

# AMAZING Wellness

## 'Tis the Season ULTIMATE HEALTHY GIFT GUIDE

+ Easiest-Ever DIY Gift Baskets

**CUSTOMIZED  
COLD & FLU CARE**

**GET OFF  
ANTACIDS:  
A STEP-BY-STEP  
STRATEGY**

**HAPPIER  
TRAVELS**  
3 MUST-PACK  
SUPPLEMENTS

Cacao Nib Almond  
Cookies, p. 90



# 7

INCREDIBLE  
BENEFITS OF  
**MANUKA  
HONEY**

OLYMPIC  
CHAMPION  
**APOLO  
OHNO**  
His Winning  
Secret

**Plus! LOOK BETTER IN HOLIDAY PHOTOS**

# ARE YOU STRESSED OUT? IF SO, YOU'RE NOT ALONE.

In fact, the American Institute of Stress (AIS) highlights the following "stress" statistics:

- ✓ Stress is the basic cause of 60 percent of all human illness and disease.
- ✓ Three out of four doctor visits are for stress-related ailments, costing our nation \$300 billion each year in medical bills and lost productivity.
- ✓ Stress increases the risk of a stroke by 50 percent and risk of heart disease by 40 percent.
- ✓ One in five Americans reports "extreme stress" with symptoms such as shaking, heart palpitations and depression.
- ✓ Forty percent of stressed people overeat or eat unhealthy foods.
- ✓ Forty-four percent of stressed people lose sleep every night.

Obviously, we have a stress problem. So, if you're stressed, push pause, take a deep breath—and give your body the equilibrium it craves with Dr. Formulated Relax & Restore whole food magnesium!<sup>†</sup>

## Magnesium-Calcium Balance

Did you know that if certain nutrients are out of whack, it can add to the stress we feel? Most people don't get the amounts of magnesium they require and some forms of magnesium are simply not absorbed well in the body.

This can lead to a magnesium-calcium imbalance leaving the body perpetually stressed. Calcium is necessary to excite nerves and muscle contraction; magnesium is required for calming nerves and relaxing muscles.<sup>†</sup>

Generally, most people get more calcium than magnesium in their diets, but it takes adequate magnesium levels to push calcium out of cells, enabling the body to truly relax and restore.<sup>†</sup>  
**In short, magnesium is a significant player in helping us de-stress so we can sleep better.<sup>†</sup>**

So, if you're feeling stressed out or unable to sleep well, you should consider a whole food magnesium supplement such as Relax & Restore at bedtime to help you de-stress and get a good night's sleep.<sup>†</sup>

ANTI-STRESS + CALM + SLEEP BETTER<sup>†</sup>



**Garden of Life**

<sup>†</sup>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.

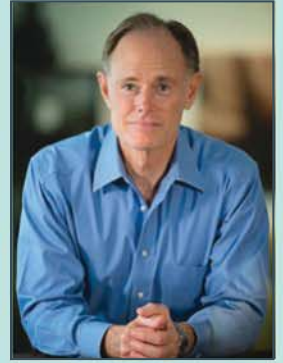


# It's Time to Relax & Restore!

Dr. Formulated whole food magnesium Relax & Restore powder is a delicious, fizzy drink to help calm and relax you, while restoring your body's optimal magnesium levels.<sup>†</sup>

Relax & Restore features the first-ever *whole food magnesium* made with our finest U.S.A. grown organic peas, as well as, live probiotics—1 billion CFU—to support healthy digestion and regularity.<sup>†</sup>

- ✓ Supports relaxation and restores optimal magnesium levels<sup>†</sup> while providing a better night's sleep<sup>†</sup>
- ✓ Contains the probiotics *Lactobacillus plantarum*, *Lactobacillus bulgaricus* and *Lactobacillus acidophilus*—1 billion CFU—to support healthy digestion, utilization and regularity<sup>†</sup>
- ✓ Whole food magnesium, Non-GMO Project Verified, Certified Vegan, gluten, dairy and soy free
- ✓ Mixes easily in 3 fizzy delicious flavors



by David Perlmutter, M.D.  
Board Certified Neurologist, #1  
New York Times Best-Selling  
Author & Fellow of the American  
College of Nutrition





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mg per serving

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(see side panel for details)

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**52**  
Beat cold and  
flu bugs.

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CHRISTIE BRINKLEY at 61

*“I take BioSil every day... I’m amazed at the results I see in my skin, hair, and nails!”*

CHRISTIE BRINKLEY at 61

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## Does this Health-Conscious Super Model and Super Mom Really Have an Unfair Advantage for Defying Age?

### “YES, Regain Your Lost Collagen!”

“After the age of 21, we women lose about 1% of our collagen every year,” says Christie. “Collagen, of course, ‘plumps’ your skin and makes it smooth and youthful looking. In addition, collagen gives your skin its vital youth-promoting elasticity. Plus, collagen is responsible for helping to make your hair thicker and stronger. It makes your nails stronger, too.”

BioSil gives you the ability to regain lost collagen, add new collagen, and protect both your new and existing collagen.† “So yes, I feel like BioSil does give me an unfair advantage,” says Christie smiling.

### “BioSil Generates Collagen with My Own DNA Fingerprint!”

BioSil is not “made out of collagen,” it “generates collagen” through your body’s own natural pathways.† That means the collagen you add is collagen with your own DNA fingerprint. That’s why BioSil helps you look beautiful, youthful, and healthy – naturally!

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### “BioSil Is Backed by Genuine Clinical Trials!”

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As demonstrated versus placebo in the published clinical trials: † Barel et al. 2005, Archives of Dermatological Research 297, 147-153. \*\* Wickett et al. 2007, Archives of Dermatological Research 299, 499-505. Results may vary.

### Give Yourself an Unfair Advantage!

Try BioSil and give your skin, hair, and nails an unfair advantage! You’ll be happy to know BioSil works naturally and contains no animal parts whatsoever. Discover more of Christie’s beauty secrets at [www.BioSilUSA.com/AWM1016](http://www.BioSilUSA.com/AWM1016)

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## WE ASKED OUR STAFF:

# What's your holiday guilty pleasure?

Editorial Director **Nicole Brechka** ... "See's candy!"

Creative Director **Rachel Joyosa** ... "Any holiday dessert imaginable ... baking and eating!"

Editor **Ann Nix** ... "80s Christmas songs."

Contributing Art Director **Rachel Pilvinsky** ... "English toffee."

Associate Editor **Elizabeth Fisher** ... "Baking a lot of things I don't normally eat."

Contributing Editor **Vera Tweed** ... "Extravagant tree decorations and appetizers."

Copy Editors **James Naples** ... "Hiding out from the relatives."  
**Jerry Shaver** ... "Hickory Farms sausage."

Production Director **Cynthia Lyons** ... "As crazy as it makes me, I like making handmade gifts like tree ornaments and spa goodies. Pinterest is my friend/foe during the holidays."

Production Manager **Mark Stokes**



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# GIFT BASKETS GET AN UPGRADE



In "DIY Recipe Kits" on p. 90, you'll find ideas for gift baskets that are super easy to throw together.

**H**oliday gift baskets are typically stuffed with an assortment of hickory-smoked sausages and imported cheeses, hot mustards and chutneys, gourmet crackers, and bottles of wine. It's easy to make a call or a few clicks online and have some baskets delivered. And it's always a pleasure to receive them, although perhaps not always the best for our waistslines or health.

This year, consider giving more health-minded (and more thoughtful) gift baskets. In "DIY Recipe Kits" on p. 90, you'll find ideas for gift baskets that are super easy to throw together, including shopping lists and clip-able recipes. Each basket includes the makings for a holiday-inspired treat made with superfood ingredients. We've done all the prep work for you. All you have to do is fill your baskets with the goodies listed and tuck in the corresponding recipe. (Or, if you're feeling more ambitious, you can actually make one or two of these recipes to hand out as gifts!) The Cacao Nib Almond Cookies on our cover is one of them—so festive and seriously yummy. (Let's just say they didn't last long in our offices.)

Even easier, check out our annual gift guide, "Good-for-You Gifts" on p. 68, where you're sure to find something for everyone on your list. These gifts say, "I care about you and I'm looking out for your health and well-being." Well, not in so many words, but you get the idea.

Happy, healthier holidays!

**Ann Nix**  
EDITOR  
anix@aimmedia.com



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Visit [amazingwellnessmag.com](http://amazingwellnessmag.com) any time throughout November and December to download a free PDF of this booklet.

## \*Our Mistake!

In "Crazy About Collagen" (Fall 2016, p. 40) by Jonny Bowden, PhD, CNS, Reserveage Nutrition's Collagen Booster is referred to as a powder in the article; however, it actually comes in capsule form, not powder. We regret the error.



SO MANY WAYS TO WIN



Here at the Amazing Wellness offices, we're becoming social media butterflies, posting up a storm on our Twitter, Instagram, Facebook, and Pinterest accounts.

### GIVEAWAYS

We've found that giveaways (not surprisingly) are among the most popular of our posts across all platforms. Find out how you can win supplements and health and beauty items every week by "liking" us on Facebook ([www.facebook.com/AmazingWellness](http://www.facebook.com/AmazingWellness)) and following us on Twitter (@awmagazine) and Instagram (@amazingwellnessmag). Every Wednesday, we'll offer a new product you can enter to win.

And this month, check out our gift guide on p. 68 for details on your chance to win the gifts featured. We'll be offering them on social media throughout November and December.

### NEWS

Besides giving away healthy prizes, we'll continue to provide the latest research on nutrition and supplements, links to recipes, healthy tips, and much more on social media.

### COMING UP...

In our next issue, look for the announcement of the winners of our Instagram "What's for Lunch?" photo contest. Many of you posted pics (#awwhatsforlunch) of favorite healthy meals. See the winning photos and read about healthy meal ideas.



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## probiotics and prebiotics

A family medicine doctor answers your burning questions about probiotics. Also: What are prebiotics?

Commonly known as “friendly bacteria,” probiotics have exploded in popularity in recent years. How can we get the best that these tiny organisms have to offer? We asked David Holland, MD, an integrative physician in El Paso, Texas. Holland is board-certified in family medicine and a diplomate of the American Board of Functional Medicine, a discipline that addresses the underlying causes of disease and includes nutritional therapy.

### Who needs probiotics?

**DR. HOLLAND:** Everyone who has taken antibiotics at any time—even if it was only when they were infants or children—will benefit by taking probiotics. Antibiotics kill helpful bacteria as well as harmful ones, and the negative effects can linger indefinitely unless corrected. Intestinal symptoms such as indigestion, acid reflux, bloating, and constipation stem from an imbalance of gut organisms.

### How do they work?

**DR. HOLLAND:** To maintain a healthy immune system, it’s vital to keep our intestinal tract healthy because that’s where 70 percent of our immune cells are. Probiotics populate throughout the intestines, where they aid in digestion and produce several beneficial byproducts. These include hydrogen peroxide, which helps control harmful intestinal yeast and reduces disease-causing bacteria in the body.



### did you know?

If you’re taking antibiotics, it’s best to take probiotics at a different time of the day. And after you’ve completed your antibiotic regimen, take triple the usual dose of probiotics until you feel like your system is back to normal.

## PREBIOTICS

Prebiotics are close cousins of fiber. Put simply, prebiotics are food for probiotics, the “good” bacteria that live in our gut.

Prebiotics preferentially feed these “good guys,” but not the harmful bacteria that can also invade our gut ecology.

The problem is that few people eat foods high in prebiotics—raw chicory root, raw Jerusalem artichokes, acacia gum (or gum Arabic), and raw dandelion greens. You can also get prebiotics from raw garlic and raw onions, but you’d have to eat an awful lot (and deal with the unpleasant odor!). Enter prebiotic supplements. Acacia gum and baobab fruit are good supplement choices.

—Jonny Bowden, PhD, CNS



### What should we look for in a probiotic supplement?

**DR. HOLLAND:** The degree of benefit that you’ll receive depends on the quality of the probiotic supplement. Make certain that your product guarantees a minimum number of live bacteria per capsule (expressed as “colony forming units,” or CFU) all the way through the expiration date on the bottle.

Probiotics come in several different strains, and these strains can provide different benefits. The major ones for intestinal health are *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *Lactobacillus bulgaricus*. It’s best to take them together, but if you only take one, my top pick is *Bifidobacterium bifidum*, as it should be the most populous bacteria in our intestines.

Probiotics can be taken with or without food. But if you have heartburn or indigestion, I recommend taking a chewable probiotic with meals.



### editors' product picks

#### PROBIOTICS:

Healthy Delights Naturals Probiotic Soft Chews  
Just Thrive Probiotic & Antioxidant  
Kura Nutrition Start Your Smoothie, which is rich in probiotics

#### PREBIOTICS:

Flora Health Baobites Superfruit Snacks  
Arthur Andrew Medical Floraphage  
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## fish oil helps heart attack survivors

Heart attacks lead to scar tissue in the heart and harmful changes in its shape and function, technically called “remodeling.” But high-dose fish oil supplements can reduce the damage, according to a study of 360 heart attack survivors, published in the American Heart Association’s journal *Circulation*. “Our findings show that omega-3 fatty acids are a safe and effective treatment in improving cardiac remodeling, so it may be promising in reducing the incidence of heart failure or death, which are still major health-care burdens to patients who suffer a heart attack,” said Raymond Kwong, MD, senior author of the study. For 6 months, patients took a daily dose of fish oil containing 4 grams of omega-3 fatty acids, listed as EPA and DHA on product labels.



## SPIRULINA REDUCES FATIGUE

**Spirulina, a type of blue-green algae, can reduce mental and physical fatigue, according to a study of 17 men at The Ohio State University in Columbus. Researchers compared the effects of a placebo and 3 grams daily of spirulina, and found that the algae supplement improved performance on aerobic gym equipment and in math tests.**

## 3 More Reasons to Exercise

Need more reasons to get active? Check these out:

- 1 | Keep your heart healthy.** Women who exercise about 2.5 hours per week are 25 percent less likely to have heart disease later in life, according to a 20-year study published in the American Heart Association’s journal *Circulation*. Researchers analyzed the exercise habits and heart health of more than 97,000 women.
- 2 | Avoid diabetes.** Another 20-year study, at the University of Minnesota, found that being fit reduces the risk of diabetes. It found that exercise reduced risk even when people gained weight as they got older.
- 3 | Stay mentally sharp.** Exercise protects against Alzheimer’s and other types of dementia. It’s especially beneficial after age 75, according to a study of 3,700 men and women at the University of California, Los Angeles.





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Make the switch to Spry products and **start making these things count.**

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August 28, 2016 🌐

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**catobjert:** I Love Planthead. Non Gmo,Vegan, all plant based. **#NaturalMom** ♥

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## how to feed happiness

Eating more fruits and veggies boosts happiness, according to a study at the University of Warwick in England. By following more than 12,000 people, researchers found that happiness increases with each extra portion of such foods, leveling out at 8 servings a day. After consistently eating that amount for 24 months, the researchers estimate, the boost in life satisfaction could equal that of getting a job after a period of unemployment. The study was published in the *American Journal of Public Health*.



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- Kathymars:** @Plantheadnation: Plant Based Protein 100% ♥ Aug 28  
Vegetation Gluten Free, Soy Free, Dairy Free
- MikeK:** Fantastic taste. I Love it for my workouts!! ♥ Aug 28
- JulieTei:** Great! #NonGMOCertified. @Plantheadnation ♥ Aug 28
- Claudia\_stles:** uses @plantHeadNation for #nonGMO smoothies, Aug 28  
so good @NonGMOproject #EatClean ♥

## THINK ZINC

The latest study of zinc as a cold remedy found that between 75 and 100 mg daily, in zinc acetate lozenges, reduced the length of a cold by nearly 3 days—close to half the 7-day average. The study, which compared a placebo and zinc lozenges among 199 people with colds, was published in the *British Journal of Clinical Pharmacology*. It found comparable benefits among men and women of all ages.



## WHAT'S AHIFLOWER?

This up-and-coming omega-3 may be the ideal vegetarian alternative to fish oil. According to clinical research, this plant-based essential fatty acid converts more efficiently into a “usable” form of omega-3 (EPA) than other plant-based omegas such as flaxseed and chia. So you get the benefits and superior absorption of fish oils in a veg-friendly supplement. Plus ahiflower is a sustainable, non-GMO crop.



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\*From everyday activity

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\*\*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.

# Are You Under the Influence?

**Of store signage, that is.** Big signs pointing to the produce section can make shoppers buy more fresh fruits and vegetables, according to a study by New Mexico State University in Las Cruces.

In different types of neighborhoods, some grocery stores had a series of large arrows on the floor, each 6 by 3 feet, with messages such as "Follow green arrow for health," and pictures of fruits, vegetables, and positive emojis. In all types of neighborhoods, the results were the same. The signs didn't increase overall spending, but a significantly bigger percentage of grocery budgets was spent on healthy, fresh produce. In conventional supermarkets, store signs are often used to provoke shoppers to buy unhealthy processed foods and snacks.

**Buyer beware!**

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# APOLO OHNO

For this Olympic champion, mind-body nourishment provides a competitive edge **By Chris Mann**

**E**ight-time Olympic medalist-turned-*Dancing with the Stars* champ Apolo Ohno's commitment to fitness has spanned decades and competitive arenas. In 2002, at age 19, the iconic U.S. short track speed skater blazed to his first Olympic gold. Twelve years later, the most decorated American Winter Olympian impressed the triathlete world by completing his first Ironman World Championship in Kona, Hawaii, in less than 10 hours—with only six months of training.

But few may realize how much nutrition and a properly fed, razor-sharp mind have powered his successes as an athlete. "Nutrition is everything," says the Seattle native, 34. "It's life. It's a part of how we eat, a part of culture, a part of environment."

For Ohno, mind-body nourishment still gives him an edge in all of life's challenges. "I'm six years outside of Olympic competitive sport, and I value my health tremendously—more so than anything else," he says. "And that's the byproduct of being able to perform at the highest level for so many years, and then stepping away from that atmosphere and now having to perform at a high level outside of the ice rink while still wanting to have the same components of feel-good physiology."

## How does food nourish your mind and body?

I'm very happy to be living in Los Angeles, where we have access to some of the best fruits and vegetables and organic produce. I enjoy a diet that's rich in antioxidants. I eat a lot of fish. I am a foodie. I've always loved food. I travel all around the world for business and for pleasure, and one of the easiest ways to experience a community or culture is by breaking bread with those people.

## So nutrition has given you food for thought—and fuel for performance?

Absolutely. Nutrition has played a huge role in my career. It allows me to do what I consider kind of the impossible, kind of reversing the aging time and becoming stronger and more powerful, recovering better with age and keeping my body elastic, healthy, youthful. I'm nowhere as lean or as ripped or as shredded as I was when I was competing—which I don't expect to be—but I believe that my mind and my body are fueled properly.

## How important is nourishing your mind?

My mind was my greatest asset in my entire career as an athlete. There were many athletes who were more talented, faster, stronger, and had better skill sets—but I would be able to overcome a lot of that simply by utilizing the main and most incredible asset of all, which is my brain. Feeding the brain properly to make sure it had the right type of adaptogenic property so that during my training I was able to lower my stress and increase the rate of recovery—all of this was crucial.

## What types of brain health issues do you think can be helped through supplement use?

Mood, mental fatigue, mental agility, anxiety and stress, alertness and reaction time, fluid intelligence, depression, working memory, and social functioning.

## What supplements do you take for brain health?

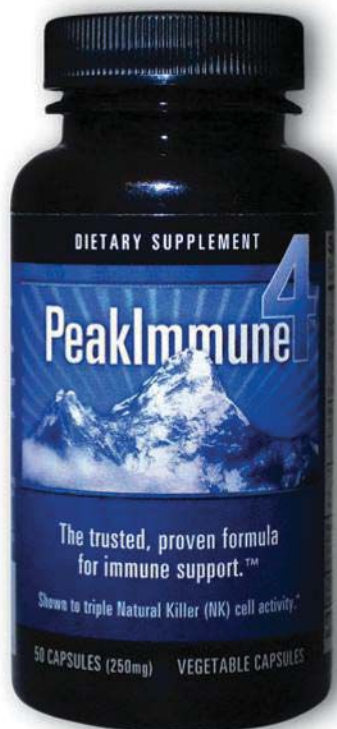
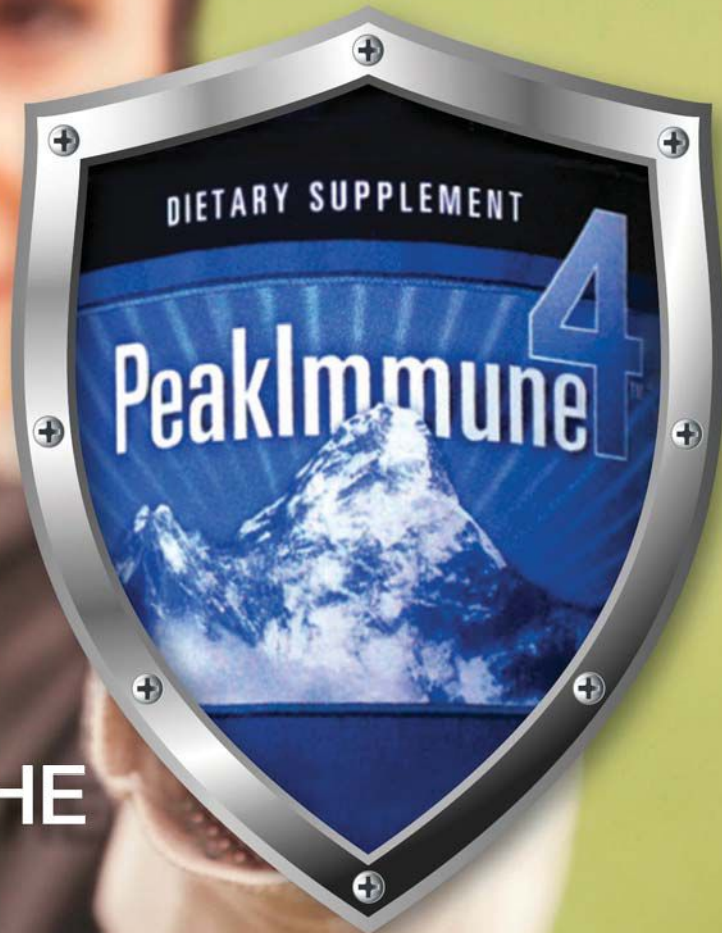
I believe in the power of adaptogens such as **ashwagandha**, **American ginseng**, and **rhodiola**.

These herbs help your body adapt to stressors, allowing you to enhance your memory, promote relaxation, and relieve stress dramatically.



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

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**SPECIAL REPORT**

# The Youth Hormone...

*Everyone's talking about it. But can it really reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give you plenty of energy, get rid of wrinkles, and tighten saggy skin?*

**Barbara just had another birthday.**

She watches her diet, exercises when she can, and is in pretty good shape. In fact, she could be the poster child for the "Fountain of Youth" headline we see on the covers of fashion mags around the globe. What's her secret? It's not just the occasional Botox, peel, or filler, or even her assortment of skin creams that could rival the anti-aging section of your local Sephora. Barbara, who was always "cutting edge," has become a believer in what is fast becoming the most popular (if not the most expensive) anti-aging treatment in the USA... Growth Hormone Therapy.

**i**t seems everyone is talking about human growth hormone lately. *Shape* magazine began a recent growth hormone article with the provocative lead-in: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-Aging Special" issue, highlighted growth hormone as its year-end call-out. *Fox News*, *The Today Show*, *CNN*, *ABC*, and *CBS* have all contributed to the current frenzy.

**VANITY FAIR says:** "A 20-year-old produces more than twice as much hGH as [she] will when [she's] 40... hGH, by turning back the body clock, turns back the aging process."



## U.S. Patent Update: “Even the United States Patent Office has added to the SeroVital mystique by issuing not one but **eleven** U.S. Patents protecting the SeroVital formula from imitators.<sup>‡</sup>”

### Why all the fuss?

Simple. hGH disciples... and to many like Barbara, hGH therapy is truly a religious experience... believe hGH can help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, give them plenty of energy, get rid of wrinkles, and tighten saggy skin... making them look and feel decades – not years, but decades – younger. Celebrities, CEOs, Wall Street execs, models, housewives, athletes, and even some high-ranking politicians all seem to be drinking from the same pitcher of Kool-Aid. There’s no doubt about it; in our current fast-paced, “youth-oriented” culture, hGH therapy is hot.

### The controversy

The controversy isn’t over whether or not hGH plays an essential role in our health and aging (virtually everyone already agrees on that). Instead, the controversy lies in the best way to maintain our body’s supply of human growth hormone. Until recently, most felt the best way was through expensive prescription injections (although costs can run as high as \$1,500 per month). However, some experts argue against the use of these synthetic injections, because they fear introducing synthetic hGH into the body may upset natural hGH production.

### The breakthrough

Because of growth hormone’s potential, researchers have spent the last thirty years searching for a reliable, clinically proven way to promote pituitary health, thereby increasing human growth hormone levels naturally. So it’s no surprise

that when an oral compound capable of increasing mean, endogenous, bioactive, serum (blood) growth hormone levels... by 682%... was presented at the prestigious Obesity Society’s most recent Scientific Meeting in Atlanta, Georgia, The Academy of Women’s Health’s 21st Annual Congress in Washington, D.C., and then again at The 9th World Congress of Cosmetic Dermatology held in Athens, Greece, it created a serious stir.

**SHAPE says:** “When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren’t the only things responsible for her youthful glow.”

### The revolution

The formula that was the subject of these research findings is now being sold by SanMedica International™ under the trade name SeroVital.® But when it was disclosed on national television that “a recent study [on SeroVital-hgh] showed patients given a special blend of amino acids saw their hGH levels spike more than 6 times...” and the United States Patent Office issued not one but **eleven** U.S. Patents<sup>‡</sup> to protect the oral compound from imitators, you can imagine the frenzy that ensued. Before long, SanMedica was having

trouble keeping SeroVital in stock. It went from underground sensation to full-blown phenomenon.

Thanks to the release of SeroVital, the hGH revolution has finally arrived. Now that there’s an easy-to-swallow capsule that can raise growth hormone naturally, an awful lot of people have stopped asking *if* they should be increasing their hGH levels and started asking which hGH-boosting option is right for them.

### Is it worth it?

To me, anything that may reduce wrinkles, tighten saggy skin,

decrease body fat, increase lean muscle mass, strengthen bones, and boost mood, while giving you plenty of energy and improving sex drive, is a no-brainer. However, make no mistake about it, the “established” medical community (and of course, they know everything) would say its benefits are largely anecdotal, and based on research that’s preliminary. But there’s no denying that something that has a chance of making you look and feel decades, not years, but DECADES, younger, is... at the very least... irresistible. Frankly, I’m ready to try it... How about you?



**RETAILERS say:** “Frankly, we haven’t seen this much customer excitement in years.”

### So what’s the catch?

Dr. Amy Heaton, PhD, Director of Scientific Affairs for SanMedica International, says: “There are three. First, as with hGH injections, SeroVital is not a ‘magic bullet,’ but one part of a healthy lifestyle choice including a sensible diet and exercise regimen.

“Second, for proper absorption, you have to take SeroVital-hgh on an empty stomach. That means you either have to take it first thing in the morning and then not eat anything for two hours, or take it at night, at least two hours after your last meal, before you go to bed.

“And last but not least, while SeroVital is far less expensive than prescription hGH injections, it’s still not cheap... SeroVital will cost you about \$100 a month.”

### Where can I get it?

Having a hard time finding SeroVital-hgh? It’s currently available at prestige retailers across the U.S.

Featured Product!



For more information on SeroVital, contact SanMedica International at 1-800-506-1577 or visit their website at [www.SeroVital.com](http://www.SeroVital.com).

# MANUKA HONEY

Why there's so much buzz about this "super honey" **By Vera Tweed**

For thousands of years, honey has been recognized as a healing substance, and today it's popular for soothing sore throats and coughs. But a newer type of honey, Manuka from New Zealand, is stealing the show, with unique qualities that not only enhance health and beauty, but also could solve much of the world's problem with antibiotic-resistant bacteria.

Pronounced "ma-NOO-ka," this honey didn't exist until European settlers brought honey bees to New Zealand in 1839 and those bees started collecting nectar from Manuka shrubs and trees, which are indigenous in that country and parts of Australia. Years later, in 1981, the special properties of Manuka honey began to be identified.

## How to Benefit

Use Manuka honey for sore throats, colds, coughs, sinus infections, and topical treatment of cold sores and wounds, including cuts, scrapes, and blisters from new shoes. Raw Manuka honey is available in jars and single-serve packs, and as an ingredient in lozenges, cough syrups, lotions, creams, balms, and soaps. To ward off an infection, take a teaspoon of honey once or more daily. For treatment, use a Manuka honey with a higher antimicrobial rating and take it several times a day. To treat wounds, medical professionals recommend using an irradiated form of honey, but honey out of the jar is routinely used topically to treat wounds and speed up healing. It may not be suitable for anyone allergic to bee products.

## ANTIBACTERIAL ACTION

In addition to containing a variety of vitamins, minerals, and antioxidants, all honey in its unprocessed state is antibacterial. But Manuka has additional, potent bacteria-fighting qualities. When used topically in dressings of burns and other wounds, its special antibacterial action can resolve even severe, stubborn infections that defy today's powerful antibiotics.

The usual antibacterial qualities of all honey come from its naturally occurring, antiseptic hydrogen peroxide

### did you know...

To produce a 500 mg (1.1-lb.) jar of honey, bees visit about 2 million flowers.

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content. Heat, light, and an enzyme in human saliva, blood, and tissues can degrade the action of the peroxide. While Manuka honey also has this property, it contains another, more powerful antibacterial substance called methylglyoxal, or MGO. This antibacterial property, it turns out, is not affected by heat, light, or any substance in the human body, and that's what gives Manuka its special power.

So far, researchers have identified more than 80 species of bacteria inhibited by Manuka honey, including MRSA, which causes infections in various parts of the body and is especially resistant to antibiotics. "No instances of honey-resistant bacteria have been reported to date, or seem likely," says Sarah Maddocks, PhD, a Manuka researcher at Cardiff Metropolitan University in the United Kingdom. Manuka can also reverse antibiotic resistance, enhance the effectiveness of antibiotic treatment, or be an alternative to antibiotics in wound treatment.

### MORE BENEFITS

The researchers who originally discovered the unique mechanism of Manuka honey, at the University of Waikato in Hamilton, New Zealand, also discovered these benefits:

- ❖ Manuka honey enhances immunity by stimulating white blood cells.
- ❖ It acts as an antioxidant and prevents damaging free radicals from forming.
- ❖ In tests of different honeys, the anti-inflammatory action of Manuka was, on average, four times as potent as others.
- ❖ As a sweetener, Manuka is healthier than sugar for arteries, immunity, weight, and staying mentally sharp.
- ❖ It kills bad gut bacteria, but not beneficial ones, and can soothe digestive upset.
- ❖ It fights harmful bacteria in the mouth, which cause gum disease.
- ❖ It fights some viruses that cause respiratory infections.

Other research has found that honey can help relieve allergies, improve sleep, enhance mental function, and contributes to better blood-sugar control than other sources of sugar.

## Manuka Honey Ratings

The strength of antimicrobial content of Manuka honeys varies, depending on season, climate, and which trees or bushes a honey came from, and not all have unique antibacterial qualities. Manuka honey can be mixed with honeys from other plants, as bees collect nectar from whatever plants exist in their vicinity, and producers can combine different honeys for blends. Only testing can reveal the degree of antibacterial power in a specific Manuka honey.

The New Zealand government sets standards for testing and labeling. On a jar of Manuka honey, look for:

- ❖ A number identifying the lot or batch number.
- ❖ A number that designates strength of antimicrobial activity. A 5+ is the basic level; 10+ or higher indicates more potent therapeutic properties. Some honeys list a number and "UMF," for Unique Manuka Factor, a trademarked system in which three components of Manuka honey are tested.
- ❖ The number may represent MGO, in which case 30 is comparable to 5+, 100 to 10+, 250 to 15+, and 400 to 20+.
- ❖ Other products may list results of tests for Manuka pollen purity rather than antimicrobial strength, so the numbers will have a different meaning.
- ❖ The honey should be produced and packed into jars in New Zealand.

Manuka honey enhances immunity by stimulating white blood cells.



Contributing editor **Vera Tweed** has been writing about nutrition, fitness, and healthy living since 1997. As a journalist, she specializes in covering research and expert knowledge that empowers people to lead better lives. For more information, visit [www.veratweed.com](http://www.veratweed.com).



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\*SPINS Scans 4/17/16

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# FEELING THE BURN?

Treat the cause of heartburn, and get off OTC acid blockers for good **By Jacob Teitelbaum, MD**

**A**lthough acid blockers can be helpful, the way they are being used in this country seems to be based on profit rather than sanity. There is a reason why the OTC acid blocker boxes have warnings that read, “Not to be used for more than two weeks.” Yet they are often sold in boxes that give a six-week supply!

The problem? Although OK for short-term use, long-term use of acid blockers is associated with a markedly increased risk of bone thinning (osteoporosis), as well as nutritional deficiencies that contribute to problems such as Alzheimer’s disease. In addition, instead of solving the problem, these medications may be addictive. You may have noticed this when you try to stop them suddenly.

The solution? Instead of blocking acid production, improve digestion! Basically, digestion requires adequate stomach acid and digestive enzymes. Historically, most of these enzymes were present in the food that we ate, as they caused the food to ripen. About 40 years ago, food processors learned that by destroying the enzymes present in the food, they could achieve a very long shelf life. Instead of an ear of corn being good for five days, it was turned into cereal that would last for millennia.

Unfortunately, removing the enzymes made the food indigestible, causing indigestion. When the food sits in the stomach unable to be digested, after about an hour the stomach hits the “return to sender” button, and you get acid reflux.

So here’s how to heal your digestion in two months, relieving symptoms and allowing you to come off of acid blockers:

## STEP 1:

Give your body what it needs to digest food.

- ❖ Take plant-based digestive enzymes with your meal. Most enzymes are animal-

*did you know...*  
Long-term use of acid blockers is associated with increased risk of osteoporosis, as well as nutritional deficiencies.



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DGL capsules can help to heal the stomach by restoring its protective lining.



based, and work only in a narrow pH (acid – base) range. Plant-based enzymes work across many levels of acidity and alkalinity, and are much more effective.

- ❖ Add a little bit of acidity with your meals, unless you have a history of stomach ulcers or gastritis. You can do this by taking two tablets of betaine HCl with large meals, or make a salad dressing containing apple cider or rice vinegar.

**STEP 2:**

Certain supplements can help heal the stomach's protective mucous lining and restore overall digestive health.

- ❖ You will find DGL licorice to be wonderfully healing to your stomach. Take DGL capsules according to instructions.
- ❖ Instead of taking calcium

antacids, which can increase heart attack risk when used long-term, use magnesium-based chewable antacids. These are heart-healthy.

**STEP 3:**

If symptoms persist, it may be necessary to kill a bacterial infection called *H. pylori*. This can often be done without antibiotics by using supplements containing sea buckthorn oil.

After six weeks of the above, most people will find that their indigestion has gone away, and with their holistic practitioner's OK, they can start to lower their dose of OTC acid blockers.

*Jacob Teitelbaum, MD, director of the Practitioners Alliance Network, is one of the most frequently quoted integrative medical authorities in the world. He is the author of the bestselling From Fatigued to Fantastic!, Pain Free, 1,2,3!, the Beat Sugar Addiction Now! series, Real Cause Real Cure, The Fatigue and Fibromyalgia Solution, and the popular free Smart Phone app Cures A-Z. Dr. Teitelbaum appears often as a guest on news and talk shows nationwide including Good Morning America, The Dr. Oz Show, Oprah & Friends, CNN, and FoxNewsHealth. Learn more at endfatigue.com.*

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- Terry Naturally Advanced Heartburn Rescuer

*I panicked –*

# My hair was thinning!

Amy felt her hair was shedding and starting to look bad. She wanted to do something about it. Here is her story:



“Lately my hair started to look dull and it was shedding like crazy. It was frustrating because thick and beautiful hair makes me feel good about my looks and I didn’t want to lose that.

**Nutrients for your hair**

My friend told me about Hair Volume™ tablets. I searched online and found all the positive reviews and also learned that temporary hair loss due to lack of nutrients is common. I wanted to do something good for my hair so I decided

to give Hair Volume a try – what did I have to lose?

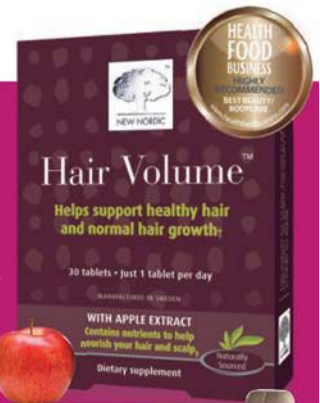
**3 months later**

A few days later I started taking Hair Volume, and now it has been almost 3 months. I feel so much more confident and happy that I am caring for my hair. My husband recently commented on my looks, which made me feel great. I strongly recommend this product to anyone who wants to promote healthy and beautiful hair.”

- ✓ SUPPORTS HEALTHY HAIR
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- ✓ CONTAINS BIOTIN AND MILLET
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# HEAD OFF MIGRAINES

Drug-free strategies to ease the pain and other symptoms of migraines **By Jack Challem**

**M**igraines are a particularly debilitating type of headache. They often begin in childhood, and can cause an intense throbbing pain. In some people, they are accompanied by auras, which are visual disturbances such as flashes of light. Other symptoms can include nausea, vomiting, and sensitivity to light. Migraines can last from several hours to several days, and leave a person feeling incapacitated.

## CAUSES

A variety of factors can trigger migraines, including changes in weather and hormonal shifts in women. Food sensitivities and some food additives, such as aspartame and monosodium glutamate, are also culprits. Certain nutritional deficiencies can also precipitate migraines, according to a presentation at a 2016 medical meeting.

## CONVENTIONAL TREATMENTS

Analgesic drugs can often reduce migraine pain, and some drugs can help prevent them or reduce their severity.

## EATING TIPS

In some people, aged cheese or processed foods can contribute to migraines, so it's best to avoid or minimize intake of these foods. Keeping a food diary can help identify food triggers.

## SUPPLEMENTS

Several supplements have been found helpful in preventing or reducing the severity or frequency of migraines, and they might work better in combination (though at lower doses than suggested below).

- ❖ **MAGNESIUM.** Below-normal levels of magnesium increase the risk of a migraine headache by 35 times, according to a recent

study. An analysis of 21 published studies found that an infusion of magnesium after the start of a migraine relieved symptoms around 75 percent of the time. That analysis also found that the frequency and intensity of migraines decreased. Researchers investigated 77 patients with migraines and found that magnesium supplements significantly reduced the number of migraines, days with migraines, and headache severity. **Try:** 400 mg of magnesium citrate daily. Larger amounts taken at one time may have a laxative effect.

- ❖ **VITAMIN B2.** There's some evidence that migraines may be related to reduced

activity of mitochondria, the energy factories of cells, especially in the brain. Studies have shown that mitochondria function is impaired, with specific patterns of abnormalities, in people with migraines. Riboflavin (vitamin B2) is the precursor to two key coenzymes involved in mitochondria, and supplements have been found to be helpful in reducing the frequency and severity of migraines. One study compared the effects of 400 mg of riboflavin and a common drug treatment. Both worked equally well in reducing the frequency, length, and severity of migraines, but the researchers noted that riboflavin resulted in fewer side effects. **Try:** Dosages in studies have varied, but benefits appear more likely when taking 400 mg of riboflavin daily.

- ❖ **COENZYME Q10.** Like riboflavin, coenzyme Q10 (CoQ10) plays essential roles in mitochondria. CoQ10 levels tend to be low in people prone to migraines. Doctors in Switzerland gave 42 migraine patients either 100 mg of CoQ10 or placebo

## An Unusual Type of Headache

If you suffer headaches on a regular basis, such as every weekend, there's a chance you could be experiencing what's called analgesic-rebound headaches. Typically, a person takes an analgesic drug, such as aspirin or ibuprofen, once or twice each week. In effect, he becomes dependent on the drug, and he develops a headache as it wears off. Some research has found that many people need to avoid headache medications—and endure headache pain—for a couple weeks to several months to break the pattern of analgesic-rebound headaches.



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## need to know

three times daily. After the third month of supplementation, people taking CoQ10 had significantly fewer migraines. Another study in children and adolescents yielded similar benefits. **Try:** Adults should try 100 mg of CoQ10 three times daily. Children and adolescents may benefit from smaller amounts, e.g., 50 – 200 mg daily, depending on body weight.

❖ **FEVERFEW.** This herb (*Tanacetum parthenium*) has a long history of use as a pain reliever, with evidence showing it's specifically helpful for migraines. One study

analyzed 218 people given either a feverfew extract or placebo for 16 weeks. Those taking feverfew had a decrease from five to three migraines a month, an improvement far greater than those taking placebos. **Try:** A standardized feverfew extract and follow label directions.

❖ **HOMEOPATHY.** *Belladonna* is often prescribed as a homeopathic remedy for migraines, indicated when there is throbbing pain in the temporal region (behind the temples). *Natrum Mur*, *Sanguinaria*, and *Glonoina* are also go-tos for migraines, depending

on symptoms. **Try:** Look for combination formulas that cover a range of symptoms. Follow label instructions.

❖ **BUTTERBUR.** This herb (*Petasites hybridus*) was found to be effective in reducing the frequency of migraines in an analysis of two published studies. A study of 245 patients

found that butterbur root taken twice daily led to a 50 percent reduction in migraine frequency. A study of children found that a combination of the herb and music therapy resulted in a “substantial reduction of attack frequency.” **Try:** 50 mg of a standardized extract one to three times each day.



**Jack Challem** is the author numerous books, including the best-selling Syndrome X. He writes The Nutrition Reporter newsletter, and regularly contributes to several magazines and scientific journals, including Alternative Medicine and Alternative & Complementary Therapies. Free, downloadable excerpts from his books, and sample issues of his newsletter are available at [nutritionreporter.com](http://nutritionreporter.com).

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# HEALTHY TRAVELS

Pack these botanicals to make any trip a little easier **By Karta Purkh Singh Khalsa, DN-C, RH**

**A**irfare, hotel accommodations, and rental cars are probably the main things on your mind when you prepare for a trip, but planning to stay healthy is important, too. Digestive issues, motion sickness, and jet lag are common travel woes. So don't leave home without your herbal travel emergency kit!

## GINGER

If you get queasy all too easy, think ginger (*Zingiber officinale*). Ayurveda calls ginger the "universal medicine," and for good reason—it's virtually a medicine cabinet in a jar. Ginger has long been recommended as a remedy for a lot of conditions, but no condition has been studied more in connection with ginger than

nausea. Scientists have found in a variety of studies that ginger eases nausea and vomiting stemming from motion sickness. In an experiment with 28 patients, ginger reduced their nausea and their use of anti-nausea medications.

Ginger's positive effect on motion sickness and nausea has been proven, so it's not surprising that travelers use ginger in tea for these symptoms. It's also effective for indigestion. It reduces spasms, absorbs and neutralizes toxins in the gastrointestinal tract, and increases the secretion of digestive juices including bile and saliva. Ginger contains compounds that soothe the gut and aid in digestion by increasing peristalsis (moving food through the intestinal

tract). Several studies from India have demonstrated that ginger speeds up the time it takes the stomach to empty, a benefit for feelings of abdominal discomfort and bloating. Enjoy ginger as a tea, or take capsules as needed.

## RHUBARB

Constipation is common while traveling. For an easy fix, turn to Chinese rhubarb root (*Rheum palmatum*). Rhubarb is a cold, bitter herb that acts as a laxative. It is a bile promoter, which enhances bowel movements. Rhubarb is well-tolerated and is helpful for people of all ages. Use 3–12 grams, to bowel tolerance, per day, in capsules. Use it with warming carminatives, such as fennel or cinnamon, to avoid cramping. This herb is milder than senna leaf or

casacara bark and less likely to create side effects.

## VALERIAN

You've finally made it to Paris. Now you're awake all night and sleepy all day. What to do? Turn to valerian root (*Valeriana officinalis*) for help with jet lag. While valerian is powerful enough that you don't need a high dose, it's not so strong that you could accidentally take too much. It has a calming effect on the autonomic nervous system, and is a good short-term sedative that works quickly, offering a healthy, nontoxic alternative to strong prescription drugs.

Take valerian at bedtime for help falling sleep. The root decreases the time it takes to fall asleep; however, since it's effective for about just 4 hours, it doesn't necessarily improve duration of sleep. Constituents in valerian bind to GABA receptors, the same mechanism as Valium-type drugs.

A study in *Phytotherapy Research* demonstrated that people with stress-induced insomnia who each received just 600 mg of valerian per day for six weeks had significant reductions in total stress and insomnia. The majority had no side effects. Other research found that it may have an antidepressant benefit.

Suitcase packed? Now throw in some herbal care for minor emergencies. Is that Uber arriving outside?

### healthy tip!

You can turn to valerian root for help with jet lag. Take it at bedtime for help falling asleep.



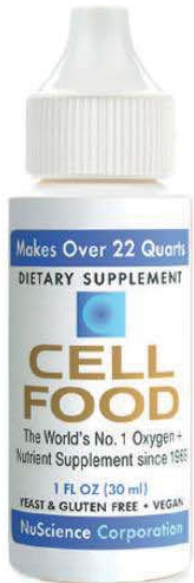
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# EASE ECZEMA

Homeopathy targets the underlying causes of this irritating skin condition

By Avghi Constantinides, DHom, HMC, MA

**T**here are more than 30 million Americans with atopic dermatitis, also known as eczema. It manifests as an angry, raised red rash, which is typically very itchy. If scratched, it may bleed. Often, this skin disorder starts in childhood.

Western medicine will say there is no cure for eczema. All it can offer are creams that provide temporary relief. But there are homeopathic remedies intended to treat the root causes of the problem. Here are just a few, along with the specific sets of symptoms they're designed to address.

❖ **GRAPHITES** is used to treat eczema that thrives in warm, moist places such as the folds of the elbows, behind the knees, behind the ears, and between the toes. Warmth, such as a hot shower, typically

worsens the symptoms, while cool air and water provide relief.

❖ **PETROLEUM OLEUM** is a crude oil that's used to make Vaseline. In a homeopathic form, it's also used for eczema that lives in the folds of the skin. In these cases, the skin is very dry and chapped, and will crack, especially in the winter. Skin can appear dirty, hard, rough, and thick,

like parchment. It's slow to heal, and often cracks and bleeds easily. When the skin is scratched, it burns. The skin can be sensitive to clothing, especially wool.

❖ **PSORINUM** is useful for severe itching that leads to constant scratching. Eczema will ooze a thick secretion with a foul odor. Typically, the eczema manifests near the ears and scalp. Hands and feet

feel hot and itchy. Being cold and out in the open can worsen symptoms. These skin issues tend to clear up in the summer and reappear in winter-time. Heat, warm clothing, washing, and being in a room with no cold drafts often improve symptoms.

❖ **SULPHUR** is known as a polycrest, which is Greek for "many uses." It's used to treat eczema that's itchy enough to cause violent, damaging scratching, which is often followed by a burning sensation. Skin is slow to heal—every little wound seems to fester and exude a foul, rotten-egg-like odor. The skin is also typically very dry, scaly, and unhealthy looking, and the itching may also cause a restless feeling in the body. Symptoms worsen from being exposed to cold air, wind, and water. Dry, warm weather, motion, and drawing up affected limbs toward the torso often bring temporary relief.

## healthy tip!

Dilutions of 30C and 6C are best for minor issues, while 1M, 3X, and 200CK are better suited to more serious conditions.







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## go homeopathy

❖ **RHUS TOXICODENDRON**, or **RHUS TOX**, is used to treat eczema that's found on the face and scalp, and around the mucous membranes. The skin feels painful and sensitive to cold air. The eczema will be dry, crusty, and itchy. Scratching and hot water often bring relief. This type of eczema is often

accompanied by joint stiffness that can be eased with movement. Lying or sitting down for too long can make symptoms worse, while a hot bath can improve them.

Homeopathy works best when treating the whole person. When looking at skin remedies, find one that most

closely matches your specific symptoms. In general, dilutions of 30C and 6C are best for minor issues, while 1M, 3X, and 200 CK are better suited

to more serious conditions. A homeopath can help you navigate through the process to find the best remedy and dilution for you.



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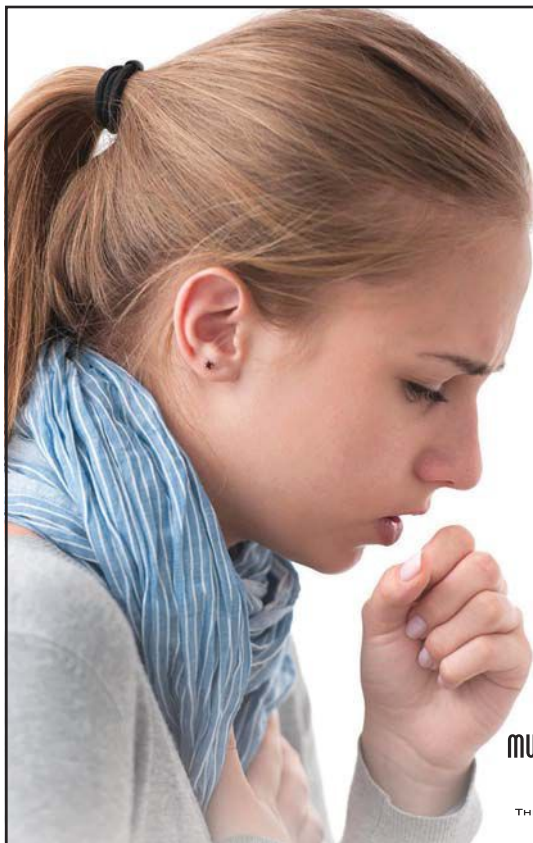


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## Case Study

Since starting my practice in 1995, I've treated countless different skin issues. One of my favorite stories concerns a 3-year-old girl. She came in wearing long sleeves and long pants. She had eczema in the folds of her skin. She would scratch it until it bled and oozed a yellow liquid. Within weeks of being treated with homeopathy, her eczema started to clear up. Two months later it was about 80 percent gone, and after three months, it was 100 percent gone.

Avghi Constantinides, DHom, HMC, MA is a certified homeopathic practitioner who has been in private practice in Los Angeles since 1995. She is also the co-founder of the Los Angeles School of Homeopathy. Learn more at [homeopathyforlife.com](http://homeopathyforlife.com) and [lahomeopathicschool.com](http://lahomeopathicschool.com).



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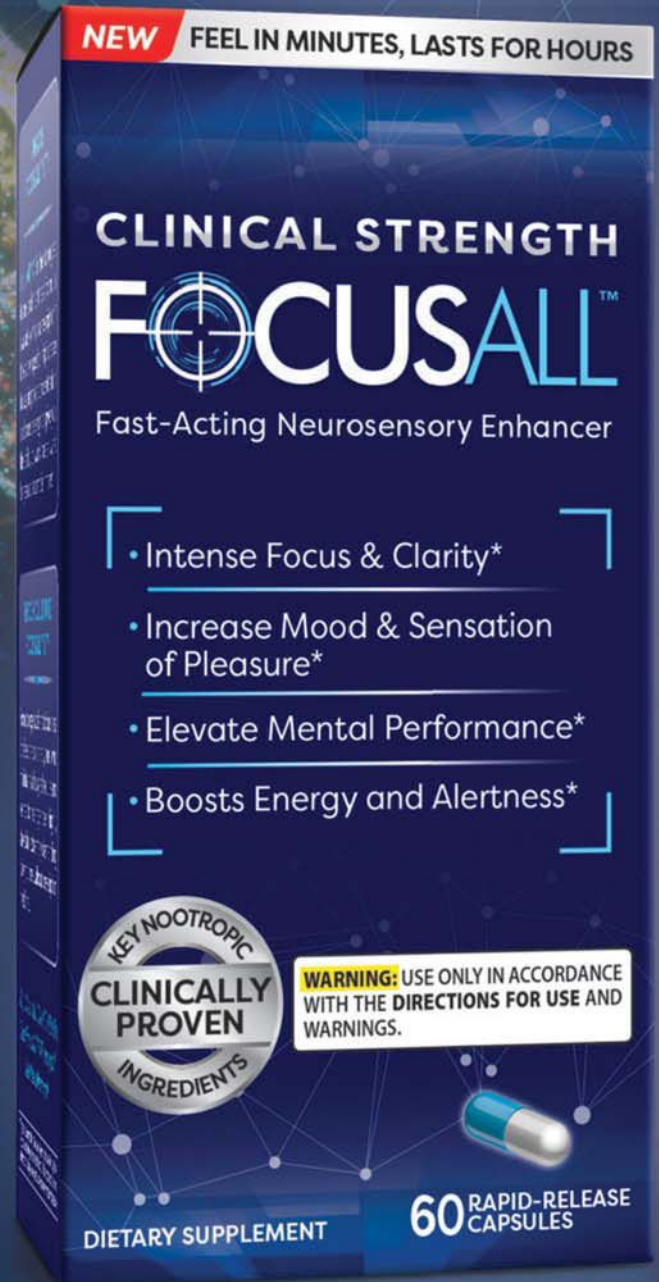
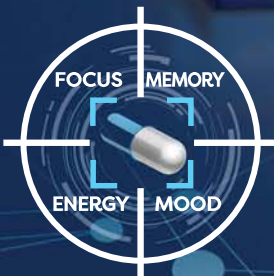
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# THE REAL DEAL ON FIBER

**Q:** Is fiber really all that important in the diet? — J.D. Chafin, Pensacola, Fla.

**A:** When I was a kid, my grandmother was always trying to get me to eat foods you had to chew a lot. “Gives you roughage,” she’d say wisely. “Keeps you regular.”

Well, that was then, this is now. Our prune-eating grandmothers were onto something, but they had just scratched the surface. Research on fiber is exploding, and its resume of health benefits now extends to weight loss, cancer, diabetes, heart disease, and blood sugar management. Fiber is also essential to the care and feeding of a healthy microbiome.

What’s more, the old conventional wisdom about there being only two kinds of fiber (“soluble” and “insoluble”) was upended in the 1980s when two English researchers—Englyst and Cummings—discovered a third kind of fiber called resistant starch, which, as of this writing in 2016, is currently the subject of an enormous amount of research interest. (More on this in a moment.)

So what is fiber? What does it do? Why do we need it? And why should we care?

## WEIGHT LOSS

Fiber’s not expensive, it’s not exotic, and it’s certainly not sexy, but when it comes to weight loss, it works like a charm. More than a dozen clinical studies have used dietary fiber supplements for weight loss, most with positive outcomes. When

you take a fiber supplement with water before meals, the water-soluble fiber binds to water in the stomach, making you feel full and less likely to overeat. Fiber supplements have also been shown to enhance blood sugar control and insulin effects and even to reduce the number of calories (adding up to about 3–18 pounds a year) that the body absorbs. And a study in the prestigious *New England Journal of Medicine* found that a diet with 50 grams of fiber daily lowered insulin levels in the blood. (Insulin is known to stimulate hunger and promote fat storage.)

My coauthor on the book *Smart Fat*—Steven Masley, MD—followed patients at his south Florida clinic for 10 years, tracking what they ate, how much exercise they did, what vitamins they took, and how much weight they lost. He found that fiber intake was one of three variables that predicted weight loss success better than anything else (the other two were minutes spent exercising and vitamin D intake).

## OTHER BENEFITS

One of the most impressive studies of all followed 2,900

healthy subjects for 10 years and looked at the relationship between fiber, cardiovascular disease, weight, and insulin. The results showed that fiber was inversely associated with insulin levels, and weight and low fiber intake turned out to be a better predictor of heart disease than saturated-fat consumption.

Fiber’s ability to lower insulin may have wide-reaching benefits. High blood sugar and high insulin have now been implicated in a baker’s dozen of unwanted degenerative disease, including heart disease.

did you know...

Food sources of resistant starch (a type of fiber) include chickpeas.





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Even Alzheimer's is now being called "Type 3 Diabetes" because of its connection to insulin resistance, which has consequences not only for your waistline but for your brain as well.

### 3 TYPES OF FIBER

Insoluble fiber is what your grandmother was talking about when she said to eat "roughage." It doesn't break down in the gut.

Soluble fiber does break down in the gut. Specifically, it's broken down by good bacteria, which do something great with it—they convert it into short-chain fatty acids (SCFAs), the most important of which is butyric acid (also known as butyrate).

Why is this so important? Because the cells that line the gut depend on butyrate for food. "Butyrate has been around in the mammalian gut for so long that the lining of our large intestine has evolved to use it as its primary source of energy," writes obesity researcher and neurobiologist Stephen Guyenet, PhD. "It also has potent anti-inflammatory and anticancer effects." (Butyrate—or butyric acid—supplements are frequently used in inflammatory bowel diseases such as ulcerative colitis and Crohn's disease.) If you're not getting enough soluble fiber, you're probably not making enough butyric acid.

The third kind of fiber is resistant starch, so named because it literally resists breakdown (or digestion). Instead of being broken down by enzymes, resistant starch makes its way directly through the small intestine and winds

up in the colon, where—much like soluble fiber—it becomes food for good bacteria in the gut (also called 'probiotics'). Resistant starch is good bacteria's favorite food. In fact, gut bacteria create more butyric acid from resistant starch than they do from any other fiber.

Butyric acid is pure joy to the cells that line your gut, keeping them healthy. Theoretically, that means less chance of leaky gut and all the myriad of problems that can accompany it. A healthy, well-fed gut lining helps make for a healthy microbiome.

That's one reason that soluble fiber and resistant fiber are both often known as prebiotics—they're food for the probiotics in your gut. All prebiotics are fiber, but not all fiber is prebiotic; the indigestible, insoluble kind your grandma called "roughage"—although

important—is not a prebiotic fiber. Prebiotics, on the other hand, are what keep your good bugs alive and thriving.

Feeding gut cells resistant starch and soluble fiber is a good beginning. Resistant starch, in particular, even improves insulin sensitivity.

Interesting factoid: In 1981, the *American Journal of Clinical Nutrition* published a paper by Thomas Almy, MD, called "The Dietary Fiber Hypothesis." The "Fiber Hypothesis," as it's now called, basically put forth the notion that high-fiber diets are protective against a host of diseases. But researchers recently pointed out that some of the low-risk African populations that gave rise to the fiber hypothesis actually didn't consume high-fiber diets; they did, however, consume diets high in resistant starch.

### FOOD SOURCES

Food sources of soluble fiber include beans, oatmeal, Brussels

sprouts, apples, nuts, blueberries, oranges, and flaxseeds. Food sources of insoluble fiber ("roughage") include the seeds and skins of fruits, avocados, wheat bran, and brown rice. Food sources of resistant starch include white beans, chickpeas, lentils, rolled oats, peas, black beans, red beans, kidney beans, unripe bananas, and potato starch.

### FIBER SUPPLEMENTS

Soluble prebiotic fiber can be added to a host of foods and beverages. I put a scoop in my shakes—its odorless, tasteless, and mixes well. Potato starch is a resistant starch that my friend Mark Hyman, MD, calls "the starch that makes you lean and healthy." And potato starch—unlike potatoes—won't raise blood sugar.

### IDEAL FIBER INTAKE?

Most Americans get a paltry 10–11 grams of fiber a day. Current recommendations range from 25 to 38 grams a day, but I believe more is better. Our caveman ancestors got between 50 and 100 grams daily, according to most research.

Potato starch—unlike potatoes—won't raise blood sugar.





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did you know...

Just like us, animals experience deep and often complex emotions.

# PET THERAPY

Caring for the emotional well-being of your pet **By Julia Szabo**

**W**e all want our pets to stay with us as long as possible, and we all want to give them the best possible quality of life. Yet when we think of our pets' wellness, most of us think primarily of their physical health. There's another, equally important, aspect of overall wellness to consider: emotional well-being.

Just like us, animals experience deep and often complex emotions. Sadly, those emotions are often misunderstood, dismissed, or overlooked altogether. Happily, more and more animal caregivers—owners as well as veterinarians and behaviorists—are examining

pets' emotions and taking them very seriously. The result is a new breed of animal companion that has the best chance at maximum longevity and premium quality of life.

## CONSIDER YOUR PETS' FEELINGS

Dan Sullivan, DVM, of Grand Gorge Animal Hospital, is a pragmatic veterinarian with a thriving practice in rural New York that offers care to animals both large (horses, cows) and small (dogs, cats). Like many excellent vets, Sullivan always considers his animal patients' emotional well-being—mainly because so many of them

present with symptoms of emotional unrest. "Most behavioral problems in dogs and cats are related to either OCD or anxiety," Sullivan explains. "OCD is the easiest to recognize: cats that overgroom themselves, or other cats, to the point that they produce excessive hairballs; dogs that lick obsessively at a part of their anatomy until they wind up with wounds, such as sores or lick granulomas." Sullivan says OCD and anxiety-related behaviors may also manifest as a pet becoming obsessed with something, such as a wall, a chew toy, or their food. For example, some

cats will overeat ravenously out of anxiety, only to vomit immediately afterward.

The most common form of anxiety in pets is separation anxiety, caused by being apart from owners or other pets, says Sullivan. "You see two animals that were raised together, then you move one or the other, and you get one—and possibly two—anxious pets."

Our well-intentioned desire to overdomesticate animals comes into play, too, Sullivan adds. "Cats, for instance, were put on Earth to run and hunt. And what do we do? Lock them up in the house and give them all the grain-based food they



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can eat!” This contributes to cats becoming overweight and lazy, with no outlet for their instinctive drives, continues Sullivan. “Also, cats are primarily solitary creatures. So we bunch them up into groups and make them share a litter pan, when they’re not wired that way. Going against cats’ natural instincts will result in all kinds of emotional issues; these are displayed in excessive licking, aggression, inappropriate urination to mark territory.”

Then there’s another kind of urination: that of senior pets that become incontinent. Fastidious females, especially, may feel disgusted with themselves, outraged at this brutal indignity of advanced age. Understand this, and don’t become frustrated with your older pet for causing extra cleanup.

### BE THE PACK LEADER

Certain behavioral issues with canines arise from our tendency to forget that dogs are pack animals that look to us, their humans, for leadership. “There are very few ‘naturally aggressive’ dogs,” Sullivan contends. “Most behave aggressively out of fear, or feelings of insecurity, because their owners are not in charge, and not performing their role as pack leader. And some dogs learn that displaying a bit of aggression gets them their way.”

People often neglect to train dogs altogether—or they misuse training tools that were designed to support dogs’ emotional wellness. Crates are one example, small cage-like structures that are meant to be used as a refuge for dogs in the home, not a punishment. “Crates are wonderful when

Bananas are great for mood support for both people and pets. Give bananas to dogs in small chunks, and only as an occasional treat.

used correctly,” Sullivan explains. “The crate is supposed to be a den, a safe zone, for the dog, a place where nothing bad happens. Don’t ever punish or yell at a dog while she is in a crate. Remember, it’s your responsibility to provide for your animals’ mental and emotional health.” Sullivan gives his own dog, Sky, commands using his most authoritative voice, but doesn’t yell. “And I never, ever hit Sky,” he says. “I use my voice. That’s all you have to do.”

### PROVIDE A SENSE OF CONTINUITY

Dogs rescued from abandonment, neglect, or abuse positively blossom when their emotional needs are met. William Berloni, author of *Broadway Tails*, is the go-to animal trainer for Broadway’s Midtown-Manhattan theater district, and is recognized for his achievements by the prestigious Tony Awards. All of his performing pets, including 32 dogs and three cats, are rescues from animal shelters. “On a day-to-day basis, we are constantly checking that our animals are in a good place emotionally as well as physically,” Berloni says. “You can train an animal to do specific behaviors,

but if he or she is stressed and not in a good place, they’re just not going to do it for you. Traveling with us, our team of working dogs is always on the move, in new environments, so we set up as many consistencies as possible: their own crates and beds on the road, bedtime and walks at the same time, feeding the same familiar food. That way, there’s always a sense of home, and we’ve minimized stress, the major cause of emotional discomfort.”

The relatively recent trend of people acquiring animals for “emotional support” has a downside for the pets assigned to this line of duty: many are absorbing their owners’ high stress levels, and this is taking a toll on the animals’ well-being. “Remember, your dog feels everything you feel,” says Berloni. “For their emotional well-being, try not to show extreme, negative emotions around pets. As pet parents, we all must learn to manage our response to stressful situations in positive ways.”

### IS THERE A PILL FOR THAT?

Many pet owners seek a quick fix, a “puppy Prozac” to cope with stress. Humans should never share psychopharmaceuticals meant for people with their pets. But there are many effective over-the-counter herbal and homeopathic remedies that help pets to handle stress. Use supplements specifically formulated for pets. For example, for dogs that suffer during thunderstorms or when boarding at a kennel, valerian helps them to decompress and sleep soundly, just as it does in humans; cloak the capsules in peanut butter or some other tasty treat, as dogs hate the smell and will spit out valerian if it’s not disguised. Bananas are great for mood support for both people and pets. Give bananas in small chunks, and only as an occasional treat. And remember that it’s important to manage your own stress. Says Berloni, “The less stress you experience, the happier your dog will be, so everybody wins.”



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# STAGES OF COLDS & FLU

## AND WHAT TO DO WHEN THEY HAPPEN TO YOU

By Jenn Rice

When Jack Frost starts nipping at your nose, bundle up—and avoid touching your mouth, nose, and ears at all costs. Why, you ask? The common cold and flu thrive in cooler temperatures, so it's essential to keep your immune system in tip-top shape and steer clear of germs as much as possible. But what to do if you fall victim? No fret. We've tapped Emily Kiberd, DC, a top wellness expert at Urban Wellness Clinic in New York, to give us insight on what to do if and when symptoms start to occur.

The biggest player in keeping a healthy immune system, though, just so happens to be maintaining healthy gut flora—making probiotics a must. “Probiotics help keep your gut running like a well-oiled machine, reducing inflammation and preventing infection during cold and flu season,” relays Kiberd. In addition, she covers other wonder-working natural remedies and supplements that will help you prevail post-cold and -flu.





## STAGE 2

### WHEN SYMPTOMS START TO OCCUR

Common cold and flu symptoms include, but are not limited to, nasal congestion, sneezing, sore throat, cough, fever, chills, and fatigue. Cold symptoms are usually milder than the flu, but both can take a huge hit on the immune system, so it's key to address first signs as soon as they occur.

Vitamin C and echinacea are a given, but there are also a few other supplements and natural remedies to try. Kiberd recommends taking andrographis (300 mg tablets) four times daily during the first few days of a cold. "Recent studies here have reported antimicrobial, anti-inflammatory and

immunomodulatory effects (that boost the body's natural immune response)," she says.

Cooking with fresh garlic or adding garlic to a fresh-pressed juice is also a great cold buster because garlic contains a compound called allicin that has antimicrobial activity.

Elderberry extract or lozenges, when taken within the first 48 hours, may also reduce symptoms.

Medicinal mushrooms can also help to nip symptoms in the bud. For example, shiitake (*Lentinula edodes*) contains a phytonutrient called lentinan that has been shown to boost production of natural killer (NK) cells. Other research shows that a proprietary extract known as AHCC also enhances NK cell activity.

## STAGE 1

### TAKE PREVENTIVE MEASURES

Whether you have symptoms or not, it's important to keep your immune system healthy during winter. Kiberd notes that prevention should start way before the season begins. "Almost 70 percent of your immune system is found in the gut flora," she says. "Gut bacteria are everything! They help your body digest food, and play an integral role in regulating your metabolism, weight, and immune system. A resilient immune system goes hand in hand with a healthy, well-functioning gut. In fact, the number of bacteria in our gut outnumber the number of cells in our body 10 to 1." To ensure you're getting a proper dose of probiotics, seek fermented foods such as sauerkraut, kimchi, miso, kombucha tea, and kefir, or search for a probiotic supplement that's right for you. Just remember, probiotic supplements should always be live cultures.

Other preventive measures include simple tasks like washing hands frequently, getting plenty of sleep, taking 500–1,000 mg of vitamin C daily, eating whole foods, and exercising regularly. The combination of "eating right, staying well-hydrated, and getting plenty of sleep will keep your immune system healthy and your body more able to respond to stressors like a virus or bacteria invading your body," says Kiberd. "If you are in a constant state of stress and then get exposed to the cold or flu, you are less likely to fight it off successfully."



## COULD IT BE PNEUMONIA OR BRONCHITIS?

If you've taken all of the proper steps for recovery, but your symptoms worsen, maintain vigilance. Contrary to popular belief, pneumonia and bronchitis, two of the most Googled health topics, can occur no matter what your age, and take place when cold or flu doesn't subside. "Pneumonia and bronchitis can happen when a cold/flu is not properly treated or becomes chronic," states Kiberd. "At this point, it would be negligent to say that more conventional therapies are not needed (antibiotics if the infection is bacterial). If the infection is viral, treatment and recommendations remain the same—the most important is getting rest and plenty of fluids." While a cough can linger, monitor your recovery symptoms, and if wheezing, shortness of breath, chest pain, and fever arise, immediately give your doctor a call.





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## STAGE 3

### WHEN FULL-BLOWN SYMPTOMS OCCUR

During this stage, you're fully aware of what hit you, and are probably feeling very weak and vulnerable. In addition to the initial symptoms, sneezing, sore throat, nasal congestion, cough, and fatigue have most likely worsened. Kiberd recommends continuing all of the suggestions and remedies for the previous stages, plus several additional tricks to help with pain and discomfort.

"Ease symptoms of nasal congestion and/or sinus congestion by adding chamomile flowers or 5–10 drops of eucalyptus essential oil (or both!) to boiling water," she says. "Place your head under a towel over a pot of boiling water—keep a safe distance—and inhale the steaming vapors for 10–15 minutes." This is a great remedy to try before going to sleep, as it will help you breathe easier. "Adding honey to hot teas will help ease and heal a sore throat," she notes. Ginger root also helps to heal a sore throat; it contains gingerols, which kill rhinoviruses, the cause of the common cold.

Adding zinc to your winter health arsenal is a must. Kiberd suggests taking 23 mg tablets every two hours while awake to help combat symptoms. And last but not least, adding 1–2



drops of oregano oil, a powerful antimicrobial, to 4 ounces of water helps fight off infections.

## STAGE 4

### THE ROAD TO RECOVERY

Recovery is, perhaps, the most important stage. If you're not careful, symptoms could come back to haunt you with a vengeance. While you should always continue with prevention steps, Kiberd offers a few other suggestions to help ensure colds and flu don't come back.

"A cough can last for weeks even after other symptoms have resolved, so use ginger tea with honey," she says. Honey boasts antibacterial properties and will help reduce swelling and soothe soreness. Hydration, electrolytes, and green tea should also be top of your list for recovery. And while you're on the path to feeling better, it's best to steer clear of anyone who may be sick—this includes public places where you may come into contact with germs.

Ginger root helps to heal a sore throat; it contains gingerols, which kill rhinoviruses, the cause of the common cold.

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Jenn Rice is a freelance writer who has been covering beauty, spas, destinations, and food since 2010. Her work has appeared in magazines and newspapers, and on national websites. She is currently based in Jackson Hole, Wyoming.

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# 7 WAYS TO LOWER BLOOD SUGAR

**DRUG-FREE STRATEGIES TO PREVENT AND TREAT TYPE 2 DIABETES** By Vera Tweed

**W**ithout changes in diet and exercise habits, the Centers for Disease Control and Prevention estimates that one in three Americans will develop type 2 diabetes. The good news is that most cases can be prevented. The disease used to be called adult-onset diabetes, because it was rare among people under age 30, but the name changed as incidence soared among younger people during the past two decades.

## WHAT IT IS

Type 2 diabetes is an inability of the body to use insulin, the hormone that manages levels of blood sugar. As a result, levels of blood sugar become chronically elevated, a stage called prediabetes. When levels of blood sugar reach even higher levels, the condition becomes full-blown diabetes.

## WHAT CAN BE DONE

According to the CDC, type 2 diabetes can most often be prevented. A landmark study called the Diabetes Prevention Program, supported by the National Institutes of Health and published in the *New England Journal of Medicine* in 2002, compared the effects of a diet and exercise, and a commonly used diabetes drug (metformin), among more than 3,200 people who were overweight and had prediabetes. Compared to a placebo:

- ❖ Adults following a diet and exercise program reduced risk for diabetes by an average of 58 percent, and among those age 60 and older, by 71 percent.
- ❖ People taking metformin also reduced their risk of diabetes, but not as much: by only 31 percent.
- ❖ In addition to lowering blood sugar, the diet and exercise program produced additional benefits: reduced blood pressure and other risk factors for heart disease, more so than the medication.
- ❖ Weight loss between 5 and 7 percent of body weight reduced risk for diabetes.

In all the years since then, the lessons learned have not been widely put into use, and prediabetes and diabetes continue to prevail. Lowering and keeping blood sugar in a healthy range is the key to avoiding the disease, and lifestyle changes along with supplements can help you do it.

**1** **Diet and Exercise.** The amount of weight lost doesn't have to be dramatic. As an example, for someone who weighs 200 pounds, a drop of 5–7 percent would mean losing between 10 and 14 pounds. Most people with prediabetes or type 2 diabetes are overweight, and any dietary changes that produce weight loss are likely to lower blood sugar. However, a study comparing low-fat and low-carb diets among type 2 diabetics, published in the *American Journal of Clinical Nutrition*, found that a low-carb, low-sugar diet produced more stable levels of healthy blood sugar and less need for diabetes medications.

As far as exercise, a study of people with prediabetes, at Duke University in Durham, N.C., found that brisk walking—a total of 7.5 miles per week, or 1.5 miles per day on 5 days of the week—was more effective than jogging in reducing blood sugar. Other research, at Virginia Tech in Roanoke, found that resistance training can reduce blood-sugar levels after meals in people with prediabetes.

**2** **Sleep.** Harvard researchers and others have found that getting too little or too much sleep disrupts blood sugar and contributes to diabetes. Get the amount that's right for you.

## DIABETES FACTS

29.1 million  
Americans have diabetes.

86 million have prediabetes

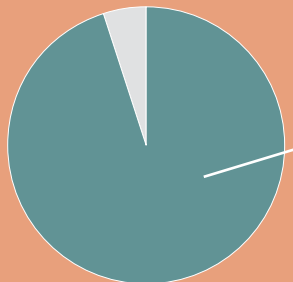
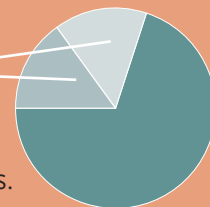
but 9 out of 10 are unaware of the condition.



Prediabetes increases risk for heart disease and stroke, as well as diabetes.

15–30%

Prediabetics who are likely to develop type 2 diabetes within 5 years, without lifestyle changes.



In adults,  
95%  
of diabetes  
is type 2.

Being overweight doesn't always lead to diabetes but it is a major risk factor, and many people with prediabetes and type 2 diabetes are overweight.



Type 1 diabetes, an inability to produce insulin, most often strikes adolescents. Although the causes are not fully known, it is considered an autoimmune disease with genetic roots, and is treated with insulin and diet.



Diabetes increases risk for heart disease; stroke; loss of vision; kidney disease; amputation of toes, feet, or legs; and earlier death.



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A study of type 2 diabetics found that a low-carb, low-sugar diet produced more stable levels of healthy blood sugar than a low-fat diet.

**3 Chromium.** Studies show that this mineral can improve blood-sugar levels by increasing insulin sensitivity, and it improves levels of cholesterol and triglycerides without adverse effects. Available as an individual supplement, chromium is also in many multivitamins and formulas designed to balance blood sugar. A daily dose of 200 mcg is often recommended.

**4 Gymnema sylvestre.** Research shows that this herb, an ancient diabetes treatment in Ayurveda, lowers blood sugar by increasing production of insulin. The most noticeable effects have occurred among diabetics with the highest levels of blood sugar. Follow label directions, as products vary in strength.

**5 Aloe.** A review of studies published in *The Journal of Alternative and Complementary Medicine*, found that aloe supplements lowered levels of blood sugar in people with both prediabetes and diabetes. The greatest reductions were seen in people with the highest blood-sugar levels.

**6 Probiotics.** A review of studies with more than 600 people, published in the *British Journal of Nutrition*, found that probiotics lower blood sugar and improve insulin function among diabetics. Take a supplement with a variety of beneficial bacteria.

**7 Maitake Mushroom.** This mushroom extract contains natural alpha-glucosidase inhibitors, which block an enzyme that turns starch and simple sugars into glucose. Many diabetes drugs contain alpha-glucosidase inhibitors, but unlike drugs, maitake does not have side effects.

### CAUTION

If you take medication to control blood sugar, work with a health professional before taking anything new. Diet, exercise, and supplements will reduce blood-sugar levels, and medication may need to be adjusted.

## OTHER HELPFUL SUPPLEMENTS

Many nutrients influence blood-sugar and insulin function. Low magnesium levels correlate with higher blood sugar. Cinnamon has been used to treat diabetes. Vanadium, a trace mineral, has been found to reduce the need for insulin among diabetics. And alpha-lipoic acid has been found to reduce peripheral neuropathy (nerve damage) from diabetes, and may also lower blood sugar.

Other helpful nutrients for blood-sugar control, found in many high-dose multivitamin and mineral supplements, include vitamin B6, biotin (another B vitamin), vitamin E, quercetin, zinc, and selenium.

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

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# NOW HEAR THIS!

## EASY CURES FOR COMMON EAR ISSUES

By Lisa Turner



We rarely think of our ears—until they give us problems. But imagine not being able to hear your favorite song, or have a heart-to-heart with your best friend, or listen to the birds chirping on a spring morning. Sad, right? That's why it's critical to protect ear health, and set the stage now for healthy aging of your ears.

Because it's not visible without special tools, the ear itself is a little mysterious. It's made up of three parts: The outer ear includes the ear structure itself and the ear canal, which leads to the eardrum, or tympanic membrane, which is responsible for transmitting sound. The middle ear, just beyond the ear canal, is made up of tiny bones that transmit sound, and the Eustachian tube, a canal that connects to the throat. The inner ear is made up of nerves that carry sound to the brain. Most of those intricate structures are delicate and easy to damage. But you can protect your ears from the most common issues, and keep your hearing for years to come.

))) **1 EAR INFECTIONS** Technically known as otitis media, middle ear infections are usually secondary to respiratory infections, allergies, or colds; the lining of the upper-respiratory tract swells and blocks the Eustachian tube, leading to fluid buildup and infection. Kids get them more often simply because their Eustachian tubes are smaller and not angled downward, making them more susceptible to fluid buildup.

Left untreated, ear infections can lead to long-term issues, including permanent hearing loss. And while antibiotics were once routinely prescribed, the American Academy of Pediatrics (AAP) now states that antibiotics should not be used unless there is an obvious infection; even then, the AAP recommends using prudence if ear pain is mild and no fever is present.

In the meantime, natural treatments can help. Eardrops that contain garlic and mullein can help fight bacteria and viruses, while soothing swelling and pain. Homeopathic ear remedies that contain *Calcarea carbonica*, *Pulsatilla*, *Sulphur*, and *Lycopodium* are especially safe and gentle for young children. And gently massaging the area

around and under the ear in a downward motion can encourage drainage. Try using lavender, tea tree, or chamomile essential oils diluted with sweet almond oil for kids. For adults, basil, rosemary, and frankincense oils can be used.

))) **2 EARWAX BUILDUP** Earwax, or cerumen, is produced by the skin lining the ear canal. It protects the ears from dust and bacteria, and lubricates the ear canal to prevent itching and irritation. Excess earwax generally comes out naturally on its own. But sometimes, earwax can build up in the ear canal, leading to pain, itching, a sense of ears being plugged up, and, over time, hearing loss.

Never use cotton swabs in the ears; you'll just push wax deeper into the ear canal. Try a gentle eardrop solution that contains glycerin. A few drops of hydrogen peroxide in the ears once or twice a week can also soften wax and allow it to come out on its own. Some people use candling, an ancient practice in which a tapered tube is placed in the ear while the other end is lit, creating a vacuum and sucking out ear wax. It's controversial, but some folks swear by it.

))) **3 TINNITUS** Tinnitus is characterized by persistent ringing, buzzing, roaring, or other noise in the ears. It affects about 1 in 5 people, and is usually related to exposure to loud noises, ear injury, age-related hearing loss, or earwax buildup. It may also be caused by high doses of aspirin or other NSAIDs such as ibuprofen. Though tinnitus is not inherently dangerous, it's annoying, and can be a sign of a more serious condition, such as head or neck tumors, or Ménière's disease, an inner ear disorder that includes vertigo and hearing loss.

While there's no cure, studies show Pycnogenol, an antioxidant extracted from French maritime pine tree bark, can dramatically improve symptoms of tinnitus and Meniere's, including dizziness, ringing in the ears, hearing loss, inner-ear pressure, and unsteady balance. In one study, nearly 90 percent of people who took Pycnogenol were free of all inner-ear-related symptoms within six months. Because Pycnogenol also improves microcirculation and is antioxidant and anti-inflammatory, it may also prevent the onset of tinnitus.

Drops can also help. Look for herb-based formulas such

as gentian root, bitter orange, and dandelion, that help relieve ringing in the ears by soothing nerve endings and improving circulation.

))) **4 HEARING LOSS** Hearing loss affects 48 million Americans, and 15 percent of people over age 18 report trouble hearing. Age-related hearing loss is the most common type; as we age, blood flow to the nerve endings that make hearing possible decreases, and the body produces more free radicals that can damage hearing. Hearing loss may also be caused by loud noises, head injuries, drug use, illnesses that damage the inner ear, or abnormal growth of tumors. But some supplements can support auditory function and help maintain hearing for years to come:

- ❖ *Ginkgo biloba*, also used to treat circulatory disorders and memory loss, is effective at protecting against hearing loss and tinnitus.
- ❖ Alpha lipoic acid, a powerful antioxidant, may help prevent or even reverse age-related hearing loss. When combined with acetyl-L-carnitine, the effects are even more pronounced.
- ❖ Vinpocetine, a compound shown to improve blood flow to the brain, may also protect the ears.
- ❖ B vitamins: folate reduces levels of homocysteine, a compound that's linked to increased risk of hearing loss; vitamin B12 may protect against noise-induced hearing loss.
- ❖ CoQ10 can reduce hearing loss from noise and alleviate tinnitus.

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### Mega Awesome

Juicing just got way easier with the **Omega Mega Mouth Juicer**. A large-feed chute accommodates even whole fruits and veggies, so you spend less time chopping and slicing. It's designed for commercial use (read: it's rugged and durable), yet it's attractive enough to be displayed on any home kitchen counter.



### Brew Master

Cold brewing coffee allows only the naturally delicious coffee flavors to be extracted —not the bitter and acidic tastes that can result from hot brewing. **Takeya Cold Brew Coffee Maker** makes, serves, and stores smooth-tasting java that stays fresh for up to two weeks. And the container is BPA-free.



### Get Blending!

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This **Gaiam Premium Yoga Mat** provides a stable, nonslip surface, ensuring the safety and comfort you need to enhance proper alignment and maintain poses. And it's chic and stylish, too—this intricate sundial printed in lemon yellow on light heather gray is just one of a variety of inspiring colors and patterns available.



### Light Therapy

Feeling like a basket case? **WBM, LLC Himalayan Natural Salt Basket Lamp**, featuring large natural salt crystals mined from deep in the Himalayan mountains, has a therapeutic effect on body and soul. The salts release negative ions that neutralize positively charged ions in the surrounding area, known to calm the body and mind and elevate mood, as well as help to clear the air of contaminants such as allergy and asthma triggers. This lamp looks (and feels) great at home (it makes a soothing night-light), the office, or any place of business.





◀  
**3-in-1—Done and Done!**  
**Sow Good Men's 3-in-1** is a perfect fun-yet-practical stuffer. This all-natural shampoo/body wash/shave gel combo will make the man on your list feel fresh and clean while simplifying his morning routine. Choose from spice or fragrance-free.

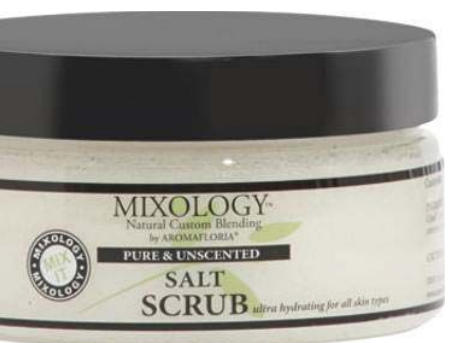


🧴  
**Brace Yourself**  
**Badger After Shave Face Tonic** includes a light witch-hazel-based bracer and cooling hit of menthol to invigorate and tighten skin. This refreshing post-shave tonic also hydrates and moisturizes with aloe, while bergamot essential oil is added to uplift the spirits. Great for all skin types.

➡  
**True Gems**  
 Along with pure essential oils, **Terra Essential Scents** roll-on fragrances include actual gemstones. Amber contains sunstone, which corresponds with the sacral chakra to support passion and intensity. Pink Lotus adds rose quartz, which corresponds energetically with the heart chakra to support emotional healing, trust, and harmony. Roll them on and you may feel your energy shift!



➡  
**A Great Escape**  
 The cure for holiday stress? A luxurious soak in a hot tub. **Aromaflovia Stress Less Ocean Mineral Bath Salts** are the recipe for the perfect bath—muscle-relaxing mineral salts infused with a blend of anxiety- and irritability-reducing lavender, chamomile, and sage essential oils. Ahhh ...



◀  
**Create-Your-Own Scrub**  
 What's really cool about **Mixology Pure & Unscented Salt Scrub** is that you can custom-blend any essential oil or oils into the pure and unscented natural base to create a personalized aromatherapy treatment. This exfoliating scrub leaves skin glowing, silky smooth, and covered with a luscious layer of moisturizing nutrients. Alternatively, it can also be used as a foot soak.



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### Traditional Treat With a Twist

Chocolate goodies are synonymous with the season, but they're full of sugar and empty calories (wah, waah). Now there's a better-for-you truffle that's loaded with protein and healthy omegas—**Nuts 'N More Peanut Butter Protein Truffle Butter Bites**. Nutty, chocolaty, and satisfying, they're made from healthy ingredients like fresh peanuts, fair-trade cocoa, and whey protein—and they can hold their own on any dessert tray.



### Please Teas Me

These three teas make charming gift-basket additions or stocking stuffers, and are especially heavenly when sipped while cozied up to a roaring fire. **Pukka Love** tea is a captivating combination of soothing and fragrant chamomile, lavender, marigold, and rose petals sure to warm the heart and soul of anyone who drinks it. **Tiesta Tea Relaxer Cocoa Mint Chill** tea, a blend of peppermint, white chocolate, and rooibos, is perfect after a day of skiing or sledding—or just after a tough day at the office. And **Rishi Tea Organic Pu-erh Tea Chocolate Cinnamon** entices the senses with the aroma of freshly baked holiday treats—without the calories.

### Share the Power of Vitamins

These bracelets were handmade by women in the Lake Atitlan region of Guatemala as part of the Mayan Families Artisan program, which helps women and families become financially self-reliant. In partnership, the nonprofit organization Vitamin Angels has been providing necessary vitamins to women and children in Guatemala since 2010. From November 28–December 31, 2016, donate \$5 at any Vitamin Shoppe store to receive one of these beautiful handmade bracelets and help to share the power of vitamins.



### WIN THESE GIFTS!

“Like” us on Facebook and check out our Facebook page ([facebook.com/AmazingWellness](https://facebook.com/AmazingWellness)) every Friday during November and December for details about how you can win gifts featured in this guide. We'll offer a new gift each week. Good luck!

All products shown here available at The Vitamin Shoppe or [vitaminshoppe.com](http://vitaminshoppe.com).

A photograph of a woman with dark skin and braided hair, wearing an orange and blue sleeveless top, holding a sleeping baby wrapped in a white blanket. The background is a blurred outdoor setting with trees.

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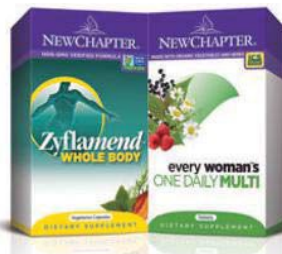
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“Within days I noticed an amazing difference—I was no longer having an upset stomach after taking a vitamin. I noticed an overall improved sense of my health.”

- Jessica

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 **NEWCHAPTER®**



# LOVE YOUR LIPS

The best ways to keep lips hydrated and healthy **By Jennifer Martin**

**E**specially in the winter, you want to protect your pucker from the elements. Cold air and wind can quickly lead to dry, rough, chapped lips. Certain medications, and even toothpastes and mouthwashes, contribute to the problem. But before you reach for just any old lip balm, think twice. “Phenol-containing mineral oil or petrolatum-based lip balms cause skin irritation, dryness, and lip balm addiction,” says Kat James, author of the bestselling natural beauty classic *The Truth About Beauty*.

Instead, anything you put on your lips should quite literally be good enough to eat. Seek out products that use skin-compatible oils and lip balms containing emollients such as shea butter, cocoa butter, coconut oil, beeswax, calendula, aloe, allantoin (comfrey root), and vitamins C and E, says James. These ingredients “truly hydrate, heal, and protect the lips—they don’t just seal them.”

Here are some natural balms we think are the bomb!



**Kiss My Face Sport Treatment** 30 protects lips from sunburn while enveloping them with natural beeswax, coconut oil, vitamin E, shea butter, and lime and spearmint essential oils.



**Dr. Bronner Peppermint Organic Lip Balm** contains zero synthetic ingredients—just organic beeswax; jojoba, avocado, and hemp oils; and peppermint essential oil.



**Alaffia Cocoa & Shea Butter Lip Balm Natural Mocha** gets its yummy mocha flavor and scent from fair-trade, ultra-hydrating shea and cocoa butters.



**Out of Africa Pure Shea Butter Lip Balm Pomegranate + Açai** keeps lips soft and supple with healing fatty acids from unrefined shea butter, and anti-aging antioxidants.



**Shea Terra Organics Lip Savior** rescues parched lips with golden beeswax from Uganda, a variety of beeswax with natural healing properties, along with rose hips and vitamin E-rich shea butter.

*did you know...*  
Lips are like fingerprints. No two lip prints are exactly alike. In forensics, the study of the pattern of wrinkles on the lips is called Cheiloscopy.

## Take Your Vitamins

- ❖ **OMEGA-3s.** They’re good for your skin overall, including your lips.
- ❖ **ZINC.** Cracked lips are a sign you’re deficient in this mineral.
- ❖ **B VITAMINS.** Deficiencies of certain B vitamins can lead to dry, cracked lips, mouth sores, and even swelling of the tongue.



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## natural glow

### MAKE YOUR OWN LIP BALM

From *Herbs for Natural Beauty* by Rosemary Gladstar, this deliciously simple salve recipe makes 1 cup—enough for several ¼-ounce containers. If you don't want to give out lip balm as gifts, you can halve this recipe.

½ oz. alkanet root or other emollient herb such as comfrey or calendula

1 cup carrier oil such as apricot kernel, almond, or grapeseed oil

¼ cup grated or chopped beeswax

1 Tbs. honey

A few drops of essential oil for flavor (any citrus, mint, vanilla, or rose are good choices)

1. If you're using alkanet or another emollient herb, combine it with the oil in a double boiler over low heat. Bring to a slow simmer for about 15–20 minutes, or until the oil has turned a deep red/black color; the deeper the color now, the redder the lip balm will be. If you're using another herb, simmer for 20–30 minutes. Strain the herbs from the oil using a large strainer lined with a double layer of cheesecloth or muslin.

2. Add the beeswax, honey, and essential oil to the strained oil.

A taste test here is appropriate;

adjust the flavors as needed.

3. Test for consistency by placing a tablespoon of the oil in the refrigerator and letting it sit for 5–10 minutes. You want the lip balm to be solid but spreadable. If the test batch is too hard, add a bit more oil to the mixture to soften it; if it is too soft, add more beeswax to harden it. Don't let the mixture cool too much while you're doing this, or you won't be able to pour it into containers. If it begins solidifying and clings to the edges of the pot, quickly reheat it.

4. Pour lip balm mixture into

¼- or ½-oz. containers. Let cool completely before putting on lids.

**WHAT IS ALKANET?** *Alkanet, a lovely garden flower, adds a rich red color as well as protective emollient properties. A smaller amount of alkanet will soften the color to pink or a light watermelon red. You can use other emollient healing herbs in place of or in addition to the alkanet. Good candidates include chamomile, rose, comfrey, calendula, and St. John's wort.*

*Jennifer Martin is a freelance writer residing in Los Angeles.*



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# READY FOR YOUR CLOSE-UP?

5 tips and tricks to look better in holiday photos **By Lisa Turner**

It seems more photos are snapped during the holiday season than any other time of year. Parties and family gatherings are ideal photo ops—and these pics will likely not only be posted on social media, but be handed down to posterity, so you want to look your best! Prepare for “photo season” with these tips to look your glowing, beautiful best, as well as a few tips to trick the camera that even professional models use.

## 1. MAKE EYES POP.

Start with a cream containing natural ingredients like green coffee, vitamin C, and DMAE to diminish puffiness and dark circles. Or soak a clean washcloth in witch hazel, refrigerate for 30 minutes, then lie down with the cloth across your eyes for 20 minutes. Make eyes look brighter with gentle drops that remove red and whiten eyes. Then, to make your peepers really pop, shape brows and fill them in with a pencil that’s the same shade as or slightly lighter than your hair. Skip eyeliner—it can make eyes look smaller—and concentrate on mascara; use several light coats to avoid spiky lashes.

**PRODUCTS:** DERMA E Firming DMAE Moisturizer + GABRIEL COSMETICS Zuzu Luxe Mascara



## 2. MOUTH OFF.

For a whiter smile, start using a natural pre-brush whitening rinse and natural whitening toothpaste, ideally a couple of weeks before the holiday hubbub begins. For the most flattering shots of lips and teeth, outline lips with a lip pencil in your natural lip color, slightly extending the border of your lower lip. Then fill lips in with lip pencil before applying top color. Avoid pale colors and super-glossy lips; earth tones, peaches, and berry colors look best.

**PRODUCTS:** BOTANIQUE BY HIMALAYA Whitening Complete Care Toothpaste + GABRIEL COSMETICS Lipliner in Berry



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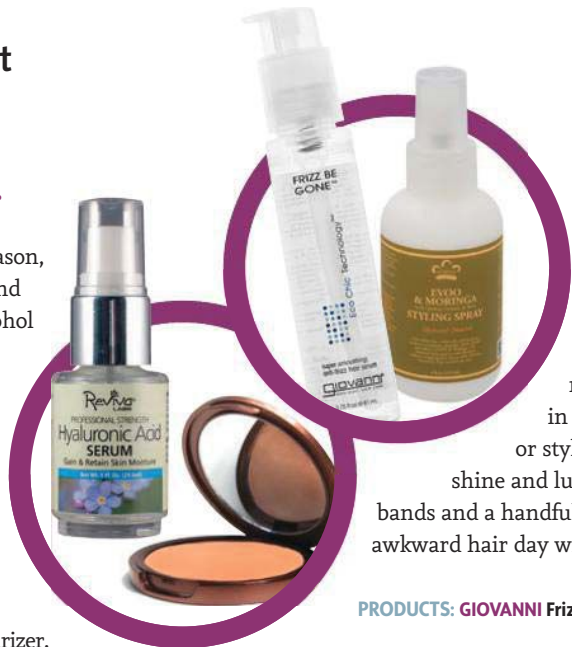
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### 3. SMOOTH SKIN.

Although it's a challenge throughout the holiday season, try to drink lots of water and limit carbs, sugar, and alcohol to promote clear, glowing skin. Plump up lines and wrinkles with topical hyaluronic acid (the main ingredient in injectable fillers). A few hours before your party or holiday dinner, use a tightening or exfoliating mask, then follow with a firming moisturizer. For makeup, start with a light, sheer natural foundation free of parabens and perfumes; heavy foundations look cake-y and artificial under the camera's scrutiny. For a healthy glow, and to make teeth and eyes look brighter, finish with a light brush of mineral-based bronzing powder.

**PRODUCTS:** REVIVA LABS Professional Strength Hyaluronic Acid Serum + MINERAL FUSION Bronzer in Sparkle



### 4. SHOW OFF YOUR LOCKS.

If you've got brassy highlights or roots that show, try a natural hair color or henna wash, ideally a day or two before a planned event. An anti-frizz serum or gel can keep stray locks in place, or use a spritz of a lightweight holding spray. Be careful not to lacquer locks; soft, movable hair looks better in photos. Massage in a bit of leave-in conditioner or styling pomade, or a dab of coconut oil to add instant shine and luster. And keep a small hairbrush, coated elastic bands and a handful of bobby pins in your purse to instantly hide an awkward hair day with a quick up-do (and instant facelift).

**PRODUCTS:** GIOVANNI Frizz Be Gone + NUBIAN HERITAGE EVOO & Moringa Styling Spray

### 5. CHECK YOUR LIMBS.

You may be showing some skin at holiday gatherings—and if yours has been under wraps since summer, it could use some help. Start with a whole-body exfoliating scrub to slough off dead, dry skin, then follow with a rich moisturizer from head to toe. Consider a natural sunless bronzer to create a warm, sunny glow; choose a shade only slightly darker than your natural skin tone. Be sure toenails are picture-perfect too; soften cuticles and apply a coat of sheer natural polish to make digits look great in open-toed evening shoes.

**PRODUCTS:** PRO TAN Two Minute Tan + AROMAFLORIA Salt Glow Body Scrub



## Pic Tricks

- ❖ **SEE THE LIGHT.** You don't always get to select your lighting—but if you have a choice, go for soft, rosy light; think sunrise or sunset. Direct sunlight or a flash can also be flattering, especially since both tend to minimize lines and shadows. Avoid overhead lighting, especially fluorescent lights, which cast shadows on the face and impart an unflattering tone. Steer your photographer toward natural light, like a window or an open porch if possible. And if possible, go for a shoot where there's a lot of surrounding white—like the beach, or a snow-covered lawn—to minimize lines and imperfections.
- ❖ **BE A POSER.** A few clever twists, turns and angles can instantly slim your tummy and lengthen your legs in almost any photos. First, face the camera,

then turn your torso partly away from the camera, so one shoulder is forward; place one foot in front of the other. This slims the waist and creates an illusion of length in the torso and legs. To make face look more slender, slightly thrust chin forward, then drop chin very subtly; it feels awkward, but eliminates any possibility of a double chin. And avoid taking head shots full-on; turn your face slightly away from the camera, which camouflages asymmetrical features and slims cheeks. And ask someone tall to take your pic—you'll look thinner if the photo is taken from slightly above you.

- ❖ **AVOID RED EYE.** If you're taking photos in a dim setting, look at a lamp or other light right before the flash goes off, to make pupils contract and avoid the crazed red-eye look.

Lisa Turner has been researching and writing about beauty and nutrition for almost 20 years. She is also a certified yoga instructor and Shiatsu practitioner, and has been practicing yoga and meditation for more than 20 years. Visit her online at [inspiredeating.com](http://inspiredeating.com).

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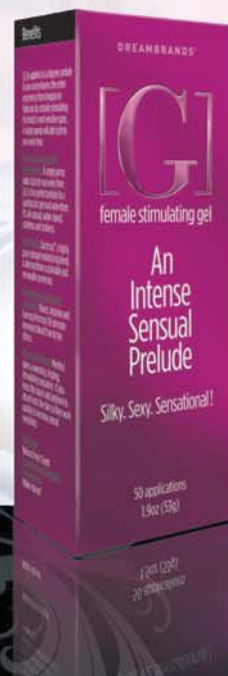
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# CROSSFIT

Is this hardcore workout right for you?

By Vera Tweed

From celebrities the likes of Jessica Alba, Sam Heughan, and Channing Tatum to ordinary folks of all ages, CrossFit has become a popular way to get and stay fit. The challenging, fast-paced, and varied workouts may seem intimidating to the uninitiated, but could be just the thing to get you in shape or break through a plateau and achieve a higher level of fitness.

## THE BIG MYTH

“Everyone has this notion that you need to be in shape to start CrossFit, and that’s a myth,” says Adam Sturm, a certified CrossFit coach and owner of several CrossFit Outbreak gyms in Brooklyn, N.Y. “CrossFit is accessible to everyone.”

Can’t do a push-up? No problem—start with push-ups against a wall, and gradually progress to the full-blown version on the floor. Feel like you’ll fall flat on your butt if you try a squat? Do it over a ball or box at first, just in case you do fall. If you’re medically okay to exercise, says Sturm, you can do CrossFit.

This is how one of the members in Sturm’s gym put it: “I had many concerns coming into CrossFit for the first time, and was convinced that this wouldn’t be for me. One month in, I have completely converted. The results have been more than I could ever imagine and completely transformed me.”

## WHAT’S SO SPECIAL?

Although no one disagrees that a good fitness routine should include aerobic exercise and weight or resistance training, these are often broken down into separate activities that don’t use the human body the way we do in life. Aerobic-style classes or exercise on treadmills, elliptical machines, or bicycles enhance heart health and endurance, for example, and weight training tends to challenge one muscle or muscle group at a time. Bottom line, you have to plan out routines to incorporate all the different aspects of fitness and come up with ways to create new challenges, or results will plateau. Unless you’re working with a competent personal trainer, it can get complicated or simply fail to produce results.

CrossFit is basically an easy way to get an all-around workout with built-in challenges, to continually improve endurance and strength of your whole body. “It’s very different than a health club, where you have to think about everything, what exercises you’re going to do, your playlist, what you’re going to wear, who’s looking at you,” says Sturm. “That doesn’t happen in a CrossFit gym.”

Progress is easy to see, feel, and measure. Using good form, how much weight can you lift? Can you do a 5k run or a 5k row? Periodic testing and recording benchmarks is part of the program.



## CrossFit Lingo

Like other forms of movement (poses in yoga, for example), CrossFit has names for specific exercises. A squat without lifting any weight, for example, is an “air squat.” There are many more, but these are some basic terms:

- ❖ **Box:** A CrossFit gym.
- ❖ **Coach:** The class instructor, who should have a CrossFit certification.
- ❖ **WOD:** Short for “workout of the day,” literally a different workout each day, posted on [crossfit.com](http://crossfit.com), used in CrossFit boxes, and designed to be part of a complete CrossFit program.

To see how some of the basic exercises are done, visit [crossfit.com/exercisedemos](http://crossfit.com/exercisedemos).

## HOW TO START

If there’s more than one CrossFit gym nearby, check them all out. Even though they all do the CrossFit program, the culture of individual gyms does vary, just as yoga studios have different vibes. Talk to the owner or a

coach about your goals and fitness background, and go to one or more introductory classes. The class instructor should help you do moves correctly and at your fitness level.

If you want to continue, sign up for a membership and go

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## fit & healthy

to classes three times a week, recommends Sturm. Membership costs vary, but are higher than a basic membership in popular health club chains and may or may not require a contract. At many gyms, classes can be small, around 8 to 10 people. Regardless of size, they should enable you to get the hang of how to do each exercise with proper form, at a level that is challenging but safe for you.

Sturm also recommends taking a yoga class once a week. Some CrossFit gyms, including his, offer yoga

*did you know...*  
**CrossFit is basically a no-brainer way to get an all-around workout, to continually improve endurance and strength of your whole body.**

classes. Because it enhances mobility, yoga is complementary. Doing other activities

you enjoy, such as swimming or playing a sport, is also beneficial.

CrossFit isn't a magic bullet—it requires commit-

ment and a desire to try something new—but it does work. And if you decide to go ahead, it's simple, says Sturm: "You just show up."



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



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# DIY RECIPE KITS

Creative gift basket ideas for everyone on your list **By Lisa Turner**

**W**ant a fun, simple solution to all your holiday shopping? Assemble creative gift baskets that suit anyone on your list. Start with a sturdy but inexpensive wicker basket; craft stores have the best selection at reasonable prices. Or assemble your gift items in wooden milk crates, produce baskets, large ceramic bowls, or fabric-covered boxes. Fill with shredded paper (use old magazines for a more colorful filler), raffia, new dishtowels, or curled ribbon. Then shop for the items listed below—we've included a shopping list for each one, minus the perishables—fill your baskets, clip the recipes, and tuck them into the baskets. Done and done.

## CACAO NIB ALMOND COOKIES

Makes 24 cookies

These Paleo-friendly treats are grain- and dairy-free, and delicious enough for any family. Variations are easy; add cocoa powder for a chocolate-on-chocolate cookie, incorporate any dried fruit, or sneak in a spoonful of hemp powder for a protein-infused treat.

- |                        |                                   |
|------------------------|-----------------------------------|
| ¼ cup coconut oil      | 1 cup almond flour or almond meal |
| ¾ cup coconut sugar    | ½ cup tapioca flour               |
| 2 small eggs           | 1 tsp. baking soda                |
| 1 tsp. vanilla extract | ½ tsp. salt                       |
| 1 tsp. almond extract  | ½ cup cacao nibs                  |

1. Preheat oven to 350°F. Line two large baking sheets with parchment.
2. In a large bowl, beat coconut oil with coconut sugar until well-mixed; beat in egg and vanilla and almond extracts. Stir in almond flour, tapioca, baking soda, and salt. Mix well, then stir in cacao nibs.
3. Drop dough by mounded spoonfuls onto parchment-lined baking sheet. Bake 10 minutes, or until golden. Remove from oven and let cool. Serve warm, or cool completely and store in a tightly covered container for up to 1 week. Refrigerate for up to 2 weeks.

**PER SERVING** (1 cookie): 110 cal; 2g prot; 6g total fat (3g sat fat); 11g carb; 10mg chol; 120mg sod; 3g fiber; 6g sugars

### Shopping list:

- coconut oil
- coconut sugar
- vanilla extract
- almond extract
- almond flour
- tapioca flour

# TIRED OF BEING TIRED?



## FLORADIX HELPS REDUCE EXHAUSTION AND FATIGUE\*

Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down...especially if you are iron deficient. Floradix is a low-dose supplement designed to prevent and treat iron deficiency and has been helping women reclaim their energy and vitality for over 60 years.



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

Reference

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

## We all need iron for energy.

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

## Is iron missing in your diet?

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

## Iron-deficiency symptom checklist:

Are you iron-deficient?

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

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

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## SUPERFOOD NUT BUTTER

Makes about 3 cups

Combining protein-rich nut butters with power seeds adds extra protein, plus a hefty dose of fiber and omega-3 fats. Goji berries add antioxidants and a fun burst of tart-sweetness. Vary proportions as you wish, or use different nuts butters: pecan and hazelnut are good options.

- 1 cup almond butter
- 1 cup sunflower butter
- ½ cup honey
- ¼ cup goji berries
- 2–3 Tbs. hemp seeds
- 2–3 Tbs. ground flax seeds
- 2–3 Tbs. ground chia seeds

**1.** In large bowl, combine almond butter, sunflower butter, and honey. Beat with a handheld mixer until well-mixed and creamy.

**2.** Stir in goji berries, hemp seeds, ground flax, and ground chia. Mix well.

**PER SERVING (2 Tbs.):** 80 cal; 3g prot; 6g total fat (1g sat fat); 5g carb; 0mg chol; 35mg sod; 1g fiber; 3g sugars

### Shopping list:

- almond butter
- sunflower butter
- honey
- goji berries
- hemp seeds
- flax seeds
- chia seeds



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—Dr. Jacob Teitelbaum, MD\*\*

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**MONEY-BACK GUARANTEE**

†Occasional muscle pain due to exercise or overuse. ^SPINScan Other Herbal Formula Subcategory Brand Rank, data ending 7/10/16. \*\*Member of the EuroPharma Scientific Advisory Board.  
\*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.



## MEXICAN MACA HOT CHOCOLATE

Serves 4

Maca, a Peruvian superfood, is used for virility, stamina, and immune-boosting; its mild, slightly sweet flavor enhances this Latin take on hot chocolate. Adjust the level of spice to your taste, and use whatever milk suits you. For a dairy-free option to whipped cream, beat coconut cream and a pinch of salt with a handheld mixer on high until thick and creamy.

- 4 cups almond milk
- ¼ cup raw agave, or to taste
- 8 oz. cocoa powder
- 1 tsp. vanilla extract
- 1 tsp. ancho chili powder or chipotle powder
- ¼ tsp. pink Himalayan salt
- 2 cinnamon sticks, plus additional for garnish
- 2 Tbs. maca powder
- Whipped cream for garnish (optional)

1. In a large pot, bring almond milk and agave to a low simmer. Whisk in cocoa powder, continuing to whisk until well-blended and completely dissolved.
2. Whisk in vanilla, chili or chipotle powder, and salt. Add cinnamon sticks, reduce heat, and simmer 5 minutes, until flavors are blended and mixture is infused with cinnamon.
3. Remove cinnamon sticks and whisk in maca until blended. To serve, divide among four mugs and place a cinnamon stick in each. Top with nondairy or dairy whipped cream and a sprinkle of chili or chipotle powder, if desired.

**PER SERVING:** 270 cal; 13g prot;  
11g total fat (4.5g sat fat);  
59g carb; 0mg chol;  
300mg sod; 20g fiber;  
23g sugars

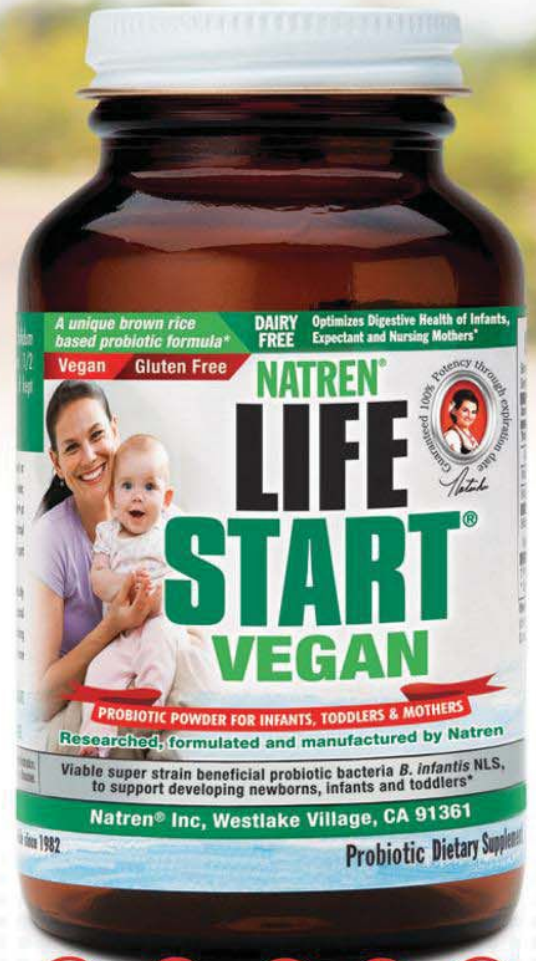
### Shopping list:

- agave
- cocoa powder
- vanilla extract
- ancho or chipotle powder
- pink Himalayan salt
- cinnamon sticks
- maca powder



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## INSTANT SMOOTHIE

Makes 2 servings

This basket includes everything you need for a superfoods smoothie, except the blender. Include frozen blueberries or raspberries, if desired, to thicken this power-packed breakfast drink and add a healthy dose of antioxidants.

1 cup coconut water

1 cup mangosteen juice

½ cup dried mango slices

1 frozen or raw banana (optional)

2 Tbs. vanilla-flavored whey or rice protein powder

1 Tbs. green foods powder

1 tsp. bee pollen granules

2 probiotic capsules

**1.** In a blender, combine coconut water, mangosteen juice, dried fruit, and frozen banana, if using. Purée at high speed until well blended.

**2.** Add protein powder, green foods powder, and bee pollen. Open probiotic capsules and empty contents into blender. Discard empty capsules, and purée again until smooth.

**3.** To serve, divide smoothie between two glasses. Garnish with fresh fruit, if desired, and serve immediately, or chill for 1 hour to overnight before serving.

**PER SERVING:** 250 cal; 8g prot; 1g total fat (0g sat fat); 51g carb; 0mg chol; 110mg sod; 4g fiber; 39g sugars

### Shopping list:

- coconut water
- mangosteen juice
- vanilla whey or rice protein powder
- green foods powder
- bee pollen
- probiotic capsules



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**MONEY-BACK GUARANTEE**

†Occasional inflammation due to exercise or overuse. ††SPINScan Other Herbal Formula Subcategory Product Item Rank, data ending 7/10/16.  
^Five hundred 500 mg capsules. ^^Compared to plain curcumin. \*\*Based on enhanced absorption of CuraMed curcumin versus equivalent weight capsule of unstandardized turmeric containing 2% curcumin.  
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## RAW SUPERBERRY JAM

Makes about 1 pint

This thick, fruity spread uses no heat to avoid damaging the nutrients in the super-healthy berry blend. Chia seeds are responsible for creating a gelatinous mixture that mimics jam, while adding omega-3 fats and fiber.

2 Tbs. dried mulberries      1 ¼ cups fruit juice  
2 Tbs. dried goldenberries      Agave syrup (optional)  
2 Tbs. dried goji berries      ¼ cup chia seeds  
2 Tbs. açai powder

### Shopping list:

- dried mulberries
- dried golden-berries
- dried goji berries
- açai powder
- fruit juice
- agave (optional)
- chia seeds

**1.** Combine mulberries, goldenberries, and goji berries in blender, and process on high until berries are ground into fine powder. Add açai powder and fruit juice to blender, and process until smooth. Taste and adjust sweetness, adding agave syrup if needed.

**2.** Transfer to pint jar and stir in chia seeds. Let stand 30–45 minutes, stirring two or three times. Mixture should be thick but spreadable, like the consistency of jam. Use immediately, or refrigerate for up to 2 weeks.

**PER SERVING (1 Tbs.):**  
45 cal; 1g prot; 1g total fat (0g sat fat); 8g carb; 0mg chol; 10mg sod; 2g fiber; 5g sugars

**Lisa Turner** has been researching and writing about nutrition, and cooking great natural meals, for almost 20 years. She's the author of five books on food and nutrition, including *Mostly Macro* and *Meals That Heal*. She has appeared on national and local television and radio shows, taught cooking classes at Whole Foods Market and Cooking School of the Rockies, and has lectured across the United States on food, health, and nutrition. Visit her online at [inspireeating.com](http://inspireeating.com).



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