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AMAZING wellness

COMPLIMENTS OF
THE VITAMIN SHOPPE

MAKE A FRESH START!

The MOST IMPORTANT
HEALTH HABITS
to Embrace Now

HEY, MILLENNIALS!

Here's a
Supplement
Plan Just
for You

7 WAYS TO
FIX YOUR
CHOLESTEROL

Finding
Happiness
THROUGH NUTRITION

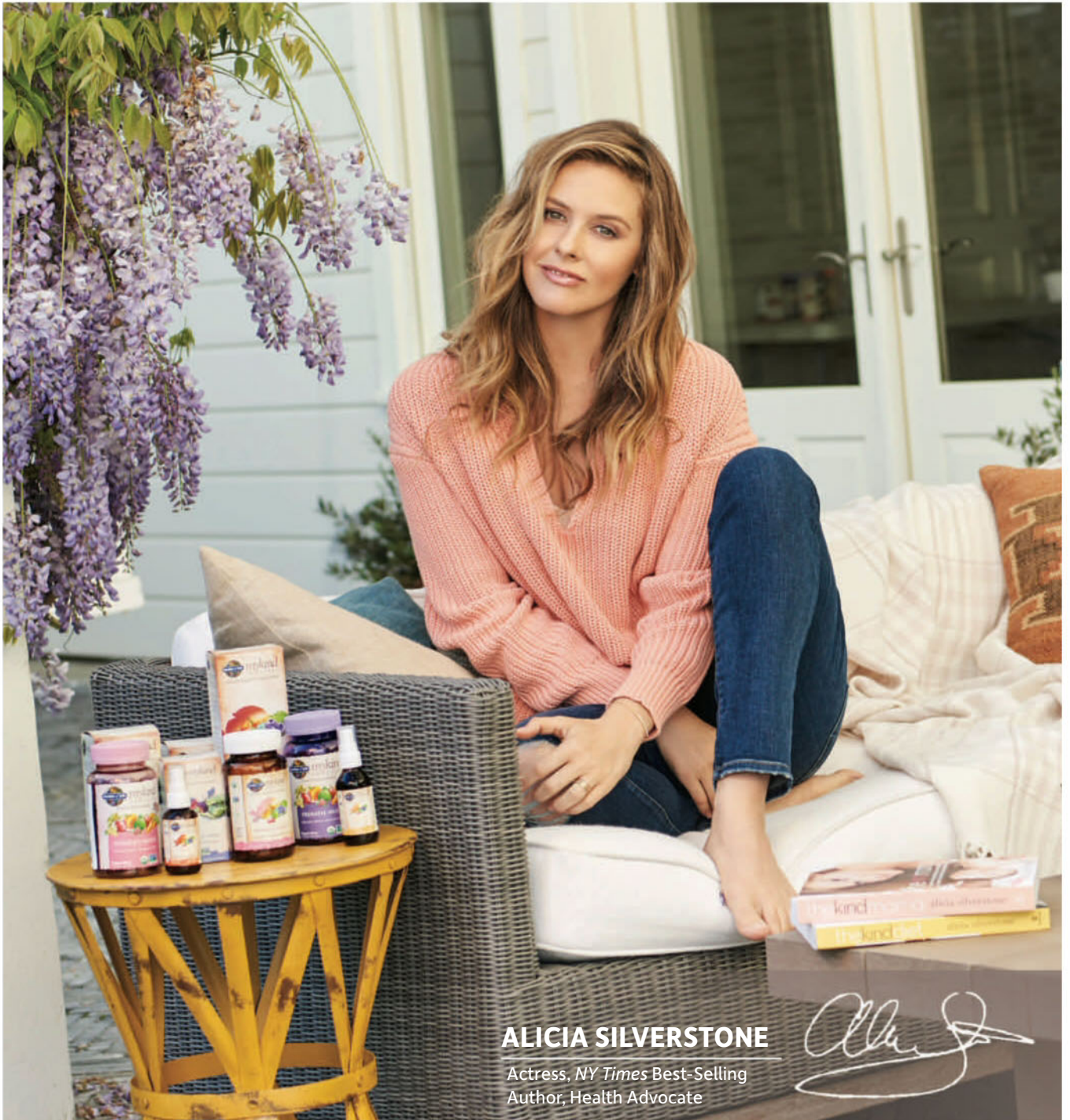
Ginkgo
Great for Mood,
Headaches,
PMS, & More!
P. 30

+
WEIGHT LOSS,
DEMYSTIFIED
3 Essential Components
to Lasting Success

Alicia Silverstone

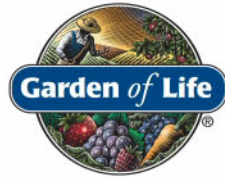
INTRODUCES

mykind ORGANICS GUMMIES



ALICIA SILVERSTONE

Actress, *NY Times* Best-Selling
Author, Health Advocate



mykind
ORGANICS



by Alicia Silverstone

How mykind Organics Got Its Start

While I was pregnant with my son, Bear, I embarked on a quest for the cleanest prenatal vitamin I could give my body. A vitamin that was aligned with the way I eat: organic, non-gmo, free of funky processed junk, and completely plant-based. Turns out this search was no simple task! I learned that there really wasn't anything on the market that I would feel comfortable putting in my body as a nutritional safety net. I could find vegan-friendly options, but they wouldn't be whole food-based. Some vitamins claimed to be nothing but whole foods, but in reality included binders, fillers, and other synthetics. What?! That's like saying your broccoli is nothing but broccoli and then sneaking in some hydrogenated soybean oil. Gross!

Throughout this tiresome research to seek a pure and wholesome vitamin, my brain really started to hurt! Why would I take something meant to improve my health, when in actuality it was far inferior to the quality food I was eating? I realized that if I wanted a truly great vitamin option, I was going to have to make it myself. So I went on a search for the perfect partner—the stars aligned with Garden of Life—and we co-founded mykind Organics. Together we created an entirely new kind of vitamin line that is Certified USDA Organic, Non-GMO Project Verified and free of synthetic binders and fillers. That's right—made with whole foods and love!

Finally—Delicious, Nutritious Gummies!

I have been over the moon about these vitamins. And I am thrilled now that we have added gummies to our line! Chewing something delicious is more fun—how could it not be? These gummies taste like fruit snacks—nine whole fruits in every bottle—and they're packed with extra nutritional goodness and zero added sugar! Most gummy vitamins have the equivalent of one teaspoon full of sugar in each serving. How crazy is that? From the get-go, we wanted to make these for children and anyone else who prefers chewing to swallowing a capsule. But in order to make it, it took a lot of research since no other gummy on the market is made the way these are: with Certified Organic, Non-GMO whole fruits and vegetables, and we don't add sugar or gelatin.

In searching for a clean, vegan, and fun kids multivitamin to give my

son, Bear, I came across gummy vitamin brands that were made with some organic stuff, but most snuck in processed sugar or artificial flavorings! Seriously, take a look; the top four kid-friendly gummy brands on the market all have sugar as a top ingredient. I cringe at the thought of feeding Bear a vitamin that is the equivalent of one teaspoon of table sugar. It was so important to me that we create something with zero processed sugar! So, unlike the other gummy products out there, mykind Organics Gummies uses organic apple and organic peach purée and juice to source the sweetness.

On top of processed sugars, many top vitamin brands include the ingredient gelatin in their gummies. What's the deal with gelatin? Gelatin is a tasteless gelling agent that's made from ground up animal skin and bones—primarily the stuff that's left over from the meat industry. Items like pork skins, horns, and cattle bones. Nasty! Consuming gelatin is like buying a hot dog on a random city street corner—you really have no idea what's actually in it. For this reason, we sourced the first ever organic pectin from organic oranges. It's combined with apple pectin to help bind the gummy. The oranges used are actually reclaimed orange peels that might otherwise be composted. We worked with the company Uncle Matt's® Organic to create an orange powder made from the remnants of their orange peels. This way, binding the gummy is not only healthier for you or your little one, but it's also healthier for the planet.

A Healthy Farm-to-Gummy Vitamin

I am so happy and grateful we can now provide a healthy farm-to-gummy vitamin for you! mykind Organics prides itself in being a true health crusader, ditching the conventional vitamin gummy course by steering clear of processed sugars and syrups, artificial colors and flavorings, animal products, and GMOs. Our gummies have nine whole organic fruits in each bottle in addition to a blend of all kinds of healthy goodness from kale to cauliflower, with its sweetness derived from the fruit itself, and the organic pectin made from apples and organic orange peels. It is Certified USDA Organic, Non-GMO Verified, Certified Vegan and Kosher. Wahoo!! We did it. mykind Organics Gummies (Kids, Prenatal, Women's, Women's 40+, Men's and Men's 40+) are now available.

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

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

by Jim Caras

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

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

The Collagen Doctors Recommend to Doctors

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

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

Proven Medical Use

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

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

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

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

Burns Fat, Beautifies Skin and Supports Joints!



"BURNS Fat, SHAPES The Body..."

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



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

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



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

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

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

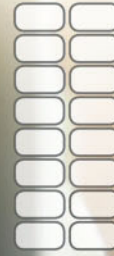


"IMPROVES Recovery & Wound Care..."

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

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

Medical-Grade vs. Generic Collagen



AminoSculpt® Collagen Peptides

Collagen Powders

Collagen Pills

Collagen Chews

Bone Broths

Other Liquid Collagens

102 Million Doses Over
35 Years of Medical Use

4,700 Doctors, Hospitals
and Health Professionals

Original Pioneer in Patented
Hydrolyzed Collagen Peptides

Type 1 Liquid Peptides
in Published Clinical Trials

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



1 Fl Oz

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

12 Fl Oz

16

16

4-8 Cups

1-4 Fl Oz

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

"Liquid" Collagen is Best THIRD, doctors prefer peptides in "liquid" form.

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

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

choking, or difficulty swallowing.

The #1 Medical-Grade Collagen™...

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

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



Try AminoSculpt® Today



THE VITAMIN SHOPPE®

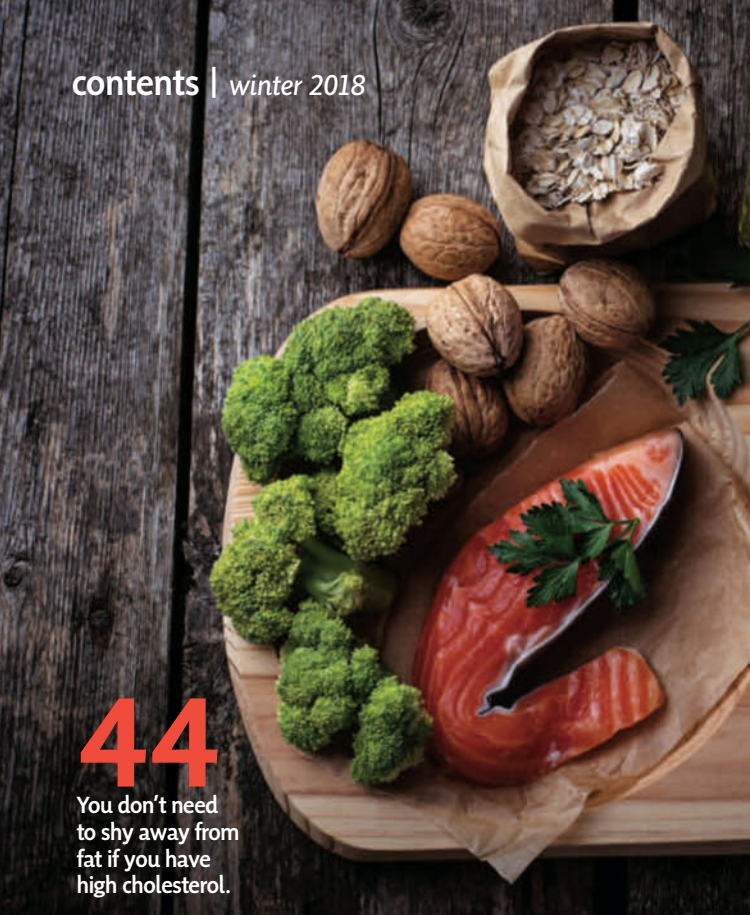


"The Trouble With Bone Broth..."

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

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

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



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You don't need to shy away from fat if you have high cholesterol.

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If you want more antioxidants from onions, it's important to buy organic ones.

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HAPPY DAYS

“There’s one thing that pretty much everyone wants—to be happy.”

What is the one thing you want most this year? For many, it’s to lose weight, get fit, be more organized, stop smoking ... the list goes on. But beyond the typical New Year’s resolutions, there’s one thing that pretty much everyone wants—to be happy.

Researchers have been studying the secrets of happiness for years. One of the more recent—and most interesting—areas of investigation, though, is the connection between diet and mood, specifically how the health of your gut influences your emotional state. The gut influences so many areas of health that scientists are now calling it the microbiome—a community made up of trillions of bacteria that live in our intestines. And the only way to have a healthy gut is to feed your body the right kinds of foods.

“As knowledge continues to grow about how different nutrients impact our microbiome, brain, and other aspects of our biology, we can design a program to not only support our physical health, but also to balance emotions and improve our mental state,” says Isaac Eliaz, MD, LAc, author of “The Secret to Happiness” on p. 58. In the article, Eliaz explains the latest science behind the gut-mood connection and gives recommendations on specific foods to eat and supplements to take for a happier gut—and outlook on life.

We have other suggestions for boosting your happiness this year. One of my favorite articles is “7 Foundational Health Habits,” by Jonny Bowden, PhD, CNS. “I’d like to offer what I consider the ‘7 Bipartisan Principles of Health,’ habits that would be worth cultivating for absolutely *everyone*, no matter what diet or exercise program you follow,” says Bowden. And he’s not just talking about working out or eating fewer carbs—some of the principles he discusses include how keeping your word and cultivating relationships improves your health.

I hope this issue helps you start the New Year on a healthy—and happy—note. Wishing you the best in 2018.

Nicole Brechka
EDITORIAL DIRECTOR
nbrechka@aimmedia.com



In our
next issue ...



HEAD-TO-TOE DETOX PLAN
Herbs can help your body deal with toxins.



WHEN TO TAKE YOUR SUPPLEMENTS
How you take your vitamins may be as important as what you’re taking.



RAISE YOUR SPIRITS WITH AROMATHERAPY
Aromatherapy offers a respite for stressed-out souls with a range of essential oils to lift you out of the doldrums.

COOKING WITH COLLAGEN

MAKES EATING HEALTHY SIMPLE & DELICIOUS.

collagen ALMOND BAR



CELEBRITY CHEF
CHARLES CHEN

INGREDIENTS:

Coconut Bars

- 1 ½ cups unsweetened coconut flakes
- ¼ cup coconut oil, solid or melted
- pinch of cinnamon
- 1 tsp of vanilla extract
- 2 tbsp pure maple syrup or coconut nectar

Chocolate Dip Layer

- ½ cup dairy free chocolate chips
- 1 tbsp of Neocell Super Collagen™ Powder
- 1 tsp coconut oil

HOW TO MAKE IT:

1. Line an 8.5x4.5" inch loaf pan with parchment paper or wax paper.
2. Add coconut flakes, coconut oil and maple syrup. Add cinnamon/vanilla extract.
3. Spread coconut mixture into the prepared loaf pan.
4. Make the Chocolate Dip Layer: Use the double boiler method to melt chocolate, then add coconut oil.
5. Pour melted chocolate over pan, top with almonds and drizzle more chocolate.
6. Freeze for 15-20 minutes until harden. Take out 5 minutes before serving!

For more Collagen infused recipes visit neocell.com/recipes

Super Collagen™ contains clinically studied BioActive NeoCell Collagen™ which supports healthy collagen formation throughout the body. Using NeoCell's technologically advanced hydrolyzation process, large collagen molecules are enzymatically hydrolyzed into small peptides that are both bioavailable and bioactive in the body.*

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SeroVital... the Fastest-Selling “Anti-Aging” Breakthrough in America!

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

Anti-aging clinics have been offering a synthetic version of this youth hormone for years, because their clientele believes it helps reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, get rid of wrinkles, tighten saggy skin, and provide plenty of youthful energy. As attractive as these benefits are, it’s been, for the most part, an “underground” thing for the wealthy. Why? Because the high cost of about \$15,000 a year (for monthly treatments) limited its benefits to the very rich and famous.



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

America’s #1
“Anti-Aging” Breakthrough

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



But that’s not all. The results of the SeroVital study have been exhibited at scientific conferences around the world, including the 9th World Congress of Cosmetic Dermatology held in Athens, Greece, the prestigious Obesity Society’s international scientific meeting held in San Antonio, Texas, and the 2017 annual meeting of the prestigious Endocrine Society. Plus, the SeroVital formula is protected by not one but **fifteen** U.S. and international patents:

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

GET IT TODAY!

SeroVital-hgh is currently available at prestige retailers across the U.S. For more information on SeroVital, contact SanMedica International at **1-800-591-4517** or visit their website at www.SeroVital.com.



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AMAZING NEWS

By Vera Tweed



MCT Oil

This healthy fat from coconut oil can help boost energy, fight off bad bugs, promote heart health, and more

Healthy fats are all the rage, and among these, MCT oil falls in a special category. A concentration of certain fats found in coconut oil, it promises to deliver quick energy and a host of other benefits.

"MCT" is an abbreviation for medium chain triglycerides, also called medium chain fatty acids. Fats are made of chains of molecules bound together and, depending upon the number of carbon atoms in a chain, are classified as short, medium, or long chain.

1. Boosting Energy

"Medium chain triglycerides are more easily digested than other fats," says Larry Trivieri Jr., author of *Coconuts for Your Health*. "More importantly," he adds, "unlike long chain triglycerides, which get stored in your body's other cells, tissues, and organs, MCTs are stored in the liver, where they are quickly metabolized and converted into a readily available source of energy."

2. Aiding in Weight Loss

Replacing other fats with MCT oil can produce weight loss. A Japanese study of 78 men and women compared the effects of MCT oil or long chain fatty acids in diets with the same amounts of calories and total fat. Measurements after 4, 8, and 12 weeks showed that at each stage, those consuming MCT oil lost significantly more fat.

How to Choose & Use MCT Oil

MCT oils contain three main types of fatty acids: lauric, capric, and caprylic acids. All are classified as medium chain, but lauric is a somewhat longer chain than the others, and is often considered to be less beneficial for energy boosting and fat-burning. However, some research has found lauric acid to be the most powerful of the three in fighting bacteria, fungi, and viruses.

MCT oil triggers production of ketones, substances generated when fat is burned for energy. For optimum energy-boosting and weight-control effects, try incorporating MCT oil into a diet that contains nonstarchy vegetables rather than starchy or sugary carbohydrates.

How much to take: 1 Tbs. daily, or about 13 grams if taking capsules. MCT oil can be added to food, smoothies, or taken by itself. Some products come in a variety of flavors. MCT oil supplements are made from coconut and/or palm oil, another rich source of MCTs.



DID YOU KNOW?

Replacing other fats in your diet with MCT oil can help you lose weight.

Another study compared medium and long chain fats in a group of obese women. Researchers found that more fat calories were burned on a diet with medium chain fats.

3. Protecting the Heart

A review of studies, published in the journal *Pharmacological Research*, concluded that MCT oil may help to prevent metabolic syndrome, a combination of factors that increases risk for diabetes and heart disease. Studies suggested that the oil suppressed fat deposition, enhanced metabolism, and improved insulin sensitivity.

4. Fighting Bugs

MCT oil inhibits the growth of bugs that have become resistant to antibiotics, according to research at Kent State University in Ohio. One specific bacterium it fights is *Clostridium difficile*, a common cause of infection in hospitals. MCT oil has also been found to combat *Staphylococcus aureus* and *E. coli*.

5. Helping Alzheimer's Patients

People suffering from Alzheimer's have experienced improvement in memory and other symptoms when taking coconut oil or MCT oil, and research into this effect is ongoing at the University of South Florida's Byrd Alzheimer's Institute in Tampa.



editors' product picks

Barlean's MCT Swirl
Flora Omega Sport+
Quest Nutrition MCT Oil Powder

NEW DISCOVERY in Iron Care™ Includes Probiotics

Suffering from iron deficiency can leave you weak, tired, lethargic and if you're in early pregnancy can put you and your unborn baby at risk. Stop feeling miserable and drained with a new discovery in iron therapy that actually works by combining ground-breaking science and the power of probiotics.

Stop Feeling Miserable and Drained

Iron deficiency can be a real problem for your health and put you at significant risk if you're in the early stages of pregnancy. With lower iron levels, your red blood cells can't carry enough oxygen to the rest of your body causing fatigue, irritability and put your unborn baby at risk. Often the only way to deal with it is to change your diet or take iron supplements that don't often work due to poor absorption or don't fit a restricted diet.

Your Existing Iron Supplement is Most Likely a Waste of Money

Tried other iron products and still feel tired? Most likely they aren't working, so you're just wasting your money! Many iron supplements contain *ferrous sulfate* and not *ferrous glycinate*. Iron from *ferrous sulfate* is inferior and cheap. In fact, independent research shows that ferrous glycinate is 2.4 – 3.5 times more bioavailable than *ferrous sulfate*.⁽¹⁾

A New Discovery Shows You Can Absorb More Iron with Probiotics

A new scientific discovery shows that by combining specific strains of probiotics *Lactobacillus acidophilus* (La-14) and *Lactobacillus plantarum* (Lp-115) in precise amounts with iron, specifically *ferrous glycinate* (not inferior *ferrous sulfate*), can further aid the absorption of iron. Additionally, independent research shows combining the specific strains of probiotics can increase absorption by 50% plus⁽²⁾⁽³⁾ – making all other iron supplements nearly obsolete!

Iron Care™ from Nulife™ Therapeutics is the **IDEAL CHOICE FOR ANYONE**

looking to combat symptoms of low iron or iron deficiency

– Samantha Gladish,
HOLISTIC NUTRITIONIST

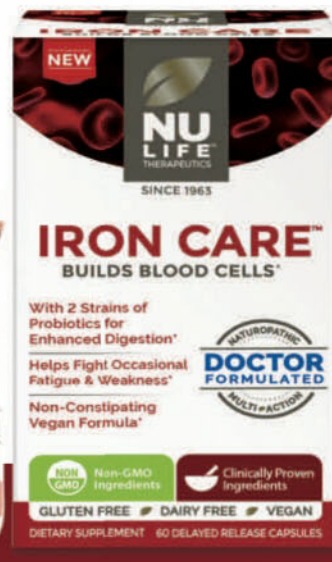
Probiotics, ferrous glycinate, and Folic Acid – An Unbeatable Female-Friendly Trio

In addition to the efficaciousness of probiotics and ferrous glycinate, having Folic acid in your iron therapy ensures you're creating an ideal environment for an unborn baby to develop properly. Furthermore, many women misdiagnose their fatigue as related to just iron deficiency when in fact Folic acid deficiency can deliver the same issues; lethargy, persistent fatigue, weakness, pale skin, shortness of breath and even irritability.

Iron Care is the Only Iron Product that Delivers on all Angles and is Non-Constipating

You don't have to buy several expensive ingredients and try to get the precise amounts to mirror the clinical effectiveness of each. Iron Care™ from Nulife™ is Naturopathic Doctor formulated with the specific amounts of clinically proven ingredients at therapeutic doses that work! Combining La-14, Lp-115, *ferrous glycinate*, Folic Acid and even bioavailable vitamin complexes, Iron Care™ fights fatigue, builds blood cells, is vegan friendly, hypo-allergenic, delivered in delayed release capsules to bypass stomach acids and more importantly, is non-constipating.

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(1) Mimura, E.C., Bregano, J.W., Dichi, J.B., Gregorio, E.P., Dichi, I. "Comparison of ferrous sulfate and ferrous glycinate chelate for the treatment of iron deficiency anemia in gastrectomized patients". Nutrition, Volume 24, Issue 7 (2008): 663-668.

(2) Hoppe, M., Onning, G., Berggren, A., Hulthen, L. "Probiotic strain Lactobacillus plantarum 299v increases iron absorption from iron-supplemented fruit drink; a double-isotope cross-over single-blind study in women of reproductive age". British Journal of Nutrition 114 (2015): 1195-1202.

(3) Bailey, J.R., Probert, C.S.J., Cogan, T.A. "Identification and Characterisation of an Iron-Responsive Candidate Probiotic". PLoS ONE 6(10) (2011): e26507.

chocolate calms fluttering hearts

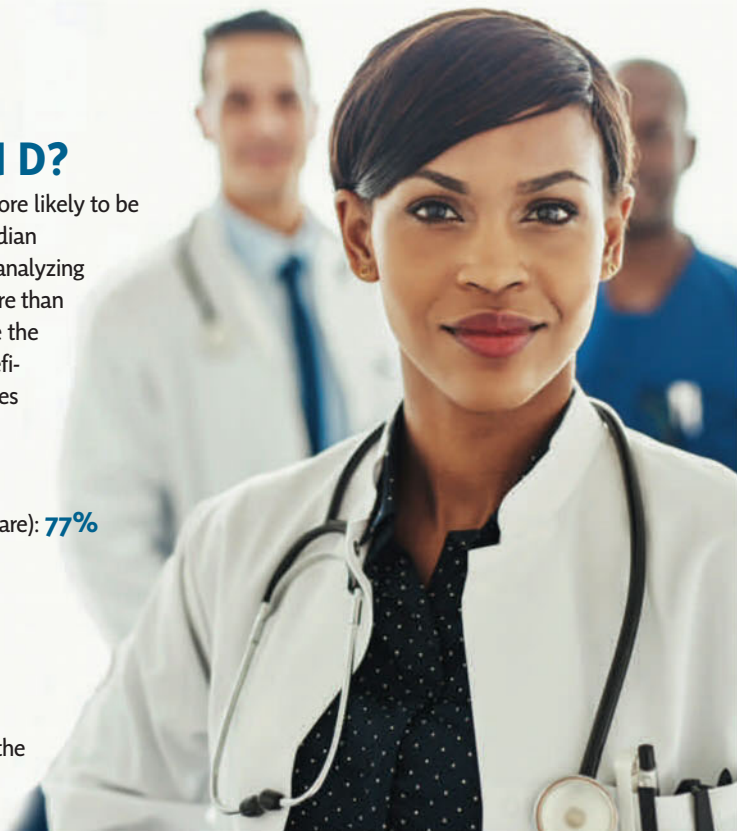
Atrial fibrillation, the medical term for irregular heart rhythms, is associated with stroke, heart failure, dementia, and earlier death, but high-cocoa chocolate can reduce the flutters. A study tracked more than 55,000 Danish men and women for about 13 years and found that eating chocolate two to six times per week reduced risk of flutters by 20 percent, likely because chocolate contains antioxidants, anti-inflammatory and antiplatelet nutrients, and magnesium. However, researchers warned against eating large amounts of the treat.

Is Your Job LOW-VITAMIN D?

People in certain jobs are more likely to be deficient in vitamin D, Canadian researchers concluded after analyzing 71 studies with a total of more than 53,000 subjects. These were the percentages of vitamin D-deficient people in different types of occupations:

- Shift workers: **80%**
- Indoor workers (non-healthcare): **77%**
- Healthcare students: **72%**
- Medical residents: **65%**
- Outdoor workers: **48%**
- Practicing physicians: **46%**
- Nurses: **43%**

The study was published in the journal *BMC Public Health*.



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The longest study comparing an organic crop to a conventional one, lasting 6 years, found that organic onions contained significantly higher levels of beneficial antioxidants and flavonols, nutrients that help to prevent common diseases. Because of its length, this study, published in the *Journal of Agricultural and Food Chemistry*, likely gives a more accurate picture of organic benefits, compared to earlier, shorter studies that sometimes had conflicting results.



GROUP EXERCISE BEATS SOLITARY WORKOUTS

According to a study published in *The Journal of the American Osteopathic Association*, people working out in a group lowered stress and significantly improved quality of life, compared to those who exercised individually. Those participating in group exercise spent 30 minutes at least once a week in a core strengthening and functional fitness training program. At the end of 12 weeks, their mental, physical, and emotional scores improved significantly. They also reported a 26.2 percent reduction in perceived stress levels. By comparison, solitary exercisers worked out twice as long, and saw no significant changes, except in mental quality of life (11 percent increase). "The communal benefits of coming together with friends and colleagues, and doing something difficult, while encouraging one another, pays dividends beyond exercising alone," concludes Dayna Yorks, DO, lead researcher on this study.



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KEEPING COMPANY

Three's Company alum Joyce DeWitt cultivates a mind, body, and spirit connection to stay energized and looking great at 68 **By Chris Mann**

She made physical comedy look effortless during *Three's Company's* hit 1977–1984 run. Then she traveled the world on a 12-year spiritual quest. Today, Joyce DeWitt's connection with what she calls "a lovely little triad"—body, mind, and spirit—preps her for life and work.

"I think it's essential to have some practices both spiritual and physical that keep you centered, grounded, energized, and available," says the ever-youthful TV icon, 68, who starred in a fall 2017 stage production of *On Golden Pond*. "I'm pretty much a regular meditator every morning. That, to me, is the key of knowing who I am and what my task is, and staying focused and present. So I start my day sipping a cup of tea, sitting on my bed, reading something spiritual, and then gently drifting into a quiet meditation."

She also approaches nutrition mindfully. "Everyone's body is different, and it becomes more important the longer we live to pay attention to our chemistry and how our body reacts to the things we put into it." For DeWitt, this means allowing herself to miss a day or two of supplementing each week—and, if dieting, eating what she wants one day a week. Here are a few of her go-to natural products:



DeWitt played Janet Wood on the popular '70s sitcom *Three's Company*, with John Ritter and Suzanne Somers.



Maintaining daily physical—and spiritual—energy

Waking up to a protein-rich breakfast—often including scrambled eggs—supercharges the effervescent actress's day ahead. "It's really essential to put some protein in your body in the morning, because it burns so much slower than carbs," she says. DeWitt keeps her body, mind, and spirit aligned with yoga, walking, and tai chi chih. Protein and carbs—separately, not together—help her avoid afternoon fatigue. "For me, particularly when I'm working, and because I don't have to make three meals a day for a family, I tend to eat five or six little meals. Lunch for me often is a slice of turkey wrapped around string cheese. I eat two of those and I'm done. Three hours later, I'll want a half of an apple with almond butter on it. And three hours later I'll make up some chicken and toss up a salad. And I eat plenty of vegetables—I love broccoli!"

Raw cacao

This superfood boosts dopamine, serotonin, and other neurotransmitters that are shown to alleviate depression and boost energy and clarity. "My personal experience using pure, raw cacao thus far is that this is very accurate—at least for my body's chemistry."

Natural sweeteners

To sweeten tea while dining out or on the go, "I have a little dropper bottle of stevia that's in my purse all the time," she

says. "I also use stevia to sweeten my raw cacao. I put a little vanilla in it as well. You can put pure orange oil in it, or lavender oil in the evening."

Minerals

"A good multimineral is important for so many things. I take one along with my multivitamin/mineral. Also, I'll sometimes take a quarter teaspoon of pure maple syrup—which is very high in mineral content—stir it into a 16-oz. glass of water and sip that over several hours."

Vitamin E

"I take it in oil form. It helps everything else work well. It supports the body in integrating, absorbing, and using other vitamins. It's also important for your eyes and is a powerful antioxidant. It's a goody."

Immune support

"Vitamin C is not only good for cold and flu season, but has other helpful qualities. Echinacea and goldenseal are my go-tos when I think I have a cold. Zinc is helpful, too, during winter."

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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[†] Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis [‡] With Ginger for occasional pain relief after exercise
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THE VITAMIN SHOPPE



PROBIOTICS UPDATE

A “leaky gut” can impact health in more ways than one—how probiotics can come to the rescue *By Vera Tweed*

did you know...

Bacteria make up about 2 percent of a person's body weight.

The gut microbiome—the bacterial community in our digestive tracts—continues to be a hot topic as scientists find more ways in which it influences human health. This colony of gut bacteria plays a key role in everything from digestion, to the health of our skin, to resistance to colds, flu,

and allergies, to the ability to maintain a healthy weight. And now, a new connection has been identified: to serious lung diseases.

In acute respiratory distress syndrome (severely inflamed, fluid-filled lungs of critically ill patients), a study at the University of Michigan in

Ann Arbor found errant gut microbes in the lungs. “We suspect that the gut wall gets leaky, and gut bacteria ‘escape’ to the lungs,” says researcher Robert Dickson, MD. The misplaced gut bugs contribute to the disease, and this discovery may lead to new treatments for the condition, a leading killer of patients in intensive care units for which there is no effective medical treatment. Other lung diseases that may be influenced by the gut microbiome include chronic obstructive pulmonary disease (COPD), cystic fibrosis, pneumonia, and even lung cancer.

SOLVING THE LEAKY GUT PROBLEM

Also referred to as permeability of the gastrointestinal tract, leaky gut means that toxic particles, which can be detoxified if they remain in the digestive tract, escape into the blood and circulate. The leakiness triggers systemic inflammation and contributes to a variety of ills including

weight gain, inflammatory bowel disease, problems with immune function, type 2 diabetes, heart disease, mental decline, and even Alzheimer's or other dementia. Probiotics can help reverse the condition.

At the University of North Texas, Denton, the first human study of its kind measured levels of “endotoxins,” substances that are a marker of leaky gut, in a group of 28 healthy men and women. Those in the study were especially vulnerable to elevated levels of endotoxins after eating a high-fat meal such as thin-crust pizza. After 30 days of supplementation with a probiotic combination (Just Thrive Probiotic & Antioxi-dant), levels of endotoxins after a high-fat meal were 42 percent lower, indicating lower odds of a leaky gut and the related ills. In contrast, among people taking a dummy pill, endotoxin levels were 36 percent higher.

TYPES OF PROBIOTICS

The probiotic supplement tested at the University of North Texas contained a combination of “spore”

Feeding Good Gut Bugs

Although all types of fiber from plant foods are an essential part of a healthy diet, some foods are especially good sources of prebiotics, special types of fiber that nourish beneficial gut bugs. These foods include apples, asparagus, Jerusalem artichokes, leeks, onions, and tiger nuts (not actually nuts, but small root vegetables).

In supplements, these are different types of prebiotics: inulin, FOS (fructooligosaccharides), GOS (galactooligosaccharides), and another form introduced more recently: XOS (xylooligosaccharides). A study at the University of California Los Angeles found that 1 gram daily of XOS reduced bad gut bacteria and enhanced beneficial bacteria in people who were healthy, overweight, or had elevated levels of blood sugar.

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

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Koya Webb
Sunwarrior Ambassador
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probiotics. Spores are a dormant form of bacteria with their own, natural protective coating, which prevents them from being destroyed by stomach acid and enables them to travel to the intestines, where the bacteria can emerge, much like a butterfly from a cocoon.

About one-third of the bacteria in a healthy human gut produce spores, according to the Sanger Institute, a non-profit research organization in the United Kingdom. In nature, spore-forming bacteria are mainly found in soil. For bacteria that don't produce spores, some probiotic supplement pills have a protective coating to prevent

stomach acid from destroying beneficial microbes.

The names of spore probiotics begin with "Bacillus." Names of popular probiotics that begin with "Lactobacillus" or "Bifidobacterium" are not spores.

MORE PROBIOTICS BENEFITS

Studies have found benefits with all types of probiotics. For weight loss, a review of 25 studies, with more than 1,900 subjects, found that supplements with multiple types of probiotic bacteria produced the most weight loss, more so if taken for at least 8 weeks. Other benefits include prevention or relief from:



- ❖ Diarrhea
- ❖ Antibiotic side effects
- ❖ Colds and flu
- ❖ Hay fever
- ❖ Eczema
- ❖ Irritable bowel syndrome
- ❖ Ulcers
- ❖ Digestive side effects of cancer therapy
- ❖ Constipation
- ❖ Indigestion
- ❖ Impaired mental function in people with Alzheimer's
- ❖ Toxicity from mercury, arsenic, and cadmium
- ❖ Vaginal infections
- ❖ Depression in people with irritable bowel syndrome
- ❖ Unhealthy blood-sugar levels in diabetics

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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CHRISTIE BRINKLEY



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.

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BANISH BREAKOUTS

Acne is a common and frustrating problem, and can carry over well into your adult years. These natural strategies can keep skin clear **By Emily A. Kane, ND, LAc**

Acne can manifest at almost any age, but it tends to be particularly troublesome during adolescence. It's common in teens, as they experience huge shifts in hormones as they go through puberty that can take several years to even out.

Adult acne is similar, but is often influenced by anxiety. Acne may flare up after emotional upset, especially involving intimate relationships. Hormone imbalances or shifts are also a factor. Too much testosterone may overstimulate the sebaceous glands and result in overproduction of sebum, leading to clogged pores and acne. Menopausal acne, for example, is common as testosterone rises. Here are some natural ways to help prevent and treat pesky breakouts:

healthy tip!
Although it seems counterintuitive, oil therapy can sometimes work wonders on acne-prone skin.

TRY OIL THERAPY

Although it seems counterintuitive, oil therapy can sometimes work wonders on acne-prone skin. Try a blend of equal parts olive oil and castor oil gently dabbed and wiped over the face with a cotton ball. It's a gentle way to clean your face and remove both dirt and makeup. Hemp seed and safflower oils are great for acne-prone skin. Tea tree oil can be a good spot treatment if diluted in carrier oils such as hemp, safflower, or olive. Neem oil can also help with acne, as a cleanser or spot treatment that won't dry out your skin.



REDUCE STRESS

As stress and anxiety can encourage breakouts, try calming herbs like **PASSIFLORA** or *Leonurus cardiaca* (aka **MOTHERWORT**) in tea, capsule, or tincture form. The latter works well for deep-seated anxiety.



BALANCE HORMONES

Hormone shifts can also be caused by environmental factors: for example, soft plastic is a major endocrine disrupter and should be avoided. Try not to buy food or drink encased in plastic. Hormones are produced in the liver, so help your liver stay clean by avoiding alcohol and drugs, and consuming liver-cleansing foods such as artichokes (packed in water or steamed fresh) and beets. And try these hormone-balancing supplements:

- ❖ **SILYBUM** (Milk thistle) and **CHELIDONIUM** (Celandine) are two of my favorite liver-cleansing herbs.
- ❖ **INOSITOL**, 4 grams daily, to help balance hormones and thus reduce skin outbreaks.
- ❖ **INDOLE-3-CARBINOL** (or try **DIM**, a natural precursor of indole-3-carbinol), which helps block the androgen receptor. Take 600 mg daily until improvement; reduce the amount to 300 – 400 mg daily thereafter.
- ❖ **SAW PALMETTO** (which can also be combined with **NETTLE ROOT** and **PYGEUM** for greater effect) works well to clear testosterone and help reduce the formation of pimples.



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

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THE VITAMIN SHOPPE

7 FOUNDATIONAL HEALTH HABITS

Q: I have read that both a meat-centric Paleo diet and a vegan diet—polar opposites, it seems—are healthy ways of eating. What's the truth? — J. Ricks, Galveston, TX

A: The debate over the best way to eat is not going away. In fact, in just the past few years, it seems to be paralleling our national political debate—and not in a good way. Nutrition is getting ever more partisan—the raw-food people disagree with the Paleo people, who think the vegans are nuts, while the South Beach Diet enthusiasts take offense to the keto diet people, who think all the rest of us should be eating like they do. And the debate over exercise isn't much better—interval training or conventional weights? CrossFit? Standard aerobics? Every day? Once a week? (Insert “scream” here!)

Calm down, people.

Every so often, it's good to step back and take a “helicopter view” of a situation. We get so deeply into the minutiae and details of things that we frequently lose sight of the bigger picture. Though you wouldn't know it from all the tribalism, there actually are a few things that we all can and do agree on. So for this

column I'd like to offer what I consider the “7 Bipartisan Principles of Health,” habits that would be worth cultivating for absolutely *everyone*, no matter what diet or exercise program you follow.

1. EAT REAL FOOD

By “real food,” I mean food that would go bad if you left it outside in the air for a couple days. Food that you could hunt, fish, gather, or pluck. When I say this at workshops, I inevitably get the question, “Does that include (fill in the blank)?” My answer is always the same: If you're not sure if it's real food, it's probably not. There's not much to wonder about with an apple, a berry, a nut, or a fish. If you have to think about it, it doesn't make the cut. Sorry.

I happen to believe that the quality of the food we eat matters more than the proportion of carbs, fat, and protein. If you cut out the junk,

Focus your diet on “real food” that you could hunt, fish, gather, or pluck.

it automatically reduces your carb intake. And if you get food quality right, you automatically improve your microbiome, which can improve everything else. You're also less likely to have micronutrient deficiencies, which can lead to a host of other health issues.

2. EXERCISE

Are there tons of ways to work out? You bet. Do they have their advantages and disadvantages? Yup. But in the bigger scheme of things, what matters is that we move our butts. I don't care if it's walking, golfing, climbing stairs, doing jumping jacks, belly-dancing, unicycling, juggling, or doing the Macarena.

And don't confuse exercise for weight loss with exercise for fitness. A brisk daily walk won't get you on the cover of *Men's Health* or *Shape*, but it will grow new brain cells and reduce the risk for cancer, depression, diabetes, and heart disease.

3. SUPPLEMENT INTELLIGENTLY

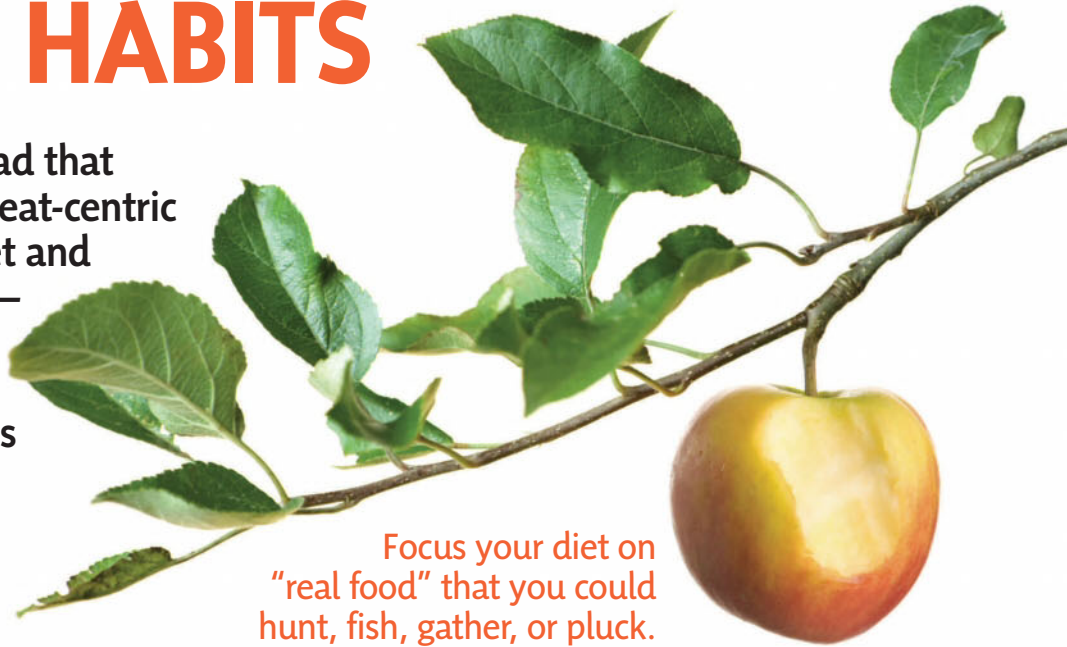
I'm often asked if you really need supplements. I always answer, “No. You don't need supplements; you also don't need indoor plumbing. But why would you want to do without either of them?”

Supplements are just a high-tech way to deliver nutrients that your body needs. And many of those nutrients aren't available in food (examples: alpha-lipoic acid and CoQ10 are notoriously difficult to get from food unless you eat a ton of organ meats).

I consider basic supplementation to include at least fish oil, magnesium, vitamin D, and probiotics. Beyond that, one size does not fit all, but some of my favorite add-ons include curcumin, resveratrol, vitamin K₂, and CoQ10.

4. MANAGE STRESS AND SLEEP

Stress is implicated in a host of health problems, from interfering



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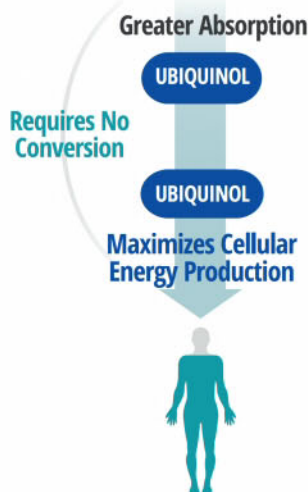
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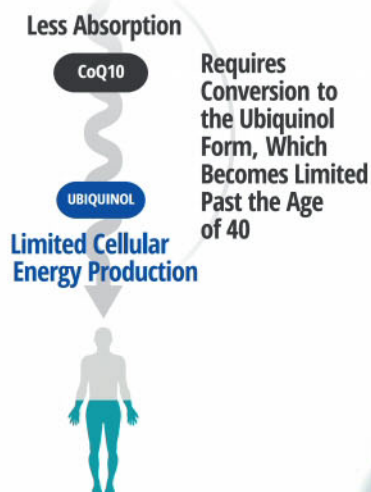
After the age of 40 our bodies produce less CoQ10 which can result in lower Ubiquinol levels. By taking a Ubiquinol supplement, you can bypass the conversion process and replenish Ubiquinol levels.



WHEN TAKING UBIQUINOL FORM OF CoQ10



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with a good night's sleep to bringing on an attack of a condition or disease (herpes, acne, alopecia). It can aggravate an existing illness, and it makes recovery from anything slower.

During a stress response, hormones such as cortisol and adrenaline are secreted. Blood pressure rises and heart rate increases. But all that happens whether you're running from a lion or sitting in a traffic jam. And chronic stress can shorten your life in the long term.

That's why managing stress in some productive way is crucial. There are a million ways to reduce daily stress, ranging from taking a walk to doing yoga. Don't concern yourself with the best way to reduce stress—just do whatever lowers your heart rate and deepens your breathing, for at least a few minutes every day.

Worth noting: Not sleeping well is a major stressor, which is one of the reasons that good, healthy, restorative sleep is vital. Important metabolic operations happen during sleep, like the making of biochemicals, the parsing of neuronal circuits, and the release of hormones. Make sleep a priority. Keep the temperature down in your

bedroom and the lights off, and never fall asleep with the TV on.

5. RELATIONSHIPS

On some level, "like seeks like." People who stay fit, care about their health, don't smoke, and exercise regularly are likely to be surrounded with people who care about the same things. So choose your friends carefully!

But there's more to it. When Dan Buettler researched the areas around the world with the greatest number of healthy 100-year olds, he made an astonishing finding. While there were a number of variations in these areas, there was one constant across all of them: social fabric. The people all had strong social relationships, ties that bound them to neighbors, friends, and family and that were an important part of their lives. There's a reason why people in long-term relationships live longer. Relationships matter.

6. CONTRIBUTION

Ellen Langer is a psychologist at Harvard who has done some amazing studies on human behavior. In one, she went into a nursing home and gave half

the residents a simple task: take care of a plant.

The results were remarkable. The plant caretakers had fewer doctor visits, got sick less often, and recovered from illness more quickly. And their blood pressure went down.

Langer showed that the very act of caring for something outside yourself, thus directing your energy away from obsessing over your own concerns, has significant health benefits. And doing it makes you feel a whole lot better in the process. As marriage and family therapist Esther Perel says, "The most powerful antidepressant is taking care of other people."

So volunteer for a cause close to your heart, such as an animal shelter, soup kitchen, or retirement home, even if only for an hour or so a week. The benefits—not only to those whose lives you impact, but also to you—are priceless.

7. KEEP YOUR WORD

The seventh habit that I recommend sounds the weirdest, but may actually be the most important of all: Keep your word. Here's why it matters.

Think for a minute of a friend you have who is always late. Like, always. And every time—*every single time*—he promises you that he'll be on time. What do you do? Easy answer: you don't believe him.

I would argue that we have become—to ourselves—very much like that friend who keeps breaking his promise. We promise ourselves we'll eat better. We give our word that we're going to stop smoking. We vow to keep our New Year's resolutions (again).

So we stop believing ourselves, just like we stop believing the always-late friend.

This matters because words have power. (Even thoughts have power—there's a whole science called psychoneuroimmunology that studies how our thoughts influence our immune system.) Imagine if every time you told yourself (or someone else) you were going to do something, you did it. Every time. Eventually, you would start really believing in yourself, and so would others. Being true to your word is the opposite of helplessness and victimhood. It's claiming that wonderful quality that mental health professionals say is so important for well-being: *agency*. The sense that what we do matters, that we are the masters of our own fate.

So there you have it. I believe that these seven basics matter more than any of the details of specific diets or exercise programs. We could debate the minutiae of various plans and programs endlessly. But if you just adhere to these basics, you have a solid foundation for good health no matter what camp you're in.

Basic supplementation includes fish oil (pictured), magnesium, vitamin D₃, and probiotics.



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

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MORE THAN MEMORY

Ginkgo is well-known as a memory enhancer. Here are 5 more good reasons to take it **By Ann Hermann**

Ginkgo (*Ginkgo biloba*) is the sole survivor of the oldest known tree genus, *Ginkgoaceae*, which dates back more than 200 million years. “Perhaps its status as a veritable living fossil accounts for its remarkable ability to help with memory and recall,” quips herbalist Rosemary Gladstar in her book *Herbs for Common Ailments*. More likely, it’s the unique combination of circulation-enhancing, cell-protective antioxidants and phenolic compounds in ginkgo that make it a celebrated memory booster. But there’s so much more to this multi-tasking herb. Ginkgo has been found to benefit a long list of conditions, including ringing in the ears, chronic fatigue syndrome, and eye conditions such as glaucoma. Some other lesser-known benefits:

MOOD

Ginkgo contains a compound called kaempferol, considered an MAOI (monoamine oxidase inhibitor). MAO (monoamine oxidase) is an enzyme that breaks down feel-good neurotransmitters such as serotonin and dopamine. MAOIs stop this breakdown from happening—the same mechanism by which many antidepressants

work. The effects are subtle, so it is recommended to combine ginkgo with other mood-boosting supplements such as rhodiola, tyrosine, and 5-HTP.

PMS

A six-month study of college-aged women with premenstrual syndrome (PMS), published in the *Journal of Complementary Medicine*, concludes that ginkgo can reduce the severity of PMS symptoms. Participants were randomly assigned to either a placebo or 40 mg ginkgo leaf extract supplements three times per day. Although both

groups reported a decrease in the severity of symptoms, the mean decrease was significantly more in the ginkgo group compared to the placebo group. “Ginkgo has shown effective for PMS in several clinical studies, reducing the severity of PMS symptoms including breast tenderness and congestion, fatigue, mood swings, anxiety, headache, and muscle discomfort,” says Mary Bove, ND, an herbalist and naturopathic physician with more than 25 years of experience, and director of medical education for Gaia Herbs in Brevard,

N.C. Bove recommends taking ginkgo for several months when addressing PMS.

ASTHMA

Ginkgo acts as a bronchodilator. It has been used to treat asthma and bronchitis as far back as 2600 BC, and is thought to work by decreasing inflammation and reducing hyperresponsiveness (characterized by airway wall and lung tissue inflammation). “Ginkgo reduces bronchial airway hyperactivity via its action on reducing platelet-activating factor,” says Bove. One study indicated that patients who used ginkgo showed a 10–15 percent improvement in lung function compared to those taking a placebo over a 4- to 8-week period.

HEADACHES

Ginkgo is a natural vasodilator, blood-thinner, and anticoagulant, all of which can help to relieve headaches. Anecdotal evidence supports headache relief at around 60 mg. One study published in *Neurological Sciences* looked at 50 women who suffered from migraines who were given ginkgo supplements over a period of four months. The total number of migraine





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attacks was significantly reduced. "With migraine headache," says Bove, "ginkgo can reduce platelet accumulation and stickiness, reducing migraine attacks and pain. Headaches related to poor circulation or vascular constriction can be aided by ginkgo's action to improve cerebral circulation, acting to reduce free-radical production and oxidation."

ED

Ginkgo has been shown to improve blood pressure and vascular dilation, both of which improve blood flow to the penis. For many men, erectile dysfunction (ED) is also an indicator of poor heart health; there is a close relationship between blood flow, heart health, and the ability to get and maintain an erection. There is some evidence that ginkgo may also help to boost testosterone.

"The vasodilatory effects of ginkgo act to impact sexual dysfunction due to compromised circulation," says Bove. "In fact, many men do not realize that ED is a sign of circulation compromise. Ginkgo has also been helpful for ED due to the side effects of antidepressant drugs."

SUGGESTED USE: Use standardized capsules, tinctures, or teas. Recommended dosages range from 60 mg to 600 mg daily. "Ginkgo must be used with consistency for several weeks before you will notice benefits," says Gladstar. Some research has suggested the possibility of liver damage with long-term use. However, critics point out that the dosages used in the 2013 studies were much higher than would be

taken as a supplement, and the research was conducted on rats. A more recent survey that evaluated data of nearly 30,000 adults, published in *Regulatory Toxicology and Pharmacology*, contradicts those findings. The review concludes that moderate doses of commercial preparations of ginkgo do not alter markers of liver function, while alcohol intake does. The researchers stated, "The data presented show moderate alcohol consumption alters biomarkers of liver function, but the herbal dietary supplement *Ginkgo biloba*, in formulations and doses typically consumed by adult Americans, does not affect the same enzymes."

Ann Hermann is the editor of *Amazing Wellness*.



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AROMATHERAPY FOR COLDS & FLU

Essential oils are a surprisingly powerful and effective way to boost your immune system By Cheryl Cromer

did you know...

It's easy to adapt most aromatherapy recipes for use in a diffuser. Start with fewer drops per essential oil, since aerial diffusion will quickly disperse oils. Set a timer for 30–45 minutes—plenty of time to clear nasal passages and start the healing process.

With the advent of winter comes a rush of holiday celebrations. But when uninvited guests arrive—e.g., cold and flu germs—show them the door with essential oils. Not familiar with some of these unsung heroes? They offer a natural method for combating seasonal ailments, and they also add new scent profiles to your aromatherapy regimen. Here are seven of our favorites for staying well this winter—and for easing colds

and flu symptoms if you do get sick:

EUCALYPTUS

The leader of the pack has to be eucalyptus (*Eucalyptus globulus*). This essential oil packs a punch to ailing respiratory systems, yet it's gentle enough to put in a child's diffuser at night to clear stuffy heads. Eucalyptus has a fresh scent that may smell a bit medicinal to some noses, but it's worth it: The oil's super antibacterial

properties fight germs and ease congestion.

CINNAMON

With a change in weather, reach for enticing, warm aromatics such as cinnamon (*Cinnamomum zeylanicum*). But consider these spices for more than just tasty culinary uses (like that pumpkin spice latte). Essential oil of cinnamon has powerful antifungal and antioxidant properties that help bolster the body's immune

system. A little bit of this essential oil, however, goes a long way. It has a richer scent than the ground spice, but it's an essential oil you'll want to use—even a small amount is effective, and the aroma is comforting.

CLOVE

Clove (*Eugenia caryophyllata*) essential oil is a rich spice that adds warmth to a cold and flu blend while opening nasal airways and improving breathing. Clove is also an

excellent companion oil that will boost the scent of other spices or sweeten the sharpness of eucalyptus. Just a drop or two, though—like cinnamon, clove’s robust aroma can overpower. These distinct spice oils (clove and cinnamon) will help you avoid getting sick when it seems as if everyone is sneezing in your direction.

BLACK PEPPER

Less aggressive than cinnamon or clove, yet still effective for easing influenza’s aches and pains, black pepper (*Piper nigrum*) is a woody, green aromatic that smells very little like the table spice, but offers a similar stimulating kick. Blend it with other essential oils to

tackle bugs and viruses and add a bright scent to the mix.

LAVANDIN

A cousin to balancing lavender, lavandin (*Lavandula intermedia* or *Lavandula hybrid var. Super*) offers a more floral, herbal scent and a higher camphor level that makes it effective in respiratory blends. Like its cousin, lavandin in small doses is relaxing and perfect for diffusing to encourage restful sleep—one of the best remedies when you’re fighting a cold or the flu.

GREEN MANDARIN

Opt to go green this season—green Mandarin (*Citrus reticulata blanco*), that is. Despite being

a member of the typically stimulating citrus family of essential oils, green Mandarin has relaxing properties similar to lavender. When blended with other oils, it offers additional

Breathe Easy Blends

You can add these blends to a diffuser or use them to make a massage oil: mix oils in a 1 oz. glass bottle with a carrier oil such as grapeseed or sweet almond oil.

BLEND I	BLEND II
8 drops Eucalyptus	4 drops Eucalyptus
8 drops Black Pepper	10 drops Lavandin
12 drops Lavandin	14 drops Green Mandarin

Healthy Tip: Make effective use of your respiratory blends. A few times daily, apply blends in a circular motion on the chest and solar plexus, the base of and behind your neck, behind your ears, and on other lymph nodes. Then place a drop under the nose to hasten the benefits of aromatherapy.

antiseptic properties and a gentle, fruity aroma. Distill this light citrus oil before bedtime: It’s safe for even the most fretful, feverish child in the family.

GRAND FIR

Essential oil of grand fir (*Abies grandis*) is a decongestant that

also offers anti-inflammatory and pain-reducing properties, especially when combined with clove. Grand fir can be added to a massage oil blend or to a bath (along with a carrier oil) to relieve achy muscles and joints associated with seasonal colds or the flu.

Winter Warrior Roller Blend

Not feeling 100 percent?

Roll this aromatic blend on the inner wrist and dab a dot under your nose and breathe deeply. Not only is this blend naturally antiviral, it’s also emotionally uplifting for when you’re feeling under the weather. Use your favorite carrier, or opt for tamanu (or beauty leaf) oil, an excellent choice since it’s a little thicker than other carrier oils and holds up to the deeper aromas of the spice oils.

- 2 drops Eucalyptus
- 2 drops Cinnamon
- 2 drops Clove
- 6 drops Black Pepper
- 8 drops Lavandin



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



ANCIENT NUTRITION

IS BONE BROTH THE MISSING LINK TO YOUR HEALTH?

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

CELEBRITY TREND *DU JOUR*

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

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

PERFECT FOR PALEO LIVING

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

WHY ALL THE HYPE?

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

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



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

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

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

5 BIG BENEFITS OF BONE BROTH PROTEIN™

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NEW MILLENNIUM WELLNESS KIT

The 21st century has brought with it some unique health challenges. Stay healthy in the modern world with these 9 key supplement strategies, designed with millennials in mind

By Lisa Turner





An abundance of prepackaged convenience foods, hours spent on devices such as computers and cellphones, more time sitting and less time spent outside. Our modern, on-the-go lifestyle often includes fast food, less sleep, more stress, and abundant amounts of coffee. Most of us need a little help. Tackle your new millennium health challenges with these targeted tips.

1 MULTIVITAMIN

It's basic, but crucial, especially in this day and age, when decades of farming have left soil (and the crops grown in them) depleted of vital minerals. Moreover, most of us don't eat the recommended five servings daily of fruits and vegetables regularly, opting for quick, convenient (read: less nutrient-dense) meals and snacks. A well-formulated multivitamin and mineral supplement is critical to fill in nutritional gaps. Choose one that's derived from whole fruits and vegetables, not created synthetically; if it's organic, even better. And in this case, a longer ingredient list is preferable (synthetic vitamins and supplements tend to have short ingredient lists). Tip: Store your "once-a-day" near your coffee maker, so you'll be sure to remember it every morning.

New Chapter One Daily Multis



2 VITAMIN D

We're spending much less time outdoors than generations before us, and when we are outside, we're slathered with sunscreen—great news for skin cancer prevention, not so great for our vitamin D status. Vitamin D is important for healthy bones and necessary for the formation of sex hormones like estrogen and testosterone. And the sunshine vitamin also reduces the risk of diabetes,

cancer, depression and other health concerns. While many multis contain vitamin D, it's usually in smaller amounts; to be sure you're getting enough, add a supplement to your regimen. Choose a D3 (cholecalciferol), which is more available to the body, and take at least 1,000 IU daily.

Country Life Vitamin D₃ Gummies



3 EYE-HEALTH ANTIOXIDANTS

Consider this: the average American now stares at screens for a total of 10 hours per day. Computers and cellphones have brought us the world at our fingertips and allow us to communicate like never before. However, our electronic devices also emit blue light, which causes free radical damage and, over time, may cause serious damage to the eyes. Protect your peepers with antioxidant supplements designed for eye health. One of the best: Ocuguard Bluein Protection contains lutein, zeaxanthin, astaxanthin, and fucoxanthin, derived from kelp; these eye-specific antioxidants have been shown to fight free radicals, absorb blue-green light, and protect the eyes from damage.

TwinLab Ocuguard Bluein



4 OMEGA-3s

If you're like most people, you're probably not eating enough fish, walnuts, or other sources of omega-3 fats. Why you need them: Omega-3s are a powerful ally for balancing mood and easing stress, anxiety, and depression, which are becoming more common in the modern world. Omega-3 fatty acids are powerful anti-inflammatories, which can set you up for a disease-free future. They've been shown to protect against heart disease, Alzheimer's, and eye degeneration, and also help fight acne and future wrinkles. Look for sustainably sourced fish oils, or vegan, plant-based omega-3 supplements. There's no set standard for how much you need, but 250–500 mg combined EPA and DHA are generally recommended.

Omax3 Ultra-Pure Fish Oil



5 PROBIOTICS

The new millennium brought "multi-tasking"

into our vernacular and our daily lives. But one of the problems with multitasking is added stress, and many people add eating to the list of tasks they tackle, juggling quite literally more than they can chew. If this describes you, you probably need probiotics. These beneficial bacteria, found in the intestines, help heal gut problems, enhance immune function, balance mood, and prevent long-term disease. But they're easily damaged by stress, antibiotics, and poor diet (especially altered fats and sugar, high in most take-out, fast-food or prepared meals). So unless you eat homemade yogurt, miso, tempeh, or sauerkraut regularly, seek out a supplement. Look for one with at least 10 billion live bacteria that includes the three most important strains—*L. lactobacillus*, *B. bifidum* and *B. longum*—as well as *L. fermentum*, *L. rhamnosus*, *L. plantarum*, and other strains. Stomach acids can destroy probiotics, so take them on an empty stomach; some studies suggest probiotics survive best when taken 30 minutes before a meal that contains some fat (which buffer stomach acids).

Solgar Probi 20 Billion



6 ANTIOXIDANTS

Another microwave meal? It may be very "Jetsons" to whip up a meal in minutes, but



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“Five Stars! Great company and great product as well. Good for helping with blood pressure control.”

By G.J.H.
(July 17, 2017)

Kyolic.com

we sacrifice the fresh ingredients (and array of antioxidants) we get from home-cooked meals. If this describes your routine most nights of the week, adding an antioxidant supplement is crucial. Antioxidants such as vitamins C and E, beta carotene, selenium, flavonoids, and polyphenols support immune function, keep skin looking young, and can protect against disease and degeneration. But high doses of a synthetic antioxidant supplement may do more harm than good. Look for a whole-foods blend: a green foods powder with fruit and berries, or a supplement that contains an organic fruit and vegetable blend are your best bets.

**Vibrant Health Green Vibrance
+ 25 Billion Probiotics**



7 COLLAGEN

More of us call ourselves “vegetarian” or “vegan” than ever before. But aside from vitamin B₁₂, a vegetarian or vegan diet is missing collagen. Even if you eat meat, you’re probably not getting the collagen that past generations consumed, as homemade soup stocks and broths (a rich natural source of collagen) are becoming a thing of the past. Be sure to nourish and support joints, ligaments, and tendons with collagen. The most abundant protein in your body, collagen helps joints move more easily to reduce

pain and discomfort, may help tendons and ligaments heal more quickly, and can even protect against joint deterioration. It also improves liver health, strengthens nails and teeth, builds bones, and gives the skin firmness and elasticity to prevent wrinkles and sagging as skin ages. Collagen is found in bone broth, gelatin, and high-quality protein, like salmon; or add a scoop of collagen powder to your morning smoothie or green drink to be sure you’re getting enough. Look for hydrolyzed collagen, which is more readily digested and absorbed, from organic and/or pasture-raised beef or sustainable, wild-caught marine sources.

**NeoCell Collagen
Beauty Builder**



8 L-THEANINE

Anxiety and depression are more prevalent in our modern-day society. The American Psychological Association reports that 12 percent of millennials have an anxiety disorder, and 19 percent have been diagnosed with depression. And between work, money, and job stability, Gen-Xers have their fair share of stress too. L-theanine, an amino acid found in green and black tea, has a measurable calming effect on the brain, increasing the body’s production of GABA and dopamine, neurotransmitters that induce



TAKE A PASS ON PLASTIC

Plastic is ubiquitous in the modern world. It encases nearly everything we consume, from water bottles to convenience foods. What’s alarming is that these plastics contain phthalates, chemicals that leach out into our water and food. These phthalates mimic estrogens, which can cause hormone imbalances in the body. They can affect reproductive organs and hormones, especially in prepubescent males. Some have been linked to breast and other cancers, allergies, obesity, thyroid, and other hormonal disruptions. Phthalates disrupt the endocrine system, which is responsible for hormone production and metabolism, among other important functions. Aside from avoiding bottled water and making sure not to microwave or store foods in plastic containers, help to flush phthalates out of the body by taking glutathione. Glutathione is known to aid in the metabolism and detoxification of endocrine-disrupting compounds. Also be sure to assist your body in detoxifying these chemicals by eating a lot of organic cruciferous vegetables, and sweat out toxins with exercise and/or a session in a sauna.

feelings of well-being. Other stress-busting supplements to consider: tulsi, also called holy basil, reduces stress and anxiety; magnesium is a natural muscle relaxant and can reduce stress and improve sleep; and passionflower has been shown to effectively treat nervousness and anxiety.

particularly amyloban, one of the mushroom’s active ingredients, has been shown to support memory, mental focus, concentration, and brain nerve cell health. Cordyceps, a medicinal mushroom rich in health-boosting polysaccharides, has been used as an effective energy booster in traditional Chinese medicine for centuries. Japanese researchers at the University of Fukui reported that cordyceps contains anti-fatigue properties.

**Ridgecrest Herbs
AnxietyFree**



9 MUSHROOMS

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Lisa Turner is a chef, food and nutrition writer, product developer, and nutrition coach in Boulder, Colo. Find her at LisaTurnerCooks.com.

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7 WAYS TO FIX YOUR CHOLESTEROL

WHY LOWERING THIS OFTEN-MISUNDERSTOOD SUBSTANCE IS ONLY HALF THE STORY

By Lisa Turner



You've read plenty of articles on how to lower cholesterol. But that's not the whole story. Instead of focusing only on how high or low your numbers are, think about optimizing cholesterol.

Low-density lipoproteins (LDL) and high-density lipoproteins (HDL) are usually classified as "bad" (LDL) or "good" (HDL) cholesterol. But recent studies have pointed out the importance of LDL particle size. Research shows that people who have a higher quantity of small, dense LDL particles and a lower quantity of large, fluffy LDL particles have a three times greater risk of heart disease. Small, dense LDL particles are more likely to enter blood vessel walls, become oxidized, and trigger the process of atherosclerosis, which increases the risk of heart attack. Large, fluffy LDL particles, on the other hand, may be protective against heart disease.

Other studies show an inverse relationship between triglyceride levels and LDL particle size—higher triglycerides correlate with small, dense LDL particles, and lower triglycerides correlate with large, fluffy LDL particles. An LDL particle number (called LDL-P) may be more important than the total amount of cholesterol within these particles. Think of cars on the highway: the number of cars on the road (LDL particle concentration) is more likely to cause a traffic jam than the number of passengers in the car (total LDL cholesterol).

The bottom line? HDL and LDL levels, LDL particle size and concentration, and triglyceride levels are all important factors in your total cholesterol profile. So instead of just lowering your cholesterol, focus on fixing it. Here's how: →

1 SLIM DOWN

Even a few extra pounds can contribute to heart disease, and losing as little as five percent of your body weight can significantly improve your cholesterol profile. Studies show that obese people tend to have a higher ratio of small, dense LDL particles, low HDL levels, and high triglycerides, and losing weight can have a dramatically beneficial effect on cholesterol size and numbers. In fact, one study found that weight loss was superior to exercise in reducing small, dense LDL particles.

Note that this isn't an excuse to avoid exercise. Studies show that 9–10 miles of walking or jogging per week results in a 13 percent increase in HDL cholesterol levels and a 14–20 percent decrease in LDL cholesterol levels. Other studies show that even moderate exercise can increase HDL cholesterol sizes and reduce the number of small, dense particles.

2 SLEEP WELL

Sleeping too much or too little can have a negative impact on cholesterol. In one study, researchers found that sleeping fewer than five hours a night increased triglycerides and reduced HDL levels in women; conversely, women who slept more than eight hours showed similar results. Too little sleep can also lead to high LDL levels and make heart disease more likely. Studies have shown that people who sleep less than six hours a night significantly increase their risk of cardiovascular disease.

It is thought that the genes responsible for cholesterol

transportation are not as active in people who suffer from sleep deprivation, and it is possible that too much sleep may also impact those genes. Other studies have linked sleep deprivation with increased belly fat, which can also impact cholesterol levels. And further research suggests that improving sleep quality can reduce the number of small, dense LDL particles.

3 EAT A HEART-HEALTHY DIET

Dozens of studies have shown a link between diet, healthy cholesterol levels, and heart disease. Focus on foods that have been shown to improve cholesterol and keep your ticker strong:

- ❖ **Healthy fats.** Olive oil, nuts, and avocados are rich in monounsaturated fats, linked with reduced risk of cardiovascular disease and improved lipid profiles.
- ❖ **Fish.** Omega-3 fatty acids in salmon, sardines, tuna, and mackerel have been shown to lower triglycerides, which is associated with a decrease in small, dense LDL particles.
- ❖ **Fiber.** Soluble fiber in oats, oat bran, sweet potatoes, beans, lentils, and vegetables has been shown to lower total LDL as well as reduce the number of small, dense LDL particles.
- ❖ **Fruit.** Apples, grapes, strawberries, and citrus are high in pectin, a form of soluble fiber that lowers LDL levels.

4 KICK THE CARBS

A high-carb diet has been linked with elevated triglycerides, which are associated with an

GET A HANDLE ON HYPERTENSION

What's the leading cause of heart attack and stroke? It's not elevated cholesterol—it's high blood pressure. Known as "the silent killer," high blood pressure has no symptoms—yet it can be deadly. Blood pressure is the amount of force (pressure) that blood exerts on the walls of the blood vessels as it passes through them.

When the pressure in your blood vessels becomes too great, the arterial walls may narrow or thicken, putting an extra burden on the heart.

In addition to adopting a low-sodium diet and including regular exercise in your routine, adding certain supplements can help reduce your levels even more:

Beetroot Juice: This ruby red veggie is high in nitrates, which the body turns into a gas called nitric oxide. Nitric oxide relaxes the smooth muscles in your blood vessels, which helps your arteries stay properly dilated.

Nattokinase: This is an enzyme from fermented soybeans that acts like a natural ACE inhibitor. Early trials suggest that nattokinase can lower systolic blood pressure by up to 10.9 percent and diastolic pressure by 9.7 percent—and it works quickly, often within eight weeks.

Aged Garlic Extract (AGE): This heart-healthy remedy is created by naturally aging organic garlic in special stainless steel tanks under carefully controlled conditions for up to 20 months. One clinical study of 79 patients published in the *European Journal of Clinical Nutrition* found that AGE possessed blood pressure-lowering properties in those with uncontrolled systolic (the top number) pressure by 9.3 mmHg compared to a placebo. AGE is even more effective at reducing blood pressure when combined with nattokinase and L-theanine, which has also been found to lower blood pressure.

increase in small, dense LDL particles. In fact, studies show that when the carb content of the diet increases, fat in the diet goes down but the content of fat (triglycerides) in the blood rises—a condition known as carbohydrate-induced hypertriglyceridemia, and one reason why a low-fat, high-carb diet does not protect against heart disease. A diet high in refined grains also leads to insulin resistance, inflammation, and metabolic syndrome, also linked with increased triglycerides.

The solution? Banish refined sugars, sweets, and grains from your diet. This means avoiding candy, cookies, pas-

tries, fruit juice, white flour, and alcohol—even a small amount can trigger elevated triglycerides. Focus instead on high-fiber, nutrient-dense carbs such as sweet potatoes, beans, winter squash, rutabagas, quinoa, and buckwheat; studies show fiber lowers both LDL and triglycerides.

5 SUPPLEMENT WITH STEROLS

Found naturally in a variety of foods, plant sterols (phytosterols) work by interfering with the body's absorption of dietary cholesterol. Some studies show that taking 2 grams a day can lower LDL cholesterol by as much as 20 percent. Other

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studies suggest that a diet enriched with plant sterols can decrease small, dense LDL cholesterol levels.

Some foods, such as margarine spreads, orange juice, or cereals, are fortified with plant sterols, but those foods tend to be high in calories and sugars, defeating the purpose of a heart-healthy diet. Natural food sources include vegetable oils, nuts, legumes, peas, cauliflower, broccoli, oranges, tangerines, and mangos, but only in small amounts. Intestinal absorption of these phytosterols is also low, which is why supplements are important. Aim for 800 mg to 2 grams per day of plant sterols, but check with your doctor first.

6 TAKE HIGH-DOSE NIAICIN

Also known as vitamin B₃, niacin has been shown to lower total LDL, increase HDL, reduce triglycerides, and lower elevated levels of small, dense LDL particles.

Be sure to buy the right kind of niacin: nicotinic acid is the form that's been shown to improve cholesterol, and typical doses are 1–3 grams per day. Other forms, including niacinamide and inositol hexanicotinate, have little or no effect on cholesterol. Sustained-release niacin can cause less flushing, but may be less effective and can increase the risk of liver toxicity. No-flush niacin has little or no effect on cholesterol. Check with your doctor before supplementing with niacin.

7 TRY RED YEAST RICE

A traditional culinary and

medicinal compound in China, red yeast rice is made by fermenting a type of yeast called *Monascus purpureus* with rice, which turns the rice a deep red. Red yeast rice supplements contain significant amounts of monacolin K,

a compound that's chemically identical to lovastatin, a prescription cholesterol-lowering drug. Red yeast rice works by lowering the liver's cholesterol production, and it can decrease total cholesterol by 13 percent and LDL cholesterol by 19

percent. One study found that 600 mg a day of red yeast rice significantly lowered both LDL and total cholesterol. It's shown to be as effective as prescription cholesterol drugs, without the associated muscle fatigue.

THE SCOOP ON STATINS

Designed to help you maintain healthy cholesterol levels, statin drugs such as Lipitor and Zocor are the most widely prescribed medications in America. Statins block HMG-CoA reductase, an enzyme that causes the liver to produce cholesterol. This effectively prevents excess amounts of cholesterol from entering the bloodstream. But, while statins can aggressively lower LDL levels, they come with a host of side effects such as muscle pain and weakness, nerve damage, liver damage, heart failure, and rhabdomyolysis—the breakdown of muscle tissue that can lead to potentially fatal kidney failure. Recent research in the *Journal of the American Medical Association* also suggests that high-dose statin therapy may increase the odds of developing type 2 diabetes.

Another drawback to statin therapy is that it robs the body of CoQ10. CoQ10 is essential for providing energy to cells, especially the cells in the heart, and low levels of this critical nutrient are linked to nearly every form of cardiovascular disease, including angina, hypertension, cardiomyopathy, and congestive heart failure. The problem is, CoQ10 supplements are poorly absorbed by the body. Fortunately, studies show that a more bioavailable form of CoQ10 called ubiquinol provides 60 percent better absorption than standard CoQ10 supplements. Over the past decade, studies have demonstrated that ubiquinol effectively inhibits LDL oxidation and may have a direct effect on the progression of atherosclerotic lesions. Ubiquinol has also been found to improve the symptoms of congestive heart failure.

To get the most out of your supplemental CoQ10, choose carefully. With nearly 200 brands of ubiquinol on the market today, picking the right supplement may seem overwhelming. Ubiquinol supplements may be labeled “CoQ10 Ubiquinol,” “Super Ubiquinol CoQ10,” “Ubiquinol QH,” or any combination of various names. Don't let these combinations confuse you. Just look for the word “ubiquinol” on the Supplement Facts panel. This form of CoQ10 is much more bioavailable and beneficial than conventional CoQ10.

HEART-HEALTHY FORMULAS



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*Mokashi et al., Wilbon et al.



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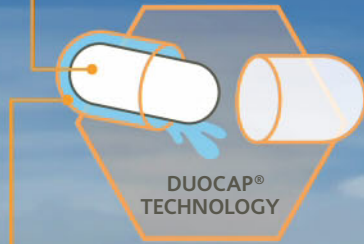
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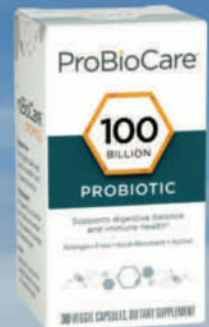
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HOW TO PICK A DIET PLAN THAT DOESN'T TURN YOUR LIFE UPSIDE DOWN

By Vera Tweed

With dozens of diets out there, it's easy to get confused. Should you go low-carb, cut calories, try fasting, or omit entire categories of food such as grains or dairy? And how can you tell which diet is best for you?

"They all work," says David Friedman, ND, author of *Food Sanity: How to Eat in a World of Fads and Fiction*. "If you follow the program, you'll experience the weight loss, but unfortunately, the results are usually temporary." But there is hope for more permanent weight loss and better weight management.

On the most basic level, Friedman points out, the true meaning of "diet" has been lost. While it's now synonymous with food restriction, it comes from the Greek word *diaita*, which means "way of life," and food is only one part. A plan that embodies the full meaning can succeed in the short term and deliver permanent weight loss, and it doesn't require turning your life upside down.

WEIGHT-LOSS SANITY

Friedman identified three essential parts to a true diet: Getting enough sleep, avoiding obesogens, and eating in a weight-friendly way that's sustainable. There's no substitute for restful sleep, because a shortfall will provoke cravings, overeating, and fat storage. Obesogens are chemicals that make us obese by disrupting hormones that regulate appetite and satiety, such as ghrelin and leptin, triggering false hunger signals, blocking our ability to sense when we've eaten enough, and stimulating overeating. In food, they include pesticides, herbicides, growth hormones and antibiotics in meat, preservatives, and any other artificial additives.

With a steady stream of such chemicals in your diet, says Friedman, "I don't care what you eat or what you don't eat, you're not going to lose weight." Eating foods that are organic or produced without chemicals is one essential part of the solution.

The third aspect, eating weight-friendly foods, revolves around the hormone insulin.

Starchy and sugary foods raise levels of insulin, and when eaten in excess, lead to fat storage. Reducing such foods makes it easier to lose weight, and many popular diets, including the South Beach Diet and the Zone Diet, embody the premise.

Friedman has one basic rule: Don't eat the most common white foods, including white flour, white rice, refined sugar, refined salt (chips are out), and dairy (butter and colored cheeses all come from white milk). "Dairy was designed by nature to have a tiny calf turn into a one-ton animal, and milk creates inflammation in the body," he says. Do eat naturally white fish, poultry, and vegetables, such as cauliflower, jicama, mushrooms, onions, and garlic, but go easy on potatoes. And, he says, naturally un-white whole grains, sweeteners, and salts are fine.

Other ways of shifting to a more weight-friendly diet include fasting, reducing carbs, reducing calories and portions, or eliminating foods that trigger inflammation and health issues, including weight gain.

A NEW KIND OF FASTING

Although it may seem extreme, perhaps even dangerous, today's meaning of fasting isn't as drastic as it sounds. Government nutrition surveys show that the norm in 1977 was just three meals a day, without snacks. But by 2004, we were eating about six times daily: breakfast, snack, lunch, snack, dinner, and snack. Because we typically eat so often, a 1970s-era, 12-hour food intermission between dinner and breakfast the next day is now viewed as a fast.

"If you eat all the time, you typically eat more—that's just logical, really," says Jason Fung, MD, author of *The Obesity Code: Unlocking the Secrets of Weight Loss* and founder of the Intensive Dietary Management program in Toronto, Canada, which treats type 2 diabetes and obesity with diet. But that's not the only pitfall.

By eating all day, says Fung, "You stimulate insulin all the time; you're giving your body the hormonal instructions to store energy and generally, it becomes body fat." When we eat more carbohydrates than we need for immediate energy, the excess is stored in the liver as glycogen, and when that

"tank" is filled, body fat becomes the storage depot. Giving your body a break from food uses up the energy reserve in the liver, and then body fat gets burned.

THE FASTING MYTH

There's a theory that going without food for more than two or three hours will bring your metabolism to a halt, but it's a myth, says Fung. "Your body switches to burning fat and it doesn't shut down." That's why our ancestors were able to survive when food was scarce. "We would have been dead long ago," he adds, "if we had a requirement to eat six times a day."

For weight loss, fasting for 24 hours (eating dinner today and nothing until dinner tomorrow, for example) can produce a loss of about a half-pound of fat, plus loss of water weight, and can be done two or three times a week, an approach that's become known as intermittent fasting. A 36-hour or longer fast is also usually safe and effective for healthy adults. However, fasting isn't recommended

did you know?

Skipping breakfast can be healthier than eating a sugary one.



for anyone who is underweight, malnourished, pregnant, or breastfeeding, and anyone taking diabetes or blood pressure medication should work with a knowledgeable physician, as doses will need to be adjusted.

Although a classic fast includes only water, Fung has found that herbal or black tea, bone broth, or coffee, even with a small amount of heavy cream or half-and-half, doesn't impede benefits.

LOW-CARB DIETS

Most people eat about 200 or more grams of carbs daily. Cutting back to 100 grams or less—or even better, to 20 grams daily—will have an effect similar to fasting by exhausting stored energy from the liver and enabling fat burning. If you eat a low-carb diet between fasts, rather than junk food or

starchy dishes, says Fung, "you'll get a better effect."

"Low-carb" in this sense means eating foods naturally low in carbs, such as leafy greens and nonstarchy vegetables, healthy fats, and lean protein. And avoid artificial sweeteners. An example of a diet with 20 grams of carbs daily might include two fistfuls of leafy greens plus a cup of other, nonstarchy vegetables.

When a body burns fat rather than carbs for energy, it generates chemicals called ketones. Hence the name for "ketogenic" or "keto" diets.

CALORIE & PORTION CONTROL

Calorie counting continues to be a popular approach to weight loss, but there's more recognition of the fact that quality of calories matters. Weight Watchers, for example, uses a points system that takes into account how nutritious a food is and how well it fills you up, in addition to calories. Based on age and weight, you get a daily budget of points to "spend" on different foods. Fruits and most vegetables use up zero points, and high-protein foods have a low point value, whereas sugary and starchy foods, and those high in saturated fat, have a comparatively high point value.



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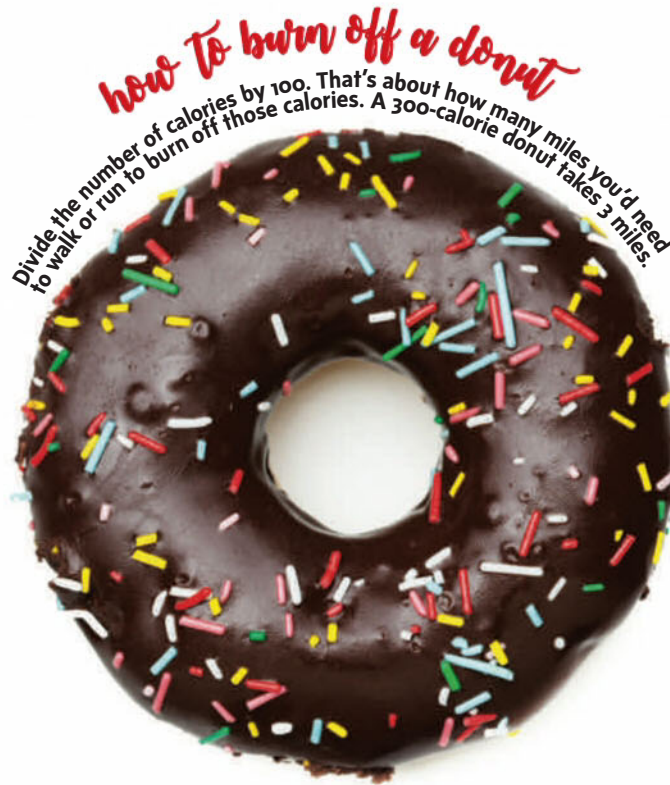
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The program is designed to produce a weight loss of up to 2 pounds per week, without designating any foods off-limits. Studies have found that it may not produce quite as much weight loss in the first few weeks as a low-carb approach, but is more likely to be sustainable a year later, and is generally more effective than trying to reduce calories and portion sizes without the structured program.

ELIMINATION DIETS

Diets that aim to eliminate triggers of food sensitivities and related health problems may or may not target weight loss, but it can be a welcome side effect. Whole30, for example, is a strict 30-day regimen that eliminates all the major food-intolerance triggers, including grains, dairy, legumes, sugar, and certain food additives.



According to cofounder Melissa Hartwig, it wasn't designed for weight loss, but 96 percent of people who complete the program lose, on average, between 6

and 15 pounds. On the other hand, the Wheat Belly diet, which eliminates all forms of wheat, refined and whole, was designed for both weight loss and overall health.

FINDING YOUR OWN DIET

Would you rather skip some meals and snacks, forego sweet and starchy foods, ditch dairy or wheat, or eat a little of everything but in moderation? Choosing the path that's most appealing to you is the first step to weight-loss success. Check these out for more info and recipes:

- ❖ **Dr. David Friedman's blog:** doctordavidfriedman.com/blog
- ❖ **Dr. Jason Fung's blog:** idmprogram.com/blog
- ❖ **Low-carb diets and intermittent fasting:** dietdoctor.com
- ❖ **Carb and calorie tracking, apps and online:** carbscontrol.com
- ❖ **Weight Watchers:** weightwatchers.com
- ❖ **Whole30:** whole30.com
- ❖ **Wheat Belly:** wheatbelly.com

THE EXERCISE MYTH

While physical activity is definitely necessary and beneficial, and it burns more calories than sitting around or sleeping, it won't beat an unhealthy or overly generous diet. As a rule of thumb, walking or running a mile burns about 100 calories. Are you willing to literally go the extra mile to burn off a single 100-calorie snack pack, or any of these?

100-calorie portions



1 1/8
Oreo cookies



9/10 of 1
Reese's Peanut Butter Cup



23
M&M's



9
Lay's potato chips



1 Tbs.
peanut butter

Vera Tweed has been writing about nutrition, fitness, and healthy living since 1997. She specializes in covering research and expert knowledge that empower 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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If you're like most men you spent your 20's & 30's working on your career, your marriage, your house, your family...everything but yourself. **Mdrive Prime** will help you regain the energy, drive and vigor you once had. Feel like your younger self again. Our most affordable Mdrive.

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Phytolipin
Agmatine Sulfate
Maca
American Ginseng

Beta-Sitosterols
TO SUPPORT PROSTATE HEALTH



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THE SECRET TO HAPPINESS

THE FOOD-GUT-MOOD CONNECTION—AND THE KEY NUTRIENTS THAT CAN MAKE A BIG DIFFERENCE IN YOUR STATE OF MIND AND EMOTIONAL WELL-BEING By Isaac Eliaz, MD, LAc

If there were a magic pill that could make you happier, would you take it? You might wonder if the pill caused side effects—pills often do. But in this case, there are no side effects. There’s actually the side benefit of becoming healthier. That’s a slam-dunk, right? People would line up around the block for that pill. The crazy part is, that drug exists, just not in pill form. The technical name for it is diet. We often think of healthy eating for the metabolic benefits. But there’s a growing body of evidence that this simple approach can support positive mood.

THE BIOLOGY OF HAPPY

Your digestive tract does a lot more than digest. It’s the first line of defense for the immune system, protecting your body from harmful invaders. It also has a major impact on neurological health. The gut secretes hormones that influence the brain. In fact, there’s a steady feedback loop between the brain and the GI system. The gut also contains a number of neurotransmitters, like serotonin, that influence mood.

Some of the most exciting new research centers

around the role that the many microbes in the digestive tract play in promoting mental health. Some researchers are calling it the “microbiota-gut-brain axis.” Hundreds of different species of bacteria, fungi, and viruses are the body’s constant companions, and everyone has their own unique microbial forest, or microbiome. These microbes help digest food, produce necessary vitamins, and work in concert with your immune system to protect against pathogens. The good bugs aren’t necessarily altruistic, though—they’re



definitely looking out for their own best interests. It's just that humans have co-adapted in a way that makes their interests align with ours.

This relationship begins at birth. Infants acquire their first microbes while traveling through the birth canal. Scientists are trying to figure out how to get those same microbes into babies born by caesarian, since research has shown that babies born without the benefit of birth canal microbes have an increased risk for certain conditions. Other research is looking at using the microbiome as a therapeutic target to help patients who survived a trauma or are dealing with anxiety. Many in the research community see the microbiome as a potential tool to address a wide variety of mental and emotional issues.

This is a complicated dance, one that science is only beginning to understand. But there is one thing microbiome researchers know without a doubt: what people eat has an impact—positive or negative—on their microbiome and their mood. The bottom line is keeping things in balance.

THE WESTERN DIET & THE MICROBIOME

The Western diet is high in simple sugars and damaging types of fat. New studies continue to show how these foods dysregulate the microbiome.

It goes without saying that you must stay away from junky, processed foods, which are not only loaded with simple sugars and fats, but also contain a variety of questionable chemicals—dyes,



There is one thing microbiome researchers know without a doubt: what people eat has an impact—positive or negative—on their microbiome and their mood.

preservatives, flavor enhancers, etc. Even worse, junk foods can have a perilous effect on mood. Consider what happens when you eat a donut. You might feel great for about 15 minutes, but then, you crave another one. And people tend to crave sugary, fatty foods when their mood is low. Trouble is, rather than improving mental balance and stability, this leads to a downward spiral.

The Western diet affects the microbiome in other profound ways. Multiple studies show that junk foods throw the microbiome out of balance, allowing more aggressive, disease-promoting microbes to flourish. This can lead to chronic inflammation, leaky gut, and other health-robbing conditions.

EATING FOR WELL-BEING

If you eat a good diet rich in fruits and vegetables, you simply feel better. Healthy fats, like omega-3 fatty acids found in such foods as wild salmon, sardines, walnuts, and chia and flax seeds, have been

linked to enhanced learning and memory.

A 2017 study, published in the journal *PLOS One*, showed that teens and young adults who had better access to fruits and vegetables improved their psychological well-being. These improvements happened fast. Participants showed improved “vitality, flourishing, and motivation” in just two weeks.

Another study, published in the *American Journal of Public Health*, showed that increased fruit and vegetable consumption was “predictive of increased happiness, life satisfaction, and well-being.”

The important thing to remember is that when you eat, you're not only feeding yourself, you're feeding your microbiome.

WHICH FOODS ARE BEST?

You can actually write your own prescription by choosing different fruits and vegetables for their specific health-promoting effects.

First, be sure to get macronutrients (healthy fats, good-quality complex carbohydrates, and

clean protein sources) and micronutrients (minerals, trace elements, phytonutrients) in your diet—both are needed for optimal physical and emotional well-being. In the vegetable department, there are some superstars. Kale, broccoli, spinach, beet greens, collards, and other green leafy vegetables are particularly nutrient-dense. That's not necessarily a secret. But some of these can have a profound impact on the brain. Here's a closer look:

- ❖ **Spinach, chard, and broccoli** are rich in magnesium, which supports relaxation and increases a neurotransmitter called GABA. Greens are also rich in folate and other B vitamins, which are good for stress management.
- ❖ **Yogurt and kefir** have good amounts of magnesium and provide a boost to the microbiome.
- ❖ **Nuts and seeds**, including almonds, sesame, pumpkin, and sunflower seeds, are also good magnesium sources.
- ❖ For a treat, indulge in **dark chocolate**, also high in magnesium.

Relieve Your Anxiety and Stress*† ...Fast!



Whether it's the nervous flutter of butterflies in your stomach, sweaty palms before a big speech, or sleepless nights due to looming deadlines, everyone experiences the symptoms of anxiety at some point.† But when occasional stress and fear stop you from doing the things you love, it's time to reclaim your life with AnxioCalm®, a clinically studied formula that can offer you relief in just hours.*†

***Non-drowsy. Non-addictive.
Safe for adults and children over 4.***

 **THE VITAMIN SHOPPE®**

†Relieves occasional anxiety and stress.

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

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Our Passion is Your Health!™

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MONEY-BACK GUARANTEE

- ❖ **Sea vegetables** are high in trace minerals, many of which are not always found in the average diet. They also contain vitamin B₁₂ and amino acids.
- ❖ **Kale, broccoli, cauliflower, cabbage,** and other cruciferous vegetables are rich in mood-supporting compounds.
- ❖ **Cabbage, broccoli, and asparagus** contain tryptophan, which supports relaxation.
- ❖ **Avocados** are rich in healthy fats, protein, vitamin B₆, folate, and tryptophan. They support both healthy mood and relaxation.

SUPPLEMENTS FOR MICROBIOME HEALTH & MOOD

Certain supplements support a strong microbiome, as well as help with mood. Here are my top suggestions:

Probiotics & Prebiotics. Probiotics, found naturally in yogurt and many fermented foods, populate the gut with healthy flora. It's unclear, though, whether a few million microbes from a serving of yogurt have any impact on restoring gut balance. Taking a probiotic supplement on a regular basis ensures that your

MAGNOLIA & OTHER MOOD-LIFTING HERBS

Several herbs can help reduce depression and anxiety symptoms related to stress, including passionflower, lemon balm, valerian, and lavender. I am particularly fond of honokiol, a compound from magnolia bark (*Magnolia officinalis*), used for centuries in traditional Chinese medicine to promote relaxation and healthy digestion. Honokiol has been shown to cross the blood-brain barrier for direct effects on the central nervous system.

Cinnamon is good for the tummy, soothing discomfort and improving digestion. It also has a positive impact on blood sugar, helping prevent the peaks and valleys that are so bad for our mental state.



gut is getting a steady supply of healthy bacteria. Use a formula that includes prebiotics, or add a separate prebiotic supplement in addition to a probiotic—prebiotics provide food for probiotics.

GABA. When normal levels of GABA (gamma-aminobutyric acid) are present in the brain, you feel calm and at ease, and you sleep well. When you don't have enough, stress, anxiety, nervousness, irritability, and insomnia take over. One study showed the gut bacteria *Lactobacillus rhamnosus* positively altered GABA activity in the brains of test animals, and also improved their stress response.

In addition to GABA supplements, you can also increase GABA by taking the amino acid L-theanine (found in small amounts in green tea), inositol, magnesium, and chamomile.

L-tryptophan. Tryptophan is an amino acid that is used by the brain and converted into serotonin, a neurotransmitter that governs feelings of depression, anxiety, and sleep. More than 90 percent of your serotonin is found in the gastrointestinal tract. People with impulsive or aggressive personalities may benefit the most from tryptophan. In studies of adults who are self-described as “quarrelsome,”

1,000 mg of tryptophan three times a day produced increases in measures of agreeable behaviors. Tryptophan can cause drowsiness.

Vitamin D₃. Numerous studies link low levels of vitamin D to depression. Research shows that vitamin D impacts gut health too. A study published in the *European Journal of Nutrition* showed that high-dose vitamin D₃ supplementation resulted in a healthier balance of gut bacteria. The researchers concluded that the study “supports the beneficial effect of a high-dose vitamin D₃ supplementation on the human gut microbiome.” Get your vitamin D level tested by your doctor. Typical dosages vary from 1,000 IU to 5,000 IU, but you may need more depending on your blood test results.

Zinc is a key nutrient for hormone regulation and immune health. It can also support neurological function. Recommended dosages range from 15–50 mg daily.

❖ GREAT FORMULAS TO TRY



KAL GABA L-Theanine Stress B Lozenge is a smart blend of mood boosters—GABA, L-theanine, and B vitamins. Take two tasty lozenges per day.



NORDIC NATURALS Vitamin D₃ 5000 uses cholecalciferol, the most easily absorbed type of vitamin D. Each serving has 5,000 IU in an extra virgin olive oil base.



NOW Probiotic-10 is dairy, soy, and gluten free, with 10 clinically validated strains of probiotics. One capsule contains 25 billion CFUs. It's also non-GMO.



SOURCE NATURALS L-Tryptophan is extremely pure and regularly tested to ensure the highest standards of quality. Take on an empty stomach for best results.



THE VITAMIN SHOPPE Zinc 50 mg provides a high dose of zinc in one capsule. The formula has no artificial colors or flavors, citrus, dairy, gluten, or soy. Take with a meal.

Isaac Eliaz, MD, LAc is a holistic medicine practitioner based in Santa Rosa, Calif. Visit him online at Dr.Eliaz.org.



Stop Malnutrition From the Start

Malnutrition robs millions of children of their health, putting them at risk of illness, inhibited development, and even death.

Vitamins help stop malnutrition before it starts, giving children the chance to survive and thrive—even when healthy foods are out of reach.

With your support, we can end global malnutrition, starting with the power of vitamins.

Donate today.



vitaminangels.org/AW

DRY SKIN SOS

Dry air can make fine lines and wrinkles more noticeable. Give parched skin a moisture boost with these ultra-hydrating products **By Sherrie Strausfogel**



TRIPLE THREAT

Desert Essence Moringa, Jojoba & Rose Hip Oil features a unique combination of three key oils. Moringa is considered one of the greatest cosmetic oils ever discovered. When blended with jojoba oil, it helps enhance skin's texture and glow, while GLA-rich rose hip oil helps skin look and feel rejuvenated.



NOURISH & CORRECT

Delicate and dry skin will delight in **Andalou Naturals CC 1000 Roses Color + Correct Sheer Nude SPF 30**. Alpine rose stem cells provide cellular support, while rosewater and rose essential oil soothe and soften sensitive, dry skin, and hyaluronic acid and pomegranate hydrate and protect. Sheer, matte mineral coverage and UVA/UVB sun protection from 20 percent zinc oxide look natural, not chalky.

did you know...

A diet rich in essential fatty acids from nuts and seeds, soy, and fatty fish can hydrate and soften skin from within.





ANTIAGING STAR

Give your skin an age-defying boost with Reviva Labs **Dual Source Vitamin C Serum**, which contains two separate vitamin C extracts blended into one concentrate. This innovative serum stimulates collagen synthesis for plumper, softer skin. Two other big benefits: It helps reverse skin damage from the elements, and it reduces the appearance of brown age spots.

Soften Your Skin from Within

"Hydrating dry skin from the inside out is critical, especially in winter," says Lisa Powell, MS, RDN, Director of Nutrition at Canyon Ranch in Tucson, Ariz. "I recommend the Institute of Medicine guidelines, which is your body weight divided by 2 equals the amount of ounces of water you should drink each day." Powell also suggests a diet rich in essential fatty acids from nuts and seeds, soy, and fatty fish. And since biotin is required for the metabolism of fatty acids, she includes peanuts, egg yolks, bananas, mushrooms, cauliflower, watermelon, legumes, Swiss chard, and brewer's yeast in a dry skin diet.

"Since essential fatty acids are incorporated into cell membranes, they are critical for skin health," says Powell. "Fatty acids help skin protect itself against the environment. Additional nutrients that address healthy skin are protein, zinc, and vitamin C, which are necessary to make collagen. According to a study published in *Skin Pharmacology and Physiology*, collagen hydrolysate helps skin retain moisture and elasticity. Bone broth is the best natural source of [dietary] collagen."

Typically, she turns to organic and unpreserved **jojoba oil**. "The fatty acid configuration of jojoba oil lets it melt into your skin. Use it in place of a moisturizer or over a moisturizer to add a fat barrier so moisture won't evaporate."



GOODBYE TO EXTRA DRY

Designed for extra dry or mature skin types, Alaffia **Baobab & Shea Butter Skin Renewal Face Cream** features serious skin-softening ingredients. Shea butter restores skin for a radiant glow, while baobab oil moisturizes skin and helps boost skin cell regeneration. This silky formula also boasts cocoa butter and rose geranium, known for its hydrating qualities.

PRE-SHAVE PREP

Exfoliating gets rid of dry, flaky skin and enhances moisturizers. Prep your face with **Every Man Jack Face Scrub and Pre-Shave**. Coconut-derived cleansers and jojoba beads remove dead skin. Marine extracts and vitamin E soothe and deeply moisturize skin. Peppermint extract leaves skin with a clean, fresh scent. Use two or three times per week to unclog pores.





YOGA FOR WEIGHT LOSS & MORE

How this ancient practice can melt away pounds—plus strengthen the heart, tone muscles, and reduce stress **By Vera Tweed**

If you ever watched the grueling exercise programs on *The Biggest Loser*, yoga may seem counterintuitive for weight loss. “Some people say yoga is not designed for weight loss, but we can take what we know from science, that practical evidence-based information, and the reality is, it does have application [for weight loss],” says fitness expert Jessica Matthews, founder of the Masters of

Kinesiology in Integrative Wellness program at Point Loma Nazarene University in San Diego, and a senior advisor to the American Council on Exercise (acefitness.org).

That said, there’s more to it than just picking a random yoga class and expecting the pounds to melt away. “Yoga takes many different forms,” says Matthews. “If you have a specific goal like losing weight

or maintaining weight loss, it’s important to know the best style of yoga that will align with your goals.”

HEART-PUMPING MOVEMENT

Critics of yoga for weight loss generally believe the practice doesn’t provide enough heart-pumping movement, but when researchers have taken a closer look, this isn’t

always the case. A study at the University of Pittsburgh found that a specific style of yoga, vinyasa, was intense enough to produce scientifically supported heart benefits and increased calorie burning. And another study, funded by the American Council on Exercise at the University of Wisconsin-La Cross, found that power yoga—another name for a vinyasa type of

practice—burned nearly twice as many calories as a less physically intense form.

“Vinyasa means “breath-synchronized movement,”” says Matthews, “So you’re moving, you’re flowing, if you will, from one posture to the next, so a vinyasa style class can actually elicit the increased heart rate needed to help facilitate weight loss.” In gyms and studios, other names for this type of yoga may include “power yoga,” “flow yoga,” or “athletic yoga.”

WHOLE-BODY RESISTANCE TRAINING

Any complete exercise program also needs resistance training, and yoga can fit that bill too, in a more integrated way than doing one exercise to train biceps and a separate one for triceps and other isolated muscle groups. “One part of the body affects another,” says Matthews. “Yoga trains the body in a very functional way.”

A DIFFERENT WEIGHT-LOSS EXPERIENCE

Researchers at the National Institutes of Health interviewed people who had lost weight with yoga after struggling, unsuccessfully, with other methods. In addition to improved muscle tone and metabolism, yoga benefits included less stress and stress eating, reduced appetite, fewer cravings, more mindful eating, a better mood, greater self-esteem, social support, and healthy role models. “This weight loss experience was markedly different than past attempts,” the researchers concluded, “in that the weight

loss was easier, and subjects felt more confident in their ability to maintain lasting weight loss.”

WHERE TO START

If you’re new to yoga, Matthews recommends learning the basics in a gentler hatha yoga class before trying the more intense vinyasa. Better yet, try a series of introductory classes, often held over an eight-week period, or at least try going twice a week, for a month, to see how it works for you.

“My goal for my new students is to just be aware of the experience,

how your body moves through space, and see how it feels,” she says. Rather than looking at the scale right away, look for more subtle changes.

Maybe you can hold a pose longer, feel more flexible, or notice a difference in your attitude toward food. Yoga is well known for reducing stress, which helps balance hormones that regulate appetite. In choosing a yoga class, look for an instructor who is experienced and can guide you to learn in a way that builds your skill and confidence. If some people in a class are more advanced, a good teacher

did you know...
One study found that vinyasa yoga was intense enough to produce heart benefits and calorie burning.

should help you to do poses at a level that works for you. To find someone in your area, try searching IDEA Fitness’ online directory: ideafit.com/find-yoga-instructor.

WHO CAN BENEFIT

It doesn’t matter how fit or unfit you are, or how much weight you’d like to lose. “When it comes to significant weight loss, the more that somebody finds a form of activity they enjoy, the more they’re likely to stick with it,” says Matthews. Start with two gentle yoga classes a week and gradually add more. “Don’t try to go from 0 to 60 all at once,” she adds. Aim to learn the fundamental principles and postures, progress gradually, and enjoy the process.



Bonus Benefits

In addition to reducing stress, helping to balance hunger hormones, and improving fitness, studies have found that yoga helps prevent heart disease, diabetes, cancer, and depression, reduces pain, improves mood, enhances sleep, lowers blood pressure, and keeps the heart young.

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*.

Soup's On!

Boost your health and beauty with this cozy and nourishing soup, made with bone broth and veggies **By Jonny Bowden, PhD, CNS, and Jeannette Bessinger, CHHC**

If ever there was a nutritional fad that had some substance behind it, it would be bone broth. The idea behind bone broth is to simmer animal bones (like beef or chicken) for a really long time—up to 24 hours—for maximum flavor. What distinguishes the bone broths of today from, say, ordinary chicken soup is that the animal bones are from grass-fed or free-range animals that have never been subjected to steroids, growth hormones, or antibiotics.

The benefits of bone broth, most notably skin, bone, and joint health, come from its rich assortment of nutrients—minerals, amino acids, and particularly collagen, which is the most abundant protein in the body. We make less collagen with age, one reason why skin sags, wrinkles, and folds in on itself. Although you can't really eat "collagen" raw, you can eat gelatin, which is simply cooked collagen. Cooking collagen makes it easier to absorb, either by producing gelatin or a substance called collagen hydrolysate, which is used in most collagen protein powders.

Now let's move on to this terrific collagen-rich recipe from Chef Jeannette. Not only do you get all the dense nutrition from the bone broth itself, but you also get the health benefits of garlic, beans, vegetables, and spices. It's a high-fiber one-pot-meal that's warming and filling.

—Dr. Jonny



WINTER WARMER BLENDED SOUP

4 servings

If you struggle with digesting beans, add a 1-inch strip of dried kombu (a type of Japanese seaweed) when you add the broth; remove it before you purée the soup.

2 Tbs. olive oil

- 1 sweet onion, finely chopped
- 3 celery stalks, finely diced
- 3 large carrots grated (or 1 cup prepared)
- 1 large red bell pepper, seeded and finely diced
- 3 garlic cloves, minced
- 1 tsp. cumin
- 4 cups chicken bone broth (or vegetable broth for a vegan version)

Juice and zest of 1 medium navel orange, optional, for more orange flavor

- 1 15-oz. can fire-roasted diced tomatoes, undrained
- 2 15-oz. cans black beans, drained and rinsed
- 1 15-oz. can cannellini or navy beans, drained and rinsed



2 Tbs. frozen organic orange juice concentrate, or to taste

1 tsp. salt (reduce to taste if using salted broth)

¼ tsp. cayenne pepper, or to taste, optional

½ cup chopped fresh cilantro, optional

1. Heat oil over medium heat in soup pot. Add onion, celery, carrots, and bell pepper, and sauté until onion is translucent and all vegetables are beginning to soften, about 8 minutes.
2. Add garlic and cumin, and sauté 1 minute more, stirring frequently. Add broth, orange juice, zest, tomatoes, beans, orange juice concentrate, salt, and cayenne, and mix gently.
3. Increase heat, and bring soup to a boil. Reduce heat to medium-low, cover, and simmer 20–30 minutes, stirring occasionally, until all veggies are tender.
4. Purée soup with immersion wand to desired consistency, and stir in cilantro, if using, just before serving. (If you don't have an immersion wand, purée in batches in a blender, being careful not to burn yourself with steam build-up.)

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

Visit amazingwellnessmag.com for recipes made with bone broth protein, such as Turmeric Vegetable Fried Rice and Pecan Pie Energy Balls, courtesy of Dr. Axe.

THE NATURAL MMMMMMM

Fit N' Full Shakes by Next Step® are quick, delicious meal replacements. Support your weight management goals with Cookies n Cream, Fresh Berries, Swiss Chocolate or French Vanilla. These are the mouthwatering shakes you'll actually look forward to.



- Powered by Tonalin® CLA and fiber
- Packed with 14g of protein
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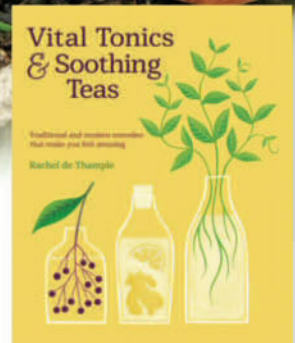
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Turn Over a New (Tea) Leaf

These healing elixirs warm body and soul **By Ann Hermann**



VANILLA AND NUTMEG MATCHA LATTE

Serves 1

Unlike other green tea leaves that are steeped then strained, with matcha tea you're actually consuming dried and powdered leaves, which means this tea is packed with antioxidants and offers a sustained energy boost. It's a great alternative to coffee, as it gives you a caffeine buzz without the subsequent crash.

- 1 cup almond milk
- 1 drop vanilla extract (less than $\frac{1}{8}$ tsp.) or a small scraping of vanilla seeds (less than $\frac{1}{4}$ pod)
- Pinch of freshly grated nutmeg
- 1 tsp. matcha tea powder
- $\frac{1}{2}$ to 1 tsp. raw honey or maple syrup

In a small saucepan, gently warm milk with vanilla and nutmeg. Increase temperature to achieve a soft, rolling boil, then immediately remove from heat. Whisk in matcha powder until frothy. Add honey and serve warm or, in warm weather, you can simply whisk all the ingredients together and serve cold.

PER SERVING: 80 cal; 4g pro; 2.5g total fat (0g sat fat); 11g carb; 0mg chol; 150mg sod; 3g fiber; 9g sugars

It's safe to say that tea has been sipped and savored for thousands of years. The oldest remains of tea leaves were recently unearthed by archeologists in the tomb of Chinese emperor Liu Qi, the fourth emperor of the Han dynasty, and date back to about 150 BC. Herbal teas including aromatic herbs, spices, and flowers (aka tisanes) have an even longer known history—dried peppermint leaves found in Egyptian pyramids have been carbon dated to 1,000 BC.

Today, tea is still popular—in fact, it's the most popular nonalcoholic beverage (after water). And new healthy benefits of both true tea (from the *Camilla senensis* plant) and tisanes continue to be discovered. But why settle for a steeping a plain old tea bag in a cup of water? Step up your tea game with these brews by Rachel de Thample, from her new book *Vital Tonics & Soothing Teas*.





SPICE C TEA

Serves 1

Cumin is a wonderful cleanser for the small intestine, which plays an important role in nutrient absorption. You may be eating the best food, but if your ability to absorb and assimilate the nutrients is diminished, your health will be affected. If this is the case, try this tea for one month.

- 1 tsp. cumin seeds
- ½ cinnamon stick
- 2 tsp. black tea leaves or 1 black tea bag
- 1 cup freshly boiled water

Put the cumin, cinnamon, and tea leaves into a teapot and pour in freshly boiled water. Steep for 7 minutes, then strain into a mug.



ROSY GINGER TEA

Serves 1

Rose works to calm the emotions, making it a medicine for your heart, while ginger and star anise are great digestive soothers.

- 1 (1 ¼ -inch) piece fresh ginger, peeled and roughly chopped
- 1 Tbs. rose petals or rose buds
- 1 star anise pod
- 1 cup freshly boiled water

Put the ginger, rose petals, and star anise into a teapot and pour in freshly boiled water. Steep for 10 minutes, then strain into a mug and drink.

Happy 2018!

Greet the New Year with great health with the help of these standout natural products

1. PURIFY YOUR BLOOD

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



2. QUICK & EASY COLLAGEN

Would you rather drink 4 cups of bone broth, or take just 1 oz. of liquid? Get 16 grams of 100% absorbable collagen peptides in the original, medical-grade formula, **AminoSculpt** by **Health Direct**. This sugar-free, ready-to-drink supplement is made from grass-fed, pasture-raised protein and is perfect for Paleo and keto diets.



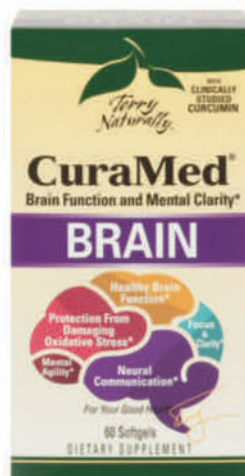
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4. MENTAL BOOST

Terry Naturally CuraMed BRAIN delivers key nutrients to support mental clarity and focus, plus clinically studied curcumin (an extract from the spice turmeric) to support cognitive health and protect the brain from free radical damage for years to come.

4



5



3. YOU CAN'T BEET IT

Nu Therapy Power Beets is a nitrate-rich superfood that helps to boost your body's production of nitric oxide, an essential molecule that helps regulate healthy blood circulation. Benefits include improved natural energy, improved stamina, and healthy blood pressure levels. This great-tasting powder, which comes in Acai Berry Pomegranate Flavor, is made from non-GMO beets and is free of artificial flavors, colors, and sweeteners.

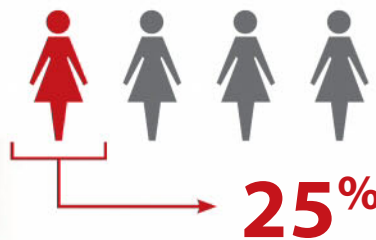
5. WINTER WELLNESS

Support your immune system during cold and flu season with **plnt Herbal Immune Formula** by **The Vitamin Shoppe**. This non-GMO, kosher, vegan formula features traditional herbs and mushrooms, including astragalus, garlic, maitake mushroom, and echinacea. Many of the ingredients are certified organic.

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,¹ with iron-deficiency anemia the most common type of anemia.

Reference

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

We all need iron for energy.

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

Is iron missing in your diet?

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

Iron-deficiency symptom checklist:

Are you iron-deficient?

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

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

Feel the difference Floradix® makes:

- Nonconstipating
- Dairy-, lactose-, & alcohol-free
- Free of artificial colors & flavors
- Safe, utilizable dosage
- Formulated for maximum absorption
- Contains whole food & herbal extracts
- Certified kosher
- Suitable for vegetarians



VEGETARIAN + NON-GMO + ADDITIVE- & PRESERVATIVE-FREE
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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



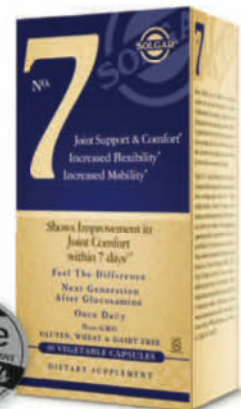


Looks like somebody's been taking their Solgar® No. 7

They increased their flexibility, mobility, and range of motion.*

Even better, their joint comfort showed real improvement... in just 7 days.1*

Finally, the next generation in joint comfort, mobility, flexibility, and range of motion.* Solgar® No. 7 brings together bio-active nutrients that work to create a fast-acting approach for occasional “tweaks” and joint stresses brought on by exercise, sports, or physical activity.1* Start to get back on track fast — when stiff joints occasionally say no... Solgar® No. 7 says YES!*



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FOR STORE LOCATIONS AND ADDITIONAL INFORMATION, VISIT SOLGAR.COM OR CALL 1.800.645.2246

1. Based on two human studies with 5-LOXIN Advanced® where subjects rated their joint health over time, subjects' joint health improved within 7 days and continued to improve throughout the duration of the studies. 5-LOXIN ADVANCED® is a registered trademark of PL Thomas-Laila Nutra, LLC U.S. Patent #8,551,496 and patents pending.

*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.