitting the gym and, if you were one of the unlucky ones, you were hit hard with the flu.

Whatever the reason, by early spring, relatively few of us are feeling our absolute best. Undertaking a detox now can change all that. The body has its own detox methods — the liver, sweat and urine are all ways the body rids itself of toxins — but sometimes your organs work too hard and need a break. A good detox can help them work more effectively, while also bolstering your immune system, boosting energy levels, and leaving you clear-headed. In our “21-Day Spring Detox” on p. 40, you'll read about safe and easy steps you can take to flush all the garbage out of your body, leaving you feeling energized and healthy. It's like a fresh start for your body — and your mind.

Spring is also allergy season. Time for congestion, headaches, itchy eyes, and sneezing. According to the Centers for Disease Control and Prevention, more than 50 million Americans suffer from allergies each year. If you're one of those millions prone to seasonal allergies, we've got you covered. Instead of turning to over-the-counter medications, the “Allergy Survival Kit” on p. 46 shares seven natural remedies that will help ease your symptoms and provide relief. After all, now that the weather is getting warmer, the last place you want to be is inside. On p. 58, we give you nine reasons to take your training out of the packed, germ-y gym and into the great outdoors. Plus, we share a zero-equipment bodyweight workout that will help you burn fat and build muscle.

We hope you have a healthy and active spring!

Maureen Farrar

EDITOR

mfarrar@aimmedia.com



In our
next issue ...



FROM GREENS TO PROTEINS

Whether you're shopping for protein powder, maca, or collagen, we tell you what to look for, what to ignore, and how to choose the one that's right for you.



A HEALTH GUIDE FOR EVERY AGE

Whether you're 20, 30, 40, or beyond, medical screening can go a long way to preventing health problems. Put these tests on your radar.



SWEET SUGAR SUBSTITUTES

Are honey, agave nectar, or date sugar healthier than table sugar? And what about artificial sweeteners? To help you decide, here's the real deal on 10 common sweeteners.

COOKING WITH COLLAGEN

MAKES EATING HEALTHY SIMPLE & DELICIOUS.



GLUTEN FREE

peanut
CHOCOLATE
TRUFFLE
butter

(Gluten-free, Grain-free, Egg-free, Soy-free, optionally Dairy-free and Nut-free) Makes 24

INGREDIENTS:

- ¾ cup sifted powdered sugar
- ½ cup creamy peanut butter or seed butter
- 3 tablespoons unsalted butter or dairy-free butter, melted
- 4 tablespoons NeoCell Super Collagen
- 1 ¼ cups semisweet chocolate chips or dairy-free chocolate chips
- 1 tablespoon vegetable shortening
- Flaky sea salt

HOW TO MAKE IT:

- Line a baking sheet with parchment or waxed paper.
- Combine the powdered sugar, peanut butter, butter, and collagen together in a mixing bowl and mix until fully combined. Divide the mixture into 24 equal-sized balls. Place on the prepared baking sheet and refrigerate for 30 minutes.
- Combine the chocolate chips and shortening in a microwave-safe bowl and microwave on high power for 60-90 seconds or until most of the chocolate chips are melted. Stir until smooth and glossy. Dip the truffles into the chocolate to coat and place back on the baking sheet. Sprinkle the top with a small pinch of sea salt and refrigerate for another 15-30 minutes.

Recipe by
Carol Kicinski

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ANCIENT NUTRITION

IS BONE BROTH THE MISSING LINK TO YOUR HEALTH?

For as long as humans have been cooking food over fire, bone broth—the simmering stock of bones otherwise discarded—has been a daily part of life, celebrated by cultures around the world. Not only does bone broth add depth of flavor to recipes and meals, it also imparts significant and broad health benefits that are now capturing the attention of millions. Bone broth may be the “hottest trend in health” today, even though it is centuries old. Could it be the missing link that you’ve been searching for?

CELEBRITY TREND *DU JOUR*

One thing that actors, professional athletes, executives and television personalities all have in common are high-performance lifestyles. So it is little wonder that the media seems to be reporting almost daily on the celebrities that are making bone broth a central component of their health and fitness program.

You will also see bone broth very well represented if you take a stroll down the aisle of your local bookstore and a surprising number of “broth cafes” have opened up in New York City as people are trading in their morning cup of coffee for the benefits that bone broth can deliver!

PERFECT FOR PALEO LIVING

Another audience that is “fueling the fire” of the bone broth movement is the rapidly-growing group of people following a Paleolithic-inspired eating and lifestyle program. And its not just weekend warriors and hardcore fitness advocates that are contributing to the growth. Recent statistics indicate a wider demographic of people is “going Paleo” and estimate that 54% are women and 76% are college educated. The world of health and fitness is often dominated by fads and trends; however, all the data suggests that this is a modern-day phenomenon, based on ancient wisdom, that is not going away any time soon.

WHY ALL THE HYPE?

Bone broth is typically rich in protein, collagen, gelatin, glucosamine, chondroitin and key minerals often missing in diet. These vital nutrients support a wide range of health benefits and body systems including:

- ▶ Healthy detoxification, gut and immune system[†]
- ▶ Healthy joints and lean muscle mass[†]
- ▶ Healthy and vibrant skin, hair and nails[†]
- ▶ Metabolism and a healthy weight[†]



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BONE BROTH PROTEIN™

MODERN SUPERFOOD

BRINGING THE BENEFITS OF BONE BROTH TO THE PEOPLE

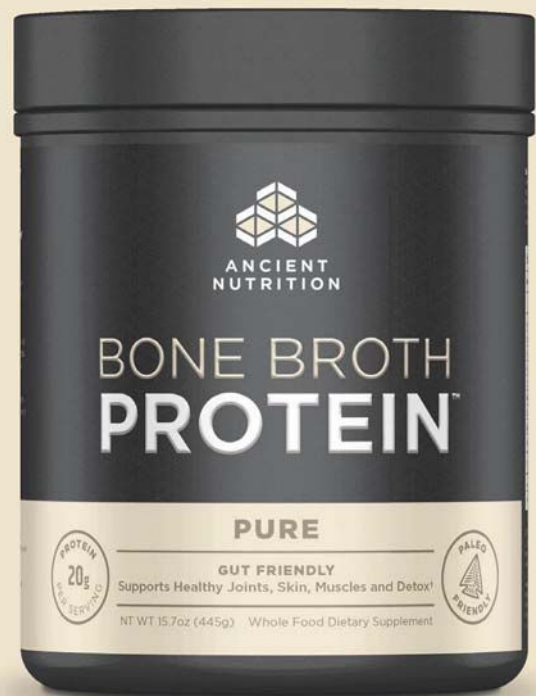
Two major drawbacks to experiencing the benefits of bone broth is the time to make it at home and expense to buy it pre-packaged. Introducing **Bone Broth Protein™**—a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.

Not only does Bone Broth Protein™ pack 20g of gut-friendly and Paleo-friendly protein per serving, it also provides Bone Broth Co-Factors such as collagen, glucosamine, chondroitin, hyaluronic acid and key electrolyte minerals to support the health of your gut, joints, muscles, skin and healthy detoxification.†

Bone Broth Protein™ is free of common allergens and the ideal protein source for those sensitive to dairy, grains, egg, beef, nuts and legumes. Carefully-crafted quality you can trust and tested to be GMO free.

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hemp CBD oil

Cannabidiol is emerging as a powerful — but misunderstood — supplement. Here's what you need to know

"CBD is the next big thing in the so-called health industry," says Earl Mindell, PhD, pharmacist, long-standing pioneer in educating the world about the benefits of nutritional supplements, and author of *Healing with Hemp Oil: A Simple Guide to Using the Powerful and Proven Health Benefits of CBD*.

The popularity of CBD oil stems from its many and varied benefits, including relief from pain, muscle tension, and high blood pressure, as well as mood, sleep, and skin problems.

Short for "cannabidiol," CBD oil in dietary supplements comes from the industrial hemp plant, which is in the same family as marijuana, *Cannabis sativa*, but

doesn't produce a "high." Despite hemp's lack of psychoactive power, the familial connection breeds confusion. "Most physicians are frightened by it," says Mindell, "because of lack of knowledge."

What It Does

CBD oil is anti-inflammatory, acts as an antioxidant, and has a therapeutic effect on the brain and central nervous system, which influences many processes, including the sensation of pain, mood, memory, and appetite. Epilepsy, anxiety, ADHD, Alzheimer's disease, arthritis, and fibromyalgia are among the conditions that CBD may help. And, says Mindell, "It has no side effects."

how to use CBD oil

For all forms, including capsules, tinctures, liquids, and sprays, Mindell recommends:

1. In the Supplements Facts, always look for the amount of CBD oil per serving.
2. Take between 2.5 and 30 mg daily, starting low, seeing how you feel, and gradually increasing as needed.
3. For pain in specific parts of the body, rub a CBD oil, cream, or lotion on the area. For a headache, rub it on the forehead and temples.



CLEANSE HAPPY

It's time to rethink your cleanse with Flor•Essence®.

Maybe you've been putting off a cleanse, because, well, let's face it...they can be harsh and leave you chained to the toilet, making for an overall unpleasant experience. Flor•Essence is different. It is a gentle, daily cleanse that supports your body's natural processes, helping it to remove toxins more efficiently than it can on its own.* The truth is your body is really good at cleansing, but due to the number of toxins we're exposed to, it can use a little daily support. Forget harsh, extreme cleanses, and turn to Flor•Essence for gentle daily cleansing that leaves you feeling rejuvenated. #CleanseHappy

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



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BEWARE THE SNACK TRAP

We're more likely to overeat when foods are considered snacks rather than meals, according to a study of 80 people at the University of Surrey in the UK, where appetite for candy was compared after people ate pasta. Even though all pasta dishes were identical, some were labeled as snacks, came in a plastic dish with a plastic fork, and were eaten while standing, while others were labeled as meals and were eaten off a ceramic plate with a real fork, sitting at a table. When offered candy afterward, those who had the snack version ate up to twice as much.

"Those who are consuming snacks are more likely to overeat as they may not realize or even remember what they have eaten," says lead study author Jane Ogden, PhD. She recommends:

- ❖ Eat food as a meal rather than a snack.
- ❖ Sit down when eating.
- ❖ Pay attention to the food instead of other activities.

Egg White Myths BUSTED

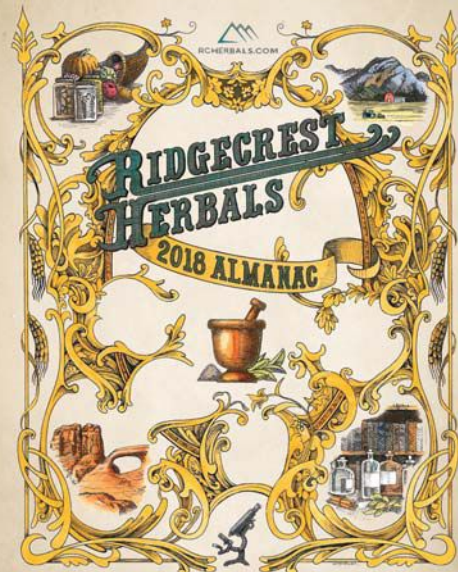
Bodybuilders have traditionally viewed egg whites as superior to whole eggs for muscle growth, and many people believe that the fat content of yolks isn't healthy. But a study led by the University of Illinois at Urbana-Champaign labelled both ideas as "unsubstantiated." After comparing the effects of egg whites and whole eggs on 10 weight lifters, researchers concluded that whole eggs were more effective at supporting muscle recovery and growth. For overall health, they noted, a variety of essential nutrients and about 40 percent of an egg's protein are in the yolk, and "its removal seems counter-productive for meeting protein recommendations."



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3 Super Supplements for Men Over 30

NEWS FLASH: Training hard doesn't get any easier as you age. The older we get, the more our joints ache and the longer it seems the muscles take to recover. Staying in shape can be a painful process, but the discomfort should be manageable. A sensible training program and proper nutrition will take care of most of your issues, but supplements can help beyond that. The following three products will go a long way toward getting you pain-free and healthier from head to toe, and may also help you get that extra edge in the gym.

SeroVital-hgh: After the age of 30, testosterone dips a bit each year. HGH is a natural testosterone booster that has been known to promote collagen synthesis in muscle and tendons, increasing muscle strength and improving performance.



Dream Brands MDrive Boost & Burn: In addition to helping increase testosterone production, this product contains ingredients like green tea and caffeine to help reduce body fat and preserve lean body mass.

Arthur Andrew Medical Neprinol AFD (Advanced Fibrin Defense): Neprinol AFD is recommended for everyday aches and pains caused by overexertion from exercise. It also supports proper circulation and cardiovascular health.



1 in 2 In a British study of 298 overweight people with type 2 diabetes, nearly half were cured — meaning they regained normal levels of blood sugar without taking any medication — by losing weight. Slightly over 30 pounds was an effective amount of weight loss.

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LAILA ALI

The health-minded mom and athlete-turned-author shares her nutrition tips

By Chris Mann

Four-time undefeated world boxing champ Laila Ali retired from the ring in 2007, but she still packs a one-two punch in the kitchen. The health-minded mom and host of OWN's *Home Made Simple* channels her culinary mantra—"Nutrition is king, but flavor is queen"—in the new cookbook *Food for Life: Delicious & Healthy Comfort Food from My Table to Yours!* (St. Martin's Press, 2018). Her knockout recipes range from the hearty and all-American (Very Veggie Soup) to the wholesomely spicy (the bone broth-based South Indian Coconut Chicken Curry) to the full-on fortifying (homemade kefir-and kale-infused West Coast Southern Greens).

Food for Life focuses on fruit, veggies, and other tried-and-true whole foods. But Ali—who has a line of supplements coming in mid-2018—doesn't shy from tossing extra nutrients into her clean cuisine. "If your body can process it, you're going to get energy from it," she says.

The host of the *Laila Ali Lifestyle* podcast even pays tribute to her late, great father, boxing legend Muhammad Ali, with a Greatest of All Time Burger. "My dad loved my cooking. He loved soul food and loved coming over for the holidays. And he understood the importance of a good home-cooked meal," she says fondly.

What's one of your favorite comfort-food dishes with a *Food for Life* twist?

My kids and I love spaghetti, so I said, "We're going to have our spaghetti, but we're going to upgrade it." So instead of using regular white pasta, we use brown rice noodles or quinoa noodles or zucchini noodles. And not only do we use a good-quality meat—beef, lamb, or turkey—I have a secret red sauce that has tons of veggies that I mix in the blender. The flavor masks the veggies so the kids don't even know that they're in there.

So the secret to kids eating their vegetables can be as easy as blending them into your secret sauce?

Sometimes! I also have a secret white sauce that includes zucchini and cauliflower. It's really about balance. If kids have a super-sensitive palate, you've got to ease them into it. And you can keep adding more and more veggies as their taste buds change. I use my secret white sauce for recipes that call for something that you're not going to see—like mac and cheese. You can make it in advance and have it ready to go. Mix up a batch and freeze it.



Why do you include chlorella in your Green Power Shake?

Chlorella is really good for so many things, but I use it for cleaning heavy metals and toxins out of your body. With all the radiation we get from our cell phones and electromagnetic fields, I like to get chlorella into my system on a regular basis.

You can add some things into your everyday rotation. It's just like medication your doctor gives you—it doesn't work if you don't take it regularly. You have to make it a habit. I wake up in the morning and have a shake, and then I'm done and don't have to worry about it the rest of the day.

How are fermented foods life-enhancing? And what's an easy beginner recipe?

Diseases start in our gut. If your gut's not healthy, you're not healthy. We all have bacteria in the stomach. When we're

eating bad foods they're feeding the bad bacteria, and it grows and gets worse and you get a candida overgrowth, which causes headaches, brain fog, sluggishness, and cravings. [Fermented foods] grow good bacteria for your stomach. One of our simple recipes is Basic Sauerkraut. Simply chop up cabbage and put sea salt in it and leave it out for a certain amount of time. It's really easy to do.

And finally—dessert! What sets your Not Your Mama's Sweet Potato Pie apart?

I love potatoes, and I love sweet potato pie. But you can't eat that all the time. Mine is a cleaner version. I use coconut oil and pure maple syrup. And the crust is made with walnuts and dates. I put the turmeric—which is an anti-inflammatory—in there because it adds a nice golden-orange color and, above all, nutrients. You can't taste it, and why not get the nutrition in there?

Chris Mann is a celebrity wellness and fitness writer, natural health brand storyteller, entertainment author and journalist, and digital-content producer (Wellseeing.TV).



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FIX WHATEVER AILS YOU

Got a health complaint? Chances are, vitamin C can help **By Vera Tweed**

It's easy to take vitamin C for granted and underestimate its potential. But that's a bad idea, says Thomas Levy, MD, author of *Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins*. "It's your most vital antioxidant," he says, and one that can improve "whatever ails you."

In decades of practice and research, Levy has seen just about every annoying symptom improve with vitamin C supplementation, from difficulty getting out of bed in the morning to muscle aches to energy sags, minor joint pain, arthritis, and tension headaches. "I'm not saying that they all go away," he says, "but they improve." And

some symptoms can, literally, disappear. Surprisingly, says Levy, "Studies have basically shown that vitamin C by itself will help reverse osteoporosis, but there's no way you can possibly get enough vitamin C strictly through diet; you need supplementation."

Studies have also shown that people with higher levels of vitamin C are less likely to suffer from heart disease, stroke, high blood pressure, bone fractures, cancer, loss of mental faculties in later years,

cataracts, gout, type 2 diabetes, asthma attacks from exercise, lingering colds, and even early death.

WHY IT'S A SUPER ANTIOXIDANT

In a sense, vitamin C is twice as powerful as other antioxidants. If you recall science class, all molecules have electrons, but some of these are lost in the normal course of life—more so when

healthy tip!
If you don't want to take large doses of vitamin C at first, start small and gradually work your way up until your symptoms improve.

we're exposed to stress, toxins, or illness.

The technical term for loss of electrons is "oxidation."

On a molecular level, oxidation is somewhat analogous to a soldier being injured in battle, and it underlies all forms of disease, as well as the aging process.

Antioxidants donate electrons to injured molecules, balancing out oxidation and keeping us healthy, but vitamin C has a unique quality. While antioxidants generally donate one electron per molecule, vitamin C donates two.

"That gives it sort of a double impact," says Levy. And, he adds, it's made up of tiny molecules that are more easily absorbed than other antioxidants, wherever they're needed in the human body.

HOW TO USE VITAMIN C

For optimum health, Levy recommends taking enough vitamin C to experience an improvement in symptoms, which likely means taking at least several grams (several thousand milligrams) of it daily. And we may need even more

Vitamin C FAQ

Can vitamin C boost energy?

It may. Research by the National Institutes of Health found that low levels of vitamin C correlated with fatigue.

Do other nutrients increase or block its absorption?

There is no real scientific evidence either way, but vitamin C in general is easily absorbed. However, says Levy, most people suffer from lack of magnesium and too much calcium, which increases

oxidation and works against the antioxidant action of vitamin C. To solve the problem, he recommends taking magnesium supplements, as well as vitamin C, at any time of day, separately or together.

How much is safe to take for a cold?

Unless you have kidney disease, says Levy, there's no need to be concerned about taking too much. He recommends taking a gram

of vitamin C every hour or so, until you feel better. If you get diarrhea, take lower doses, take it less often, or take a liposomal form. Anyone with kidney disease should consult a knowledgeable practitioner before taking supplements.

How much vitamin C can you get from food?

It's estimated that five daily servings of fruits and vegetables provide 200–250 mg.



during times of stress, exposure to toxins, or illness.

If you take enough, Levy says, "Most of the time, it's going to blunt most of the symptoms, and if you just have a little bit of disease or a little bit of a problem, you might feel completely normal with vitamin C; that would be a very individualized sort of thing."

Getting diarrhea after taking vitamin C means that you've taken more than your body can absorb. Although the phenomenon can provide a healthy cleanse, it isn't recommended as a routine. Split your daily dose into several smaller ones, take less per day, or take a "liposome" or "liposomal" form of the vitamin, which is much less likely to trigger diarrhea at

high doses. Liquid liposome supplements can be mixed into drinks or yogurts.

If you're skittish about taking large doses, start with a small amount, and gradually increase it. "There's nothing wrong with starting low," says Levy, "and going slow."



TOP 10 FOOD SOURCES OF VITAMIN C

Papaya, medium	168 mg
Bell peppers, 1 cup	117 mg
Broccoli, 1 cup	101 mg
Brussels sprouts, 1 cup	96 mg
Strawberries, 1 cup	84 mg
Pineapple, 1 cup	78 mg
Orange, medium	69 mg
Kiwi, 1-2 inches	63 mg
Cantaloupe, 1 cup	58 mg
Cauliflower, 1 cup	54 mg

Source: World's Healthiest Foods (<http://whfoods.org>)

Contributing editor **Vera Tweed** has been writing about nutrition, fitness, and healthy living since 1997. She specializes in covering research and expert knowledge that empowers people to lead better lives. She is the author of numerous books, including *Hormone Harmony* and *User's Guide to Carnitine and Acetyl-L-Carnitine*.

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QUITTING CAFFEINE

3 tried-and-true tips to help you kick the caffeine habit **By Emily A. Kane, ND, LAc**

Much of what we know about caffeine comes from early military research on stimulants purported to increase mental energy and stamina despite sleep deprivation and extreme environments. And in the case of mental energy, caffeine definitely works. Because it constricts blood vessels in the brain, caffeine throws the brain into overdrive, which sends a signal to your adrenal glands to produce adrenaline and starts a fight-or-flight cascade. This is why caffeine gives folks a jolt, or even the jitters.

Most people can handle this short-term. But long-term, day after day, ingesting caffeine is like “whipping a tired horse.” Your blood pressure and cholesterol go up, your risk for osteoporosis increases, and your blood sugar control is compromised. Plus, caffeine is extremely dehydrating. Caffeine

dehydration is compounded by an adrenaline reaction that contributes to sodium depletion through excessive excretion of our most abundant mineral. Folks with adrenal fatigue typically crave salt. The first part of the fix is to ditch the caffeine.

Caffeine is a vasoconstrictor, meaning it narrows the blood vessels, especially the tiny ones in the brain, kidneys, retina, and extremities, thus inhibiting optimal blood flow and oxygen delivery to tissues. Caffeine can also increase your risk of developing diabetes. Consuming caffeine along with carbohydrate-rich foods can double the immediate increase in blood sugar levels compared to consuming carbs alone.

Research on coffee does come up with some positives, but this has nothing to do with caffeine. Coffee’s

benefits are all about the antioxidant content of the darkly pigmented beans.

REMEDIES TO COMBAT COFFEE WITHDRAWAL

If you’re thinking about giving up your morning brew, you will likely get withdrawal headaches (from the rebound vasodilation—too much blood flow to the brain as the vasoconstricting effect wears off) for 3–10 days. During this time, stay extra-hydrated with water (the best drink), herbal teas, and bone broths. You can also chew on mint leaves, suck on ginger root, sprinkle cayenne pepper on everything ($\frac{1}{8}$ tsp. max per drink or meal serving), exercise more, or lie down in a dark room with an ice pack wrapped in a towel under the back of your neck. Here are some more tips to help you kick the caffeine habit.

TAKE VITAMINS TO BATTLE CAFFEINE WITHDRAWAL & IMPROVE ENERGY

B vitamins are wonderful for nourishing jangled nerves, so try taking a quality B complex with 1,000 mcg of methylated B₁₂ (methylcobalamin) and about 50 mg each of the other numbered, water-soluble Bs. Take it twice daily, with food, but not after 4 p.m. Some folks find B vitamins overstimulating when taken too close to bedtime.

Choline, lecithin, and inositol (all “fatty” B vitamins) are also very helpful. I like to put a heaping tablespoon of lecithin on steel-cut oats, and add some nuts, seeds, and rehydrated dry fruit (raisins, cranberries, apricots) for a nerve-soothing and filling breakfast.

Vitamin E is very supportive to the endocrine system, and most useful in the 400–800 IU

range, especially if you are over age 40. The nervous system is connected to the endocrine system most vividly in the stress response, so both nerve and hormonal support will help you transition off caffeine.

REPLACE COFFEE WITH TEAS

My favorite herbal tea to sip when you're quitting caffeine is chamomile. Contrary to popular belief, strongly brewed chamomile is actually a mild stimulant (as opposed to weakly brewed chamomile, which helps us relax at bedtime). So make a strong pot in the morning (5 teabags to 4 cups of

hot water), put it into a thermos, and sip throughout the day. Chamomile is also an amazing nerve-nourishing plant that can help relieve the drowsiness and shakiness that accompanies caffeine withdrawal.

DETOX

Caffeine withdrawal headaches are caused mostly via vasodilation, but they can also be exacerbated by reabsorption of toxins if caffeine withdrawal causes constipation. So it's important to eat plenty of fiber-rich vegetables and fruits, along with whole grains and high-quality cold-pressed oils. Be sure to drink at least 8 cups of water

daily. And use a light, senna-based herbal laxative if needed.


NOW WHAT?

Once you've kicked your caffeine habit, it may be possible to use it very occasionally—if, say, you need to drive when tired or study for an exam. But remember that gentler methods of maintaining good energy levels—such as getting enough sleep—are always preferable. And if you find that you miss the "ritual" of the morning coffee, be assured that a robust tea, such as Rooibush or Roastaroma, can become equally satisfying over time.


Emily A. Kane, ND, LAc has a private naturopathic practice in Juneau, Alaska, where she lives with her husband and daughter. She is the author of two books on natural health, including Managing Menopause Naturally. Visit her online at dremilykane.com.




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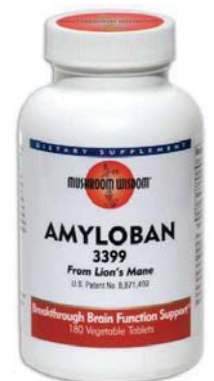
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UNLOCK YOUR BRAIN

Fuel your noggin with these mood-lifting, brain-boosting, focus-sharpening herbs for everyday use **By Lisa Turner**

In the 2011 movie *Limitless*, the hero scaled the world's highest mountains, made a fortune overnight, and got the girl—all by taking a simple pill. Now, dozens of nootropics—from pharmaceuticals such as Ritalin, Adderall, and modafinil, to legal but questionable compounds found on the Internet, including piracetam and adrafinil—promise enhanced mood and a smarter, faster brain. It sounds too good to be true, and it probably is. Though they're legal and effective, chemical nootropics (called "smart drugs") have side effects, including rapid heart rate, headaches, insomnia, and anxiety, and some have a high potential for tolerance, addiction, and withdrawal symptoms.

A better choice: herbal nootropics that enhance mood, sharpen concentration, and improve focus, without the side effects, tolerance, or withdrawal. They work by increasing circulation to the brain, altering the concentration of neurotransmitters, reducing brain inflammation, stimulating the formation of new brain cells, and protecting the brain from free-radical damage. Some of the best:

HUPERZINE A

Huperzine A is a highly purified and concentrated extract from the Chinese club moss plant, which has a long history of use in herbal and Chinese medicine.



Huperzine A, the main active compound in the plant, is used to enhance memory and learning. It may also be effective in improving cognitive function and reducing brain inflammation after traumatic brain injury. Newer studies are finding a significant improvement of cognitive function, daily living activity, and overall symptoms in Alzheimer's patients. Typical doses are 50–100 mcg, twice per day. Check with your doctor before using.

RHODIOLA ROSEA

Also called Arctic root, *Rhodiola rosea* is an adaptogen that's been used in traditional herbal medicine for hundreds of years.

It's been shown in many studies to prevent fatigue, reduce stress, combat mental fog, and enhance mental performance. One study found that people suffering from mild to moderate depression who took rhodiola had fewer symptoms of depression than those who took a placebo. Typical doses are up to 340 mg twice daily of rhodiola extract containing 2–3 percent rosavin and 1–2.5 percent salidroside.

BACOPA MONNIERI

An extract from the Brahmi plant, *Bacopa monnieri* has been

traditionally used in Ayurvedic medicine to treat a variety of ailments. Now, studies show that it can enhance memory and improve mood. One study found that bacopa significantly improved cognitive function and decreased depression and anxiety in older adults without Alzheimer's. Other studies have suggested that bacopa can help protect against age-related neurodegeneration and cognitive decline. Typical doses are 150–300 mg per day of a bacopa extract containing 50 percent bacosides.

LION'S MANE

Lion's mane, a mushroom used in culinary applications as well as in traditional Chinese medicine, contains compounds called hericenones and erinacines that may have neuroprotective and cognitive-enhancing effects. Studies suggest that lion's mane works by increasing nerve growth factor (NGF), a protein necessary for the growth, maintenance, and survival of neurons. Although most of this research has been done in petri dishes, other studies in people suggest that lion's mane is effective in improving mood and relieving depression. Typical doses are 500–750 mg per day.

healthy tip!

For better results, you can stack herbs together. However, make sure to check with your doctor first.

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TYROSINE

An amino acid found in eggs, turkey, beef, seaweed, soybeans, and Swiss cheese, tyrosine is necessary for the production of norepinephrine and dopamine, neurotransmitters that play significant roles in mood regulation. Low levels of these are linked with depression, apathy, fatigue, and lack of concentration, and some studies suggest that supplementing with tyrosine can alleviate even significant depression. It's also extremely effective in preventing cognitive decline in conditions of stress. Typical doses are 500–1,000 mg per day, divided into two to three doses.

CITICOLINE

A chemical that occurs naturally in the brain, citicoline is used to treat Alzheimer's and other forms of dementia, as well as head injury, age-related memory loss, and attention deficit-hyperactivity disorder (ADHD). Studies show that it can significantly improve cognitive impairments, and can improve memory and recall in elderly patients without dementia. Citicoline appears to work by enhancing circulation to the brain and improving neuroplasticity, the brains' ability to recover and restructure. Studies also show that citicoline can improve motor speed and attention in adolescents and healthy adult women. Typical doses are 250–500 mg per day.

ACETYL-L-CARNITINE

Acetyl-l-carnitine, a form of the amino acid carnitine that's found in high-protein foods, is

key in producing acetylcholine, an important neurotransmitter for memory, learning, and cognition. By enhancing the body's production of acetylcholine, acetyl-l-carnitine can improve focus, alertness, clarity, and memory. Studies show a significant improvement in performance of mental tasks in Alzheimer's patients after acetyl-l-carnitine treatment, and also suggest that it may be effective in the treatment of dementia and cognitive impairment, especially as a result of alcoholism and degenerative diseases. Typical doses range from 300 mg to 1,000 mg per day. Do not take acetyl-l-carnitine with foods that contain protein.

L-THEANINE

A compound found primarily in green, white, and black teas, L-theanine has been shown to promote concentration, alertness, and attention, creating a state of calm focus that's similar to meditation. It works by increasing levels of serotonin, dopamine, and GABA, neurotransmitters that improve mood, memory, and learning. Combined with caffeine, it

has been shown to improve both speed and accuracy on cognitively demanding tasks, and to reduce susceptibility to distracting information during memory tasks.

TRYPTOPHAN

Tryptophan, an amino acid naturally found in a variety of foods, is essential for the formation of serotonin, a mood-enhancing neurotransmitter. Many studies have found that tryptophan deficiencies impair memory and may depress mood, and a diet rich in it can have a positive impact on mood and cognition. In addition to diet, studies show supplemental tryptophan improves memory deficits and enhances concentration. Tryptophan may also help improve depression,

anxiety, and ADHD. Typical doses are 1,000–2,000 mg, three to four times a day.

VINPOCETINE

Vinpocetine, a chemical that resembles a substance found in the common creeping plant periwinkle, is widely used in Europe as a brain booster. It's thought to work by improving circulation, decreasing inflammation, and balancing neurotransmitter levels. Studies show that vinpocetine may improve attention, concentration, and memory, and may enhance cognitive function and improve long- and short-term memory. A typical dosage is 5–15 mg per day. Because vinpocetine can cause dizziness and weakness, check with your doctor before using.

The Silk Strategy to Maximize Memory

Can silkworms make you smarter? According to research, the answer is yes. Cera-Q is a proprietary supplement ingredient (silk protein hydrolysate complex) made from fibroin, a protein found in silkworm cocoons. And the science behind it is promising. Cera-Q has been shown to help reduce clusters of amyloid plaque (a leading contributor to memory loss and Alzheimer's) on neuron cells. It also boosts glucose uptake to the brain, which translates to energy and nourishment for brain functioning. Studies show that the silk protein helps support memorization, cognitive function, learning ability, and short-term memory. It's safe for adults and children. Cera-Q is available in several supplement brands.



Lisa Turner is a chef, food writer, product developer, and nutrition coach in Boulder, Colo. She has more than 20 years of experience in researching and writing about clean, nourishing foods, and coaching people toward healthier eating habits. Find her at lisaturnercooks.com.

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LIVING LONGER, YOUNGER

Q: Getting older is a fact of life, but is there anything I can do to slow or prevent the signs of aging? — B. Williams, Los Angeles

A: I hate the term “anti-aging.” It’s come to mean skin creams, wrinkle treatments, and fly-by-night “Low-T” clinics. What I do like is the notion of increasing our health span, which refers to the number of years you’re healthy and disability-free, as opposed to just the number of years you’re alive. That’s the kind of “anti-aging” medicine I care about. As Dr. David Williams writes, “When it comes to our bodies, performance takes a backseat to aesthetics. We tend to place more importance on how we look than how we feel or function.”

Happily, when you do the things that increase your health span, you often wind up looking a lot younger as well. So let’s focus on how you can increase the percentage of your life that you feel great and perform well.

We have good reason to believe that these techniques, treatments, and lifestyle choices can make a huge difference in your overall health, vigor, and engagement in life. Welcome to the field of what’s now called age-management medicine.

WHAT ABOUT GENES?

I know you’re probably thinking, *Don’t genes matter?* Sure they do, but not nearly as much as you’d think. Take heart disease, for example, one of three diseases that account

for more than 60 percent of the deaths in the United States. Genetics are a factor in 10 percent of your risk for heart disease, but lifestyle choices contribute to the other 90 percent. In the Nurses Health Study, for example — which involves more than 84,000 women — these five behaviors resulted in an astonishing 83 percent reduction in the risk for major coronary events (including those that typically result in death):

1. Not smoking
2. Consuming alcohol in moderation
3. Moderate exercise (like walking)
4. Eating healthfully
5. Maintaining a healthy weight

That takes care of the “living longer” part of the equation. But what about the “living well” part?

SUPPLEMENTS AS LIFE HACKS

Aging starts at the cellular level. There are about 37 trillion cells in the body, and these incredibly complicated structures have dozens of important roles to perform, from detoxification and energy creation to fat burning and DNA protection. Here are three categories of supplements that work on the cellular level to protect your health and add years to your life.

AMPK Activators

AMPK, an enzyme that’s produced in the cells, increases metabolism and helps burn fat.

It also improves insulin sensitivity (a marker for diabetes and other metabolic disorders), benefits the heart, and helps decrease inflammation.

AMPK activation declines as we age, so keeping AMPK activated goes a long way toward promoting healthy aging. Some companies now market AMPK activators as an oral supplement.

SIRT Gene Stimulators

One of the most effective ways to extend life is to reduce calories. For years, the search was on to find something that could accomplish this feat. They found it: resveratrol.

Calorie restriction activates genes associated with longevity. These genes — known as the



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*Results may vary



SIRT (or sirtuin) genes — could also be activated by a substance found in red wine called resveratrol, which became known as an “anti-aging” supplement.

NAD Stimulators

Even more exciting than AMPK activators and SIRT gene modulators is a recently discovered form of vitamin B3 called nicotinamide riboside. It’s been clinically shown to boost NAD, a substance in every cell without which we basically fall apart.

In the cell, NAD is needed for every single one of the cell’s metabolic operations, including fat burning, detoxification, energy production, and protection of DNA. We make less NAD as we age, slowing down cellular operations.

Unfortunately, NAD supplements don’t work very well, so we need to “trick” the body into making more NAD on its own. About 10 years ago, a professor of biochemistry named Charles Brenner, PhD, discovered nicotinamide riboside, which has been clinically shown to significantly boost NAD stores.

HORMONES

Hormones have been wrongly blamed for everything, but the idea that “it’s all about hormones” has some grounding in fact. Hormones are absolutely essential messengers that tell cells, organs, tissues, muscles, and bones what to do. They are drivers of behavior and physiology. And they influence everything from your sex drive to your ability to burn fat. They are powerful modulators of the whole aging process. And, as you might have guessed, they change a lot as you age.

You have more control over some important hormones

What Can I Do Right Now?

Here are 7 things you can do that will improve the quality of your life.

- Walk every day.** Walking has been associated with lowered risk for heart disease, depression, cancer, diabetes and obesity.
- Do some form of meditation, gratitude work or journaling.** About 80 percent of the titans of industry, entertainment, sports and technology interviewed by Tim Ferriss in his book, *Tools of Titans*, meditates or does something similar. Similarly, gratitude work and journaling will help you focus on restorative emotions that reduce stress, calm the soul and may extend your life.
- Take the basic supplements.** At the very least, supplement with fish oil, magnesium, vitamin D, probiotics, curcumin, resveratrol and a form of vitamin B3 that promotes cellular health and healthy aging (nicotinamide riboside).
- Take your hormones evaluated and optimized.** You can accomplish plenty with diet, nutrition, and lifestyle, but why not have your hormones working for you rather than against you?
- Eat real food.** I’m talking about food your great grandmother would recognize as food. Food that spoils. Food that was hunted, fished, gathered or plucked. “Eat real food” is the single best and most important nutritional strategy for health and longevity.
- Nurture Relationships.** Who you spend time with — and what you spend time doing — is a critically important variable in the quality of your life. Find ways to make a contribution to others — it’ll pay you back way more than it costs you in time. Eat meals with families. Volunteer. Make a difference and feel good about it. Nurture friendships.
- Take sleep and stress seriously.** Sleep is restorative and vital. Lack of sleep is a stressor that will add belly fat, shrink your brain and contribute to an early death and a shitty life.

than you might think — insulin and cortisol, for example. Want to reduce insulin? Stop eating so many foods that drive it up (like sugar, bread, potatoes, corn, rice, and processed carbs).

Want to reduce your main stress hormone, cortisol? Chill out! Cortisol is deeply affected by your mood and is raised every time you’re stressed. You can lower it with deep breathing or meditation.

But when it comes to the sex hormones — testosterone, estrogen, and progesterone — and the big metabolic regulators like thyroid, it’s a whole other ballgame.

HORMONE THERAPY

For women, the wildly fluctuating levels of estrogen and progesterone during menopause and decreasing levels of sex

hormones in general can affect everything from mood to energy to sex drive to bone mass. Women are also deeply affected by declining levels of testosterone, which is a powerful modulator of physiology and mood for women. Diminishing levels of testosterone for men affect muscle, fat, sex drive, and energy. And in men, very low levels of testosterone are associated with higher risk for cardiovascular disease.

This is why many people choose to go on hormone replacement therapy. Done correctly, it can make you feel decades younger.

RELATIONSHIPS

Dan Buettner, an explorer and reporter for *National Geographic*, wanted to learn the secrets of the healthiest and longest-

lived people in the world. He found five areas around the globe that had disproportionately high numbers of people who were functioning in society at the age of 100. The single factor that all these areas had in common was relationships. The fabric of social connectedness may be one of the most powerful predictors of long and happy lives that we currently have.

Doing all or some of these things won’t turn back the clock, but they will increase the chances that your later years will be healthy, vivid, exciting, and empowering.



Jonny Bowden, PhD, CNS, is a board-certified nutritionist and the best-selling author of 14 books. His latest is *Smart Fat: Eat More Fat, Lose More Weight, Get Healthy* Now (written with Steven Masley, MD). Visit him at jonnybowden.com. Have a question for Jonny? Send it to amazingwellnessmag@gmail.com. Write “Health Q&A” in the subject line.

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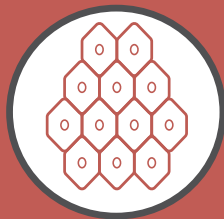
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Dr. Axe

MULTI COLLAGEN PROTEIN

5 Types of Food
Source Collagen

TYPE I, II, III, V and X



SKIN



GUT



JOINTS

WHY IS COLLAGEN IMPORTANT?

Collagen is one of the reasons our bodies don't fall apart. Collagen literally functions to hold you together.

But what is collagen? Collagen is a protein made up of building blocks called *amino acids* and is so important that it makes up approximately 30 percent of all the proteins in the body, and different bodily systems and organs need specific proteins serving a variety of functions.

The truth is that collagen is literally everywhere in the body, and when there's enough collagen in the body, then we can "keep ourselves together" and are humming along.



DR. JOSH AXE, Founder

WHY MULTI-COLLAGEN PROTEIN POWDER?

If you're looking to boost your collagen intake, Dr. Axe Multi-Collagen Protein powder could be just what you're looking for. Most collagens on the market feature only one source of collagen, but Dr. Axe Multi Collagen Protein features five collagen types from four different sources!

Dr. Axe Multi Collagen Protein includes hydrolyzed bovine collagen peptides, chicken bone broth collagen concentrate, hydrolyzed fish collagen peptides and eggshell membrane collagen, featuring collagen Type I, II, III, V and X.

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MIXES INSTANTLY



ODORLESS, TASTELESS



ADD COLLAGEN BOOST TO ANY MEAL

HOW TO USE

FOR BEST RESULTS, USE 1 (OR UP TO 3) SERVINGS DAILY.

- ▶ Include 2 Tablespoons in your morning smoothie.
- ▶ Add to baking dishes, muffins, bars or pancakes to increase protein intake.
- ▶ Replace unhealthy protein powder with this.
- ▶ Create a chia coconut collagen pudding.
- ▶ Take several Tablespoons of collagen pre- and post-workout.

[†] These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



HERBAL PAIN KILLER

Boswellia may be a more powerful pain killer than turmeric

By Lisa Turner

By now, everyone's heard of turmeric and its remarkable anti-inflammatory benefits. But here's the newest herb you've never heard of that may be even *better* than turmeric at easing pain, reducing inflammation, and protecting against cancer.

Boswellia, also known as Indian frankincense, comes from the *Boswellia serrata* tree, native to India. It's been used for thousands of years in Ayurveda and other traditional healing systems to treat conditions like arthritis, pain, fever, and heart disease. Other types of boswellia, including *Boswellia sacra*, *Boswellia frereana*, and *Boswellia carteri*, have similar effects.

It's similar to turmeric in mechanisms of action and conditions treated; used together, curcumin and

boswellia may have synergistic effects that make them more powerful than using each alone. In one study, a combination of boswellia and turmeric was significantly more effective in reducing pain than the prescription NSAID celecoxib, commonly used for arthritis.

The anti-inflammatory benefits of boswellia come mainly from boswellic acids and terpenes, strong-smelling antioxidant compounds that are also found in citrus, eucalyptus, mint, and other plants. Studies suggest boswellic acids work by inhibiting the synthesis of a specific pro-inflammatory enzyme, 5-lipoxygenase (5-LO). One of the most important boswellic acids is acetyl-11-keto-beta-boswellic acid, or AKBA.

Studies show many powerful

anti-inflammatory benefits of boswellia. Some of the main applications:

RHEUMATOID ARTHRITIS AND OSTEOARTHRITIS

The anti-inflammatory actions of boswellia have been shown in several studies to ease pain, reduce swelling, and improve mobility in people with arthritis or osteoarthritis. Some research shows a profound effect, including a reduction in arthritis symptoms by 45 to 67 percent, which is comparable to prescription medications, and a 35 percent reduction in inflammation. It appears to be especially helpful in osteoarthritis of the knee; several studies have found significant reductions in knee pain, knee jerking, swelling, and pain while walking, and

improvements in flexion in test subjects who took boswellia. Unlike some herbs, which may take weeks to be effective, boswellia works quickly: in one study, boswellia extract reduced pain and considerably improved knee-joint functions, in some cases providing relief even within seven days.

INFLAMMATORY BOWEL DISEASE

Because of its powerful anti-inflammatory effects, boswellia may be effective in treating inflammatory bowel diseases, including Crohn's disease and ulcerative colitis. Studies also suggest boswellia can improve gastrointestinal health by maintaining immune activity in the lining of the digestive tract and offering antioxidant protection. In one study comparing boswellia extract with an anti-inflammatory prescription drug, the herb performed as well as the drug in managing Crohn's disease. Another study found boswellia was effective in treating ulcerative colitis as well, and older studies show up to 82 percent of ulcerative colitis patients who took boswellia went into remission.

ASTHMA

Frankincense, derived from boswellia, has traditionally been used to treat respiratory system ailments, including coughs, bronchitis, and breathing disorders; now, modern studies show boswellic acids in frankincense modulate the inflammatory process that drives asthma, and can dramatically improve asthma symptoms. In one study of patients with asthma, 70 percent of those who took 300 mg of boswellia three times daily showed significant

improvement, including disappearance of physical symptoms and signs of asthma, such as difficulty in breathing and the number of attacks. In another study, asthma patients who took a combination of boswellia, curcumin, and licorice root showed a significant decline in levels of inflammatory compounds and markers of oxidative stress.

CANCER

AKBA and other boswellic acids appear to act in several ways that can inhibit cancer growth. They may prevent changes to DNA, and studies show boswellic acids can induce apoptosis (cell death) of cancer

cells. Other compounds called triterpenoids in various *Boswellia* species have demonstrated antitumor properties. A number of studies show boswellia can:

- ❖ slow even aggressive tumor growth in breast cancer cells.
- ❖ halt the spread of malignant leukemia and brain tumor cells.
- ❖ suppress pancreatic cancer progression and metastasis.
- ❖ inhibit prostate tumor growth.
- ❖ stop cancer cell viability and induce bladder cancer cell death.
- ❖ reduce cerebral edema in patients with brain tumors following radiotherapy.

You'll find boswellia serrata extract in capsules, powders, and tinctures. Because preparations vary, look for standardized boswellia extracts that contain at least 37.5 percent boswellic acids (sometimes listed as boswellin). Some preparations contain as much as 65 percent boswellic acids.

Though dosage recommendations vary, a typical dose is 300 mg, three times a day, or follow the directions on the package. Some experts say boswellia is safe for children at half the adult dosage. Check with your physician first, or if you're pregnant or taking other medications.



Lisa Turner is a certified food psychology coach, nutritional healer, intuitive eating consultant, author, and creator of the Inspired Eats iPhone app. Visit her at inspiredeating.com

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Hyaluronic Acid Serum

This high-potency serum rebuilds skin's appearance by making it appear younger-looking, smoothing lines and wrinkles. For skin that needs to retain more moisture, there's no better ingredient than Hyaluronic Acid. Excellent by itself or under other creams.



Collagen Night Crème

High-potency collagen extract helps increase skin's ability to hold moisture in dry surface skin cells. Collagen Night Crème also contains nourishing ingredients that help smooth lines for a firmer looking complexion.



5% Glycolic Acid Crème

This 5% Glycolic Acid Crème uses 100% glycolic extract in an all-natural base, with no mineral oil or any other petrolatum derivatives, providing a mild and non-drying exfoliating action. Helps diminish the visible signs of aging – smooths lines and wrinkles, while helping to brighten discoloration or spots.



Advanced Peptide Plus

Advanced Peptide Plus contains proven-effective anti-aging ingredients: Alpha Lipoic Acid, Vitamin C Ester, DMAE, Collagen, Elastin, 10% Argireline, Soy, and Vitamin C. It's a wonderfully potent combination of antioxidants, peptides, and soothing ingredients in a light, balanced formula.



Multi-Peptide Complex

This multiple high-potency peptide complex is formulated to help reduce the appearance of deep facial lines and wrinkles, including those tough lines that appear from the sides of the nose to the corners of the mouth (known as nasolabial folds).

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MAKE OVER YOUR MOOD

Bust stress and improve your sense of well-being with these aromatherapy oils and blends By Cheryl Cromer

Spring is on the horizon, but what if the long, dark days of winter left you feeling tired, irritable, and unmotivated? Aromatherapy offers a respite for stressed-out souls with a range of essential oils to lift you out of the doldrums and help you greet 2018 with a newfound, positive attitude.

Any essential oil from the citrus family will raise your spirits with one whiff. But reach for **LEMON** (*Citrus limon*) when a little extra energy is required. Upbeat and bright, lemon is veritable sunshine in a bottle.

Next up is one of the most effective citrus oils for treating melancholy — zesty **BLOOD ORANGE**. Although it shares the same Latin name as sister sweet orange, *Citrus sinensis*, blood orange is often chosen for its more complex aroma and anti-depressant qualities.

Another citrusy restorative, **LIME** (*Citrus aurantifolia*) adds a zip to antianxiety blends, with natural chemical properties that act as a tonic for those battling chronic stress. Diffuse several drops of lemon, lime, and blood orange in the morning to start the day with an aromatic boost. Since these

did you know...
Depression and anxiety can reflect a temporary mood, seasonal disorder, or chronic ailment. Everyone goes through bouts of sadness, so invest in some self-care. But don't discount those low spirits. Feeling like your mood is more than a temporary lull? Consult with a qualified medical professional.

are top notes, the fragrance may dissipate quickly; so mix a few drops of each into unscented body lotion and apply after your morning shower to sustain the tart, happy scent just a bit longer.

MELISSA (*Melissa officinalis*), or lemon balm, has a lemony aroma with a touch of green, almost as if it's signaling your spirit to buck up. It, too, is an

excellent anti-depressant. Steep the dried herbs to make lemon balm tea for a soothing afternoon treat. And add a few drops of this rare restorative essential oil to a cotton ball and tuck into your pillowcase before climbing into bed to help still the mind and encourage restful sleep.

The perfect choice from the herbal family of essential oils is **CLARY SAGE** (*Salvia sclarea*). The English name clary originates from the Latin *sclarea*, which is derived from *clarus*, the word for "clear." And that's what this earthy, woody oil does — clears away stormy moods. Since the aroma can be a bit

strong for some, blend clary sage with a citrus oil to mask the odor while still enjoying its euphoric properties, which helps battle the blues.

Speaking of the blues, diffuse negativity with **BLUE TANSY** (*Tanacetum annuum*), an herbal essential oil with a slight, sweet floral overtone that, like blood orange, will add more substance and depth to your blends. Blue tansy oil gets its unusual cobalt color from one of its components, called chamazulene. Be sure to choose the right oil, NOT common tansy (*Tanacetum vulgare*), which can be toxic. True blue tansy has completely differently chemical properties with valuable aromatherapy benefits.



GET HAPPY MIST

For immediate pay-off, create an aromatic environmental mist. Blend oils with distilled water in a 4 oz. glass bottle and keep your blend handy for a good mood anytime, anywhere. Close your eyes, spray your space, and breathe deeply.

24 drops lemon
28 drops blood orange
20 drops lime

For a relaxing massage oil, blend essential oils in 1 ounce sweet almond or similar carrier oil. For bath salts, mix essential oils with 1 cup Epsom salts. Makes 2–3 applications.



BLUES BUSTER MASSAGE OIL

10 drops blood orange
6 drops clary sage
5 drops blue tansy

RESET AND RENEW BLEND

10 drops blood orange
5 drops Melissa
6 drops lavender

ANTI-ANXIETY BLEND

10 drops blood orange
8 drops blue tansy
6 drops lavender

Healthy Tip: Experiment with your essential oils to achieve that right aromatic blend just for you. Start out on the lighter side — these recipes suggest a dilution of 3%, the perfect starting point. You can always add a drop or two more. Just follow your nose!

No list of stress-busting essential oils is complete without **LAVENDER** (*Lavandula angustifolia*), the go-to for quelling anxiety and calming overwrought emotions. Whether inhaled or applied topically, lavender has a sedating quality that will instill a sense of peace. Lavender essential oil is universally used by aromatherapists to enhance any blend, but especially those aimed at balancing the mood and uplifting the spirit. Combine a few drops of lavender with blue tansy and diffuse aurally to help melt anxiety and create a mellow atmosphere.

Cheryl Cromer is an Atlanta-based writer specializing in aromatherapy and the spa lifestyle. She has more than 17 years' experience as an artisan aromatherapist. When she's not writing or creating blends, Cheryl enjoys traveling, interior decorating, and life with her Pembroke Welsh Corgi, Elle.

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It all began when *Shape* magazine introduced an article with the very provocative statement: “When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren’t the only things responsible for her youthful glow.” *Allure* magazine added to the excitement when its “Anti-Aging Special” issue highlighted this compound as the year-end callout.

Clearly, the belief that causing the release of this “Fountain of Youth” from the pituitary gland may help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, get rid of wrinkles, tighten saggy skin, and provide plenty of youthful energy has been, for the most part, an “underground” thing for the wealthy. Why? Because as attractive as these benefits are, the high cost of about \$15,000 a year (for monthly treatments) limited its benefits to the very rich and famous.



America's #1
"Anti-Aging" Breakthrough

“Let’s face it... anything that has a chance of reducing wrinkles, tightening saggy skin, decreasing body fat, increasing lean muscle mass, strengthening bones, and boosting mood, while giving you plenty of energy and improving sex drive, is... at the very least... irresistible.”

That all changed when an oral compound capable of naturally stimulating the body’s own production of this “Youth Hormone” to more desirable levels was discovered. It’s called SeroVital[®], and this patented formula has been clinically validated to increase mean levels by 682%, thus changing it from an option for only the affluent to a mainstream favorite.

But that’s not all. SeroVital’s research has been presented at scientific conferences around the world, including the 9th World Congress of Cosmetic Dermatology held in Athens, Greece, and the 2017 annual meeting of the prestigious endocrine society. Plus, the SeroVital formula is protected by not one but **fifteen** U.S. and international patents:

With all of this, SeroVital has become the fastest-selling, most talked about “anti-aging” compound in America. And it’s shaping up to be another great year for SeroVital thanks to all the publicity, the U.S. and international patent offices, and most especially to all of you who have used it and generously spread the word about SeroVital. We at SanMedica International™ want to sincerely thank you for contributing to SeroVital’s overwhelming success, and to those of you who wish to learn more about this amazing, patented formula and get all the facts, please visit SeroVital.com.



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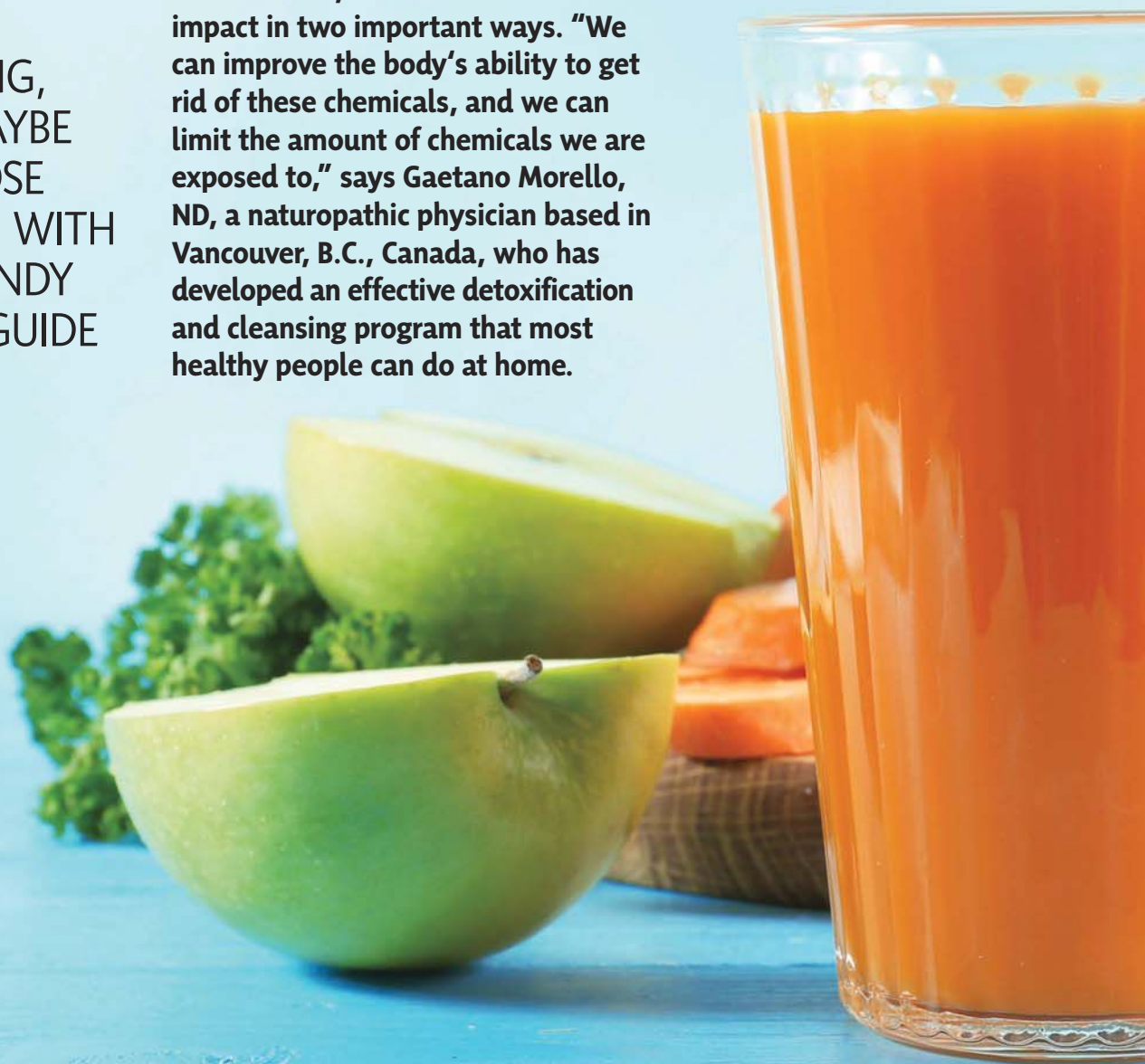
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21-Day SPRING DETOX

GIVE YOURSELF
A THOROUGH
SPRING-
CLEANING,
AND MAYBE
EVEN LOSE
WEIGHT, WITH
OUR HANDY
DETOX GUIDE

By Vera Tweed

It's no secret that we're exposed to hundreds of chemicals in today's environment, but we can reduce their impact in two important ways. "We can improve the body's ability to get rid of these chemicals, and we can limit the amount of chemicals we are exposed to," says Gaetano Morello, ND, a naturopathic physician based in Vancouver, B.C., Canada, who has developed an effective detoxification and cleansing program that most healthy people can do at home.





Limiting exposure is an ongoing process that includes eating organic food, drinking pure water, using non-toxic skin care and household cleaning products, avoiding chemical air fresheners, and eliminating other controllable sources of harmful chemicals, such as pesticides or herbicides in the yard.

On the other side of the coin, there are various ways to improve our ability to eliminate toxins, including daily juicing, supplements that enhance our natural detoxification processes, and occasional cleansing and detox programs, which could last a day, a few days, or about a week. Fasting, as in consuming nothing but water for extended periods, is not recommended.

HOW TO DO A BODY DETOX AT HOME

“Detoxification has two phases,” says Morello. In simple terms, phase 1 dislodges toxins and phase 2 eliminates them. Toxins that are dislodged but not eliminated from the body will recycle, causing unpleasant side effects such as fatigue, achiness, moodiness, or a general feeling of unwellness. However, the right nutritional support can help control the process, getting rid of toxins efficiently without misery.

Morello’s program, which has been successfully used by thousands of his patients, starts by preparing your body to handle dislodged toxins before doing the actual detox step. This way, side effects can be avoided.

“Increase your antioxidant load in the body, number one,” says Morello. “You can juice or take antioxidant supplements.” Below is his supplement regimen:

Weeks 1 and 2:

1 Eat your normal diet and take these daily:

❖ **Vitamin C:** 3–5 grams

Try:

AMERICAN HEALTH Ester-C Effervescent



❖ **N-acetyl cysteine (NAC):** 1,500 mg

Try:

SOURCE NATURALS N-Acetyl Cysteine



❖ **Grapeseed extract (or Pycnogenol):**

200–300 mg

Try:

JARROW FORMULAS OPCs+95 Grape Seed Extract



❖ **Alpha lipoic acid:** 200 mg

Try:

NATROL Alpha Lipoic Acid



Week 3:

1 Eat a clean diet without sugar, with healthy fats but low in saturated fat, with organic chicken instead of red meat, lots of vegetables, and smaller portions than usual. Cutting back on calories is key, as body fat is the major storage depot for toxins, and fat loss triggers detoxification. During this week, also avoid any foods that you don't tolerate well,

which could be dairy, eggs, soy, wheat, or other grains.

2 Equally important, take these daily:

❖ **Curcumin:** 2 grams daily

Try: **QUALITY OF LIFE Curcumin-SR**



❖ **Milk thistle:** 600 mg daily

Try: **NATURAL FACTORS Milk Thistle**



❖ **Fiber:** at least 6 grams daily in a supplement such as flax seed or psyllium

Try: **RENEW LIFE Organic Triple Fiber**



Curcumin helps to manage the phase 1 and 2 steps of detoxification so that toxins are less likely to recycle and cause problems. “It enhances phase 2 and slows down phase 1,” says Morello. In other words, it helps to prevent an overload of toxins being released at once and improves their elimination. Milk thistle improves the liver’s ability to get toxins out in bile. Extra fiber is needed to bind with toxin-loaded bile and get it eliminated, preventing toxins from being recycled in the body.

Morello recommends doing the program three times per year, and taking lower doses of curcumin and grapeseed extract or Pycnogenol on an ongoing basis to bolster the body’s ability to routinely eliminate toxins.

MORE WAYS TO CLEANSE AND DETOX

At-home detoxification processes are very individualized, based on what lifestyle somebody has led up to that point in time, and they can be very extensive or they can be very, very short,” says Holly Lucille, ND, a Los Angeles-based naturopathic physician and educator. For example, some people designate one day of the week, or a weekend, to eat a very clean diet, and others simply don’t eat for a day.

Another approach is to choose a detox or cleansing kit from a company you trust and follow the recommended program. Milk thistle, for liver support, is a basic ingredient. Burdock and dandelion root, found in some kits, also make good detoxifying teas.

To enhance your detox program and help your body deal with toxins on an ongoing basis, Lucille also recommends doing the following:

- ❖ Dry-brush skin for 5 minutes a day with a loofa or organic brush, brushing toward the heart.
- ❖ Drink at least 3 liters of water per day (slightly more than 6 16-oz. glasses).
- ❖ Take 200–400 mg of milk thistle daily.
- ❖ Add 2 cups of **Epsom salts** to a bath and soak for 20 minutes.





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what about maple syrup?

Often found in detox drink recipes, maple syrup is a nutritious and alkalizing sweetener, but not a necessary detox ingredient.

BASIC JUICING RULES

"It has to taste delicious," says Steve Prussack, author of *Juice Guru: Transform Your Life by Adding One Juice a Day*. Don't be afraid to experiment. Fruit juices, he says, are cleansing, while veggie juices build you up, making an ideal combination. If you dislike juiced veggies, start with fruit and gradually add veggies, as your taste buds develop.

Simplest Morning Juice

Lemons are alkalizing and anti-inflammatory and help to balance both acidity and inflammation from meats, dairy, and sugar, thereby enhancing the human body's innate ability to heal itself. And, you don't need a juicer to harness their power.

Fill a 32-ounce mason jar with pure water and add fresh-squeezed juice of 3 lemons. Drink it first thing in the morning on an empty stomach and wait at least 20 minutes before eating.

Basic Juice Recipes

Prussack developed two "template" juices: basic, tasty recipes with many possible variations, using simple ingredients that are available year-round. For quantities of leafy greens, chop and pack tightly in a measuring cup. When peeling lemons or limes, leave the white pith, as it contains concentrated nutrients.

Cautions: If you have digestive issues, those should be resolved before doing a detox program. For constipation, take probiotics to replenish healthy gut bacteria and a laxative that contains magnesium hydroxide, which draws water into the bowel and is not irritating.

JUICE GURU DAILY CLASSIC

Makes about 3 cups (3 servings)

- 1 stalk celery, chopped
- 2 cups kale leaves, chopped
- 3 cucumbers, quartered
- 1 lemon, peeled and halved
- 1½-inch piece ginger root, peeled and sliced

Using a juicer, process in this order: half the celery, kale, cucumber, and lemon; then ginger root; and then remaining celery, kale, cucumber, and lemon. Whisk and serve.

PER SERVING: 80 cal; 4g prot; 1g total fat (0g sat fat); 17g carb; 0mg chol; 40mg sod; 3g fiber; 6g sugars

SUBSTITUTIONS:

- For kale:** 1 cup chopped Swiss chard, spinach, romaine, or dandelion greens
- For lemon:** 1 lime
- For added sweetness:** substitute 2 apples in place of 2½ of the cucumbers

OPTIONAL ADDITIONS:

- ❖ 10 sprigs of fresh mint or basil
- ❖ 1 red bell pepper
- ❖ 1 tomato

JUICE GURU CLEANSING JUICE

Makes about 3 cups (3 servings)

- 6 carrots, medium to large size
- 4 red apples, cored and sliced
- 1½-inch piece of ginger root, peeled and sliced

In a juicer, process in this order: half of carrots, half of apples, all of ginger, then remaining carrots and apples. Whisk and serve.

PER SERVING: 210 cal; 2g prot; 1g total fat (0g sat fat); 55g carb; 0mg chol; 100mg sod; 11g fiber; 38g sugars

SUBSTITUTIONS:

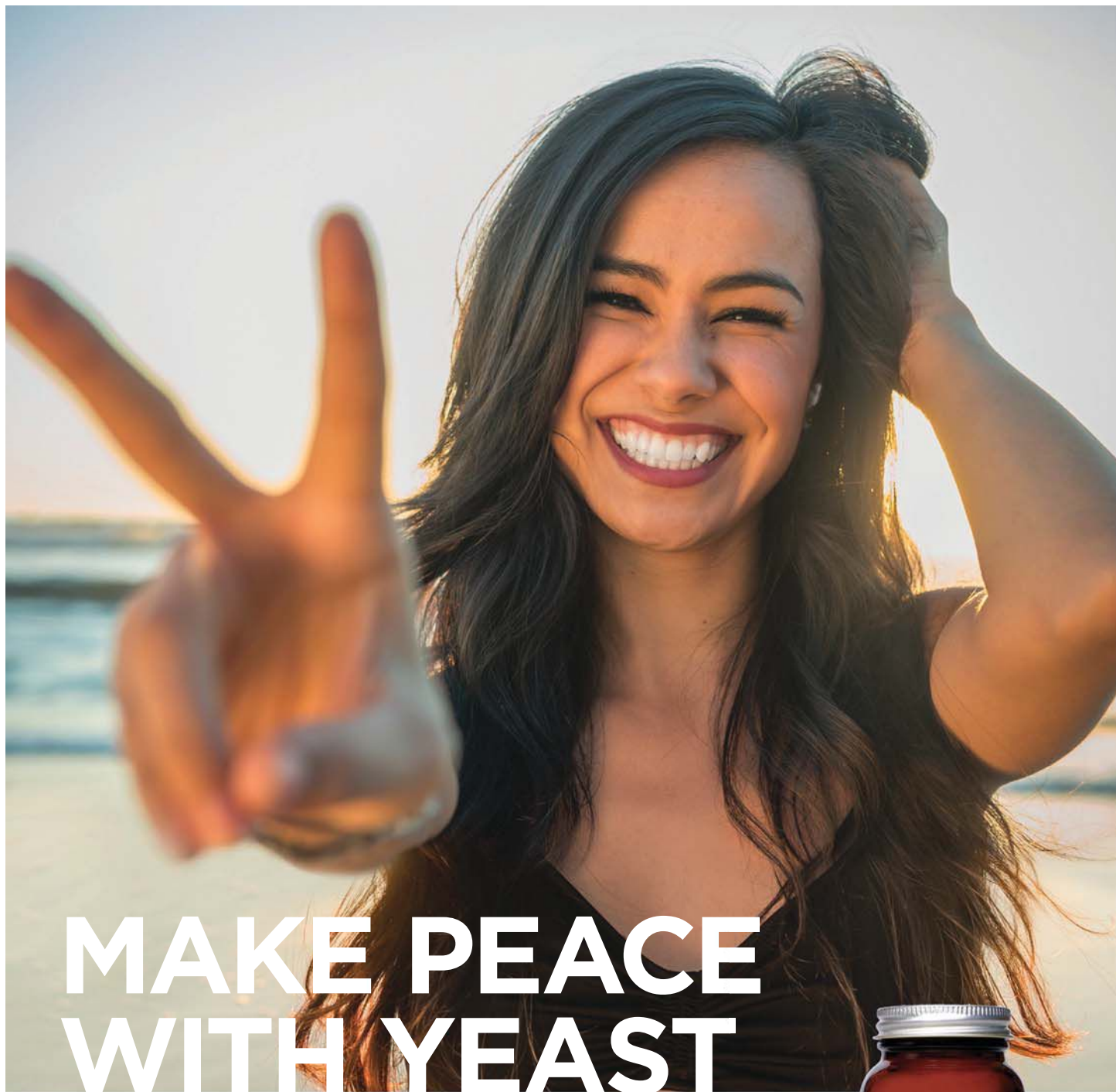
- For ginger root:** a ½-inch piece of turmeric, peeled
- For the apples:** 2 pears

OPTIONAL ADDITIONS:

- ❖ 6 sprigs fresh parsley or ¼ cup of loosely packed basil or cilantro leaves

For more recipes and juicing tips, visit juiceguru.com.

Vera Tweed has been writing about nutrition, fitness, and healthy living since 1997. She specializes in covering research and expert knowledge that empowers people to lead better lives. She is the author of numerous books, including *Hormone Harmony* and *User's Guide to Carnitine and Acetyl-L-Carnitine*.



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A close-up, shallow depth-of-field photograph of a woman's face on the right side, smiling and looking towards the left. She is surrounded by a field of white daisies with yellow centers. The background is a soft, out-of-focus green and blue, suggesting an outdoor setting. The overall mood is bright and positive.

ALLERGY SURVIVAL KIT

**FIGHT BACK THIS SPRING
BY ADDING THESE 7
NATURAL REMEDIES TO
YOUR ARSENAL**

By Jill Schildhouse



Ahhh, spring is in the air!

The birds are chirping, the flowers are blooming, and the grass and trees are enjoying their post-winter thaw. But as you stop to smell the roses, you immediately start sneezing. Then, your eyes begin to itch and your nose becomes congested or runny. Oh yeah, you almost forgot: Spring is synonymous with allergy season. In fact, according to the Centers for Disease Control and Prevention, more than 50 million Americans suffer from allergies each year.

“Allergies occur when our immune systems become hypersensitive to something like pollen or dust,” says Dr. Josh Axe, DNM, CNS, DC, founder of DrAxe.com and best-selling author of *Eat Dirt*. “Our bodies react to these allergens by producing histamines in order to fight the allergen. Some of the most common allergens are substances that are most prevalent during springtime, like pollen or ragweed.”

If you’re prone to seasonal allergies, or have moved to a new climate with foreign plant life, then it’s wise to have an allergy survival kit on hand to help ease the annoying symptoms. Consider including the following:

1 RAW, LOCAL HONEY

Not only is raw, local honey tasty, but it's great for fighting allergy symptoms. "Raw honey contains bee pollen, so when you purchase local varieties, you're eating the same pollen that's causing you to suffer," explains Dr. Axe. "Over time, it helps you become less sensitive to the pollen in your area. It has also been proven to boost your immune system." Try adding one tablespoon of raw, local honey to your tea, yogurt, or smoothie daily.

2 APPLE CIDER VINEGAR

Dr. Axe says this pantry staple helps boost the immune system, breaks up mucus and supports lymphatic drainage thanks to the bacteria found in it. Add a tablespoon of an organic, unfiltered variety to a glass of water each morning.

3 PROBIOTICS

A strong immune system starts with a healthy gut, which is why probiotics — the good bacteria that reside in your gut and help protect you against disease and allergies — should be part of your daily routine. "Boosting your immune system with probiotics can

lessen or even prevent allergy symptoms," says Dr. Axe, who recommends taking a probiotic supplement daily that totals 50 billion colony forming units (CFUs). Eating probiotic-rich foods like kefir, yogurt and sauerkraut is also a great idea.

4 STINGING NETTLE

This plant with a funny name is fantastic for those suffering from hay fever, due to its anti-inflammatory qualities. "There's evidence that the plant also naturally controls histamines in the body," says Dr. Axe. "During allergy season, I recommend 300 – 500 milligrams of stinging nettle supplements daily." Be advised that if you are taking lithium, sedatives, blood thinners, or medication for diabetes or high blood pressure, stinging nettle can cause an adverse interaction; check with your physician before taking this supplement.

5 NETI POT

During allergy season, a Neti pot should be your new best friend. The device, which looks similar to a teapot, allows you to pour a nasal rinse into your nostrils to flush out irritants like pollen and dust and thin out mucus. When using a Neti pot, the FDA recommends using



GIVE YOUR HABITS A SPRING CLEANING

Looking for a few additional ways to reduce allergy symptoms? Dr. Axe says these lifestyle changes will bring extra relief this season:

- ❖ Limit your exposure on days with super high pollen counts (use your phone's weather app for these details).
- ❖ Keep windows shut to limit pollen drifting indoors.
- ❖ Shower before bed to remove pollen on your skin and hair.
- ❖ Wipe your pets down after they've been outdoors.
- ❖ Wash clothes and bedding frequently. For extra relief, add a few drops of eucalyptus oil to your detergent.

distilled or sterile water or tap water that's been boiled for three to five minutes and then cooled. Dr. Axe says you can either use a premade sinus rinse or make your own solution, using purified water with a quarter teaspoon to half a teaspoon of noniodized salt.

6 QUERCETIN

"This natural compound, found in broccoli, onions and citrus fruits, slows down the production and release of histamine by the body, which helps naturally control allergy symptoms," says Dr. Axe. "Eating a range of colorful fruits is a

good way to get your quercetin in, but if you're struggling with allergies, try supplementing with 1,000 milligrams daily."

7 ESSENTIAL OILS

When you need an immediate fix, essential oils can help clear your nose, reduce inflammation, and provide some immediate relief. Dr. Axe names eucalyptus oil, frankincense oil, and peppermint oil as his top picks, and suggests adding them to a Neti pot or inhaling them from a diffuser.

Jill Schildhouse is an award-winning writer and editor who writes about healthcare, fitness, and food science. She is a world traveler, Schnauzer lover, and chocoholic.

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Koya is always moving, from practicing acro-yoga in the park to sprinting to catch flights across the globe so she can keep her clients on their path to health and happiness. It's more than a full-time job, and it would be easy to let her eating slide, but Koya knows being an example is the only way to teach. A bar in her bag is also a quick way to boost her resolve.

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KNOWING WHEN TO TAKE YOUR SUPPLEMENTS IS AS IMPORTANT AS KNOWING WHAT TO TAKE. MAKE SURE YOU GET ALL OF THE BENEFITS BY TAKING YOUR SUPPLEMENTS AT EXACTLY THE RIGHT TIME

By Lisa Turner



TIMING IS EVERYTHING

You may have a near-perfect battery of supplements to strengthen bones, build blood, protect your heart, and prevent cancer. But when and how you take your vitamins, fish oil, and probiotics may be as important as what you're taking. Get the most out of these seven common supplements, with this comprehensive guide to times, combos, and amounts.

CALCIUM

In doses higher than 250 mg, calcium and magnesium tend to compete for absorption. But both are critical for bone health, and the extra convenience of taking them in a combined supplement may outweigh the relatively small percentage of each that may not get absorbed. Studies suggest that too much calcium

with too little magnesium may contribute to calcification of the arteries, increasing the risk of heart disease. A 1:1 to 1:2 ratio of calcium and magnesium is best.

Best way to take calcium: Take calcium with food to boost absorption and reduce the risk of kidney stones, and in split doses—the body absorbs smaller doses better than large

ones. Avoid calcium carbonate, the hardest-to-absorb form of the mineral. And if you can, take calcium at a different time of day than zinc and iron.

IRON

Because it can inhibit the absorption of other minerals, don't take iron with magnesium, calcium, or zinc. Vitamin E and

iron also block each other's absorption, so don't take iron with vitamin E or a multi that contains E. As for food, it's best to take iron on an empty stomach for maximum absorption; unless you have a sensitive stomach, take it first thing in the morning. Wash it down with orange juice, not coffee or milk: caffeine and the calcium in dairy can interfere with the body's ability to take in iron, while vitamin C can enhance iron absorption from supplements. To prevent constipation, avoid ferrous sulfate, the form that's most likely to cause constipation; look for a nonconstipating formula, and be sure to drink plenty of water and eat ample fiber.

Best way to take iron: 60 to 120 mg before breakfast, with orange juice, two hours before taking vitamin E or a multivitamin.

VITAMIN D

Like other fat-soluble vitamins (A, E, and K), D is better absorbed if taken with a meal that contains fat; one study found taking vitamin D with dinner—usually the heaviest meal—increased blood levels of vitamin D by 50 percent. But don't take it at dinner if you eat late, since vitamin D also interrupts the body's production of melatonin and can disrupt sleep. If you're a late diner, lunch may be the best option; add healthy fats like avocado, olives, salmon, or nut butter to your midday meal to improve absorption.

Best way to take vitamin D: up to 4,000 IU with lunch or early dinner that contain healthy fats.

B COMPLEX

B complex vitamins are water-soluble, so the body can only absorb so much at a given time (unlike excess fat-soluble vitamins, which are stored until they're needed). Splitting the dose can ensure steady blood levels. Taking a B complex that combines all the Bs is more convenient; just be sure not to

overdo it on the B6, since high doses over a long period of time can cause nerve damage. B vitamins tend to boost energy, so take them in the morning; at night, they can lead to restlessness and insomnia. They're best absorbed on an empty stomach, but if you have a sensitive tummy, take them with a little food.

Best way to take Bs: in the morning and afternoon, before breakfast and lunch, on an empty stomach if possible, and in a combination formula that contains well under 100 mg of B6, the recommended upper limit.

VITAMIN C

Like B vitamins, vitamin C is water-soluble and doesn't require dietary fat to be effective. Splitting the dosage improves absorption, keeps blood levels elevated all day, and prevents the gastrointestinal distress some people experience with large doses (1,000 mg or more). Vitamin C enhances calcium absorption, but may interfere with the absorption of B12, so take them separately if possible. Buffered forms of vitamin C are best if you have a sensitive stomach.

Best way to take C: 250 mg twice a day, with breakfast and lunch.

FISH OIL

Fish oil can cause significant gastric distress (like nausea and indigestion) so it should always be taken with food; the fat in a meal will also help its absorption. Because it can be hard to digest, take fish oil in divided doses, and never right before physical exercise or right before bed; the increased activity or prone position can interfere with digestion and cause heartburn or reflux. If you really struggle with digesting fish oil supplements, try an emulsified version, which may be easier to digest and absorb. And while fish oil mixes well with most other supplements, don't take it with ginkgo biloba or other blood-thinning herbs; it can cause excessive bleeding.

Best way to take fish oil: 500 to 600 mg, twice a day, with breakfast and lunch, or with lunch and an early dinner.

PROBIOTICS

Harsh stomach acids may destroy probiotics, so they're best taken when digestive enzymes, bile salts, and stomach acids are low—in other words, on an empty stomach. Some studies suggest probiotics survive in the largest numbers when taken 30 minutes before a meal that contains some fat

(which buffers stomach acids and helps probiotics survive to reach the intestines). However, some evidence also exists that food buffers stomach acid, so taking probiotics with a meal may offer increased protection for the microorganisms—and it's hard to argue with the fact that probiotics were traditionally taken via cultured foods like yogurt or sauerkraut, which were eaten with meals. Additionally, different strains may have various tolerances to stomach acids. The jury's still out, so you could experiment: try taking some of your daily probiotics before meals, and some with meals, and see what works best for you. But don't take them post-meal: several studies show probiotic survival tends to be lowest when taken 30 minutes after eating. And choose a probiotic with a variety of strains for maximum effectiveness; be sure yours contains *L. acidophilus*, *B. Longum*, *B. bifidum*, *L. rhamnosus*, and *L. fermentum* at a minimum.

Best way to take probiotics: 5 to 25 billion CFUs of a broad-spectrum formula, half an hour before or with breakfast, lunch, or dinner.

Lisa Turner is a certified food psychology coach, nutritional healer, intuitive eating consultant, author, and creator of the Inspired Eats iPhone app. Visit her at inspiredeating.com

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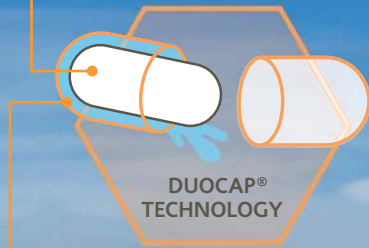
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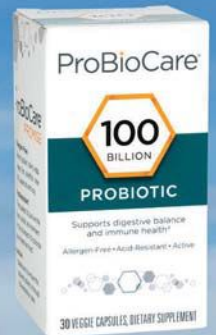
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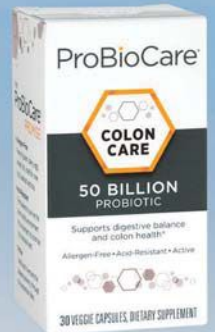
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CRAZY FOR COLLAGEN

From improving joint health to fighting aging, this super supplement does it all. Here's how to choose and use the best collagen for your needs **By Lisa Turner**

It's showing up in everything from drink mixes to eye creams, promising youthful skin, shiny hair, stronger nails, improved joint function, and healthy digestion. Now, many studies are showing the claims behind collagen are true.

Collagen, the most abundant protein in the human body, is responsible for regenerating and forming new tissue, and is a critical part of skin, hair, nails, joints, and bones. As we age, the skin's collagen matrix starts to decline; collagen fibers break down and the rate of regeneration slows dramatically. This process can start as early as age 25; by age 40, collagen production generally decreases by 25 percent. By age 60, it has decreased by more than 50 percent. The result: sagging skin, fine lines and wrinkles, aching joints, and signs of arthritis.

Supplementing with collagen has been shown in several studies to protect against bone and joint degenerative diseases and to fight skin aging. Studies show:

- ❖ People who took 3 grams of a collagen extract significantly improved their recovery after exercise.
- ❖ Collagen supplements reduced pain and decreased inflammation in people with osteoarthritis.
- ❖ Athletes who took 10 grams

of collagen a day significantly improved joint pain, mobility, and inflammation.

- ❖ Skin elasticity was significantly higher in women who took 2.5 to 5 grams of collagen; skin moisture was also improved.
- ❖ Supplementing with 1 gram of a collagen extract led to a significant reduction of skin dryness and scaling, a lessening of lines and

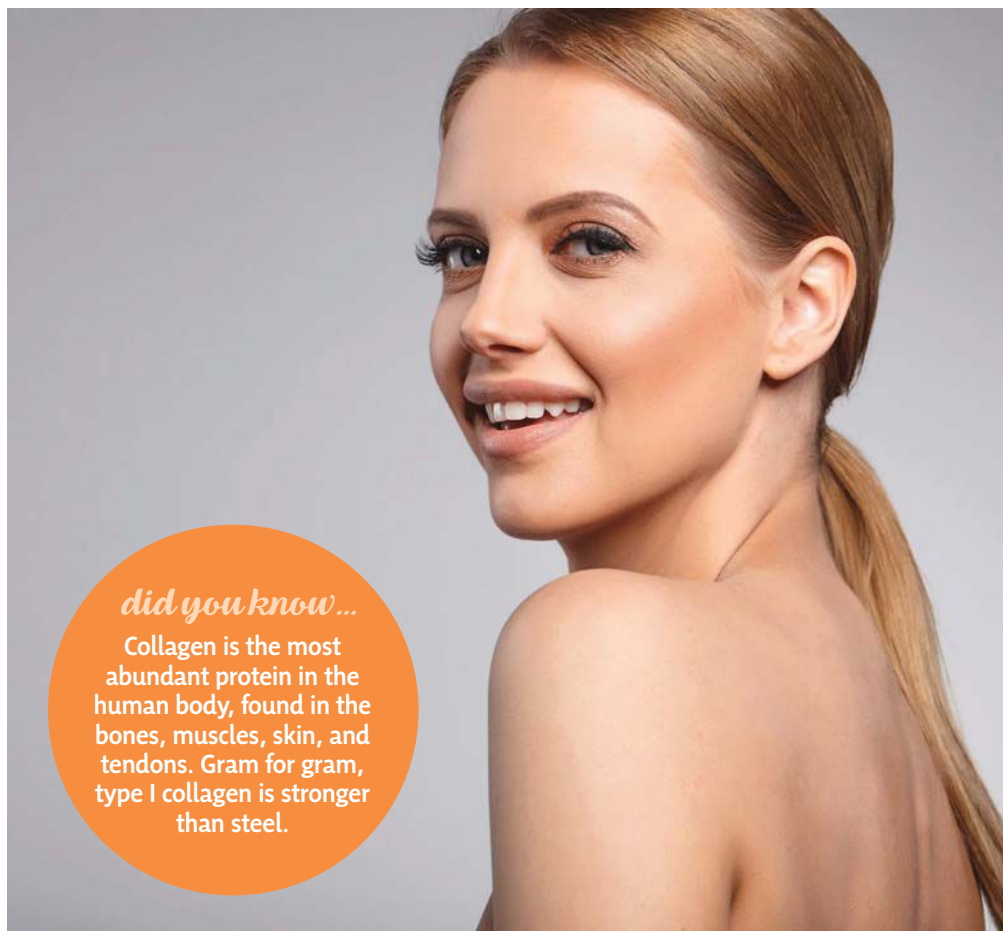
wrinkles, enhanced circulation, and a significant increase in collagen levels in the skin.

- ❖ Collagen supplementation was found to stimulate tissue regeneration, reduce and prevent joint pain, slow bone density loss, and lessen skin aging.

TYPES OF COLLAGEN

The type of collagen and the form in which it's included in

products are critical to its success. Up to 28 different kinds of collagen have been identified, but the vast majority fall into three categories, known as types 1, 2, and 3. Type 1 is found primarily in skin, bones, tendons, organs, and blood vessels; commonly found alongside type 3 collagen. Together, these two types make up about 90 percent of the body's collagen. Type 2 collagen makes up about



did you know...

Collagen is the most abundant protein in the human body, found in the bones, muscles, skin, and tendons. Gram for gram, type I collagen is stronger than steel.

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Iron deficiency affects 20% to 25% of the world population,¹ with iron-deficiency anemia the most common type of anemia.

Reference

¹. McLean E, Cogswell M, Egli I, et al. Worldwide prevalence of anaemia, WHO Vitamin and Mineral Surveillance Information System, 1993-2005. Public Health Nutrition 2009; 12(4): 444-54.

We all need iron for energy.

Women are especially prone to iron deficiency due to periods, pregnancy, and breast-feeding. In fact, menstruation is the main reason women are 10 times more likely than men to suffer from low iron levels. Just a few consecutive heavy periods can cause iron losses that are difficult to reverse without supplementation.

Is iron missing in your diet?

If your diet hasn't been giving you the recommended 18 mg of iron a day and you're feeling tired and run-down, Floradix® Liquid Iron + Herbs could be the simple solution. In addition to iron, Floradix's gentle formula contains vitamins B1, B2, B6, B12, as well as vitamin C. Vitamin C helps the body absorb the form of iron found in fruits and vegetables, like those found in Floradix's liquid base.

Iron-deficiency symptom checklist:

Are you iron-deficient?

- Do you often feel weak?
- Do you look pale, lack appetite, or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient.

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60 percent of the protein found in cartilage.

When buying supplements, look for those that list what type of collagen they contain, and tailor your supplements to your needs. Type 1 and 3 collagens are used to support bones, improve nail strength, thicken hair and slow hair loss, minimize lines and wrinkles, and improve skin hydration, suppleness and elasticity. Type 2 is used to support joints, lower back function, stiff knees, and temporomandibular joint disorder (TMJ).

Type 1 and 3 can be taken together, but it's best to take type 2 separately; taking them together can diminish their effects. If you're using all three, space them out by

several hours; for example, take type 2 in the morning, and types 1 and 3, which can be combined, in the evening—ideally at bedtime, on an empty stomach. Also, be sure to get the right dosage: studies suggest a range of 2 to 10 grams per day is effective, but higher doses aren't harmful. Look for hydrolyzed collagen (also called collagen hydrolysate), a form that's been broken down to make it easier to digest and absorb. Hydrolyzed collagen also dissolves easily in cold water, making it more convenient to take.

CHOOSING YOUR COLLAGEN

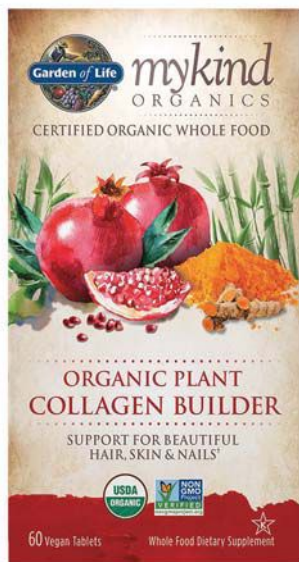
For the highest quality, choose collagen products made from

organic and/or grass-fed cows or sustainably sourced seafood. Pure collagen should be colorless when mixed with water and virtually tasteless, unless you're using a blend that includes flavors, extracts, or other ingredients. If it has a yellowish or brownish color, or an "off" taste, it's likely lower in quality.

You'll find collagen in powders, capsules, drink mixes, concentrated elixirs, gummies, and chewable tablets; choose the form that you think you'll take most frequently. Some products may also contain vitamins A, C, or E, which help the body's own production of collagen, and hyaluronic acid, a lubricating substance naturally produced by the body that helps retain

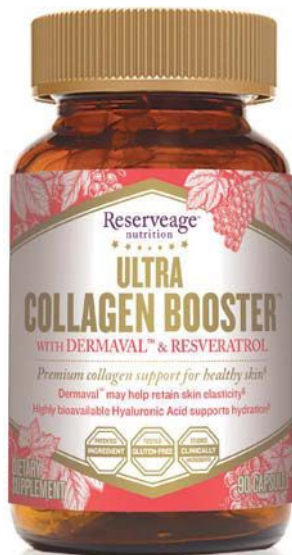
collagen in joints and skin. Some blends also contain biotin and silica, which benefit hair and nails, or alpha lipoic acid, an antioxidant that also encourages collagen production.

Topical products like lotions, creams, and serums also contain collagen, usually in combination with ingredients like jojoba oil, aloe vera, green tea extract, and other moisturizing and healing ingredients. While the collagen molecule is too large to be absorbed topically, it's a good humectant, helping the skin to retain moisture. There's also some evidence that the amino acids that make up collagen can encourage the body's natural production of collagen.



SUPPORT HEALTHY SKIN, HAIR, AND NAILS

Made from organic plant foods **Garden of Life mykind Organic Plant Collagen Builder** vegan tablets contain silica from all-natural bamboo extract, which is a key co-nutrient for collagen production. Biotin supports healthy hair, skin, and nails.



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NeoCell Collagen 2 Joint Complex is a naturally complete joint supplement that contains glucosamine, chondroitin, and hyaluronic acid, which are key for maintaining healthy joint function.

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Live life in balance



Harmony

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internal harmony

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9 REASONS TO TAKE YOUR TRAINING OUTDOORS

The weather is getting warmer, and the last place you want to be is inside. Here's why you should ditch the gym and take your training to the great outdoors **By Vera Tweed**

You've been cooped up all winter, sweating it out in a packed and germey gym, fighting for machines and breathing stale air. Now that spring is here, there's no reason to stay indoors — especially because the benefits of training outdoors are plentiful. “People often ask me, ‘Does it make a difference whether I run on the treadmill or outside?’ and I always say yes,” says Jamie Brenkus, veteran fitness expert and a physical wellness ambassador for Evergreen Wellness (www.myevergreenwellness.com).

“Absolutely, there are benefits to going outside,” he says, “No question.”

Here are nine great reasons you should abandon the treadmill and the hit the pavement.

1 YOU'LL GET REVITALIZED AND MOTIVATED

Outdoor exercise is more fun and energizing than indoor routines. Getting outside motivates people to work out more often, according to research. Bonus outdoor benefits include feeling

more positive and less tense, confused, angry, or depressed.

2 YOU'LL BURN MORE CALORIES

It takes more effort to run, walk, or bike the same distance outdoors as it does to do the same exercise on cardio equipment indoors, which will help

you burn more calories. When you're outdoors, you may have to deal with wind while cycling or running, which creates a natural resistance and causes you to have to work harder. One study found that in a high-intensity workout, you'd have to run 15 percent faster

did you know...
Outdoor elements such as increased temperature, wind, and hills provide a natural resistance and make our bodies work harder and burn more calories.

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on a treadmill to burn the same calories as running outdoors.

3 YOU'LL REDUCE YOUR CHANCE OF INJURY

“Cardio machines are great, but the same movement over and over again increases the chance of overuse injury,” says Brenkus. “Whereas outside, a constantly changing environment teaches the body how to adapt, which is very helpful from a physiological standpoint.” Different terrain helps strengthen tendons and ligaments, uses a greater variety of muscles, and can improve balance and flexibility.

4 YOU'LL SLEEP BETTER

Exposure to natural light during the day keeps our internal clock on track and enhances sleep. One study compared the effects of morning and afternoon outdoor exercise among 360 women, and found that being out in the morning produced the greatest sleep improvement, but afternoon light was also beneficial.

5 YOU'LL BOOST YOUR MOOD IN MINUTES

Just five minutes of “green exercise” — any kind of physical activity in a nature setting like a city park or trail — produces a major improvement in mood and sense of well-being. Nature plus water, such as a pond, lake, river, ocean, or waterfall, delivers an even bigger mood boost.

6 YOU'LL IMPROVE YOUR IMMUNITY

To resist colds, flu, allergies, and other illnesses, our immune system needs to be exposed to a variety of beneficial bacteria and other microbes that live outdoors. But we're prone to needless ailments by spending, on average, 90 percent of our time indoors. Studies show that by exposing us to nature's microbes, exercise in a natural outdoor environment enhances our ability to resist harmful bugs that cause infections and other health problems.

8 YOU'LL CONNECT WITH YOUR NEIGHBORHOOD

Gym workouts tend to be solitary, even in classes. Outdoors, you might meet neighbors and notice things in your community that are invisible from a car. For safety reasons and to create a more enriching experience, Brenkus recommends leaving ear buds at home and paying attention to your outdoor surroundings.

9 YOU'LL SAVE TIME AND MONEY

The outdoors is always open and generally not crowded, and there's no waiting to use a piece of equipment, no sweaty smell, and no fee. Granted, extreme temperatures, rain, or snow can be problematic, but most of the country has hospitable weather during the greater part of the year, and early in the day in very hot summer climates.

7 YOU'LL HAVE FUN AS A FAMILY

Biking, hiking, taking a nature walk, or playing games outdoors are a great way for the whole family to spend time together. “Just play and have fun,” suggests Brenkus. And physical activity gets everyone to take a welcome break from digital devices.

The Do's and Don'ts of Training Outdoors

Different environments pose different hazards, from wild animals in forests to traffic and pollution in cities. Things to keep in mind include:

DO:

- ◆ Get outside in daylight, ideally in the morning.
- ◆ Seek out nature. In a concrete jungle, look for parks and tree-lined streets.
- ◆ Keep your eyes and (preferably bud-free) ears open and enjoy the environment.
- ◆ In deserted areas, consider going with a buddy.

DON'T:

- ◆ Get absorbed in music and become oblivious to your surroundings.
- ◆ Forget to stretch. After a long walk or bike ride, stretch your muscles while they're still warm.
- ◆ Over do it. If you're not accustomed to long hikes or running stairs, you can easily push your body too hard, increasing risk of injury.

Weight Train Naturally

With zero equipment and lots of fresh air you can burn fat and build muscle with this simple routine.

EXERCISE	SET	REPS
Stationary lunge	3	12 (each side)
Bodyweight squat	3	20
Push-ups	3	12
Squat jump	3	20
Reverse crunch	3	12

*Warm up with a 5-minute run or walk before starting.

Vera Tweed has been writing about nutrition, fitness, and healthy living since 1997. She specializes in covering research and expert knowledge that empowers people to lead better lives. She is the author of numerous books, including *Hormone Harmony* and *User's Guide to Carnitine and Acetyl-L-Carnitine*.



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Cooking with MCT Oil

This nutrient-dense smoothie—it's basically a meal in a glass—is rich in satisfying protein and energizing MCT oil **By Jonny Bowden, PhD, CNS, and Jeannette Bessinger, CHHC**



PUMPKIN GOLDEN MILK SMOOTHIE

1 serving

- 8 oz. unsweetened vanilla almond milk, chilled
- ½ cup pumpkin, cooked (unsweetened canned or fresh puree)
- ½ large sweet apple, cored, unpeeled, and coarsely chopped
- ⅓ cup cannellini beans, cooked (if canned, drain and rinse)
- 1 scoop vanilla protein powder
- 2 tsp. coconut oil or MCT oil, or 1 Tbs. avocado
- 1-inch fresh turmeric root (or ¾ tsp. ground turmeric)
- ½–1-inch peeled fresh ginger root (or ¾ tsp. ground ginger)
- ¾ tsp. cinnamon
- 2–3 grinds fresh black pepper
- Few drops vanilla stevia or 1–2 soft, fresh pitted dates, to taste, for added sweetness

Add all ingredients to a high-speed blender and blend until very smooth. Serve at room temperature or slightly warmed over low heat.

PER SERVING: 500 cal; 32g pro; 7g fat; 1g sat fat; 1,310mg sod; 78g carbs; 29g fiber; 18g sugars



If your ginger root is older or stringy, grate a 2-inch chunk, gather the gratings and squeeze them hard with your hand over the blender to extract the juice. Discard the stringy pulp. Black pepper sounds like a strange smoothie ingredient, but it adds a surprising little flavor snap and helps activate the curcumin in turmeric. You can use fresh ground and/or try adding 2–3 drops of food-grade black pepper essential oil.





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Foods like carrots, sweet potatoes, and spinach are rich in Vitamin A which is critical for immune system development and vision. Without vitamin A, children can get sick, go blind, and even die.

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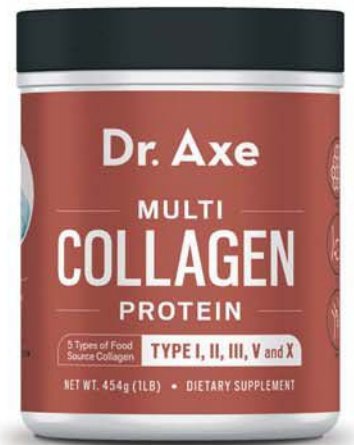
PLNT 100% Pure Raw Honey is the natural sweetener that helps maintain glycogen levels, which can lead to increased athletic performance. Non-GMO, kosher, and vegetarian, plnt 100% Pure Raw Honey contains no artificial additives, colors, flavors, or ingredients. This is honey the way Mother Nature intended. Get it only at The Vitamin Shoppe.



1

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Dr. Axe Multi Collagen Protein powder features five collagen types — I, II, III, V, and X — from four different food sources (beef, chicken, fish, and eggshell membrane) to promote healthy skin, and support digestive function and joint health. Odorless, tasteless, and easy-to-mix, it can be added to a wide variety of healthy foods and beverages.



2

3. GET ILLUMIN8'D

Cover your nutritional bases with superfoods like baobab, chia, brown rice, kelp, holy basil, coconut, and much more with **illumin8**, a new plant-based meal replacement from **Sun Warrior**. Deliciously versatile for the perfect snack on the go, quality meal replacement for a nutrient boost, or postworkout recovery shake. How will you illumin8?



3

4. BITE-SIZED SUPPORT

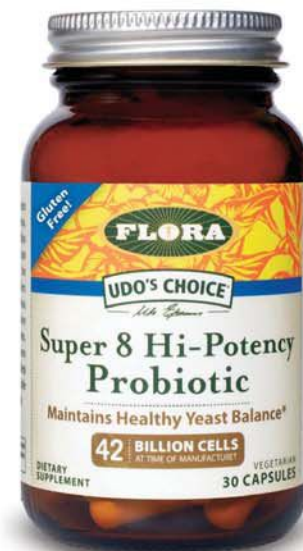
Healthy Delights Naturals Digestive Support Soft Chews are a digestive aid formulated with a blend of papaya, digestive enzymes, and bromelain that helps break down protein, carbs, lactose, fats, and fiber, reducing gas, bloating, and indigestion. These great-tasting Tropical Fruit-flavored chews are gluten-free and contain no artificial colors, flavors, or preservatives. Nothing so healthy ever tasted so good.



4

5. MAKE PEACE WITH YEAST

If you've been battling the unpleasant symptoms of yeast imbalance, then it's time to enlist the help of **Flora's Super 8 Hi-Potency Probiotic**. Super 8 puts eight strains of probiotic goodness and 42 billion cells of yeast-balancing genius on your side. Gluten-free, science-based, and vegetarian.



5



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