

betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

JUNE 2018 | betternutrition.com

12 INCREDIBLE BENEFITS OF GINGER

- * Relieve Sore Muscles
- * Feel Better When Traveling
- * Improve Heart Health
- ... and more



OUR 2ND ANNUAL

SUMMER MAKEOVER
SERIES & SWEEPSTAKES

EASY OVERNIGHT OATS
WITH FRESH BERRIES P. 54



FEED YOUR EYES

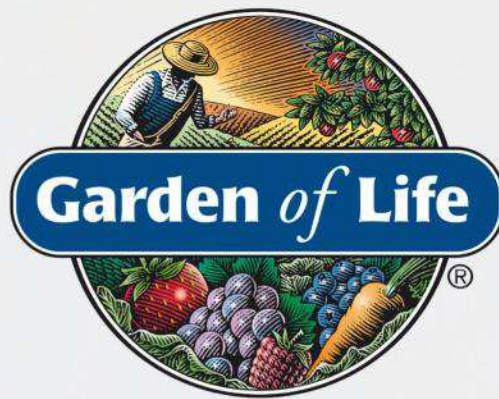


MEN'S HEALTH TUNE-UP

P. 38

A BUYER'S GUIDE TO COLLAGEN





Essential Oils

100% Organic & Pure



Why Garden of Life Essential Oils?

Being both Certified USDA Organic and Non-GMO Project Verified ensures our oils are clean and free of added carrier oils or synthetic ingredients. Our botanicals are responsibly sourced from native organic farmers. And finally, our 100% pure extraction methods—no chemical solvents—provide the assurance that our oils are of the highest quality, purity and efficacy.

Experience the aromatic essence & therapeutic benefits of the entire line of Essential Oils from Garden of Life.

Calm Yourself Recipe

Diffuse Yourself to Relax

In a 1¹/₆ oz. dropper bottle, add 21 drops Lavender, 21 drops Sweet Orange, 12 drops Frankincense, 9 drops Rosemary and 9 drops Geranium. Shake gently and add 10 drops to diffuser to relax and quiet the mind.



Combine Your Essential Oils & Explore the Possibilities

Pamper Your Body Soothing Foot Massage

In a pump or dropper bottle, combine 2 Tablespoons of olive oil with 8 drops Frankincense, 14 drops Lavender and 1 drop Lemongrass. Shake gently and massage deeply into soles of feet to relax and soothe.



Hair Enhancer

Add 3-to-4 drops of Rosemary to your favorite shampoo to add life and volume to your hair.



Skin Soother

Add 3 drops of Frankincense and 3 drops of Geranium to your favorite body lotion for a soothing, relaxing skin experience.



Focus Time

Before tackling that special project or giving a presentation, stay focused and enthused with the scents of Frankincense, Lemongrass and Peppermint. Add 3-to-4 drops of any combination to a diffuser or inhale to experience mental clarity.



Energized for Life

For a boost to your energy levels throughout the day, add 3 drops Lemon, 3 drops Rosemary and 3 drops Peppermint to a diffuser and feel the lift in body and mind.





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[†]



Natural | Gluten Free | Dairy Free | Soy Free | Grain Free | Nut Free

BONE BROTH PROTEIN™

MODERN SUPERFOOD

BRINGING THE BENEFITS OF BONE BROTH TO THE PEOPLE

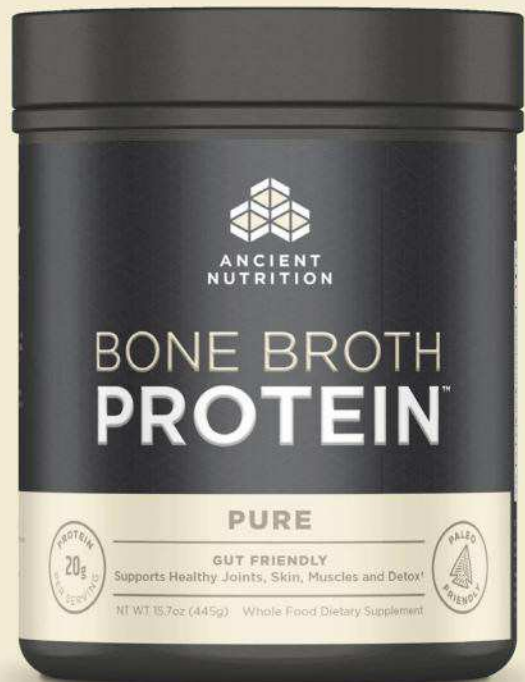
Two major drawbacks to experiencing the benefits of bone broth is the time to make it at home and expense to buy it pre-packaged. Introducing **Bone Broth Protein™**—a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.

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.

5 BIG BENEFITS OF BONE BROTH PROTEIN™

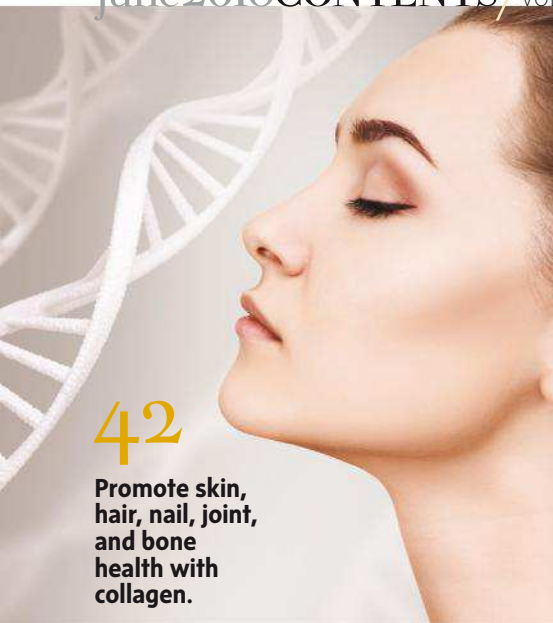
1. Saves You Time
2. Saves You Money
3. Packed with 20g Protein
+ Bone Broth Co-Factors
4. Whole Food Supplemental Protein
5. Diet, Paleo and Gut Friendly



Other Delicious and Functional Flavors Available

WWW.BONEBROTHPRO.COM

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



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Promote skin, hair, nail, joint, and bone health with collagen.

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Listen up, guys. Just like your car, your body needs an occasional tune-up too. Here's how.



features

30 Go Natural in 90!

Would you like to have more energy, feel less stressed, ease aches and pains, and get on top of your game? Try harnessing the power of nature with these 30 tips. Then turn to page 37 and enter our Go Natural in 90! Sweepstakes.



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They're Your Nails... Don't Cover Up, Beauty Up!



Get That Natural, Beautiful, "Better-than-Polish" Look!

Why Cover Up When You Can Beauty Up!

Forget the trendy shades. Dump the nail art. Get rid of the discoloration, brittleness, and spots. It's time to show off your nail's genuine, uncovered beauty. Now you can have that exquisite, natural "better-than-polish" look, in just a few short weeks![†]

Flawless Nails Begin Hidden, Out of Sight

The condition of your nails starts long before you ever see it. It begins in the nail root, hidden under your cuticle. Without sufficient collagen and keratin production, any new growth will simply look like your current nails. No matter how many times you cut them. BioSil increases collagen and helps keratin production, helping you to create flawless nails – naturally![†]

BioSil, Naturally Beautiful Nails - Clinically Proven!

In double-blind, placebo-controlled clinical trials, BioSil is proven to increase nail strength.* That means more chip-resistant nails. What's more, field group studies prove that BioSil produces a naturally smooth feel while eliminating those annoying white flecks and spots. All while creating that sought after clarity![†]

BioSilUSA.com

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

*Wickett RR, Kossmann E, Barel A, Demeester N, Clays P, Vanden Berghhe DA, Calomme M (2007). Effect of oral intake of choline-stabilized orthosilicic acid on hair tensile strength and morphology in women with fine hair. Arch Dermatol Res 299: 499-505. †Barel A, Calomme M, Timchenko A, De Paepe K, Demeester N, Rogiers V, Clays P, Vanden Berghhe D (2005) Effect of oral intake of choline stabilized orthosilicic acid on skin, nails and hair in women with photodamaged skin. Arch Dermatol Res 297: 147-153. Results may vary.

BioSil, Clinically Proven for Your Skin and Hair Too!

You'll be happy to know that BioSil is clinically proven to reduce fine lines and wrinkles 30%^{††}, increase skin elasticity by 89%^{††} and thicken and strengthen your hair 13%^{††}. There's a reason it's called BioSil Hair, Skin, Nails!

BioSil, Good for You, Good for Our Planet

BioSil gives you everything you want in a collagen-generating supplement and nothing you don't want!

- Vegan
- Non-GMO
- No Artificial Colors, Preservatives, or Flavors
- Sustainably Sourced
- Gluten-Free
- No Sugar
- No Animal Byproducts
- No Sea Organisms



Go Natural in 90 Is Back!

Welcome to our 2nd Annual Go Natural in 90! special issue, where we spotlight 90 ways to improve your physical and mental health, beauty, diet, home, and lifestyle using natural products.

As you'll see on p. 30, we've put together a mix of suggestions for people of all ages—from extending the shelf life of your vitamins to positioning your bed for better sleep. Most of the tips come from natural health experts and feature advice on some of today's most common issues.

One of my favorites involves using the herb passionflower for stress relief. This is my new favorite herb. If you've never tried it, passionflower is wonderful for taming tension, boosting mood, and easing you off to sleep. When I feel full of stress and/or anxiety, I use a liquid herbal formula that combines passionflower with hops and skullcap—it works like a charm every time, and I don't wake up feeling hung over.

Two more highlights of this summer makeover series: "Go Natural in 90! Sweepstakes" and "Go Natural News," a weekly newsletter (June–August) featuring in-depth articles on the latest natural health trends. Sign up for the newsletter, and you'll automatically be entered to win a prize package of healthy products—donated by our generous sponsors. We've thrown in a few extras, too, including Visa gift cards, beautiful cookbooks, and *Better Nutrition* coffee mugs and water bottles. See p. 37 for all of the details.

Ready to feel better than you have in years? Join us on this fun journey to feeling and looking great.



Nicole
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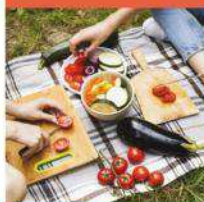


COMING NEXT MONTH



Go Natural in 90!

Our summer makeover series continues with *sun-sational* tips for customizing your supplement regimen, enhancing your beauty, and eating more body-nourishing foods.



Camping Recipes

We've got scrumptious recipes you'll want to try on your next camping trip, or day at the beach or lake.

Get More at betternutrition.com



Smoked Red Lentil Soup

Visit our website for the recipe for this rich, hearty soup, made using EPIC bars.

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**THIS YEAR WE WANT TO SAY *Thanks*
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*instantly!***

Is Medical-Grade Liquid Collagen Better For You?

Yes. It's the #1 choice of doctors and hospitals for fat loss, more energy, joint support, and better hair, skin and nails. Here's why...

It's *easy* to find a collagen product. It's *not easy* to know if it'll actually work. Dozens of collagen products 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 1 collagen. **Newer fad products contain rarer forms of collagen such as Types 3, 5, or 10.** While these additional types

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.

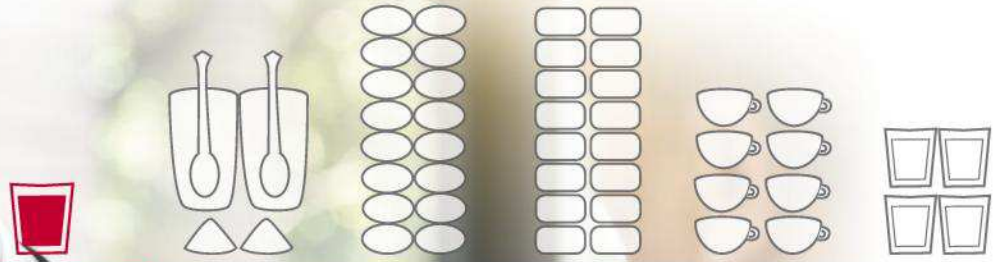


"IMPROVES Recovery & Wound Care..."

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 Liquid vs. Generic Collagen



AminoSculpt® Liquid Peptides

Powders Pills Chews Bone Broths Other Liquids

- 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 Fl Oz

X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
X	X	X	X	X
12 Fl Oz	16	16	4-8 Cups	1-4 Fl Oz

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. It's 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**
- ✓ **Suitable for Paleo and Keto**
- ✓ **NO sugar, gluten, dairy, nuts, soy, or grains**
- ✓ **Over 1,000,000 bottles sold**
- ✓ **A money-back guarantee****

Find AminoSculpt® Today

For information on where to find AminoSculpt, visit: aminosculpt.com/BN or call Health Direct toll-free: **1-800-989-9531, Dept. 2966.**



"The Truth About Hydrolyzed Collagen"

While the popularity of collagen has skyrocketed, many people don't realize that the absorbability of collagen products varies widely. Many companies claim to hydrolyze (predigest) their own collagen, but are really purchasing mass-produced pre-hydrolyzed peptide powders.

How does this affect you? If a collagen product is raw or poorly hydrolyzed, your body will have a difficult time using it. The less collagen you absorb, the less benefits you receive from it and the more likely you are to experience unwanted digestive side-effects like bloating.

With AminoSculpt, we use an exclusive medical-grade *CollaPure™* production process perfected over the last 35 years. We carefully hydrolyze raw, grass-fed collagen into liquid peptides ourselves! It's the same process used for doctors and hospitals. This means better, faster absorption of the collagen, even for the most sensitive of individuals.

*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. Results may vary. ©2018 D&J Vision Marketing, Inc. **Call Health Direct for details on money-back guarantee. Policies may vary among retailers. Please call your local retailer for their policy.

trendWATCH

The Hidden Sleep Robber

Having trouble getting your Zzzzs? The problem could be poor breathing habits

///BY VERA TWEED

When you wake up in the morning, do you feel refreshed and ready to conquer the day? Even if you dutifully put aside electronic devices well before bedtime and allow enough time for a good night's sleep, poor breathing habits could be robbing you of sleep that is truly restful.

"The big issue is that people can't breathe through their noses," says Steven Lin, DDS, author of *The Dental Diet*. The problem stems from a lifelong diet of soft, processed foods—and for many people, not having been breastfed as infants—both of which impair healthy development of the jaw and muscles that support our airways. As a result, the nasal passages and throat can be too narrow or obstructed.

"If you're not breathing right, you don't go into deep stages of sleep," says Lin. Mouth breathing can contribute to snoring and sleep apnea, where

breathing stops for 20 seconds or more and creates a sensation of choking. And, weak muscles in the tongue can make it collapse and block the flow of air. But there are ways to correct the situation.

The following breathing exercises, developed by Lin, can train you to breathe through the nose and strengthen the tongue and other muscles that support a healthy airway.

Breathing from the Belly

This is the natural way of breathing, but it can take time to develop the habit. We tend to breathe by expanding the chest, which doesn't allow the lungs to fully fill with air. It's best to do this exercise before meals, to improve digestion as well as breathing.

- * Sit with your back straight and your mouth closed. Put one hand over your belly and relax your shoulders, jaw, and neck.
- * Breathe in through your nose for 3 seconds,

letting your belly (not chest) expand. You should feel your hand being pushed forward.

- * Slowly breathe out through your nose for 4 seconds. Your belly and hand should move back, toward your spine.
- * Pause for 1–2 seconds, and repeat the cycle 20 times.

Tongue Exercise

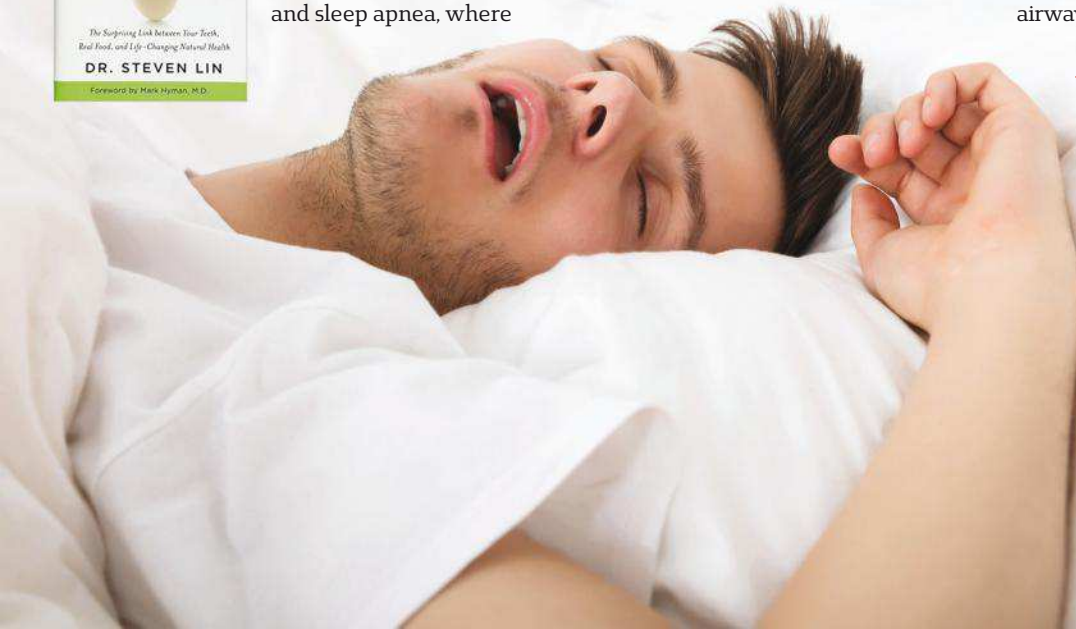
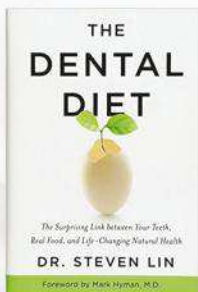
Doing this exercise twice daily will help hold your tongue at the top of your mouth while you rest, keeping muscles active at night to allow optimum breathing.

- * Hold your tongue behind your top back teeth, just behind the two grooves on your palate.
- * Push upward with the tip, sides, and back of your tongue, against the roof of the mouth, and hold for 3 minutes.

Voice Exercise

Humming while breathing from your belly strengthens the muscles that keep the airway open during sleep. Do this daily:

- * Keep your eyes closed and take a deep breath through your nose and into your belly for 3 seconds. Let out a quiet hum. Picture the hum starting in your stomach and moving like a violin bow over your vocal cords. Repeat for 2 minutes.
- * Continue, but point your tongue to your palate while humming. You should notice the hum getting slightly higher, and your upper jaw should vibrate. Do this for another 2 minutes.



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Oxidative Stress Reduced*

Lean Muscle Enhanced*

Post-Workout Soreness Reduced*



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GIVES
YOUR FACE
A PICK-ME-UP



Blood Orange Serum with vitamin C stimulates, refreshes and vitalizes skin for a fresh and vibrant look.

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BLACK FOREST

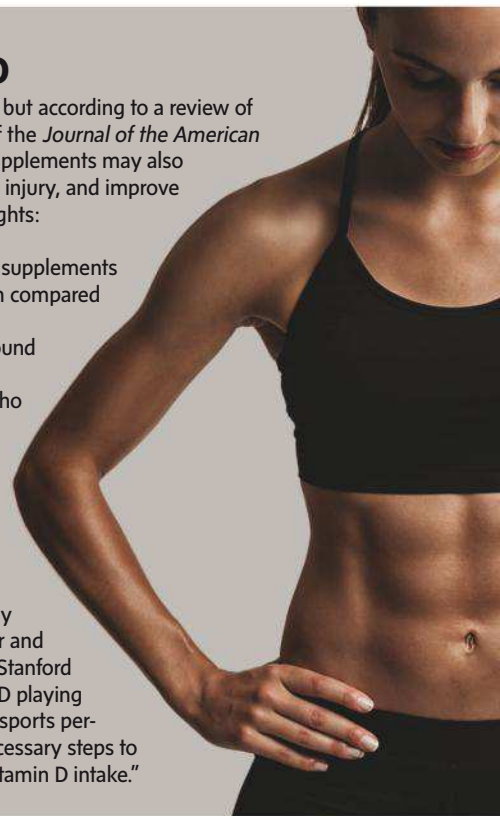
trendWATCH

ATHLETES NEED VITAMIN D

We all know the benefits of vitamin D for bones, but according to a review of previous studies published in the April 15 issue of the *Journal of the American Academy of Orthopaedic Surgeons*, vitamin D supplements may also help increase muscle strength in athletes, reduce injury, and improve athletic performance. Among the review's highlights:

- * In one study, athletes who received vitamin D supplements increased their upper and lower body strength compared to those receiving a placebo.
- * Another study of vitamin D deficient athletes found that those receiving 5,000 IU per day increased their vertical jump height compared to those who didn't receive the vitamin.
- * Among 1,000 Royal Marine recruits in the UK, those with the lowest levels of vitamin D experienced a 60 percent higher incidence of stress fractures than those with the highest levels.

"Vitamin D deficiency commonly affects many people around the world," said lead study author and orthopedic surgeon Geoffrey D. Abrams, MD, of Stanford University. "With higher serum levels of vitamin D playing a role in muscle strength, injury prevention, and sports performance, it's essential for individuals to take necessary steps to ensure they're getting an adequate amount of vitamin D intake."



MEN'S MULTIS: 5 GREAT CHOICES

Wondering which multivitamin to buy? Use this quick guide to high-quality multis just for men:



Alive! Men's 50+ Gummy Vitamins: Fruit and veggie extracts are paired with essential nutrients, including prostate-protective minerals, in these energizing gummies. **Serving size:** 3 gummies daily.



Country Life Realfood Organics Men's Daily Nutrition: It's made with 40 organic fruits, vegetables, grains, sprouts, and legumes. Pumpkin seed powder is added for prostate health. **Serving size:** 2 tablets daily.



Natural Factors Whole Earth & Sea Men's Multivitamin & Mineral: All ingredients are organic and non-GMO, and they're harvested at their peak for optimal absorption and viability. **Serving size:** 2 tablets daily.



NOW Sports Men's Extreme Sports Multi: This blend features active forms of key nutrients along with amino acids, ginseng, maca, and other energy-boosting aids. **Serving size:** 3 softgels daily.



Rainbow Light Men's One Food-Based Multivitamin: This top-selling multi has a full range of vitamins and minerals, plus a "Men's Strengthening Blend" with saw palmetto and spirulina. **Serving size:** 1 tablet daily.

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Over 40% of adult Americans experience chronic digestive distress. Because of this, millions now use enzyme supplements. If you're among them, there are some things you should know.

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If you eat Keto, you get 48 grams of protein, 10 grams of carbs and 54 fat grams per meal. With Pritikin, protein is 22, carbs are 90 and fats are five. These plans literally *demand* different enzyme blends. Yet, for years, enzyme supplements have been "one size fits all."

Americans, of course, follow countless diet plans. Fortunately, each fits into one of nine macronutrient profiles. By applying proprietary algorithms of enzyme activity to these profiles, we've created *the world's only diet specific enzyme solutions.* They're called **Real-Zymes™**. No matter what you eat, one is perfect for you.*

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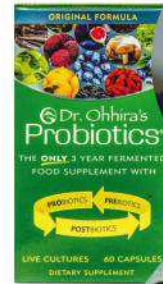
NATURAL BEAUTY



trendWATCH

royal advice

Want to live like a king—or, at least, a princess? Try taking a probiotic. That's the advice from Meghan Markle, who was scheduled to marry Prince Harry of England in May. "Always travel with a high strain probiotic and hydrate like you're dying of thirst," Markle wrote on her blog. "This dynamic duo of probiotics and aqua will keep your gut health in check and honestly stave off jet lag." Markle's probiotic of choice? Essential Formulas Dr. Ohhira's Probiotics.



PRENATAL HEALTH ... FOR MEN

Women have long been aware that prenatal diet and lifestyle can have profound implications for the health of their children, but researchers from the University of Southampton in England recently published a review of research in *The Lancet* that emphasizes the importance of these factors in men, as well.

The researchers examined studies from around the world, and determined, among other findings, that male obesity is associated with poor sperm quality, and may be associated with increased risk of chronic health issues in offspring later in life. "Research is now showing that our gametes and early embryos are sensitive to a variety of environmental conditions including poor parental diet. These effects can change the process of development, affecting growth, metabolism, and health of offspring, making the case for both parents to have a healthy lifestyle well before conception and pregnancy," said Tom Flemming, PhD, coauthor of the review.

\$220 billion

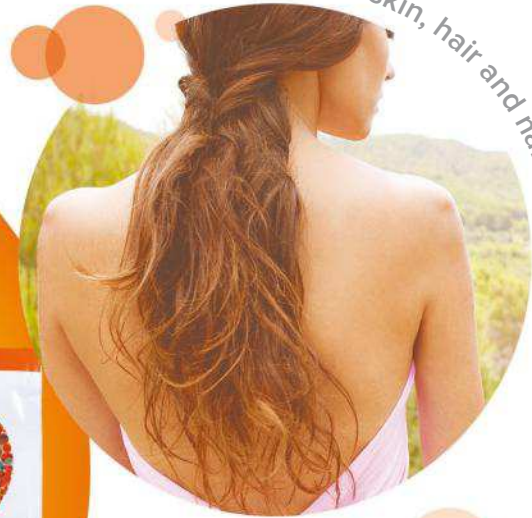
According to Zion Market Research, global sales for dietary supplements are expected to reach \$220 billion annually by 2022.

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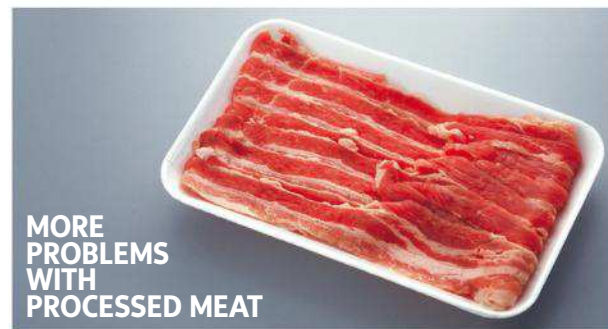
trendWATCH



CBD Oil is gaining recognition

Cannabidiol (CBD) oil, an extract of the cannabis plant that doesn't contain the euphoria-inducing compound THC, has become a popular dietary supplement for relieving pain, anxiety, insomnia, and more. And reports of its effectiveness are spurring interest in mainstream medicine.

Researchers from the New York University School of Medicine and the National Institutes of Health recently announced a new study that will examine CBD oil as a possible treatment for Alcohol Abuse Disorder in people who suffer from PTSD. "This study will be the first to test whether CBD is effective in treating alcohol addiction and in treating PTSD in humans, and the first to examine the interaction between these treatment effects. Results will serve as proof of concept and provide guidance for a future larger clinical trial," write the researchers in their description of the study, which is set to begin in November.



**MORE
PROBLEMS
WITH
PROCESSED MEAT**

High consumption of processed meats may lead to nonalcoholic fatty liver disease (NAFLD) and insulin resistance (IR). Scientists from the University of Haifetz in Israel screened a group of adults aged 40–70 to determine their eating habits. Those who reported the highest consumption of red or processed meats had higher odds of NAFLD and IR than those who consumed little meat, even when adjusted for other risk factors such as body weight. Additionally, a high intake of meats cooked using unhealthy methods such as frying was independently associated with increased risk of IR.

"High red and processed meat consumption is related to several diseases. In addition, cooking meat at high temperatures for a long duration forms heterocyclic amines, which have harmful health effects," the researchers wrote in the March issue of the *Journal of Hepatology*.

30%

In the first 5 years after menopause, the skin loses up to 30% of its natural collagen. See "Crazy for Collagen" (p. 42) for more information on this skin-protective supplement.

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the **Passion**
behind the **Product**

EPIC Proportions

How changing the way they looked at carbs led two athletes (and former vegans) into a whole new Paleo-friendly world // By Neil Zevnik

He was a triathlete and a competitive runner. She was an Ironman contestant and a bike racer. Adhering to conventional wisdom, they believed that a vegetarian diet was the “clean” way to live, both physically and spiritually. And as high-functioning athletes, they carb-loaded with the best of them while consuming minimal fats.

Despite their rigorous regimen, Taylor Collins and Katie Forrest were plagued by various digestive disorders and inflammation. So they pushed further, into veganism, and then even further, into raw foods only. They even created and marketed a raw vegan bar for on-the-go athletes like themselves.

But if anything, their health worsened. They finally consulted a holistic practitioner, who had one salient and unexpected prescription for them: “Eat red meat.”

So they turned their entire approach upside down and embarked upon what is commonly recognized as a Paleo diet—healthy animal fats, grass-fed protein, and leafy vegetables. And in short order they were leaner, faster, and stronger than they had ever been, and their maladies disappeared.

Now they needed a high-protein portable food source that fit with their new regimen. “We recognized the



Katie Forrest and Taylor Collins originally created EPIC bars as a tasty way to stay fueled during long hikes and bike rides.

times that we pushed our bodies the furthest—100 mile bike rides or hiking the backcountry—were also the times that we had the least accessibility to nutrient-dense animal protein,” says Katie. “It was clear that we needed something convenient and on-the-go to fulfill our bodies’ cravings.”

The Passion

And so, Collins and Forrest founded EPIC, which they see as an opportunity to establish a brand that offers healing and health for humans, while also supporting humane animal husbandry and contributing to the planet’s survival.

They began by developing the world’s first 100 percent grass-fed meat bar with nuts and fruit, available in 11 flavors including Bison Bacon Cranberry and Chicken Sriracha. The goal was to use a humane, pasture-centered supply chain featuring only ethically sourced whole-food ingredients. They helped ranchers convert to a pasture-based livestock model and encouraged biodynamic ranching practices. Through this process, they discovered they could also have a positive impact on local ecosystems—and even the world at large.

Taylor explains: “We have learned that livestock can create a net positive return on the environment when the animals are managed in a way that replicates their natural behaviors. We used to think that meat was unhealthy for people, that fat was something to be afraid of. Now it is the cornerstone of our diet. We used to think that meat was bad for the environment. Now we recognize that animals are not the problem, that it’s people’s management of those animals that determines the environmental impact.”

Partnerships with a handful of non-profits with similar missions, including The Savory Institute, The Global Animal Partnership, The Certified Humane Project, and the Marine Stewardship Council, allowed them to amplify and expand their efforts.

As their arsenal of products grew to include bone broth, snack strips, rendered fats, and the aptly-named Hunt and Harvest mixes, so too did their “wolfpack” of like-minded souls, fiercely committed to making their contribution to this earth-restoring crusade.

Collins and Forrest speak as one on this: “We love that EPIC truly represents our personal values—it doesn’t feel like a job, it feels like an opportunity to work on and toward something bigger than ourselves. It gives us a greater sense of purpose.”

web exclusive recipe!
Visit betternutrition.com for our
Smoked Red Lentil Soup recipe
featuring EPIC bars.

Neil Zevnik is a private chef in Los Angeles who tends to the culinary needs of the rich and famous; blogs about food, nutrition, and the environment for *The Huffington Post*; and volunteers with marine mammal rescue whenever he can. Learn more at neilzevnik.com.

ARE YOU TAKING THE RIGHT FORM OF CoQ10?



Did you know that there are two forms of CoQ10?

CoQ10 comes in two main forms: Ubiquinone (the oxidized form) sometimes called conventional CoQ10 and Ubiquinol, sometimes called the advanced or active CoQ10.

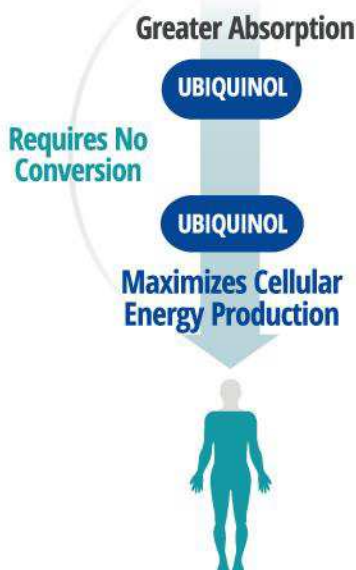
For CoQ10 to be effective in the production of cellular energy it must be converted to its active form – **UBIQUINOL** (“you-bik-win-all”).

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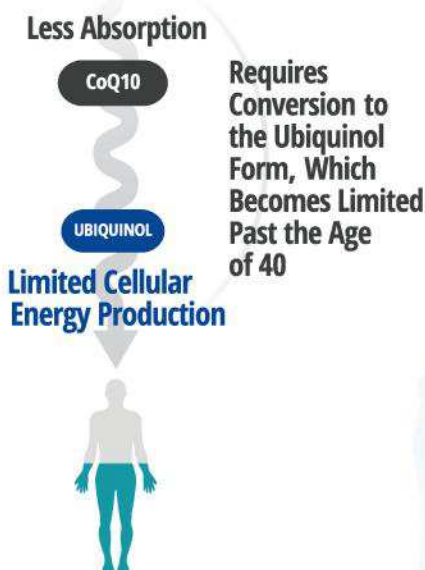
After the age of 40 our bodies produce less CoQ10 which can result in lower Ubiquinol levels.

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WHEN TAKING UBIQUINOL FORM OF CoQ10



WHEN TAKING CONVENTIONAL CoQ10



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In the Spotlight: High-Tech Wellness

Feeling overwhelmed by modern toxicity and technology? Frank Lipman, MD, has found a cure for the modern-day blues

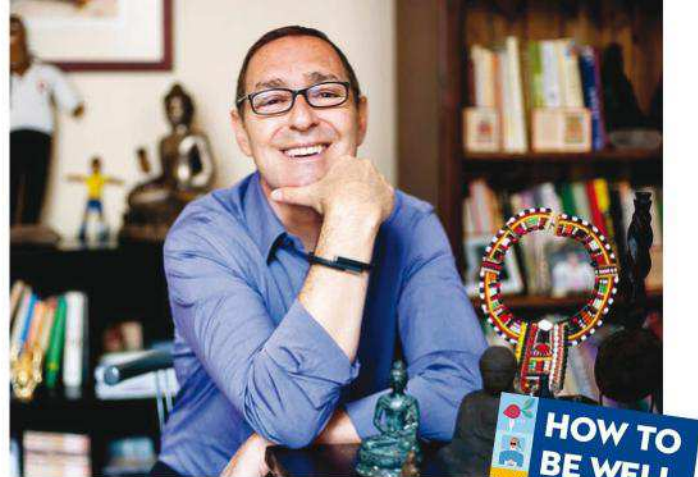
///By Chris Mann

In an age of industrialized food, social media, and toxic overload, integrative and functional medicine pioneer Frank Lipman, MD, realized it was time to reconnect with nature and find a balanced sense of wellbeing. The result: his habits-and-practices-packed new handbook *How to Be Well: The Six Keys to a Happy and Healthy Life*.

"The problem is it's not only a toxic world, we have too much technology,"

Lipman says. "We're all stressed out. Our default choices for eating are unhealthy. We don't move enough. We're sitting at computers. We don't spend enough time out in nature. There's a lack of community. All of these factors I think play a part in our 'dis-ease.' That's why I put this book and program together. It's not just about eating a healthy diet. It's about trying to

"The problem is it's not only a toxic world, we have too much technology," says Lipman, who has developed a six-step plan to help people find true health and happiness.



incorporate as many of these tips into your life and make them habits..

"It's a way of thinking about your health where you are at the center and you are the author of your own health journey and you take control of your own health," adds Lipman.

How can we achieve balance with what your book calls "the perfect plate"?

The idea of a perfect plate is to make (nutrition) easier. Think of the majority of your plate, 50–70 percent, as vegetables, and then fill the rest with either good sources of animal protein—which will also give you some fats—or, if your protein source is vegetarian or otherwise doesn't have enough fat, I encourage people to eat 20–30 percent healthy fats like olives and avocado. I think as a culture, though it's changing, we've become so afraid of eating fats. But if it's made by God, it's probably good for you, and if it's made by man, it's probably not. So natural fats are good for you, saturated fats included. It's the fats that man makes and man changes that have become a problem.

What low-starch veggies can help transform our plates—and our bodies?

I love cauliflower. It's so versatile. Cauliflower rice and cauliflower mash are two ways of getting that carby sensation that one would want from rice or potatoes, yet they don't affect your blood sugar like starchy food does. Cruciferous vegetables

in general, especially green leafy vegetables, are the foods that we should try to eat as much as we can. Eat the stalks and stems because they contain the fiber that your body doesn't break down properly and that the good bacteria love to eat.

What are some easy ways to augment the medicinal value of natural foods?

Spices have so many beneficial medicinal effects, including fighting inflammation, boosting immunity, and stabilizing blood sugar. And bone broth is a way of getting some of the nutrients that are harder to get in our diet. It helps heal the gut. My grandmother used to make chicken soup with all the bones. And cultures all over the world have particular spices. As we've become "more sophisticated," we've forgotten these simple things that most cultures have done for centuries.

Any tips on getting restful sleep in this tech-heavy, stressful world?


Darken your room completely, or use an eye mask. Any little bit of light will inhibit your body's own production of the sleep

hormone melatonin. Making your room cold and taking out all the electronics helps too. Having a transition period between your active day and your sleep is a good idea. So dim the lights, listen to some soft music, have a warm bath. I think it's also important to realize that how you sleep is often determined by what's happening during the day for you. So if you're stressed out during the day, the chances are you're not going to sleep well.

What steps can we take to connect our mind, body, and spirit with a deeper sense of happiness?

Meditation is one of the most important things one can do for oneself. Not only will it relax you and help you deal with the stresses of life, but it takes you to another level of just being comfortable with who you are. I think surrounding yourself with people you love, having good friends and family and spending time with them, and trying to find work that you find meaningful to you can be helpful too. Also, get back to nature, get out of your head, experience the power that is greater than you.

Chris Mann is a celebrity wellness and fitness writer, natural health brand storyteller, entertainment author and journalist, and digital-content producer (ChrisMann.tv). Check out his blog, wellseeingtv.com.



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Making a Splash

From tinted lip balms to keto coffee creamers, here are the best new products this month

1 Wake Up and Smell the Keto Coffee

Know Brainer makes it easy to fuel up on fat (necessary for activating ketosis) while enjoying your morning cup of Joe, with **Ketogenic Creamers**. Rich, creamy, and satisfying, these grab-n-go packs are a game changer for coffee lovers. They feature a blend of focus-enhancing MCT oil from coconut, grass-fed butter, ghee to curb cravings, and adaptogenic herbs (turmeric and ashwagandha) to stave off stress. They are sugar-, gluten-, dairy-, and GMO-free too. Flavors include Hazelnut, Mocha, Vanilla Bean, French Vanilla, and Original. The creamers are available in dairy and nondairy versions.



2 Eye Opener

Protect your eyes from diseases such as macular degeneration—the leading cause of vision loss—with the help of **Bluebonnet Targeted Choice EyeCare AREDS 2 + Blue**. This whole food-based formula contains clinically studied nutrients recommended by the National Eye Institute and used in the well-known AREDS 2 study, including vitamins C and E, zinc, lutein, and zeaxanthin. It also features hyaluronic acid for its moisturizing properties and superfruits (e.g., bilberry and wild blueberry) to combat excessive blue light/LED exposure. [Editor's note: See p. 52 for more on eye health.]

2



3



4

5

3 Better Gummies

Get ready for a different kind of gummy vitamin. **MegaFood** just debuted four flavorful gummies: **B₁₂ Energy in Cranberry**, **B₁₂ Energy in Ginger**, **D₃ Wellness in Mixed Fruit**; and **C Defense in Tangy Citrus**. They're made with whole foods, and have no more than 2 grams of sugar per serving. There's zero gluten,

gelatin, dairy, soy, high fructose corn syrup, glucose, sugar alcohols, or artificial sweeteners—just real food you can taste.

4 Lip Treats

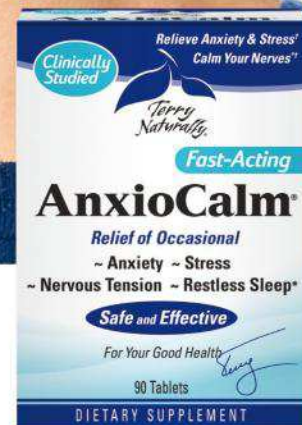
Give your lips a soft, dewy look with **MyChelle Dermaceuticals Lip Hints**. Available in four shades (Berry, Nude, Plum, and Sheer), these rich, lightly tinted balms feature a moisturizing blend of shea butter and coconut, Kalahari melon, and meadowfoam oils—they're a must for any makeup bag.

5 Fitness Boosters

New Chapter has created two formulas to help you maximize your workouts: **Daily Workout + Recovery** boosts endurance, eases post-exercise pain, and maintains muscle with a mix of medicinal mushrooms, green tea, rhodiola, and other nutrients for active bodies. The **Elite Performance + Recovery** is designed to help increase your athletic power with a blend of energizing and strengthening ingredients, including ginger, grape seed, and astaxanthin.

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5 Ways to Benefit from Ginger

Take full advantage of ginger's healing power with these creative ideas // BY VERA TWEED

"Ginger is a workhorse herb," says Mary Hardy, MD, a Los Angeles-based integrative physician. Tradition, scientific studies, and Hardy's experience have shown that colds, nausea, joint and muscle pain, PMS, digestive issues, diabetes, and even sore feet respond to its healing effects. Ginger also enhances circulation, helps to prevent heart disease, and may help to prevent cancer. "It's a good herb for self-care," says Hardy. "It has a very good safety record, is easily available, and it's not expensive."

There are various ways to eat and drink ginger, from adding it to soups and stir-fries to juicing it with fruits and veggies. But for more concentrated benefits, Hardy has some other, lesser-known recommendations.

1 Brew a Therapeutic Ginger Tea. A good tea starts with really fresh ginger root. "Take a nice, plump herb that has a thin skin, is unmarked, and smells fresh when you break a little piece off," she says. "The root should be a nice, light, bright yellow, and should have the spice smell you're used to, as well as a slight citrus after-smell." Here's how to brew:

1. Add 1–2 tsp. freshly grated root to a cup of hot water.
2. Steep 10 minutes.
3. Strain, add a little honey, and start sipping.

WHEN TO DRINK GINGER TEA: For better digestion, drink it after a meal, and for everything else, drink it any time. However, in the case of nausea, espe-

cially morning sickness, supplements of ginger root powder may be better tolerated.

2 Make a Therapeutic Ginger Compress. Studies have shown that the combination of ginger and heat creates a synergistic effect that helps relieve joint and muscle pain, stomach pain, and bloating. To make a hot ginger compress, which can be applied a couple of times a day, Hardy recommends:

1. Follow the tea-brewing directions, minus the honey, using two to three times as much ginger root per cup of hot water.
2. Soak a small, 100% cotton cloth in the liquid, and apply it to the painful area.

3. Cover the compress with plastic wrap and leave it in place until it starts to cool down. As an option, wrap it in a bandage, to keep the compress and plastic in place.

4. The ginger liquid can be reheated and reused for another compress.

To relieve sore feet, soak them in the stronger version of the brew.

3 Use Ginger Aromatherapy. As an alternative to the compress, Hardy recommends diluting 2–3 drops of ginger essential oil with a palm-sized amount of organic olive oil or another neutral oil of your choice. Rub it on painful areas, such as joints, muscles, or, in the case of indigestion or menstrual cramps, on your tummy.

4 Take a Ginger Supplement. Supplements are a more concentrated therapeutic option. Hardy recommends capsules of dried ginger root. For nausea during pregnancy, take 1 gram per day. In other situations,

Did You Know?

Queen Elizabeth I invented gingerbread men. During her reign in the 16th century, gingerbread men were viewed as tokens of love. If a lady gave one to a man, and he ate it, it was believed that he would fall in love with her.



doses can vary from 1–5 grams per day. For pain relief, a dose of 2–3 grams daily is generally effective.

Ginger extracts are more concentrated and require lower doses, depending upon



Ancient Apothecary
Ginger Essential Oil



The Ginger People
Ginger Rescue
Chewable
Ginger
Tablets



New
Chapter
Ginger force

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Colds and congestion	X	
Morning or travel sickness	X	
Migraine pain	X	
Nausea side effects of surgery, chemo, or other drugs	X	
PMS	X	X
Diabetes	X	
Heart disease prevention	X	
Indigestion or bloating after eating	X	X
Sore feet		Soak in strong ginger tea
Sore muscles after exercise	X	X
Poor circulation	X	

the specific extract. To avoid stomach upset, ginger supplements are best taken with food.

5 Eat Ginger. Although a Western style of eating likely doesn't contain enough ginger to deliver therapeutic benefits, fresh ginger in food does impact

health. A study in Iran, published in the journal *Nutrition*, analyzed disease risk and ginger intake of more than 4,600 men and women. Researchers estimated that eating at least 2–4 grams of ginger daily could reduce risk for high blood pressure, heart disease, diabetes, and other chronic conditions.

Contributing editor Vera Tweed has been researching and writing about supplements, holistic nutrition, fitness, and other aspects of healthy living since 1997. She is the author of several books, including Hormone Harmony: How to Balance Insulin, Cortisol, Thyroid, Estrogen, Progesterone and Testosterone to Live Your Best Life.

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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.

Adderall Alternatives

Natural ways to wean yourself from psychoactive drugs and promote calm focus // BY EMILY A. KANE, ND, LAc

Q: I've heard that Adderall is basically "speed." I started taking it when I was 15 years old. Now I'm 27. I want off, but when I skip a day, I feel terrible.

—Sheila J., Charlotte, N.C.

a: Yes, Adderall is speed. The name of the drug is based on the very potent neurotransmitter adrenaline, which has a synthetic version called epinephrine. You may have heard of EpiPens. They were in the news last year because the manufacturer raised the price from \$75 to \$900. Blatant price gouging like this is one of the many reasons to be suspicious of all the drug pushing that happens under the guise of medical standards of care.

The general rule for weaning from a psychoactive drug is to go very, very slowly. Do *not* skip days in the beginning of the wean. Every 14 days, reduce your dose by 10 percent—an inexpensive pill slicer can help with this. If the wean gets bumpy, go back to the previous dose for 2 weeks before trying to lower it again. Spring and summer are the best times to try. Sun and fun are your friends when you're getting clean. Some of my favorite resources for safe drug discontinuation include James L. Harper's classic book *The Road Back*, and the websites theroadback.org and pointofreturn.com.

Getting Started

Before you wean, it's a good idea to boost your detoxification capacity and your ability to quell oxidative inflammation from the drug irritation. All pharmaceuticals are "foreign substances" in your body that irritate your immune system, tax your detoxification capacity, and promote inflammation. So, to help clear the drug and the damage, consider loading your diet with antioxidants for several weeks before the wean. I like **açcai, noni, mangosteen, pomegranate, resveratrol, raspberries, blueberries, goji berries, black cherries**, and the whole array of **dark leafy green veggies**.

My top two antioxidant foods are **turmeric** (*Curcuma longa*) and **matcha**.

Did You Know?
According to Peter Breggin, MD, author of *Talking Back to Ritalin*, America uses 90 percent of the world's Ritalin—more than five times the rest of the world combined.

If you don't like the taste of turmeric in your food, try a turmeric capsule.

And while matcha powder is especially concentrated, green tea in any form is great because of the epicatechin content, which helps turn on the detox enzymes in the white blood cells, and promote the detoxification pumps inside lung, kidney, and liver cells.

This pre-detox phase also requires a clean diet—no alcohol, no white flour or sugar, minimal animal fats, and lots of veggies with their high fiber and high mineral content.

Supportive Supplements

There are many natural products that can enhance the ability of the calming nerves (parasympathetic nervous system) without the side effects of drugs. Parasympathetic fibers need **B-vitamins**, both water-soluble (B1, 2, 3, 5, 7, 9, and 12) and the fat-soluble (lecithin, inositol, and phosphatidylcholine).

Once you begin your Adderall (or other mood-altering drug) wean, you can supplement during the day with herbs and minerals that promote calm focus. You don't need everything on this list: start with what you might already have in your home health care cupboard, and experiment. Allow at least 7–10 days for each experiment, and use just two or three new supplements at a time.

For daytime support, try **St. John's wort** (fantastic for mild to moderate depression, especially for blood type A), **magnolia, oats, rhodiola, lemon balm**,



matcha powder

and/or **bacopa**. All of these herbs can be found in tincture or capsule form. Choose what is easier for you. I love tinctures because they can be added to tea or smoothies, and they absorb quickly. But capsules are generally more convenient, especially when it comes to dosing.

Antioxidants like turmeric help improve your detox capacity



For evening and sleep support (see sidebar), consider **5-HTP** (50–100 mg), **GABA** (I prefer the phenylated version), **theanine**, **melatonin**, and **inositol** (usually comes in soy- or sunflower-seed-based granules, so it's a bit oily). For bedtime herbal choices (in tea, tincture, or capsule form) consider **valerian** (especially if you have pain), **chamomile** (great for all ages), **passionflower**, **hops**, **skullcap** (great for pain plus constipation), and **ashwagandha**.

[Editor's note: It's important to check with your doctor before discontinuing any type of psychoactive medication.]

Do you have a question for Dr. Kane? Email it to editorial@betternutrition.com with "Ask the ND" in the subject line.

A SHOUT-OUT FOR GOOD SLEEP

Sleep is a foundational element of good health and a good attitude. And it's especially important when weaning and healing your body from the effects of psychoactive drugs.

Since we have increasingly become an indoor-lighting and screen-intensive society, our circadian rhythms are universally disturbed. Research has proven that the blue light emitted from screens inhibits prolonged deep sleep. In addition to using herbs that can help you relax, wearing amber-colored glasses, which block blue light, 2–3 hours before bedtime can significantly improve sleep parameters.



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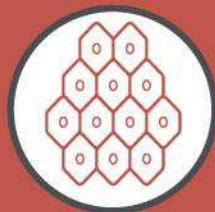
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Collagen is one of the reasons our bodies don't fall apart. Collagen literally functions to hold you together.

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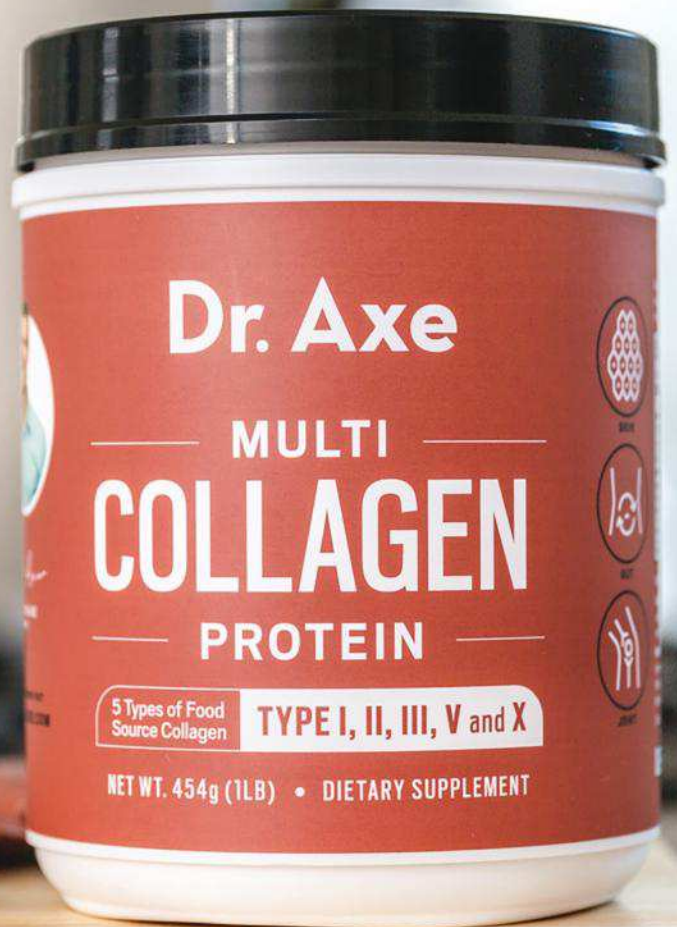
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HOW TO USE

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.

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GO NATURAL IN

DAYS

Welcome to our 2nd annual Go Natural in 90, an exclusive 3-part series on improving your life one healthy tip at a time! For our first installment, we carefully selected 30 ways to overhaul your diet, health, beauty, and even mental well-being using vitamins, herbs, and other natural ingredients. Here's to feeling great!

BY THE EDITORS OF
BETTER NUTRITION



GO
NATURAL
IN 90
Sweepstakes

WIN BIG THIS SUMMER!

Turn to p. 37 to see all of the healthy goodies we're giving away in partnership with our sponsors—natural products, gift cards, cookbooks, & more!

DAY 1 Use a Calming Nutrient to Ease Anxiety

✱ **Holy Basil:** Also called tulsi, holy basil comes from an Indian plant that's been used for thousands of years in Ayurvedic medicine for its calming properties. According to modern studies, holy basil helps address psychological stress, improves memory and cognitive function, and offers powerful anti-anxiety and antidepressant effects.

✱ **Passionflower:** Several studies, including human trials, support the use of this climbing vine as a treatment for restlessness, nervousness, and anxiety-related disorders. In one study, researchers compared passionflower with a prescription anti-anxiety medication; no difference in effectiveness was found between the herb and prescription drug, and subjects from the passionflower group reported lower job impairment performance than those in the drug group. There's also some research supporting passionflower's use for reducing PTSD symptoms.

✱ **L-theanine.** This amino acid has a measurable calming effect on the brain; it helps increase the body's production of GABA and dopamine, neurotransmitters that induce feelings of well-being. In one study, people were given L-theanine or an anti-anxiety drug, and subjected to experimentally induced anxiety. The people who received L-theanine had lower anxiety throughout the trial than those who took the prescription.

DAY 2 Cook with Coconut Aminos

Once you try this savory condiment, you may never go back to soy sauce. Made from coconut sap, coconut aminos are

naturally free of gluten, wheat, and soy, making them a great alternative to soy sauce. The seasoning has a deep savory flavor with a hint of sweetness that pairs well with stir-fries, marinades, sautéed dishes, soups, fish, turkey burgers, chicken, steak, and dips. For recipe ideas, visit coconutsecret.com.

DAY 3 Layer Your Sunscreen for Added Protection

This couldn't be easier: Moisturize with an SPF facial cream, then apply a zinc oxide-based SPF foundation or tint, followed by SPF lip color or balm. Or, you can also skip the cream, apply a light foundation, and dust generously with SPF powder or bronzer.

DAY 4 Make Your Own After-Sun Relief Spray

Stayed in the sun too long? To ease sunburn pain, and cool skin, we love this simple recipe from Jules Aron's new book, *Fresh & Pure: Organically Crafted Beauty Balms and Cleansers*:

- ¾ cup distilled water
- 1 holy basil teabag, or 1 tsp. holy basil leaves
- ¼ cup aloe vera water
- Juice 1 lemon

1. Bring the water to a boil, then remove from the heat. Steep the teabag or tea leaves for 1 hour. Strain the infusion into a small bowl and add the aloe water and lemon juice. Stir together and transfer to a spray bottle.
2. To use: Shake well and spray onto your sunburned or wind-burned skin as often as necessary. Store in the refrigerator for up to 1 week.

DAY 5 Travel with Triphala to Stay Regular

Travel can wreak havoc on your body, leaving you jet lagged, dehydrated, and constipated. If regularity is an issue

when you travel, meet triphala. It's an Ayurvedic herbal formula that helps regulate the bowels. "Triphala is not a laxative, but it frequently has the effect of softening stools and keeping things moving," says Suhas Kshirsagar, MD, author of *Change Your Schedule, Change Your Life*. "If you suffer from constipation after long flights, this supplement is a must." Follow label instructions for dosage.

DAY 6 Position Your Bed for Better Sleep

"This is important for harmony and a good night's sleep," says Sara-Chana Silverstein, RH, author of *Moodtopia*. Here are a few of her suggestions for placing your bed:

DO:

- * Have access to both sides of the bed.
- * Position your headboard so there's a solid wall behind it. "This creates strong, protective energy around your bed, gives you the ability to have more power while you sleep, and allows you to hold on to your energy," says Silverstein.
- * Buy matching nightstands to help create grounding and balanced energy.
- * Make sure you can see the door while you're in bed, but don't have the bed aligned to face the opening.

DON'T:

- * Place the foot of the bed against a wall, as this can cause foot and ankle problems, according to feng shui principles.
- * Align the foot of your bed directly with the doorway.
- * Shove junk under your bed—this can allow negative energy to get stuck under your bed, where chi should flow freely. Use boxes or closed containers instead if you need the storage space.

DAY 7 Lower Blood Sugar, Reduce Sugar Cravings with Chromium

This trace mineral helps regulate blood sugar, according to clinical research, and it's also been shown in several studies to lessen cravings for sugar and carbs in general. Take 200 mcg daily. Avoid chromium

Buy matching nightstands to help create grounding and balanced energy.



chloride, which is a poorly absorbed form of the mineral. Instead look for chromium picolinate, chromium polynicotinate, chromium histidinate, chromium dinicocysteinate (Zychrome on labels), and chromium chelavite. Brewer's yeast, wheat germ and bran, and whole grains are all sources of chromium.

DAY 8 Know the Best Plant Sources of Protein

Beans, grains, nuts, seeds, and even some vegetables contain protein. Here are 10 plant foods high in protein, excerpted from *Plant Protein Recipes That You'll Love* by Carina Wolff.

- Lentils:** 18 gram per 1 cup
- Beans** (black, white, kidney, lima, pinto): 15 grams per 1 cup
- Chickpeas:** 15 grams per 1 cup cooked
- Hemp seeds:** 9.2 grams per 1 oz.
- Peas:** 9 grams per 1 cup cooked
- Quinoa:** 8 grams per 1 oz.
- Wild rice:** 7 grams per 1 cup cooked
- Almonds:** 7 grams per 1 oz.
- Peanuts:** 7 grams per 1 oz.
- Corn:** 5 grams per 1 cup cooked

DAY 9 Try Vitamin B₆ for Arthritis

This water-soluble vitamin has been shown to help relieve arthritis pain, particularly mild arthritis in the hands, fingers, and shoulders. Vitamin B₆ is also a natural diuretic that has been used by holistic practitioners for years to help

reduce swelling in the hands and feet. It's also great for PMS-related water retention. Use 50 mg daily, and take for at least four months for the best results.

DAY 10 Detoxify with a Mustard & Epsom Salt Bath

Epsom salt is "the gateway to natural beauty" says Janice Cox, natural home and beauty expert and author of *Natural Beauty at Home* and other books. She recommends Epsom salt to help relieve stress, soothe sore muscles, improve sleep, fight colds, and prepare feet for pedicures. The following mustard-infused Epsom salt bath is one of her favorites. "The mustard's warmth opens your pores, allowing you to sweat out impurities," says Cox, who relies on this healing soak when she feels a cold coming on. You can also use this as a footbath.

Warming Mustard Bath

- 1 cup Epsom salt
- 2 Tbs. powdered mustard
- 2 drops rosemary essential oil
- 2 drops eucalyptus essential oil

1. Mix ingredients and pour into a clean, dry container.
2. Add a quarter cup to the bath under running water.
3. For a footbath: Add 1 tablespoon of the bath powder to a basin of hot water, then soak your feet for 15 minutes.

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DAY 11 Use Essential Oils Carefully if You Have Pets

"While essential oils can be used safely with many animals, please be aware that cats and birds, in particular, are extremely sensitive to them, including to the vapors from a diffuser, and could have severe adverse reactions," says Stephanie Tourles, author of the upcoming book, *The Healthy Way to Use Essential Oils*. Tourles suggests shutting cats, birds, and puppies under one year of age out of the room when diffusing essential oils. If you are using a diffuser around an adult dog, make sure there is plenty of ventilation, and avoid diffusing for more than 20–30 minutes. Never use a diffuser in a room with caged animals, says Tourles.

DAY 12 Boost Your Energy with the 3 "Cs"

Fix your energy crisis by adding the following three "C" nutrients to your daily regimen—each one helps support optimal energy levels and overall vitality.

- * **Chlorophyll** (use a green foods powder with spirulina, chlorella, and wheat grass)
- * **Cordyceps** (a medicinal mushroom that enhances energy without causing that familiar jittery feeling)
- * **CoQ10** (use the Ubiquinol form for better absorption)

DAY 13 Protect Against Heart Attacks with Vitamin C

According to the late Linus Pauling, a vitamin C expert and Nobel prize-winning chemist, vitamin C plays a key role in heart disease. Pauling took the position that fats and cholesterol could not be incriminated as the only—or even the chief—cause of heart complications. He believed low levels of vitamin C in the diet contributed to cardiovascular problems, including heart attacks. There is research to back this up: people who consume more vitamin C are less likely to suffer from both heart and circulatory diseases. You can safely take from 500 to 1,000 mg daily.



DAY 14 Discover Unexpected Benefits of Probiotics

Jo A. Panyko, BS, MNT, has uncovered 100 uses for probiotics in her new book, *Probiotics for Health*. Here are 7 probiotic benefits you might not know about (some of them surprised us!):

- * Improves anemia
- * Lessens risk of gallstones
- * Enhances fertility
- * Diminishes cold sores
- * Makes nails stronger
- * Addresses headaches
- * Enhances sports performance

Panyko discusses the science behind these and 93 other uses for probiotics in her book, or visit PowerofProbiotics.com.

DAY 15 Think Multivitamins for Stress Relief

A simple daily multi can go a long way to decreasing stress. Previous studies have linked stress with micronutrient deficiencies, so multis with a wide range of nutrients can boost mood. In one study, men who took a daily multi with vitamins, minerals, and antioxidants showed a significant reduction in anxiety and stress scale, and an improvement in alertness and general daily functioning, compared with the placebo group. Another study showed similar results, and suggested enhanced B vitamin status played a large part in the findings. A review of eight studies found multivitamin supplementation reduced levels of perceived stress and anxiety, as well as fatigue and confusion.

DAY 16 Try the Exercise Calorie Converter App

AthleteInMe.com lets you see how much exercise it takes to burn off the calories in what you eat. For example, a double burger, fries, and a 16-ounce soda with about 1,200 calories could take:

- * **Walking:** over 3 hours
- * **Biking:** over 2 hours
- * **Swimming:** nearly 2 hours
- * **Jogging:** nearly 1.5 hours

The app includes more than 5,000 foods, drinks, and meals from popular chain restaurants and is personalized for your weight.

DAY 17 Consider a Keto Diet

Keto diets are all the rage right now, but what does keto even mean, and why are so many people jumping on the keto bandwagon? A keto diet eliminates carbohydrates completely and focuses instead on fat and protein, with an emphasis on healthy, clean fats. It's designed to put the body into a state of ketosis, wherein your body starts burning ketones for energy. According to Vivica Menegaz, author of *The Keto Paleo Kitchen*, following a keto diet:

- * Removes hypoglycemia-induced hunger and cravings
- * Stabilizes blood sugar, thereby reducing stress to the body, especially the adrenal glands
- * Provides a steady, optimal source of fuel to the brain
- * Improves insulin sensitivity
- * Reduces inflammation
- * Eliminates candida
- * Stops feeding glucose-hungry cancer cells
- * Reduces symptoms of menopause

DAY 18 Got Hot Flashes? Get Ginseng

Chinese doctors often prescribe ginseng for ailments associated with any kind of sweating or heat stress. In particular, ginseng is an especially helpful herb for

hot flashes, stress, and other menopause symptoms. It's thought to work by helping to normalize the pituitary gland, which is involved in hot flashes. The dosage range for ginseng is 500–1,000 mg daily.

DAY 19 Prevent Sore Muscles

Staying hydrated helps reduce muscle soreness related to exercise. And, within 15 minutes of a workout, consuming about 10 grams of protein and some healthy carbs (e.g., half a banana) helps enhance muscle repair and recovery. A lack of sleep can make you sore, too, as your body isn't able to repair itself through deep sleep. To head off muscle soreness, take an anti-inflammatory herbal formula with turmeric (or curcumin), boswellia, and/or ginger before working out.

DAY 20 Get a Handle on Chocolate Cravings

Dark chocolate has been shown to increase levels of serotonin and dopamine, the brain's feel-good neurotransmitters. And chocolate's high magnesium content has been shown to boost mood and alleviate anxiety. The next time a chocolate craving hits, try magnesium powder or a magnesium supplement instead. Or, munch on raw cacao nibs—they are pure chocolate, sans sugar.

DAY 21 Catch on to Charcoal

General detoxification, gas, bloating, and hangovers are a few of the top uses of charcoal supplements, but there are many other uses. The capsules work by helping to absorb toxins and

eliminate them from the system. You can keep charcoal capsules on hand in emergency situations involving poisoning while waiting for further medical help. In oral care products, charcoal works as both a tooth whitener and breath freshener. And topically, charcoal helps tone and tighten skin, and helps clear breakouts.

DAY 22 Extend the Shelf Life of Vitamins

Always keep vitamin bottles away from any source of heat—e.g., the kitchen stove, the bathroom heater, a sunny window. Check labels for expiration dates, and be sure to have the lids on tightly. You can refrigerate fat-based nutrients to keep them fresh longer: vitamins A, D, and E.



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DAY 23 Steer Clear of the Dirty Dozen

Every year, The Environmental Working Group (ewg.org) releases its “Dirty Dozen” and “Clean 15” list—fruits and vegetables with the most and least pesticides. The list for 2018:

Dirty Dozen (always buy organic)	Clean 15
1. Strawberries	1. Avocados
2. Spinach	2. Sweet corn
3. Nectarines	3. Pineapples
4. Apples	4. Cabbages
5. Grapes	5. Onions
6. Peaches	6. Sweet peas
7. Cherries	7. Papayas
8. Pears	8. Asparagus
9. Tomatoes	9. Mangoes
10. Celery	10. Eggplants
11. Potatoes	11. Honeydews
12. Sweet Bell Peppers	12. Kiwis
	13. Cantaloupes
	14. Cauliflower
	15. Broccoli

DAY 24 Build Better Teeth with Fat-Soluble Vitamins

People in traditional cultures with strong teeth, jaws, and overall health tend to eat diets high in fat-soluble vitamins, explains Steven Lin, DDS, author of *The Dental Diet*. “A little-known fat-soluble vitamin that works in conjunction with vitamins A and D, K₂ helps the body to place minerals into bones and teeth,” says Lin. “Vitamin K₂ is a crucial in the process of jaw growth and is fundamental to mineral balance in organs throughout the body.”

DAY 25 Glow with Saffron

In her new book, *Nourish & Glow*, Jules Aron spotlights a range of beauty-boosting foods and recipes. Here’s what Aron has to say about saffron, a top beauty spice: “The

exotic spice is highly prized for its color, flavor, and medicinal properties. The dried stigma of the crocus flower, saffron contains high concentrations of nutrients that stimulate the immune system’s production of white blood cells, the body’s first line of defense against illness, and that are also crucial to the production of collagen, essential for healthy hair, pretty nails, and glowing skin.”

DAY 26 Share What You Have to Get What You Want

“Whatever it is that you most want, share it,” says Andrew Matthews, author of *How Life Works*. “If you want love, share yours. It’s how you create a flow. When you are simply loving people with no strings attached, love comes back. It has to. It always will.” This principle applies to almost anything in life—give freely, wanting nothing in return.

DAY 27 Buy Good Garlic

Here are three tips for finding the best garlic at your local store, excerpted from *The Goodness of Garlic*, by Natasha Edwards:

- * Always buy the bulbs intact and without cloves missing. Once the bulb is broken up, its life is shortened.
- * Test the bulbs for firmness—the firmer the cloves, the better.
- * Avoid any garlic with green shoots. You can still use the garlic, but it won’t last as long as a fresher bulb.



DAY 28 Eat with the Seasons

With fresh blueberries and watermelon available year-round now, it’s easy to get out of sync with nature. Seasonal foods taste better, and they help create internal harmony. “In each season, nature provides the foods that will allow us to maintain balance,” says Kimberly Larson, author of *The Simple, Healing Cleanse*. “The seasons themselves create a system of balance, with a season of growth and rest, a season of heat, then cold, and a season of wetness, then dryness.” To find foods that are in season in your area, visit seasonalfoodguide.org.

DAY 29 Look to Your Gut for Depression Relief

Scientists are increasingly learning about the gut-brain connection, and they’ve discovered that depression and other mood disorders originate in your gut. “The bacteria in your gut both secrete and respond to neurotransmitters including dopamine, serotonin, and GABA, all of which can have antidepressant properties in the brain,” says Scott C. Anderson, author of *The Psychobiotic Revolution*. “It’s likely that this is one of the primary ways gut bacteria influence your mood.” In addition to cleaning up your diet, taking a probiotic supplement daily is one of the best ways to improve gut health.

DAY 30 Cleanse Your Body for a Clearer Mind

Many of us follow detox-style diets to shed water weight and fat and brighten skin. But there’s another bigtime benefit to completing a cleanse: clarity of mind. “There is a link between our minds and bodies: if one is clogged or unwell, so is the other,” says Habib Sadeghi, DO, author of *The Clarity Cleanse*. “Remember what Socrates said: ‘There is no illness of the body apart from the mind.’” You can find cleanse suggestions in Sadeghi’s book and at betternutrition.com (type “cleanse” in the search bar).

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SUMMER IS THE PERFECT TIME TO **GET UP AND GO NATURAL IN 90!**

MEN'S HEALTH TUNE-UP

Age is subjective, and largely in the mind—really! There are two competing ideas about aging that men encounter as they get beyond their 40s:

- ❶ Aging is a brutal process that isn't for sissies. This is a myth largely promulgated by the health and nursing home insurance industries. It truly is a myth.
- ❷ 60 is the new 40.

The good news is: You get to choose which idea you will embrace. Yes, it may seem that nature built planned obsolescence into our DNA. But a few simple tricks can bypass this programming. After all, many of us have owned cars that we kept going beyond the 100,000-mile mark. And our bodies really aren't that different. All it takes is regular maintenance and the occasional tune-up.

So what are the key areas you need to address for your tune-up?

- ❶ Sleep
- ❷ Hormones
- ❸ Nutrition and energy
- ❹ Digestion
- ❺ Mood
- ❻ Prostate

Let's take a look at each of these areas individually and discuss how to optimize them.

Want to look better, feel younger, and run circles around those kids at the gym? Try our guy's guide to optimizing health and vitality at any age

By Jacob Teitelbaum, MD



SLEEP

Until 130 years ago, the average American got about 9 hours of sleep per night. Then Thomas Edison invented the light bulb. Today, we're down to an average 6¾ hours per night, which is like a 25 percent sleep "pay cut" for our bodies.

Making time to sleep is just part of the solution. You also need to manage stress and irritations, so you can relax.

For example, many of us watch the news, but these days, "news" content is often geared not to inform, but to keep you glued to the screen—so the network can rake in more advertising dollars. If you find watching the news enjoyable, by all means, keep watching. But if you find that it just makes you irritated or anxious, turn it off and use that time for sleep. You'll feel much better, I guarantee it.

Stress can adversely affect our hypothalamic sleep center. To overcome this, a few simple herbs can leave you sleeping like a baby. My favorites (look for an herbal combination sleep product): valerian, hops, passion-flower, Jamaica dogwood, and essential oil extracts such as mandarin, lavender, and lemon balm. One product I like: Terry Naturally Terrific ZZZZ, which contains a mix of sleep-inducing essential oil extracts.

Another common sleep problem for men, especially if you're overweight, is sleep apnea.



A simple clue is that you snore like a jet fighter at night, and fall asleep easily during the day. Ask your wife if you snore and stop breathing a lot at night, especially when lying on your back. If you find yourself getting elbowed in the ribs nightly, that's a big clue.

A simple solution is to sew or pin a tennis ball (you can put it in a baggie) to the small of your pajama back. This way, lying on your back will be uncomfortable, and you'll automatically turn on your side while sleeping, avoiding both apnea and getting elbowed by your wife. If daytime fatigue and somnolence persist, ask your doctor for a sleep study.

OPTIMIZING HORMONES

For men, the key hormone to optimize is testosterone. I'm not talking about the bodybuilder poison, but safe, bioidentical testosterone.

Symptoms of low testosterone include erectile dysfunction, lack of motivation, and even depression. It can also be accompanied by a mix of high blood pressure, high cholesterol, diabetes (called metabolic syndrome), and weight gain around the midsection. All of these issues can be helped by seeing a holistic doctor who can prescribe bioidentical testosterone cream or pellets. Studies show that this not only improves sexual function and libido, but also brings down cholesterol, high blood pressure, and elevated blood sugars.

For testosterone testing, ignore the normal range. If your testosterone is less than 500 ng/dl, and you have any of the problems noted above, I would consider trying bioidentical testosterone.

NUTRITION AND ENERGY

It's nearly impossible to get the optimal level of vitamins and minerals from the American diet, especially because food processing removes many of them from the final product. For this reason, virtually everybody should take a good multivitamin.

Each morning, I take a dose of Enzymatic Therapy's Energy Revitalization System vitamin powder with an added scoop

WHAT TESTS DO YOU NEED?

Unless you have specific problems, I recommend a blood pressure, blood sugar, and glaucoma screening every two years or so, and a colonoscopy every 10 years. Many other "routine" men's screening tests—including cholesterol, PSA prostate testing, and even the dreaded digital rectal exam—are being shown to cause more harm than good.

And that's it. Enjoying optimal health is just that easy—at any age. All you need is a tune-up. The free quiz at TuneUpDocs.com makes it easy to pinpoint the areas where you need to focus, and it can also help you find a holistic doctor to get you started.

of D-Ribose powder. As far as I'm concerned, nothing beats this combination for optimizing health and vitality. Two published studies showed that this combination increases energy by an average of 61 percent after three weeks, which is nothing short of astounding.

As for diet, don't forget that chocolate, coffee, and tea are health foods, chock-full of nutrients. Salt is okay too (unless you have heart or kidney failure). We now know that a salt-restricted diet lowers blood pressure by only about three millimeters. Instead of restricting salt, the best prescription for high blood pressure is to increase your potassium intake, along with magnesium and vitamin D. Your multivitamin should contain the latter two. Potassium can be found in bananas, avocados, and tomato products.

Overall, aim to eat a whole foods diet. There is no one diet that is best for everybody, so eat what leaves you feeling the best overall. What is critical is to cut out the excessive sugar intake from sodas and fruit juices. And if your diet is healthy overall, it doesn't hurt to indulge yourself once in a while.

DIGESTION

Got acid reflux? The problem isn't excess acid, but poor digestion. When you can't digest your food, it starts to reflux and then any acid hurts. Not only do prescription acid blockers fail to address the cause of the problem, they also have

been shown to increase the risk of death, osteoporosis, and Alzheimer's disease when taken long-term.

Instead, improve your digestion by taking plant-based enzymes and using a vinegar-based salad dressing with larger meals. Also take DGL (a form of the herb licorice) for six weeks, and then as needed to heal your stomach.

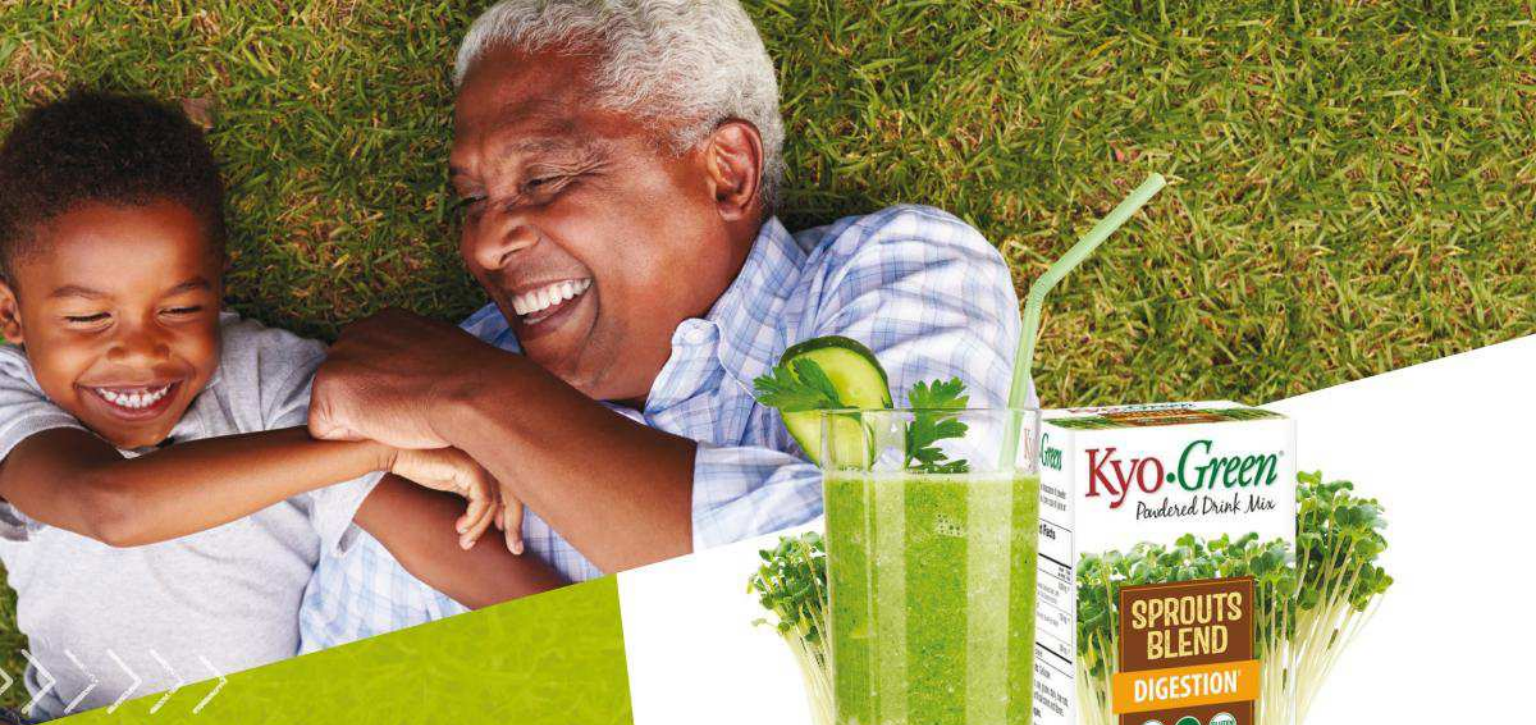
MOOD

Most mood problems will go away when the above areas are addressed. But if they persist, try a natural alternative to antidepressants. Research has shown that a special form of curcumin (BCM-95), 750 mg, 2 times per day, is more effective than Prozac after six weeks—without the sexual side effects.

PROSTATE PROBLEMS

Prostate enlargement can cause both the frequent need to urinate and/or slow urine flow. To support prostate health, make sure you are getting enough magnesium (200 mg per day); zinc (15 mg per day); vitamin A (2,000–5,000 IUs daily); and the amino acids alanine, glycine, and glutamic acid (500–2,000 mg a day). Saw palmetto (160 mg twice daily) is also extremely helpful for strengthening the prostate.

Jacob Teitelbaum, M.D., is one of the most frequently quoted integrative medical authorities in the world. He is the creator of the free Smart Phone app Cures A–Z. Dr. Teitelbaum appears often as a guest on news and talk shows nationwide. Learn more at Vitality101.com.



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CRAZY FOR COLLAGEN



It's flying off health food store shelves for a reason—collagen definitely delivers when it comes to joint health and beauty
by Lisa Turner

Collagen, the most abundant protein in the human body, is responsible for regenerating and forming new tissue, and is crucial for skin, hair, nail, joint, and bone health. 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, and by age 40, collagen production generally decreases by 25 percent. By age 60, it decreases by more than 50 percent. The result: sagging skin, fine lines and wrinkles, and aching joints.

Studies on Collagen & What They Show

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. Supplementing with collagen (types 1, 2, 3, or a combination of the three) has been shown in several studies to protect against bone and joint diseases and fight skin aging. Some highlights:

- ▶ People who took 3 grams of a collagen extract significantly improved recovery after exercise.
- ▶ Collagen supplements reduced pain and decreased inflammation in people with osteoarthritis.
- ▶ Athletes who took 10 grams of collagen per day significantly improved joint pain, mobility, and inflammation.
- ▶ Skin elasticity was significantly higher in women who took 2.5–5 grams of collagen; skin moisture 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.

What You Need to Know About Buying & Taking Collagen

Studies suggest that a dosage of 2–10 grams per day of collagen is effective, and 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.

For the highest quality, choose collagen products made from organic poultry, grass-fed cows, or sustainably sourced fish. Pure collagen should be colorless when mixed with water, and virtually tasteless, unless you're using a blend

Tips from a Collagen Expert

We asked collagen formulator Nick Bitz, ND, of Irvine, Calif., to weigh in on a few pressing questions:

Q: Does it really matter which type of collagen I use?

A: Most people have heard that types 1 and 3 are found in the skin, and type 2 is found in the joints. While this is technically true, it does not mean that you need to consume "types 1 and 3" collagen in order to receive the skin benefits, nor "type 2" collagen in order to receive the joint benefits. As long as you are consuming "hydrolyzed collagen," you're getting the same

18 amino acids that your body needs to rebuild its collagen structures.

Q: Do I need to take collagen with food?

A: Collagen is a dietary protein. As a rule, dietary proteins are ideally consumed with a full meal (when digestive enzymes are at their highest) to optimize absorption and assimilation. But hydrolyzed collagen is a little different. It's a "pre-digested" protein that is already broken down into

its peptide and amino acid subunits. So it requires minimal digestive effort to absorb and utilize. Studies show that collagen's bioavailability (the amount that enters the bloodstream) is not dependent on the presence or absence of food, but rather on the degree of hydrolysis (how small the collagen subunits are). So to get the most out of your collagen, use a high-quality collagen that is "fully hydrolyzed."

Q: What are some other, lesser-known benefits of collagen?

A: Collagen is an incredibly versatile and functional protein. Although it's well-known for its skin and joint benefits, it has huge potential in other areas as well, including bone health, sports performance (especially for injury prevention and recovery), inflammation, gut health, and cardiovascular health (after all, your blood vessels are composed of collagen).

that includes flavors, extracts, or other ingredients. If a collagen product has a yellowish or brownish color, or an "off" taste, it's likely lower in quality.

The most common supplement forms of collagen are powders, capsules, drink mixes, concentrated "shots," and gummies—choose the form that you think you'll take most frequently. Some

products may also contain vitamin C, which helps the body's own production of collagen, or hyaluronic acid, a lubricating substance naturally produced by the body that helps retain collagen in joints and skin. Some blends also include biotin and silica, which benefit hair and nails, or alpha lipoic acid, an antioxidant that encourages collagen production.

5 SUPER WAYS TO SUPPLEMENT WITH COLLAGEN



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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 nourishing foods, and coaching people toward healthier eating habits. Find her at lisaturnercooks.com.

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Strong, Healthy Nails

Whether your nails are brittle, broken, peeling, split, weak, or just won't grow, a few care tips can get you back to a perfect 10 // BY SHERRIE STRAUSFOGEL

Keeping your nails clean protects them from bacteria and fungi. It's also important to keep nails neatly filed—always in one direction—to prevent splitting. Keep nails and cuticles from drying and tearing by massaging them with a moisturizer or oil every day.

If you prefer colorful nails, beware conventional polishes made with harmful chemicals that can damage nails. Fortunately, there are natural nail hardeners, polishes, and finishes that are free of these toxins.

A balanced diet is key to healthy nails. Dull, dry, weak nails could mean a nutrient deficiency. Peeling nails can mean a diet lacking B vitamins or vitamin D. A diet low in zinc and/or biotin can cause nails to become thin, brittle, and easily broken. Vertical ridges from the cuticle to the tip of the nail may be totally normal, not a sign of health problems, but of age.

Your nails are made of keratin, the same protein as your hair. The nail plates are composed of dead cells, but the nail beds and cuticles are living cells that require oxygen, peptides, lipids, vitamins, and minerals. You may consider boosting nutrition to your nails with supplements that contain biotin, collagen, keratin, antioxidants, and hyaluronic acid.

Did You Know?
Most nails grow at the rate of 0.1 mm daily, so it takes 4–6 months for a broken fingernail to regrow completely, while toenails take 12–18 months.



1 Fortify and protect nail beds and cuticles with **Earth Therapeutics Nail + Cuticle Care Nutrient Conditioner**. Organic sesame oil moisturizes; tea tree oil protects against nail infection; and vitamins D and E, proteins, and calcium nourish nails and cuticles. This cream easily penetrates as it dries, is ideal for treating toenails, and can be applied over nail polish.

2 Polish your nails with toxin-free **Zoya Nail Polish**. You won't find any of the toxins used in conventional nail polish formulas in this nail lacquer. Plus, its rich, resilient pigments are long-lasting in addition to being safe. Created by a classical pianist turned cosmetologist and her chemist husband, Zoya was the first nail polish formulated without toxic ingredients.

3 Repair and condition cuticles and nails with **Derma-E 14,000 IU Vitamin E Skin Oil**. This fragrance-free, hypoallergenic oil deeply penetrates to soften and rehydrate rough cuticles. Vitamin E helps protect the skin's fatty acids and fight free radicals. Safflower oil—rich in linoleic and linolenic fatty acids—moisturizes and nourishes dry nails and cuticles.

4 Smooth cuticles and strengthen nails with **Aura Cacia Nurture Essential Oil Blend**. This combination of tea tree, coriander, palmarosa, and lavender essential oils kills bacteria and fungi while moisturizing cuticles and nails. Combine with Aura Cacia's Avocado, Jojoba, or Sweet Almond Oils for DIY nail soaks, salves, and nail and cuticle oils.

5 Strengthen brittle and weak nails with **No Miss New Nails Hardener**. Dill seeds strengthen nails, carrageenan from marine plants protects and moisturizes, coffee Arabica seeds and ginseng root stimulate growth, *Rosa canina* extract protects nails from stress, horsetail contains silica that hardens nails and promotes growth, and cucumber prevents splitting.

Sherrie Strausfogel is the author of Hawaii's Spa Experience: Rejuvenating Secrets of the Islands (the first book to feature aromatherapy in its pages). Based in Honolulu, she writes about beauty, spas, health, cuisine, and travel. Her work has appeared in more than 100 magazines, newspapers, guidebooks, and websites.

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Breaking Free from Binge Eating

How Britt McMartin overcame an eating disorder, and thyroid and fertility issues for good // BY KAT JAMES

Five years ago, Britt McMartin, age 44, an interior designer from Chicago, dusted off an unread book and uncovered a truth that would lead to her own physical and emotional freedom. We sat down to talk with McMartin about her remarkable journey.

Looking at you today, it's hard to believe that you ever struggled with weight or health issues. Could you share some of the emotional and physical spirals that led to your turnaround?

My struggle started in high school. I felt a strong need to be “perfect,” so as my body started to change, I started restricting my food intake, which seriously backfired. Those periods of starving myself always ended by eating increasingly ridiculous amounts of food. Then I'd be so disgusted with myself that I'd try to “make up for” what I'd just eaten by skipping breakfast and lunch the next day. Then inevitably, I'd binge again the next night. My moods became as extreme as my eating. My body became shameful to me, and I started to isolate myself and hide when photos were taken.

I was strapped into this vicious roller-coaster for the next few decades, with only occasional periods of extended, “successful” starving. By college, I'd gained even more weight, and my mood swings and depression were even worse. I pretended to be happy around others so as not to be a downer, but I was miserable pretty much all the time.

Eventually, I started to notice health problems, like my racing, uneven heart-beat. I tried to make emotional sense of what I was doing to myself, and even

confided to someone that I had an eating disorder. You know what they said? “Well, you're not very good at it.”

Part of me agreed, as I could only sustain short periods of willpower before the bingeing started again. None of the diet books that I read helped because I couldn't stick with any kind of calorie or fat restriction. I had no idea that my issues had a totally different cause than what I'd been focusing on.

When did you realize this? What was the turning point?

After college, I got married. I had trouble conceiving, and had multiple miscarriages. After making the rounds of Chicago's best fertility doctors, I became that over-medicated patient the doctors couldn't figure out. I was given drug after drug, and even saw my hair start to fall out. Not one of those doctors mentioned nutrition. Then one day, while going through some old, unread books, I dusted off a copy of your book, *The Truth About Beauty*. Amazingly, I found myself reading my own story in your story. You'd been on the very same roller coaster I was on. And you escaped—permanently.

I learned that even though the emotional part of our self-destruction is very real, it's the biochemical aspect of the roller-coaster that really takes over and traps you. I also learned that my focus on avoiding calories, cholesterol, and



“I feel like I'm in my 20s again!” says McMartin, shown before (inset) and after, visiting a castle near Bush Nook Guesthouse in Cumbria, UK.

fat was literally making me infertile and crazy (especially around food).

I began to apply your principles to my diet—cutting down on carbs while adding more fat and cholesterol—and things quickly started to change. Before long, my doctors saw a return in my fertility. They were amazed.

What's more, my cravings became less severe and my mood began to stabilize. I noticed I was bingeing on less food, and I stopped skipping meals. I saw my weight going down, although, strangely, I wasn't thinking about the scale as much.

Finally, I became pregnant and had a healthy baby girl.

In 2014, I decided to attend your online and on-site retreats to fully master a long-term application of the approach. The program focuses on proper functioning of the hormone leptin,

which is already in our bodies but rarely works properly—especially in people with weight or food issues. [Editor's note: Learn more about leptin by reading “Transforming Our View of Fat” at betternutrition.com].

“I became that overmedicated patient the doctors couldn't figure out.”



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It was a revelation to begin to truly understand the hormonal influences that prevented me from sticking with any diet. And I began to “reawaken” my body’s natural satiety and fat-burning signals. I found the process of learning my own biochemical thresholds by *feel*—and not by *counting* anything—to be fascinating. It removed all of my guilt, shame, failure, and scale obsession. I’d never felt so empowered or in touch with my body’s signals.



“No more dry, rashy skin or hair that won’t grow. I don’t feel like an invisible ‘mom’ anymore,” says McMartin, shown here before and after her transformation.

If my cravings came back, I understood what was happening—and how to stop it. Soon after grasping this—for the first time in 30 years—I realized I’d stopped bingeing completely. In fact, I didn’t even think about food anymore unless I was hungry! My dad actually asked my husband if I’d had gastric bypass surgery. It was almost as if I had, only there were countless health *benefits* rather than *problems* as a result.

By the time I went to your retreat in Scotland last October, it was to celebrate nearly 50 pounds lost, and my new life without an eating disorder. It was an amazing experience to stay in a castle there and to have the photo shoot and makeover (shown on p. 48).

How else has this way of eating affected your health and your life?

In so many ways! No more post-binge heart palpitations, puffy eyelids, or

post-meal food comas. My energy and productivity are so much greater. I’m far less stressed and overwhelmed. In fact, I’m much more stable and strong under stress. I’m steady and calm, with no dips all day. I can sleep again. I’m off all my depression and anxiety medications. My hair stopped falling out and has grown back thick again—it grew long so fast and thick that some friends asked if I got extensions. Same with my nails. I never clipped them. I just bit them because they peeled. Now I clip them regularly! No more cold hands and feet. All the classic thyroid issues, gone. No more dry, rashy skin. No more allergies to foods or breaking out in hives on my neck and behind my ears anymore. I can touch my toes. No more lower back pain. I no longer have to tell my massage therapist, “It hurts when you touch this, or don’t move my arm this way.” I’m back to skiing, mountain biking, and playing soccer

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“I found the process of learning my own biochemical thresholds by *feel*—and not by *counting* anything—to be fascinating. It removed all of my guilt, shame, failure, and scale obsession.”

with my kids. Basically, it feels like I'm in my 20s again. People from high school can't believe that I look better now than when they knew me then. And speaking of reunions, I'm no longer nervous at social gatherings. No longer worried about what others think of me. I no longer feel invisible. And I'm proud to be in photos!

Have there been any bumps in the road?

Absolutely. I felt lousy the second day I “went strict” with the regimen, which is common. But I'd already gotten off coffee and done a suggested candida cleanse,

and had previously started some of the supplements you suggested. So the discomforts of going “all the way” (yeast die-off, adjusting gradually to eating fat, etc.) were minimized, and a small price for the incredible sense of freedom I now feel every day of my life.

There were some “detours” along the way too. I tried to get my family to eat this way before I could really be a good example myself, and that derailed me for months. But I got back on—this time, for myself—and now my foundation is much more solid.

I also had to learn how to stay in my “zone.” Eating too much protein, waiting

too long to eat, and especially not eating enough fat can trigger cravings again. My optimal ratios of fat need to be higher than a healthier person's because of my history with binge eating. It's amazing how much difference little things like that can make.

And that's something that's important to understand. It's not a willpower thing, it's about awareness and logistics. Those detours will happen here and there, but they're less and less concerning to me. In fact, they only remind me how I used to feel, and what a gift each day of freedom is.

Visit betternutrition.com to listen to McMartin share her story on The Kat James Show.

Kat James is an award-winning nutrition author who's been called "a master of self-transformation" by SELF magazine, in response to her self-guided recovery from liver, autoimmune, and eating disorders that nearly took her life. To learn more about her Total Transformation Programs since 2000, visit informedbeauty.com or call 877-54-TOTAL. The Kat James Show airs Saturdays at 3 p.m. EST on Sirius XM channel 131 (Family Talk).

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A Feast for the Eyes

Protect your peepers, starting now, with these five foods that will help you see well into the future // BY LISA TURNER

Diminished eye health and vision problems may seem inevitable as we age. But studies show that certain foods can reduce free radical damage, lower inflammation, and protect the eyes from cataracts, glaucoma, macular degeneration, and other serious vision issues. And the good news? Eating for eye health is easy—and delicious!



1 Kale is rich in lutein and zeaxanthin, powerful antioxidants that are selectively concentrated in the

macula, the part of the retina that's the region of sharpest vision. Both are thought to protect against macular degeneration—the leading cause of blindness—by quenching free radicals, stabilizing cell membranes, and absorbing blue light emitted by electronics. In one study, researchers found that a higher intake of lutein and zeaxanthin was associated with a 40 percent lower risk of macular degeneration. Other good sources of lutein and zeaxanthin include spinach, turnip greens, chard, collards, and peppers. **Try this:** Toss kale leaves with olive oil and coarse salt, and roast until crispy; sauté finely chopped kale with onion, minced carrots, chickpeas, and curry powder; make a spicy pesto with kale, basil, cashews, and Sriracha.



2 Sunflower seeds are loaded with vitamin E, which protects the eyes from the

effects of inflammation. In one study of 39,876 women, higher dietary intakes of vitamin E, in combination with lutein and zeaxanthin, significantly decreased the risk of cataracts. A meta-analysis of studies on age-related cataracts and

vitamin E suggested that both dietary and supplemental vitamin E were associated with reduced risk of cataracts. Almonds, wheat germ, hazelnuts, eggs, and tomato juice are also high in vitamin E. **Try this:** Blend sunflower seeds in a food processor with pumpkin seeds, flax seeds, chia seeds, and a bit of honey for a nut butter alternative; purée sunflower seeds with brown rice, red peppers, garlic, mushrooms, and spices for a soy-free vegan burger; toss sunflower seeds with shredded Brussels sprouts, red onions, dried cranberries, and a light dressing for a simple side dish.



4 Papaya is high in vitamin C, an antioxidant that fights free radical damage in the eyes, and may protect against

cataracts, a clouding of the eye's natural lens. In one study, people with the highest levels of vitamin C had a 64 percent reduced risk of cataracts. Strawberries, broccoli, yellow peppers, peaches, kiwi, and grapefruit juice are also high in vitamin C. **Try this:** Toss cubes of papaya with cubed avocado, chunks of pineapple, minced red onion, and chopped cilantro; cook black japonica rice with coconut milk and coconut sugar, then cool and toss with diced papaya and lime zest; cut ripe papaya into wedges, toss with chili powder, and serve with wedges of lime.



3 Brazil nuts are high in zinc, which is important

for the structure and function of cell membranes and helps protect the retina. In the Age-Related Eye Disease Study (AREDS), a multicenter study sponsored by the National Eye Institute, a combination of zinc and antioxidant vitamins (including lutein, zeaxanthin, and

beta-carotene) reduced the risk of aged-related macular degeneration by 25 percent. Brazil nuts are also rich in selenium, which may help offset exposure to mercury from fish, a risk factor for cataracts. Foods highest in zinc include oysters, crab, and beef. Vegetarian sources include soybeans, chickpeas, and pumpkin seeds. Because they're so high in selenium, you can overdo Brazil nuts, so go easy on them. **Try this:** Mix chopped Brazil nuts with broccolini, garlic, and red pepper flakes, and roast till tender; add chopped Brazil nuts, dried cherries, and vanilla bean powder to cooked oatmeal; toss arugula, cooked beets, goat cheese, and chopped Brazil nuts into an easy salad.



5 Chia seeds are high in omega-3s, which help protect the eyes from a variety of factors that can

lead to retinal diseases, including oxidative stress, inflammation, light exposure, and aging. Chia seeds contain omega-3 fats in the form of alpha-linolenic acid (ALA), which the body must convert to EPA and DHA. The conversion rate is thought to be low, but some studies show vegetarians and vegans have higher levels of EPA and DHA than would be expected. The richest sources of EPA and DHA include salmon, trout, mackerel, calamari, and sardines. Vegetarian sources of omega-3s include walnuts, flax seeds, hemp seeds, and fortified eggs. **Try this:** Mix ¼ cup chia seeds with 1 cup almond milk, sweetened with honey or agave, then top with goji berries and pistachios; mix 1 tablespoon of chia seeds with 1 cup puréed raspberries, and let stand until thickened for an easy raw jam; mix chia seeds, hemp seeds, chopped walnuts, almond butter, and quick oats into a dough, then roll into balls for quick energy bites.



Crunchy Sunflower-Kale Chips

Serves 6–8

Massaging kale with sunflower butter before roasting makes a crunchy, savory coating and adds lots of nutrition. We added nutritional yeast for a cheesy flavor. For more spice, sprinkle cayenne pepper or a few shakes of crushed red pepper before roasting. Be sure to spread kale leaves in a single layer so they get extra-crispy; use a third baking sheet and roast in batches, if needed.

- 2 large bunches of kale (about 2 lbs.)
- 1 cup sunflower butter
- 1 Tbs. apple cider vinegar
- 4 Tbs. nutritional yeast
- 1 tsp. garlic powder
- ½ tsp. black pepper
- ½ tsp. sea salt

1. Preheat oven to 300°F. Line two large baking sheets with parchment paper. Strip leaves from kale, tear into bite-sized pieces, and set aside.
2. In large bowl, combine sunflower butter, apple cider vinegar, nutritional yeast, garlic, pepper, and salt. Stir to mix well. Add kale leaves, and massage mixture into leaves with your hands.
3. Spread kale in single layer on baking sheets. Bake 10 minutes, rotate pans, and bake 10–15 minutes more, until kale is crispy and golden. Remove from oven, let cool, and serve.

Per serving: 240 cal; 9g prot; 18g total fat (1.5g sat fat); 15g carb; 0mg chol; 280mg sod; 4g fiber; 3g sugars



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Easy Overnight Oats

Start your day off right with this quick, healthful breakfast

/// BY JONNY BOWDEN, PHD, CNS, AND JEANNETTE BESSINGER, CHHC

Chef Jeannette's take on this super-simple breakfast is outstanding for both its taste and its health benefits. Just look at the all-star lineup of spices. Turmeric has significant anti-inflammatory properties. Ginger is another highly anti-inflammatory spice that's also soothing for the gut. Cinnamon may have some blood sugar-lowering properties, and is packed with antioxidants. Add a scoop of high-quality, grass-fed whey protein, and you've got a pretty terrific, healthy breakfast.

And the best part is that this recipe is totally customizable. As Chef Jeannette points out in her "Notes," there are all kinds of great optional additions. Just mix and match a few of your favorites, and you'll never get tired of this "basic" breakfast. And trust me—because I've done it—it's the easiest thing ever to do the night before. —Dr. Jonny

Best Overnight Oats

Serves 2

This make-ahead breakfast is ready right out of the fridge on warm summer mornings.

- 2 cups almond or coconut milk
- 2 scoops vanilla protein powder of choice
- 1 Tbs. minced fresh ginger
- 2 Tsp. finely chopped fresh turmeric
- 1 tsp. ground cinnamon
- ½ tsp. ground cardamom, optional
- ½ tsp. nutmeg, optional
- 1 Tbs. honey or Lakanto, optional for extra sweetness
- 1 large peeled banana
- ½ cup finely grated carrots
- ¾ cup whole rolled or steel-cut oats
- 2 Tbs. chia seeds



1. Combine almond milk, protein powder, ginger, turmeric, cinnamon, and cardamom and nutmeg, if using, in quart-sized Mason jar. Blend with immersion wand.
2. Smash banana into small chunks, and add to liquid mixture, along with honey, if using, carrots, oats, and chia seeds. Stir until well combined.
3. Screw lid onto top of jar, and refrigerate overnight. Stir very well the next morning and eat chilled, or warm in saucepan over medium-low heat 10 minutes, until oats and chia seeds swell somewhat.

Per serving: 440 cal; 33g prot; 10g total fat (0.5g sat fat); 59g carb; 15mg chol; 360mg sod; 13g fiber; 17g sugar

FEATURED INGREDIENT: Oatmeal

Oatmeal is one of the few carbs that everyone likes. It's been a staple of conventional high-carb diets for decades, yet it's also accepted by people who watch their carb intake very carefully. For a grain, it's pretty high in protein, and the less-processed versions have a nice dose of fiber. Protein and fiber slow the entrance of sugar into the bloodstream, so the glycemic impact of oatmeal isn't bad, particularly when combined with extra protein or fat.

What makes oatmeal special is that it has a kind of fiber called beta-glucan, which reduces the risk of cardiovascular disease and stroke. Beta-glucan also enhances the body's immune system by turbocharging its response to bacterial infection.

Oatmeal comes in many forms. The difference has to do with how much processing the original oat groat has undergone. Packs and instant oatmeal are the most processed, while steel-cut oats are minimally processed and have a distinct texture. They also require the longest cooking times. Rolled oats are fine, too, and require significantly less cooking time than steel-cut.

In fact, rolled oats really don't have to be cooked at all. Muesli, the famous Swiss breakfast cereal, is made of raw rolled oats mixed with dried fruits and nuts. It's also fine if you just soak rolled oats in your favorite liquid for a few minutes before eating—no cooking required. (This won't work as well with steel-cut oats, as they're much harder and chewier.) But "overnight" recipes can be made with either steel-cut or rolled oats. Try it both ways to see which you prefer.



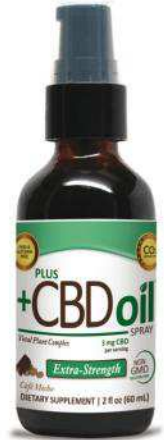
NOTES FROM THE CLEAN FOOD COACH

Overnight oats are very forgiving. You can use more or less oats or chia, depending on the thickness you prefer. Milks, fruits, spices, and sweeteners can all be adjusted to your own individual preferences. Try stirring in extras such as nuts, seeds, or even nut butters to add a bit of crunch and additional fat and protein. By letting the oats soak through the night versus cooking them, you slightly decrease their glycemic load. A cool morning bowl is perfect for summer, but feel free to heat it up if you prefer thicker or warmer cereal.

Product Spotlights

CV Sciences Café Mocha PlusCBD Oil Spray

New Café Mocha PlusCBD Oil Sprays from CV Sciences are great for beginners! The newest PlusCBD Oil products to hit shelves, Café Mocha Sprays are the easiest and most flexible option for people to take CBD oil on a daily basis.



Bluebonnet Simply Energy

Bluebonnet's Simply Energy powder is a whole food, structure-function blend of herbal extracts, amino acids, and electrolytes that helps the body generate a wholesome surge of pure energy without artificially derived sweeteners, flavors, and colors, or excess amounts of added sugar. Available in multiple flavors, as well as convenient single-serving packets.

Mushroom Wisdom Maitake D-Fraction "EZ" Spray

Immune support made "EZ" in a full-strength, easy-to-use, fast-acting spray! Maitake D-Fraction is grounded in research, and now the "EZ" Spray administration is ideal for continued immune support, even when traveling or on the go.



Utzty Naturals Allurtica

Allurtica is a targeted blend of flavonoids, antioxidants, amino acids, and botanicals designed to provide comprehensive support for seasonal challenges. Now found in health food stores across the United States. If you don't see it, ask your favorite store to stock Utzty!

Arthur Andrew Medical Neprinol AFD

Neprinol AFD (Advanced Fibrin Defense) supports the body's ability to naturally purify the blood of decayed cells, fibrin, fatty proteins, and other toxic materials. Neprinol is recommended for everyday aches and pains (due to overexertion from exercise) and complete cardiovascular health.



Solgar Spoonfuls

New Solgar Spoonfuls is a nutritious, plant-sourced multiprotein with vital nutrients plus whole-food and plant-based concentrates and a rich complement of essential vitamins. Non-GMO, vegan, and free of artificial sweeteners, colors, gluten, wheat, and dairy. Available in Chocolate Coconut, Vanilla Chai, and Mixed Berry flavors.

Better Nutrition in the 1960s, Part 2



2018 marks *Better Nutrition's* 80th year in print. Travel

through time with us as we highlight popular diet and food trends by decade. In the spotlight this month: fondue // BY THE EDITORS OF *BETTER NUTRITION*

If you were a hunk of cheese in the late 1960s, what was there to do? Get into a fondue pot and get ready for a party! What started in the 18th century in Switzerland as a way to stretch food dollars, became a social event in the late 1960s/early 1970s in the U.S., with cheese and chocolate fondue taking center stage at many dinner gatherings.

Although fondue has a reputation for being unhealthy, the main ingredients are anything but—cheese, wine, and seasonings. With a few tweaks, fondue makes a fun low-carb or keto meal. Here's an easy recipe to try. Use a crockpot if you don't own a fondue pot.



7 DISHES THAT WERE POPULAR IN THE '60s



- ✳️ Beef Stroganoff
- ✳️ Chicken Croquettes
- ✳️ French Onion Soup
- ✳️ Waldorf Salad
- ✳️ Swedish Meatballs
- ✳️ Chicken Kiev
- ✳️ Chiffon Pie

Southwestern Chile-Cheese Fondue Dip

Serves 8

Pickled jalapeños give this cheese lover's dip a fiery pizzazz but you can also use chips or other veggies for dipping.

- 1 clove garlic, mashed
- 2½ cups Dos Equis or other Mexican beer
- 2 Tbs. cornstarch
- ¼ cup water
- ½ cup raw, hulled pumpkin seeds, ground fine
- 1½ lbs. Pepper Jack cheese, shredded, about 4 cups
- ½ cup diced roasted green chiles
- 2 cups whole pickled jalapenos, for dipping

1. Place garlic and beer in saucepan, and heat over low until simmering. Mix cornstarch with water, stirring to make paste, and stir into beer. Increase heat and cook beer until it boils and begins to thicken. Reduce heat to low. Add pumpkin seeds and cook 2 minutes.
2. Add cheese and, using generous handfuls at a time, stir into beer until cheese melts, 2 to 3 minutes. Repeat until cheese is gone. Stir in green chiles.
3. Transfer cheese mixture to fondue pot or crockpot. Keep fondue warm over alcohol burner or in crockpot over lowest setting.

Per serving: 450 cal; 21g prot; 33g total fat (16g sat fat); 12g carb; 90mg chol; 950mg sod; 2g fiber; 1g sugars

THE STORY OF *betternutrition*

Better Nutrition was founded by Jack Schwartz in 1938. Schwartz returned from the military with a business idea—start a magazine about nutrition. He loved helping friends and family find natural solutions to health problems, and he figured others would be interested in this too. He saw an opportunity to fill a niche and, at the same time, satisfy his passion for health and nutrition. And just like that, *Better Nutrition* magazine was born. Fall back in time with us this year as we revisit popular trends in nutrition, vitamins, recipes, and more with this limited-edition section.

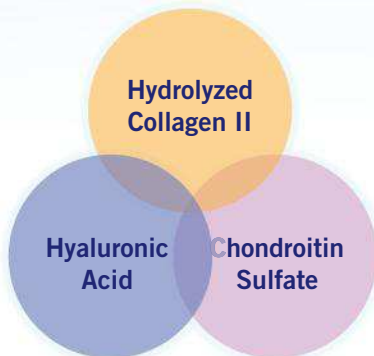
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