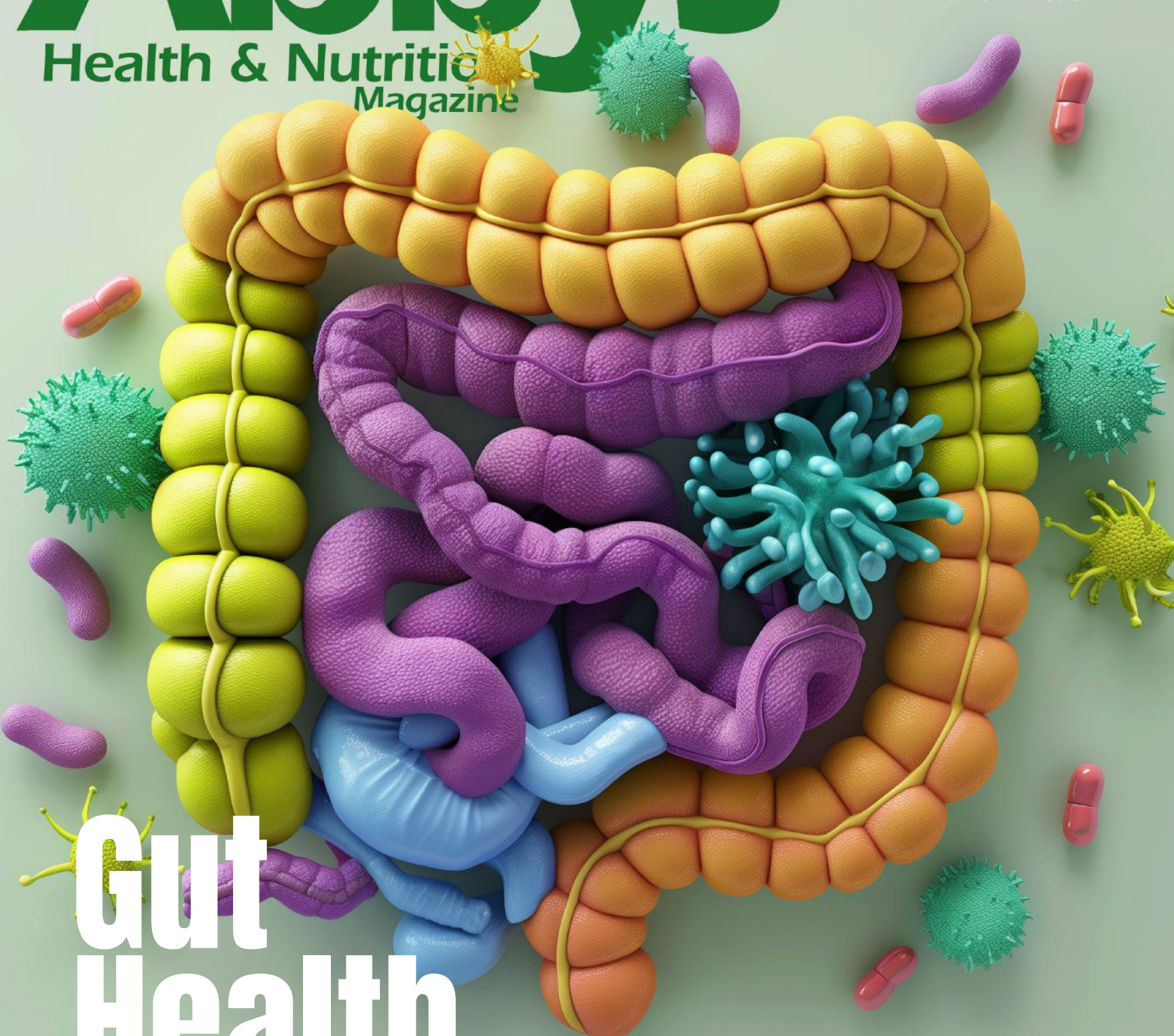


# Abby's 2.0

Health & Nutrition Magazine

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Volume 14 Issue 2



# Gut Health

5 Ways to Support Great Gut Health

Natural Support for Gut Health  
ENZYMES, PROBIOTICS & FIBER

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# The NATURAL TRIO for a HAPPIER GUT\*

- Activated Charcoal helps relieve excess gas and bloating\*
- Chewable Ginger helps ease nausea\*
- DGL soothes digestive upset\*



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# Natural Support for Gut Health

Gut problems can be draining, both physically and emotionally. When your GI function and health are momentarily “off,” it can disrupt your whole day—leaving you feeling frustrated, overwhelmed, and uncomfortable. The good news is that several natural remedies offer reliable relief.

## Issue: Burning Sensation\*

If you notice a burning sensation in your throat or chest, especially after meals or when lying down, you’re likely dealing with occasional heartburn.

### Gut Friend:

- **Licorice** is a demulcent herb that coats the mucous membranes lining the esophagus and stomach, offering comfort to people with occasional heartburn.\*1

## Issue: Stomach Lining Irritation\*

If you experience discomfort in your upper abdomen, particularly between meals or after consuming spicy foods, coffee, or alcohol, your GI tract lining may need some TLC.

### Gut Friends:

- **Licorice** supports the integrity of the mucosal lining of the stomach and intestinal wall.\*2
- **Zinc Carnosine** also strengthens the GI tract lining, but it works primarily in the colon.\*3

## Issue: Occasional Indigestion\*

If meals sometimes leave you feeling heavy, bloated, or uncomfortable, you may be having trouble digesting your food.

### Gut Friends:

- **Ginger**, an herb used in many traditions around the world, helps ease queasy feelings.\*4
- **Bromelain**, an enzyme derived from pineapple, supports the digestion of protein by breaking it down into smaller, more manageable peptides.\*5
- **Mastic gum**, derived from mastic tree resin, has been used for centuries for its soothing effect on digestive health.\*
- **Chamomile**, a traditional European herb, helps relax muscles in the digestive tract, supporting digestive comfort.\*7

## Issue: Microbiome Imbalance\*

If your gut just feels “off,” with occasional bloating, irregularity, or digestive discomfort, it may be a sign of microbiome imbalance—which means probiotics are in order.

- **Bifidobacterium longum** is a beneficial bacterium linked to a strong gut barrier and produces helpful short-chain fatty acids.\*8
- **Saccharomyces boulardii** is a yeast that helps support regularity, digestive comfort, and gut barrier integrity.\*9

You can find these tried-and-true ingredients in several gut health products from Natural Factors.

### DGL Deglycyrrhized Licorice Extract chewable tablets

Sweetened with xylitol, Natural Factors’ DGL Deglycyrrhized Licorice Root Extract has been processed to remove glycyrrhizin to avoid potential side effects. It comes in tablet form, as saliva activates DGL.

### Chewable Ginger tablets

Natural Factors’ Chewable Ginger tablets combine the stomach-soothing qualities of zingy ginger—standardized to contain 5% of the active ingredient gingerol—with the sweetness of xylitol.

### Gastro-Assist™ vegetarian capsules

Gastro-Assist™ is a comprehensive formula that marshals the power of zinc carnosine, BB536 (*B. longum*), *S. boulardii*, mastic gum, and chamomile. It’s ideal for anyone wanting to encourage a healthy gut flora balance and overall gut health.\*

### Bromelain Pineapple Enzyme capsules

Natural Factors’ Bromelain features 500 mg (1000 GDU or gelatin-digesting units per gram) of the enzyme bromelain from pineapple, provided in gelatin capsules. ■

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Check out the entire selection of Natural Factors products for Gut Health at Abby’s today!



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# Take care of your immune system through improved gut health.

## Intestines

It is estimated that between 70-80 percent of immune system action happens in the region around the intestine. The intestinal lining is a thin barrier that separates us from the world and relies on populations of microorganisms that live within the mucus layer next to this single-celled layer. This slimy barrier allows nutrient absorption while keeping pathogens (viruses and bacteria for example) and undigested food particles (such as gluten) out of our circulation. When this breaks down, the gut is “leaky” resulting in inflammation, and often leaves us feeling tired, run down and eventually results in allergies and autoimmune and other disease.\*

## Lymphatic System

There is also important action on the other side of the intestine, which in modern science is known as the MALT or the mucosa-associated lymphoid tissue; a network of lymphatic tissue which surrounds the GI tract, nose, thyroid, breast, lungs, eyes and the skin. Processed food and sedentary lifestyles can clog up the lymph system, and like the plumbing of a building, a clogged system results in accumulation of toxins and waste products.\*

## Liver

The third important aspect of the digestive process is the formation of bile by the liver. Recent studies show that there is an interaction between gut microbes, bile acids and the immune system. Use of seasonal cleansing to reset the gut, ample bitter leafy greens, and herbs like Burdock and Milk Thistle all help to produce healthy bile.\*



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# A Registered Dietitian's Guide to GLP-1 Supplementation

As a registered dietitian, I'm always keeping an eye on the latest buzz in health and nutrition. Lately, GLP-1 medications have become a major topic of conversation. These powerful tools for managing blood sugar and weight have sparked a lot of interest, and for good reason.

Their use has certainly helped people manage their blood sugars and weight. But here's the catch: new data suggests that some users might be missing out on key nutrients, thanks to the appetite suppression that makes these meds so effective, which ultimately leads to eating less overall. So, how can you stay on top of your nutritional game while on this journey? Let's dive in and make sure your body gets everything it needs to thrive!

Abby's health and Nutrition does not promote the use of GLP-1 medications. Please consult with your physician before using due to possible serious side effects.

## What Are GLP-1 Medications?

Before we dive into how to keep your body nourished while on a GLP-1, let's take a closer look at what these medications actually do. Glucagon-like peptide-1 (GLP-1) receptor agonists are a class of medications that mimic the action of a natural hormone in your body called GLP-1. This hormone plays a key role in regulating blood sugar levels by stimulating insulin production and slowing down digestion. It also communicates with your brain to help control appetite, making you feel full sooner and helping reduce how much you eat. Because of these effects, GLP-1 medications have become a popular and effective tool for managing both blood sugar and weight. But here's the catch: **eating less, while great for weight management, can sometimes mean you're not getting enough of certain nutrients.** Those smaller meals might not provide the full spectrum of nutrients your body needs to function at its best. Let's explore how to fill those nutritional gaps and keep your body thriving!

## Why Supplements May Be Helpful

My philosophy is always "food first." A balanced diet rich in whole foods is the best way to get the nutrients you need. But when your dietary intake is consistently reduced, as it can be with GLP-1 medications or calorie-restrictive diets, supplements can be a practical way to help fill in the nutritional gaps and support your overall health. Recent research highlights common nutrient insufficiencies in the general population that may be amplified by reduced food consumption. A study in *Frontiers in Nutrition* pointed to widespread low intake of crucial nutrients like calcium, magnesium, and iron when taking a GLP-1. Thoughtful supplementation can help ensure your body gets what it needs while you work toward your health goals.

## Key Supplements to Support Your Health on GLP-1s

If you're taking a GLP-1 medication or on a reduced-calorie diet, focusing on a few key supplements can help you maintain balance and vitality. While every person has unique and individual needs, and I always recommend checking with your doctor before adding anything new to your routine, here are three supplements I often recommend.

### Multivitamin. Why It's Important

A daily multivitamin acts as nutritional foundation support, especially when appetite changes make it difficult to meet all your needs through food alone. It provides a broad range of essential nutrients that support everything from immune health to your energy levels. Also, a multivitamin can help cover nutrients you might be missing.

### Why MegaFood's One Daily Multivitamin?

MegaFood's One Daily Multivitamin is a convenient, one-a-day formula made with 21 essential nutrients. It includes B vitamins to support cellular energy production, vitamin D for bone health, and vitamin C & zinc for immune health. Formulated with iron plus real food, it's designed to support your nutritional needs for optimal well-being. This unique multivitamin pairs essential vitamins and minerals (like vitamin A) with real food (like carrots). Each serving delivers 10 mcg (400 IU) of vitamin D3 to support healthy bones and 4.5 mg of Iron. It also includes beta carotene and vitamins C and E to help support normal immune function. You can take it any time of day, even on an empty stomach, so it's a great option for someone who is on a reduced-calorie diet and may need this flexibility to help fill nutrient gaps associated with weight loss diets.

### Creatine Monohydrate Why It's Important

Creatine is a compound that helps your muscles produce energy. It supports muscle health, strength, and power output, with a proper protein intake, which is particularly important if you are trying to maintain muscle mass. During weight loss, it's crucial to preserve lean muscle mass, and creatine can be a valuable tool in that effort.

### Why MegaFood's Micronized Creatine Monohydrate Powder?

This unflavored and micronized powder from MegaFood dissolves easily in hot or cold liquids. Each 5g serving of creatine monohydrate promotes lean muscle mass<sup>1</sup> and may help maintain muscle during periods of weight loss<sup>2</sup>. Higher Creatine levels may also improve memory function. By supporting ATP recovery, it supports energy production during intense physical activity. It's a great option for vegans and vegetarians (who have naturally lower levels of creatine) looking for an additional source of Creatine, and it is both Vegan & NSF Certified For Sport.

### Calcium & Magnesium: Why It's Important

Calcium and magnesium are vital partners for bone health and muscle function. As noted earlier, many people already struggle to get enough of these minerals from their diet because the required doses are so high. When food intake decreases, the risk of falling short increases, potentially impacting your long-term bone density and muscle comfort.

### Why MegaFood's Calcium & Magnesium Supplement?

This formula from MegaFood helps maintain bone, muscle & cardiovascular health. It provides 150 mg of calcium per serving to support bone health and 75 mg of magnesium per serving to support muscle function. It also includes a supportive trio of organic herbs: nettle leaf, dandelion root, and parsley leaf.



### A Balanced Approach to Your Health

As a dietitian, I always advocate for a food-first approach to nutrition. But I also recognize that supplements can play a vital role in filling nutritional gaps and supporting your health, especially in certain situations, like weight loss or calorie-restrictive diets. By working with your healthcare provider, you can create a plan that helps you feel your best and ensures your body gets the nutrients it needs. When it comes to supplements, MegaFood stands out for its commitment to quality and transparency. Their products are crafted with care, made with real food ingredients and science-backed nutrients, and rigorously tested for over 150 pesticides to ensure purity. With MegaFood, you can trust that you're getting effective, trustworthy support for your health journey. Explore MegaFood's range of supplements to find the right fit for your needs and take the next step toward feeling your best. ■

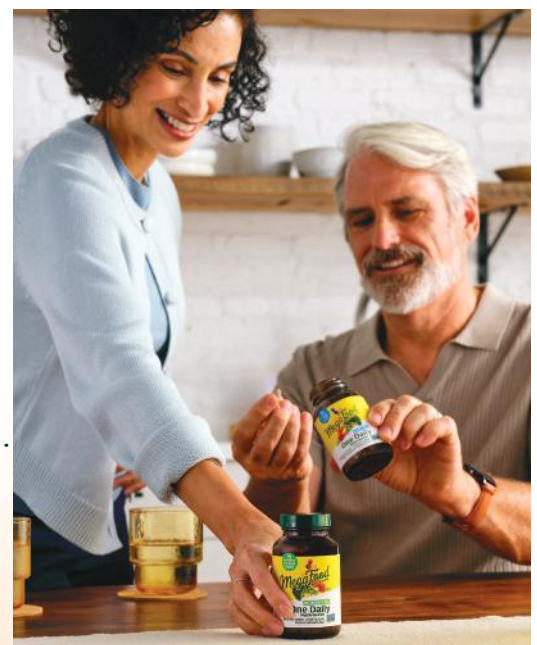
<sup>1</sup>when taken in conjunction with a resistance training program

<sup>2</sup>when taken in conjunction with a healthy diet and exercise

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# FROM PAIN TO POWER: ONE WOMAN'S GIFT THAT CHANGED EVERYTHING



They told Jeff Nursey he'd never walk without help again. After a devastating cycling accident left him with shattered bones and daily agony, Jeff spent years in and out of surgery, relying on strong painkillers and trying every alternative therapy he could find. Nothing helped. At 48, he was declared 100% disabled.

Then, just before Christmas 2009, a friend gave him a gift that changed his life — The New You Miracle Band.

*“I thought it was a gimmick,” Jeff admits. “But two days after wearing it, the pain disappeared.”*

That experience launched a personal mission to help others find relief — especially women — who struggle with:

- chronic pain
- hormonal issues
- balance problems
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- arthritis



Each Miracle Band contains a decorative metal disc made from a proprietary blend of polarized metals, charged to match the body's natural electrical frequency. When worn on the wrist or ankle, it helps restore energetic balance and calm inflammation — all without drugs or side effects.

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**“My new go-to accessory!”** I used to suffer from intense sciatic pain, but relief came within hours of wearing the Miracle Band. My husband uses it for anxiety — no more meds. I bought one for everyone in my family. I tell everyone about it!” — Luz Negrete

**“The New You Miracle Band is amazing!** After wearing it a couple weeks, all my back pain from scoliosis went away and also the pain from the two herniated discs. **I highly recommend it to anyone having any type of pain.**” — Susan Bastajian

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# The Legacy in the Soil:

## Why Gut Health is a Community Effort

By Deepika Kolli

At **Abby's Health & Nutrition**, you're used to finding the very best in organic groceries and wellness supplements. But have you ever wondered about the "living classroom" just down the road?

**Abby's Organic Community Farm** is a 501(c)3 nonprofit founded on the same vision as the store: that true health starts with education and a deep respect for nature. While we aren't a retail store or a U-pick, we are the "roots" of the Abby's legacy. Our mission is to show the community exactly how healthy food is grown—and how that process translates to a healthy gut.



### A Mirror Underground

Your gut is home to a vast "microbiome" of beneficial bacteria that manage your immune system and your mood. Interestingly, healthy soil has a microbiome, too!

At the farm, we treat our soil like we treat our bodies. By avoiding harsh chemicals and focusing on organic vitality, we grow "Gut Heroes" like **kale, broccoli, onions, and snap peas.** ■



[AbbysFarm.org](http://AbbysFarm.org)

# LEAKY GUT HEALTH By Emerald Labs

One of the most common conditions in America that affects not only the digestive system, but whole-body health is leaky gut syndrome. This occurs when the lining of the small intestine becomes unhealthy and leads to malabsorption of nutrients and the unregulated absorption of toxins that penetrate into the bloodstream. Common causes include an unhealthy diet, medications like antibiotics, and high stress.

In addition to consuming a diet that promotes a healthy microbiome and gut health, along with regular exercise and a healthy lifestyle, there are specific supplements that promote healing of the gut lining. A product we helped formulate to accelerate leaky gut healing is the Emerald Labs Leaky Gut Health. The formula is strategically formulated in powder form so that the ingredients come into contact with the gut lining and contains the following:

**L-Glutamine:** this amino acid fuels the healthy regeneration of small intestinal cells.

**DGL Licorice Root Extract 4:1:** this plant extract reduces inflammation in the gut and has been shown to help heal the stomach and small intestine lining. It is also a good choice if you have acid reflux.

**Slippery Elm Bark Powder:** this plant is known for its soothing and anti-inflammatory effects on the gut lining.

**Aloe Vera Extract (200:1):** this plant extract is a powerful anti-inflammatory for the gut lining and has been formulated in a very high concentration.

**Quercetin:** this nutrient-like substance reduces the effects of histamine in the gut to reduce digestive symptoms.

Most people take one scoop in water one to two times daily. ■

## Listen to your body and trust your **Gut Instinct**

Doctor Formulated, Clinical Potency products from the Additive-Free Company: Leaky Gut, Digestive and Reflux Health formulas.



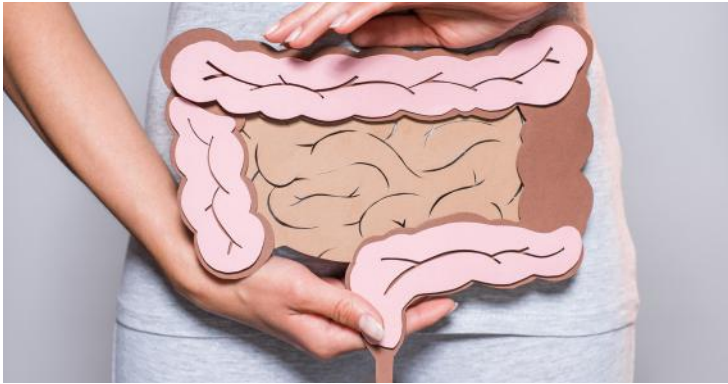
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# COLON (LARGE INTESTINE): REABSORBING & ELIMINATION

From the archives of Abby Saylor



Having traveled the length of the small intestine, the chyme arrives at the ileocecal valve, at the beginning of the large intestine (colon) in the lower right-hand side of the abdomen. As the chyme enters the colon, it passes the appendix, a blind sac about the size of your little finger. The chyme travels up the ascending colon, across the transverse colon and down the descending colon at the back side of the body above the rectum.

During the chyme's passage, the colon withdraws water from it leaves semisolid waste. The strong muscles of the rectum and anal canal hold back this waste until it is time to defecate. ■

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# Strength in Numbers: Why High-Strain Probiotics Make All the Difference

## Your Gut Is the Foundation of Your Health

Your gut does so much more than just digest food. It's home to trillions of microorganisms that influence everything from nutrient absorption to immune health and even how you feel day to day. When your gut microbiome is balanced and diverse, your whole body benefits. When it's not, you may notice it in form of bloating, sluggish digestion, low energy, or feeling "off."

## Think of Your Microbiome Like a Rainforest

Imagine your gut as a thriving rainforest. The more diverse the ecosystem, the stronger and more resilient it becomes. A healthy microbiome isn't made up of just one or two types of bacteria, it contains a wide variety of strains working together in harmony.

Each probiotic strain has its own unique job. Some help break down food and support smooth digestion. Others crowd out unwanted bacteria. Many play an essential role in supporting your immune system. When you have more strains working together, you get broader, more complete support.

## Modern Life Shrinks Microbial Diversity

Unfortunately, modern life isn't always gut-friendly. Stress, processed foods, travel, and certain medications can reduce microbial diversity over time. This "loss of diversity" makes it harder for your gut to bounce back and stay balanced.

That's why high strain probiotics are so important.

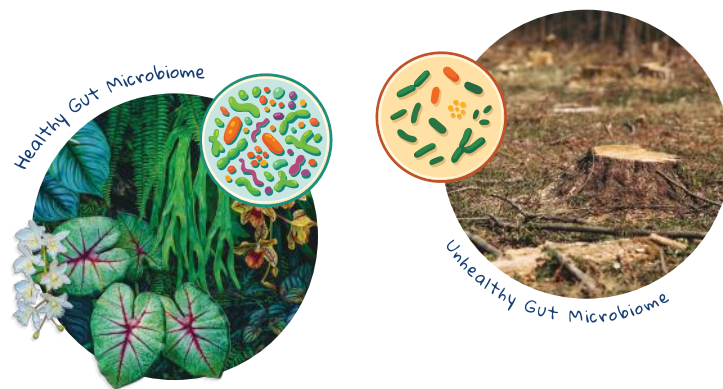
## Why High-Strain Probiotics Matter

Many probiotic supplements contain only a handful of strains. While helpful, they don't fully reflect the natural complexity of your microbiome. High strain diversity formulas, such as those delivering 60 or more diverse strains, are designed to more closely mirror the richness of a healthy gut. It's like planting a full garden instead of just one flower. The greater the variety, the stronger and more supportive the ecosystem.

## Potency + Protection = Real Results

When high strain diversity is paired with high potency, billions of live cultures per capsule, and acid-resistant delivery systems, those beneficial bacteria are better protected from harsh stomach acid. That means more of them reach your intestines, where they can truly thrive and make a difference.

Because when it comes to gut health, more strains mean more balance and more benefits.



An advertisement for Vital Planet probiotics. At the top is the logo "Brenda Watson's VITAL PLANET". Below it, the text "Upgrade Your DAILY PROBIOTICS" is written in a large, bold font. Underneath, it says "with High Potency, High Strain Vital Flora™". The bottom half of the ad features two product boxes: "Ultra Daily Probiotic +7 prebiotics" and "Women's Daily Probiotic +7 prebiotics". Both boxes specify "60 BILLION 60 STRAINS" and "NO REFRIGERATION REQUIRED". A white arrow points from the text above to the product boxes.

# 5 Ways to Support Great Gut Health

Researchers are starting to understand the vital role your microbiome plays in maintaining your overall health. Your microbiome is the unique ecology of your body, and it includes trillions of microorganisms. Without this population of microscopic helpers, humans wouldn't be able to digest and use the food we eat—and that's just one example. And where is the main place that these microorganisms are doing their jobs of mingling, absorbing vitamins, breaking down food, making enzymes, and much more?

That would be in your digestive tract (large and small intestines), also known as your gut. In fact, the gut is such an important command center in the body that it's sometimes called your "second brain."

## Your Microbiome is Majorly Important

The activity in your gut and your whole microbiome can make a difference in how you feel. For example, about 70% of the body's immune cells are in the gut—which is helpful since new material is passing through your digestive system every day. The gut also communicates directly with your brain, which is called the "gut-brain axis." This connection can affect stress, mood, cognitive function, feelings of hunger or craving, and more. Every microbiome is a little different, like a personal fingerprint. Your unique microbiome is first determined by your DNA, and then it changes based on the microorganisms you encounter during birth and infancy. Your microbiome can keep shifting throughout your life! There are even tests available to analyze the composition of your microbiome and the unique bacteria, fungi, and viruses that make you YOU. New Chapter is here with the right supplements to help support your healthy, balanced microbiome. We were founded in 1982 by health-food store owners who wanted more options for good gut health. Today, we've got an impressive family of supplements infused with nature's wisdom specifically for your microbiome and digestive balance. Pick the perfect science-backed formula for your unique needs, and feel your best today, tomorrow, and every day!

## 1

### Support Digestive Health with Probiotics

Probiotics are microorganisms that deliver a health benefit. You can consume probiotics in supplement form or in certain foods (like yogurt or probiotic beverages—check labels for probiotic information). New Chapter has been formulating probiotics for digestive health for over 40 years! We prioritize using science-backed strains that have been through rigorous quality control and testing, including DNA-testing to confirm identity. It's all part of delivering highly concentrated, potent probiotics in an effective amount that works—no megabillions needed. For complete gut health, All-Flora Probiotic is masterfully crafted for everyday benefits, providing advanced digestion, microbiome, and gut health support. It's a clinical-strength triple probiotic blend that's perfect for those seeking a healthy, happy gut and GI tract.\* Delivers 10 billion CFU (colony forming units) of probiotics + postbiotics & prebiotic fiber in one vegan capsule per day. For 100% delicious digestive support, All-Flora Probiotic + Prebiotic Gummies support a healthy digestive system, with 3 g prebiotic fiber† from chicory root to fuel your natural good bacteria every day.\* Delivers 2 billion CFU of probiotics in 2 vegan gummies per day. For probiotics that survive antibiotic use‡, All-Flora probiotics and Flora Fortify helps maintain digestive balance and relieves occasional diarrhea with a naturally strong *Saccharomyces boulardii* strain.\* Delivers 5 billion CFU of probiotics + essential electrolytes & prebiotic fiber in 1 vegan capsule per day (14-capsule supply).

# 2

## Probiotics for Menopause & Hormonal Balance

Women experience multiple transitions during their lives, from hormonal ups and downs during menstruation, to decline in estrogen and progesterone that results in menopause. These changes can impact both digestion and the vaginal microbiome. A dedicated probiotic supplement can be helpful from peri- to post-menopause, particularly one with *Lactobacillus acidophilus* La-14® and *Lactobacillus rhamnosus* HN001™ probiotics. These strains have been clinically studied to travel through the gut and promote a healthy vaginal environment—including a healthy balance of vaginal bacteria and yeast.\* New Chapter probiotics for women deliver these exact strains to support your comfort and quality of life when you need it! For those experiencing monthly feminine symptoms, Women's Daily Probiotic delivers clinically studied *Lactobacilli* probiotics for vaginal & digestive health, PLUS chaste tree that helps relieve monthly breast tenderness, mood, and bloating.\* Delivers 10 billion CFU probiotics & prebiotic fiber in 1 vegan capsule per day. For powering through peri- and post-menopause, All-Flora Probiotic Menopause Balance delivers clinically studied *Lactobacilli* probiotics for vaginal microbiome support & digestive health.\* We also include nature's finest black cohosh for tackling hot flashes and night sweats; to help keep you cool all menopause long.\* Delivers 10 billion CFU probiotics & prebiotic fiber in 1 vegan capsule per day.

# 3

## Relieve Occasional Indigestion with Digestive Enzymes

Taking good quality digestive enzymes can be a game-changer for a well-functioning digestive system and feeling your best overall. Your own natural digestive enzymes are responsible for aiding digestion of five common foods: proteins, fats, carbohydrates, dairy, and fiber. But sometimes your system can use some help. The clinically studied 5-enzyme supergroup of amylase, protease, cellulase, lactase, and lipase works to support better digestion over time.\* For daily enzymes & help with gas & bloating, All-Flora Probiotic Enzyme Complex relieves occasional indigestion with clinical-strength digestive enzymes and includes probiotics that help relieve gas, bloating, and GI distress.\* In addition, fermented vitamin B12 helps with proper food breakdown.\* Delivers 5 billion CFU probiotics, prebiotic fiber & 100% Daily Value of B12 in 3 vegan capsules per day (perfect for mealtimes). For enzymes plus organic veggies & fruits, All-Flora Digestive Super Greens Powder supports improved digestion & gut health with clinical-strength digestive enzymes plus a whole host of fermented grasses, greens like kale and spinach, chlorella, spirulina, herbs, and fruit.\* Easy to mix into your favorite smoothie or daily drink.

Introducing a NEW way to

# Get That Good Gut Feeling

Our All-Flora™ lineup is expanding to provide more science-backed digestive formulas for the exact benefits you seek



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

# 4

## Fiber Supplements for Gut Balance

Fiber is a crucial carbohydrate that we get from food. It's not digested and absorbed into the bloodstream like most of the nutrients we consume. Instead, fiber provides the bulk needed to form stool with a healthy, comfortable consistency, which helps with smooth, regular bowel movements. Fiber also feeds the natural good bacteria already living in your gut—this is sometimes called “prebiotic” fiber. It's recommended that adults get 28+ grams of fiber per day. But despite its importance, only about 7% of Americans get enough fiber in their diets! This is largely because we don't eat enough plant-based foods like fruits, vegetables, and whole grains. Fortunately, great quality fiber supplements can help you get the benefits of fiber for a healthy gut and microbiome. For 100% delicious daily fiber, New Chapter's Organic Fiber Gummies keep your routine going smoothly with up to 8 grams certified organic prebiotic fiber in 2-4 convenient gummies per day. These gummies support digestive health & fuel your natural good bacteria, all with NO added sugar.\* For a thriving gut environment, our triple-fiber combo of organic inulin, psyllium, and fermented prune promotes digestion and overall gut health with 5 grams of fiber per serving.\* All-Flora Multi-Fiber Blend includes a clinically studied level of organic Jerusalem artichoke inulin that provides prebiotic nourishment to fuel your natural gut bacteria.\*

# 5

## Eat Plenty of Plants!

Researchers have found that food from plants are great for delivering fiber and polyphenols (plant nutrients) that help to maintain a healthy, diverse microbiome. So, give your gut more of what it loves by adding more plant-based food to your healthy eating patterns. Think fruits, vegetables, whole grains, legumes, and nuts. Here are a few tips to eat more plants:

- Prep snacks on weekends to take with you during the week. Examples are carrot sticks, grapes, mixed nuts, chia pudding, or just grab a whole apple and go!
- Replace some meat dishes with plant dishes. This doesn't have to mean everything is tofu. Beans are packed with protein and fiber (think bean chili or a dense bean salad), making them a superior meat replacement. An avocado-cucumber-pepper sandwich on whole-grain bread can be an amazing lunch.
- Be “extra” by adding plants to every meal. Sprinkle pumpkin seeds over an omelet. Tuck some steamed kale or asparagus onto everyone's plate. Eat the parsley garnish. Put corn in your tacos and chickpeas in your soup. Have an orange or slice of watermelon for dessert. Throw berries into cereal. There are so many options!
- Make plant-packed smoothies. Buzz up quick, customizable blends in every color of the rainbow to make plants easy and delicious. A green smoothie could be spinach, banana, and frozen mango. Make it purple with a handful of wild blueberries. You can also add the immune- and stress-supportive power of holy basil with a serving of our Organic Holy Basil Booster Powder.
- Trust your gut! Understanding and nurturing your microbiome is deeply important for taking care of your overall well-being. Support the benefits you want by upgrading your routine with high-quality ingredients like probiotics, digestive enzymes, and potent herbs.\* With our lineup of All-Flora products for gut health, enzyme support, menopause comfort, and more, it's easy to find a formula that works for your body and your flora.\* Please explore our digestive wellness collection to find the right formula for you! We're excited to be there for you, whether you need support for days, for a phase of life, or for your ongoing wellness routine. ■

**NEW CHAPTER**

Introducing a **NEW** way to  
**Get That Good Gut Feeling**

Your gut does more than digest—  
it's essential for overall health.

Feel the difference with New Chapter's  
science-backed digestive powerhouses  
intentionally paired with nature's finest  
ingredients to deliver a host of benefits.\*

**100% Delicious Gummies**

**All-Flora Probiotic + Prebiotic Gummies**  
support your healthy digestive system with  
2 billion CFU probiotics & 3 grams prebiotic  
fiber† per serving. Our prebiotic inulin fiber from  
chicory root has the bonus benefit of replacing  
unnecessary extra sugar. Fuel your natural  
good bacteria for a healthy gut & happy you!

**All-Flora Multi-Fiber Blend**  
**Organic Holy Basil Booster Powder**  
**Organic Psyllium**  
**Organic Inulin**  
**Organic Fermented Prune**

† Not a significant source of dietary fiber  
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Garden of Eatin'

† Not a significant source of dietary fiber

\*This statement has not been evaluated by the Food and Drug Administration.



# What to Eat on the Candida Diet

By Dr. Eric Berg

Candida albicans is a yeast-like organism that lives naturally in small amounts in your mouth, gastrointestinal tract and skin. The body's natural defense against fungal and yeast infections is the production of friendly bacterial flora that keeps it in check. It is controlled by a properly functioning immune system and "friendly" bacteria. However, if the number of friendly bacteria is decreased, the immune system is weakened or other conditions for yeast proliferation occur. Candida albicans may shift from a yeast to a fungal form and start to invade the body and cause a multitude of health problems.

In the yeast state candida is a non-invasive, sugar-fermenting organism, while in fungal state it is invasive and can produce rhizoids, very long root-like structures. Rhizoids can penetrate mucosa or intestinal walls, leave microscopic holes and allow toxins, undigested food particles and bacteria and yeast to enter the bloodstream. This condition is known as Leaky Gut Syndrome and that is one of the causes of food and environmental allergies. ■

Foods to prioritize while following an anti-candida diet include high-quality animal protein, healthy fats, low-sugar fruits, and non-starchy vegetables.

These foods are permitted and encouraged on a candida diet:

- Fermented foods such as sauerkraut, pickles, kimchi, and kefir
- Grass-fed red meat
- Wild-caught fish
- Organic poultry
- Pasture-raised eggs
- Asparagus
- Brussels sprouts
- Leafy greens
- Tomatoes
- Zucchini
- Celery
- Olives
- Avocados
- Coconut oil
- Olive oil
- Butter
- Ghee
- Bone broth

Lemons, limes, berries, as well as nuts and seeds that aren't prone to mold, such as almonds and sunflower seeds, may also be enjoyed in small amounts. ■

## Discover the Power of Omega-3

Exceptionally fresh, pure, and great-tasting fish and algae oils formulated to support a healthy heart, brain, and immune system at the cellular level.\*

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# Enzymes, Probiotics & Fiber, Oh My! Get the Ultimate Gut Health Routine\*

By Enzymedica



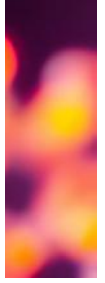
Working to take better care of yourself? Meet the trio of all-stars you need on your side: digestive enzymes, probiotics and fiber. Each one offers unique benefits for your gut. But together? They're a powerhouse trio for digestive harmony – basically the Destiny's Child of digestion.\* Teamwork makes the dreamwork! Whether you want help dealing with occasional digestive discomfort, stay regular or simply support everyday wellness, here's how enzymes, probiotics and fiber can help you feel less weighed down, more balanced and supported from the inside out.\*

## **Enzymes: Your First Step to Comfortable Digestion\***

Consider digestive enzymes the foundation of healthy, comfortable digestion. They break down the foods you eat into smaller, absorbable nutrients.\* These enzymes occur naturally in the body (your body actually kicks off the digestive process by making digestive enzymes!) and in certain foods. However, age, diet and lifestyle factors can reduce enzyme activity, making it harder for your body to break down meals efficiently. Enter digestive enzyme supplements. Taken before or with meals, they can help ease occasional gas, bloating and digestive discomfort, especially after eating heavier or more complex meals.\* By breaking down proteins, fats, fiber, dairy, gluten and carbohydrates into smaller components, enzymes support nutrient absorption and help you get more out of your meals.\* Whether you're enjoying an indulgent holiday feast or a fiber-packed smoothie bowl, enzymes are your digestive allies. They work behind the scenes so you can savor every bite without compromise.\*

## **Probiotics: Daily Support for Digestive and Immune Wellness\***

Your gut craves balance, and probiotics are a major part of that! You have trillions of bacteria living in your gut. Maintaining a healthy balance of those microbes is essential for digestion, nutrient absorption and overall well-being. Probiotics are beneficial bacteria that help replenish and maintain balance in your gut — supporting digestive comfort, regularity, immune function and more.\* Everyday factors like stress, processed foods, medications and travel can disrupt your gut's natural balance. Probiotics act as a daily reset, helping promote regularity, supporting gut barrier integrity and contributing to a resilient immune system for the long haul.\* By nourishing your microbiome, probiotics help you feel more balanced and energized. Taking them daily is a simple, proactive step toward digestive wellness and long-term health.\*



### When Should I Take Enzymes, Probiotics and Fiber?

Taking your supplements consistently can help you get the most out of your gut health routine. The best habits are the ones you'll stick with, so do what works for you!

### Fiber: Fuel for Your Gut and Friendly Flora\*

Think of fiber as your gut's private security squad. This plant-based nutrient not only keeps things moving (to get rid of waste so it doesn't overstay its welcome), but it also forms a barrier in the gut, helping to keep good stuff in (and escorting waste out). Fiber is essential to a healthy digestive system, yet most people don't get enough. Beyond promoting regularity and healthy elimination, fiber plays a key role in nourishing your gut microbiome.\* Certain types of fiber — particularly prebiotic and fermentable fibers—serve as food for probiotics, encouraging their growth and activity.\* As these fibers are fermented by gut bacteria, they produce short-chain fatty acids (SCFAs), which help support the gut lining.\* A blend of soluble, insoluble and fermentable fibers provides comprehensive support for digestive health helping to keep things moving while feeding the good bacteria that thrive in your gut.\*

### The Ultimate Routine for Gut Harmony\*

Sure, each member of the trio can fly solo, but their three-part harmony is where they truly shine.\*

- 1. Enzymes** assist with digestion right from your first bite, helping you break down food and absorb nutrients more efficiently. This also makes sure probiotics have room to groove.
- 2. Probiotics** help maintain a balanced gut environment, supporting immune function, regularity and overall gut comfort. They're all about balance and keeping the peace, so fiber and enzymes can do their thing!
- 3. Fiber** also promotes regularity and feeds your good gut bacteria, helping to maintain a healthy microbial community (aka the place where probiotics live).\*

When taken consistently, this trio can help you stay regular, feel more comfortable after meals and support your long-term digestive health naturally.\*



- **Digestive enzymes:** Ideally take them before or at the beginning of a meal. This helps ensure the enzymes are present when your food hits the stomach, optimizing breakdown and nutrient absorption.\*
- **Probiotics:** Can be taken with or between meals, depending on the specific strain. This helps ensure they survive stomach acid and reach the intestines, where they're most effective.\*
- **Fiber:** Can be taken any time of day. Drink plenty of water with your fiber supplement to support regularity and avoid occasional discomfort (as you adjust to boosting your fiber intake).\*

Supporting your digestive health doesn't have to be complicated. With enzymes to aid digestion, probiotics to balance your gut flora and fiber to keep everything moving, this simple trio works together to help you feel your best, every day.\* It's a straightforward routine with powerful results — because when it comes to gut health, this trio delivers. ■

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LIGHT AND REFRESHING!

# CLEAR PLANT PROTEIN

Clear & Refreshing

Easy to Mix

Easy to Digest

## The First and Only Clear Vegan Protein that is Gluten Free.

- **Clear & Refreshing**

Highly bioavailable and easily digested, no bloating or fullness traditionally found in thick shakes.

- **Minimal Ingredients with Zero Sugar**

Plant -based with notes of citrus, mango, guava, pineapple and coconut. No Sugar!

- **Mixes Easily and Stays Mixed!**

Blends quickly in water and stays clear, without clumps, for a crisp, refreshing drink throughout the day.

- **Superior to Barley sourced clear protein**

Barley protein is low in Essential AA's including BCAA's, contains gluten and is not considered gut-friendly.



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# A Healthier, Happier You Starts in Your Gut?



Most people think probiotics are just for digestion. But new research shows the right probiotic can support immune health, mood, energy, and more... if it actually SURVIVES stomach acid. (99% don't).



In a published human clinical trial, Just Thrive® Probiotic & Antioxidant helped reduce markers of leaky gut by

**42%  
in 30 days**

## Your Gut: The Hidden Gatekeeper of Wellness

Your intestinal lining acts as a selective barrier, deciding what gets absorbed into your bloodstream and what stays out. When it's working properly, nutrients pass through while toxins, bacteria, and undigested food particles get blocked.

When it becomes compromised or "leaky," unwanted particles can sneak in and create inflammation throughout the body.

This can show up as:

- Fatigue
- Bloating or digestive discomfort
- Breakouts
- Brain fog or irritability
- Poor sleep
- Stubborn weight changes
- Immune challenges ("I catch everything!")

Gut experts estimate the majority of Americans may experience some degree of leaky gut without knowing it.

In separate in vitro research, Just Thrive's spore-based strains demonstrated the ability to increase beneficial gut bacteria **10–100 fold within three weeks.\***



## What a Healthy Gut Barrier Can Do for You

When your intestinal barrier is strong and functioning properly, your whole body benefits:

- Steady, vibrant energy throughout the day
- Comfortable digestion with minimal bloating
- Clear, healthy-looking skin
- Healthy immune function
- Optimal nutrient absorption

And because approximately 90% of your body's serotonin is produced in the gut, supporting your intestinal barrier can also help with emotional balance and sleep quality.

## It's Your Time to Thrive

Your gut lining matters too much to leave it to chance... or to probiotics that arrive dead. It's the foundation of how you feel every single day.

Discover how good you can feel when your gut gets what it needs.

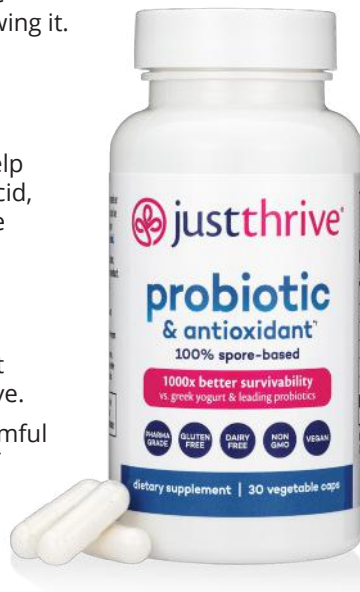
## The Right Probiotic Makes All the Difference

Not all probiotics survive long enough to matter. To truly help address a leaky gut, a probiotic needs to survive stomach acid, reach your intestinal lining, and actively work to support the strength of the barrier.

That's where **Just Thrive® Spore-Based Probiotic & Antioxidant** stands out.

These spore-based strains have a protective outer shell that allows 100% to survive stomach acid and reach your gut alive.

Once there, they support beneficial bacteria, crowd out harmful ones, and produce powerful antioxidants right at the site of damage to help strengthen your gut barrier.



JustThriveHealth.com

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.



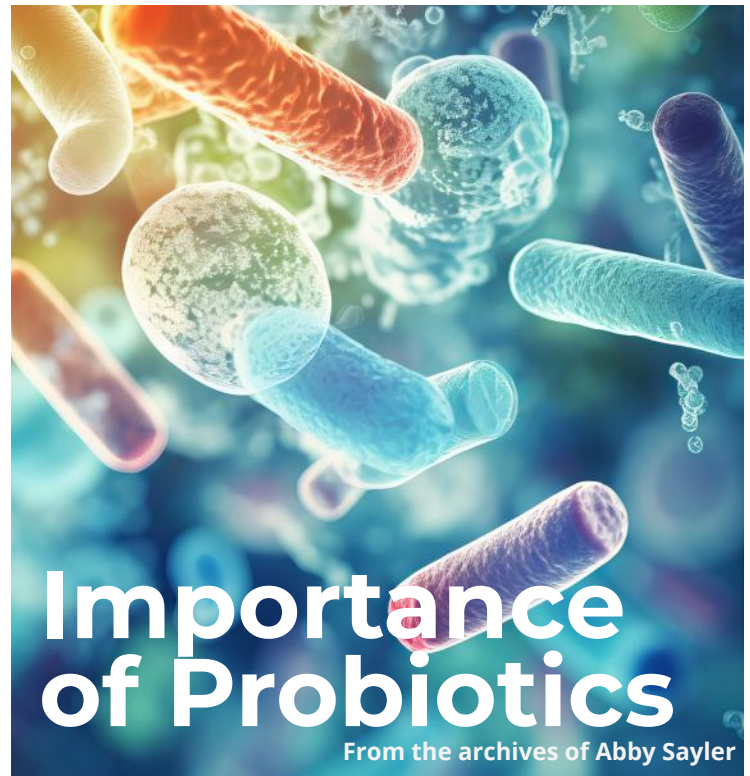
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*Recommended by Abby's*



## Importance of Probiotics

From the archives of Abby Saylor

The word probiotics – also called intestinal flora, good bacteria, micro-flora – means “for life” whereas antibiotics means “against life”. Your life depends upon your GI tract being populated by friendly bacteria. A healthy intestine contains billions of friendly bacteria – including up to 400 different species. Incredibly, the beneficial bacteria outnumber the cells of our body by 100-fold!

The good micro-flora in your intestine can provide a protective effect only when a proper balance is maintained. If your normal bacteria become depleted or the balance disturbed, potentially harmful bacteria can overgrow causing digestive and other health problems. These harmful bacteria are known as pathogenic bacteria, and they have the ability to cause gastrointestinal problems such as diarrhea or abdominal pain if not kept in check by the beneficial bacteria.

Health-promoting effects of beneficial bacteria include stimulation of the immune system, reducing gas problems, improved absorption of essential nutrients, even synthesis of vitamins. Lactobacilli and Bifidobacteria produce compounds that increase the acidity of the intestine and inhibit the production of harmful bacteria. Also note that beneficial bacteria help us to maintain healthy cholesterol levels, fight cancer and even promote resistance to foodborne pathogens. In contrast pathogenic effects of harmful bacteria include diarrhea, infections, liver damage, cancer, heart and circulation problems, diabetes and intestinal putrefaction. ■



# FOOD PYRAMID

By Collin Gow

If you are wondering whether or not the New Food Pyramid is any good or not, then I have this to say: my Eating Trade-Off Continuum pictured here, that I created 4 years ago, is better. I published it 2 years ago in my 6th published book: *Collected Works on Health and Nutrition, Volume 3*. Get Volume 3 for the Continuum and the explanation of it on Amazon.

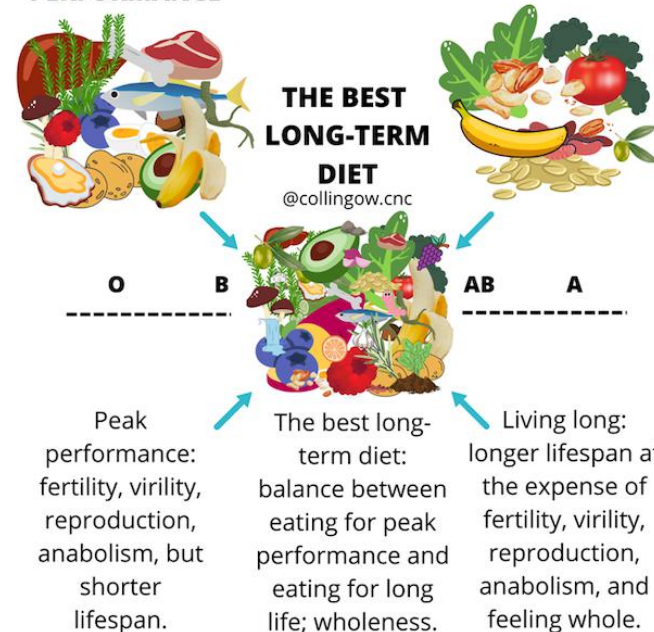
There will never be a good food pyramid because there is no one-size-fits-all diet out there that is right for everyone. The best diet is YOUR diet, based on YOU. One must personalize their diet based on many factors that are specific to them, such as, blood type, dosha, metabolic type, genotype, ancestry, ethnicity, what conditions a person has, what a person's lab tests say, what one's goals are, what the preponderance of the scientific evidence suggests, and on and on.

My Eating Trade-Off Continuum allows a person to understand the choice they are making when they choose a diet, along with a way to personalize a diet for their blood type (O, B, AB, A). It also offers the chance to choose between two distinct goals, or to choose the balance between those two goals. RFK is doing good things for this country regarding health and nutrition, but, if he had my continuum, America would be even better off, in my opinion. Bear in mind, this continuum I created is based on 26 years of research, 17 years in the fields of health and nutrition as a practitioner, and over 50,000 nutritional consultations given.

So, check it out, spread it, make it viral, make it part of the new dietary guidelines in this country. ■

## EATING FOR PEAK PERFORMANCE

## EATING TO LIVE LONG



Collin Gow's books are available at Abby's



# Be Pro-Biome

70% OF YOUR IMMUNE SYSTEM IS LOCATED IN YOUR GUT!

Protect your family's health with probiotics that are **backed by science** and designed to support digestion, immunity and whole body wellness.\*

For mom, dad, kids and grandparents –

*We have a blend for every body!*



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# Tips For **Dogs** With Sensitive Gut Health

By Dr. Katie Woodley

What if your dog is not doing well with a new diet and has sensitive dog gut health? Remember to go back to the principles and go slowly through the following steps. If your dog is not feeling well, fast them with bone broth for 12-24 hours to allow their digestive tract to rest. If you're not able to make your own bone broth, here are a few great sources that you can use:

- **Honest Kitchen Bone Broth**
- **Open Farm Bone Broth**
- **Only Natural Pet Free-Range Bone Broth**

When there is diarrhea or GI upset from a transition to a new food, make sure to slow down the transition and follow the below steps to help make the diet change a success.

## **Step 1 - Remove Inflammatory Foods**

Make sure you've removed inflammatory foods and treats that may be triggering dog leaky gut. Here are other areas that could be causing leaky gut in your dog:

- Foods high in lectins
- Wheat, rice, spelt, soy
- Foods with a high glycemic index (increase sugar levels quickly in the body and can feed yeast and bad bacteria)
- Potatoes, carrots, wheat, fruits
- Unnecessary vaccinations - ask for vaccine titers for parvo/distemper instead
- Chlorinated water - watch our video on water quality
- Dewormers, flea/tick/heartworm insecticides - watch our video on more natural insect repellent remedies
- Antibiotics
- Stress



## Step 2 – Repair, Replace, and Replenish To Heal Sensitive Dog Gut Health

Here's where it can get tricky because each pet can be different. However, by identifying key signs of where the imbalances may lay, you can use specific supplements to help your dog's gut health improve. Most dogs do not have enough stomach acid and have trouble breaking down, digesting and absorbing their food. This is where assessing the symptoms your dog is showing can help guide you on the best supplements to use. If you're not seeing results within 2 weeks, there is something that needs to be adjusted. Start here:

- Does your dog have excessive gas? Do they tend to have more problems with digestion (vomiting, praying stance, diarrhea) after a meal or on an empty stomach?
- Do they have problems digesting fats, even healthy fats like omega-3 supplements?

By answering these questions, you'll have a better idea if you can start by adding in betaine HCl or if you need to focus on soothing the GI lining first.

Here are just a few to get your started if:

### Your dog displays GI symptoms prior to eating:

- Soothing formulas and foods like – Standard Process Chlorophyll Complex & Standard Process Okra Pepsin E3 (or using chlorophyll alone (10mg/lb.) and okra as a food source) – Okra, plant enzymes, supplements without betaine HCl are better tolerated at this stage.

If you're concerned with yeast or bacterial overgrowth issues, then using natural phytobiotic sources of anti-fungal and antibacterial herbs can help re-establish an appropriate microbiome.

Here are some sources of good phytobiotic options to optimize your dog's microbiome:

Stop by Abby's today for your pet; they need healthy nutrition too!



### Standard Process Canine Enteric Support

- **RX Vitamins Nutrigest**
- **Four Leaf Rover Yeast Guard**

Ensuring there is a good food source, or prebiotic is essential for optimizing gut health.

### Good prebiotics include:

- Inulin
- Chicory root
- Mushrooms like reishi, shiitake, button
- Larch arabinogalactin
- Mono-oligosaccharides
- Slippery elm bark

### Step 3 – Maintain Optimal Dog Gut Health

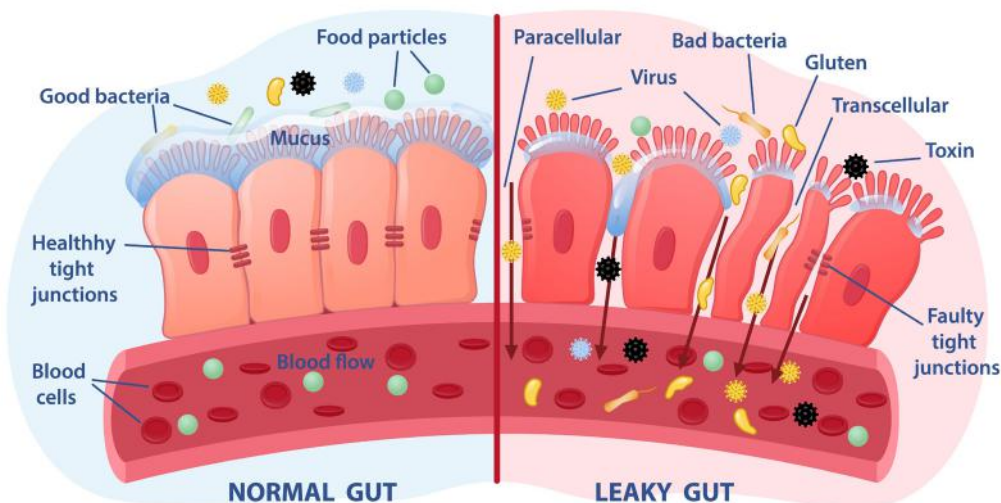
Now you're in the long game of maintaining healthy GI support for your dog. Make sure to rotate foods and add variety. Limit toxins and chemicals in the food, water and treats. Support optimal digestion following supplement recommendations for digestive enzymes, probiotics and omega-3 fatty acids. As always, the above information is recommendations, and you should discuss any changes to your pet's care with your veterinarian. Each pet is an individual, and this information is meant for educational use only. ■

\*Disclaimer: This information is for educational purposes only and is not intended to replace the advice of your own veterinarian or doctor. The information contained is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this article, you are taking full responsibility for your actions. Please consult your veterinarian for medical advice for your own pets.

# GLYPHOSATE, LEAKY GUT, THE MICROBIOME & PHYSICAL CONDITIONS

By BODY HEALTH

## LEAKY GUT SYNDROME



Toxins affect our digestive tract and microbiome and also lead to Leaky Gut and to our immune system mistaking healthy cells for harmful microbes that must be destroyed. They cause an inflammatory response, both in our digestive tract and throughout our body over time. They affect our hormones, energy levels, and mental focus. They make losing body fat and building muscle much harder due to increased cortisol levels. And they speed the aging process, both internally and in our skin and overall appearance. But now we're going to dive deeper. And to give a real idea of how this works we're going to look at how one toxin, Glyphosate, affects us. Glyphosate is the key ingredient in the herbicide Roundup, which is used on most major crops today. This is a real problem, because it's one of the most toxic substances there is. And due to its widespread use, it's in almost all processed foods and non-organic meats. And it plays a very large role in the destruction of our digestive tract, microbiome and overall health, leading to Leaky Gut and some of the worst physical conditions there are. So, let's dive in and see how this actually affects us and what we can do.

### WHAT IS GLYPHOSATE & HOW DOES IT ACTUALLY HARM THE BODY?

Glyphosate is many things. It's a neurotoxin, something destructive to nerves. Exactly how destructive depends on how much of it the nerves receive over a certain amount of time. Neurotoxins can block a nerve impulse, causing things like

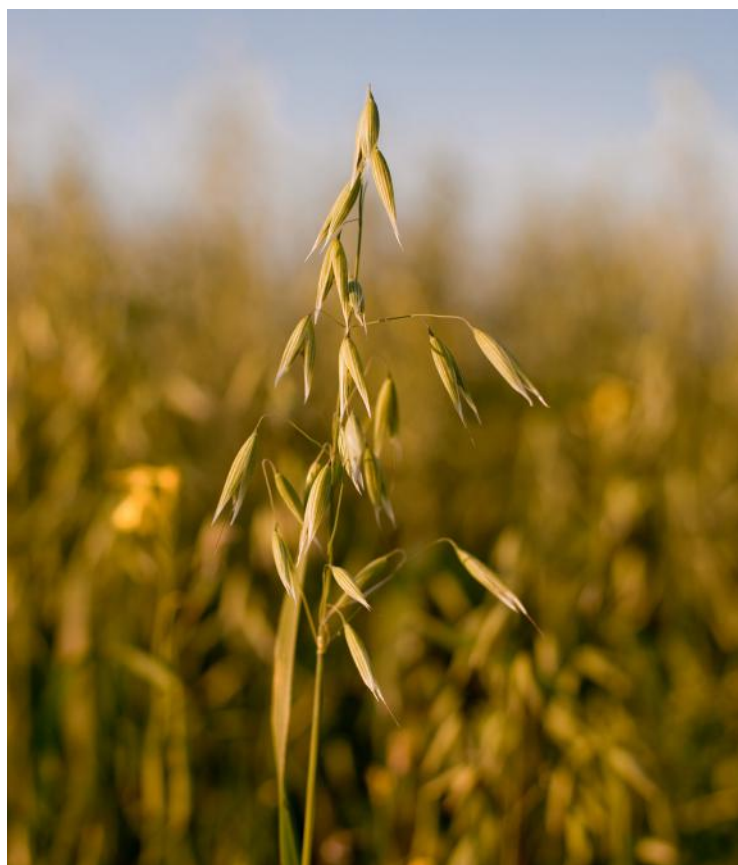
muscle paralysis or a low heart rate, or speed up nerve channels, causing feelings of crawling in one's own skin, hyperactivity, anxiety, or inability to sleep. Or neurotoxins can mess up the network of nerves, causing some parts to speed up and others to slow down, and we may get autism. Glyphosate is also an antibiotic, meaning it kills bacteria, any bacteria, good or bad, even the bacteria in your microbiome that are vital for your health, the proper functioning of your body, and your mood. The same bacteria that help form our nervous systems when we're very young. It also operates on the very important protein Zonulin. Zonulin is the protein that opens the tight junctions between our intestinal cells, the little doorways that allow nutrients to pass from our small intestine into our bloodstream and to the cells in the body where they're needed. Glyphosate forces these tight junctions to open and stay open, letting harmful bacteria and viruses into our body before our immune cells have a chance to deal with them. And it also passes through, itself, into the bloodstream, and circulates around the body. But your organs also have tight junctions. And glyphosate forces these open as well once in the blood stream, causing all sorts of trouble. It's also a hormone disrupter: thyroid, testosterone, adrenaline, estrogen. It disrupts or inhibits the body's ability to produce or use these hormones. And it harms our mitochondria, the thousands of tiny structures in each one of our cells that are responsible for producing the energy that our body actually uses, something called ATP. Glyphosate does all of that and more. In fact, there is no aspect of our body it doesn't affect.

## How bad is it?

It didn't actually start as a weed killer. Originally, it was created as an **industrial drain cleaner to clear out the toughest clogs** a chemical plant could throw at it. The only reason they stopped using it was because it would come out of the drains, into waterways, and kill all plant life around it. So, they patented it as an herbicide instead. It's in the same family of chemicals as Agent Orange, the chemical we sprayed on Vietnamese forests, completely devastating them even to this day, not to mention causing cancer and a host of other conditions in those individuals close enough to have contact with it. In fact, Agent Orange and Glyphosate were made by the same company — Monsanto, before it was purchased by Bayer. It is pure death. It kills anything it touches. Any bacteria, any plants, any cells. It is the best "weed killer" ever invented, except, of course, to those plants that have been genetically modified to withstand it.

## GMOS, GLYPHOSATE & THE STATE OF OUR FOOD TODAY

That's the main genetic modification made to plants today. If you see that something is GMO, the genetic modification being referred to is often a modification to that plant's genes to protect it from Glyphosate, which has been done to most of our prime crops now: Wheat, Oats, Corn, Soy, and Cotton. So, they can be sprayed along with the weeds around them and only the weeds die. But the crops, like corn, soy, wheat and oats soak it up. And they pass it on to the animals that feed on them and to you. Corn and soy are the top two animal feed crops there are today, despite not being the natural foods for most animals. They're also the top two ingredients in almost all processed foods. And, unless 100% organic, they are heavily sprayed with glyphosate.



## HOW TOXIC IS GLYPHOSATE

Let's put this into perspective. What does just a tiny amount do? Let's take a piece of pizza. If this is normal bread, as pretty much any pizza will be these days, then it's likely soaked with glyphosate. This is because the wheat the bread was made from is sprayed with glyphosate not once, but twice. First before planting, and then once more before being harvested in order to dry it out so it's ready for harvest. The glyphosate is literally soaked into the wheat. The average pizza contains about 10 parts per million of glyphosate. A pretty tiny amount if you think about it. But when we add this same amount to a cell culture containing human intestinal tight juncture cells, we see that even this tiny amount starts to degrade this tissue almost immediately upon contact. Then there's the paper from 2009, in the journal *Chemical Research in Toxicology*, showing that low levels of four glyphosate formulations, levels far below what's allowed in agriculture, levels on par with what's in our food... all kill human umbilical, embryonic, and placental cells within 24 hours. So yes, it's bad. But that's a little bit. What does it do over time?

The highest quality reseeded probiotics and spore probiotics to help recondition the gut and create a balanced gut biome.\*

bodyhealth.com | @perfectamino

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

Continued from page 27

## HOW TOXINS LIKE GLYPHOSATE AFFECT US OVER TIME

Remember how it opens up the doorways in the small intestine, tight junctions, the ones that are supposed to let nutrients through? Well, what else gets through these tight junctions that Glyphosate forced open? Other toxins, like mercury or aluminum, or micro-plastics. BPAs and PFAS. And of course, glyphosate itself. But say this is the first time. And it's so small! You might not even get a tummy ache. If this little happened once, or even once a month, you'd probably be fine. It's not too much. You're a full-grown adult. Your body can handle it. But what if it's not a tiny bit once a month? What if it's once a week? Or daily? Do you ever eat crackers? Chips? Bread? Non-organic meats? Do you drink Coke or water from the tap? Do you eat non-organic salads? Well, then we're not talking it once a month. What happens the next time you have some? And the time after that? And the time after that, until we're a year or two or ten down the road? What do we have now?

This problem has been increasing because not only does the glyphosate cause a little more destruction each time, but it also builds up in the body. We now have the cells around these tight junctions in the small intestine starting to degrade due to the glyphosate. It's not just opening the tight junctions between the cells. It's also killing the cells themselves. It is a poison after all. This means the cells aren't producing as much of their mucous lining to trap harmful bacteria. So harmful bacteria get through into the bloodstream and cause minor infections in the body, weakening the immune system bit by bit. And with all of these toxins coming through, we have the immune system on 24-hour watch, leaving it run down. Or we've built up an autoimmunity. So, it's easier to get sick and takes longer to recover. And immune responses in the body bring on inflammation which can leave us feeling depressed, exhausted, and in a sort of constant "achy" state. We're getting belly aches now. We have indigestion. We've got heartburn. Our digestion of protein decreases. And as the enzymes that make our body work, and the hormones that tell them what to do, are made of proteins, we start having deficiencies and imbalances. And the whole time we have this glyphosate working on these tight junctions in our body now, like a needle, poking microscopic holes in the tissue. So, we get inflammation, auto-immune disease, dementia, autism, celiac disease, cancer, hormonal imbalances, exhaustion, chronic fatigue, depression, the list goes on.

## But do you understand more how these toxins affect us? That's just one.

There are many others, just as harmful, that enter our bodies each day: forever chemicals (PFAS), heavy metals, plastics, and even used medical drugs via our local water systems. They're very real. And they're in our environment affecting us and those we love every day.

## HOW DO WE PROTECT OURSELVES FROM TOXINS IN OUR ENVIRONMENT

There are several ways. The first is to **do your very best to eat only certified organic foods and to stay away from processed foods as much as you can.** This will cut down many toxins that would otherwise enter our bodies. **A good water filter is also important, preferably a reverse-osmosis water filter.** When purchasing **cleaning agents, or buying personal care products, look for organic ingredients, or at least natural ingredients** — they do exist — and **study up on the toxic ingredients in skin care formulas so you know what to avoid.** And then we need to address our gut, help it to heal, recover and come back up to proper functioning. For this, **Gut Restore** and **PerfectAmino** are key. Together they work to both remove toxins from our digestive tract and repair the damage that has been done. And they're quite effective. And of course we need to remove the toxins already in our body.

**Metal-Free & Chemical Cleanse** is one of the most powerful, yet gentle natural detoxifiers there is. It contains some of the most potent organic herbal detoxifiers, as well as a super-charged form of carbon known as Fullerenes. Fullerenes are micro-activated, multi-layered, and highly organized carbon molecules that are able to safely enter the cells themselves, attracting harmful toxins to them, and act as a sponge to absorb and remove them from our body. **With no known side-effects. And it's a very effective anti-aging agent.** But where Metal-Free works to remove toxins from our cells, **Liposomal Glutathione** helps to help bind and eliminate them through the liver and to the digestive system, where **Bio Detox** helps to trap them as they move through the digestive system, preventing them from being reabsorbed, and fully eliminating them. All above mentioned products are available at Abby's.

I hope this helps make sense of some things you see in society today. We didn't have near this many physical conditions among people a few decades ago, and certainly not amongst our children. And this is one of the chief causes. ■



## Fresh, Organic Meals Made Daily

Café Eden evolved in 2001 as an addition to Abby's Health & Nutrition. We pride ourselves in using the highest quality ingredients; you won't find artificial flavors or colors in our kitchen. We are happy to provide a wide variety of gluten-free, vegetarian and vegan options to our customers. We are committed to using organic ingredients whenever possible. Our proteins are always non-GMO, antibiotic and hormone free and our fish is wild-caught. We proudly support independent farmers and source locally when available.

### Organic Food, Made Fresh

We pride ourselves in using the highest quality ingredients. You won't find artificial flavors or colors, high-fructose corn syrup or MSG in our kitchen. Our dishes are for everyone, with gluten-free, vegetarian and vegan options available. We are committed to using organic ingredients, as well as support independent farmers and source locally whenever possible. Our proteins are always non-GMO, antibiotic and hormone free and our fish is wild-caught.

### Catering

Whether a small group or an entire office, we can cater any size party! We offer a variety of platters including, but not limited to: cheese and fruit, wraps and sandwiches, salads, desserts and more. A 72-hour notice is requested for all catering orders.

### Personalized Meals

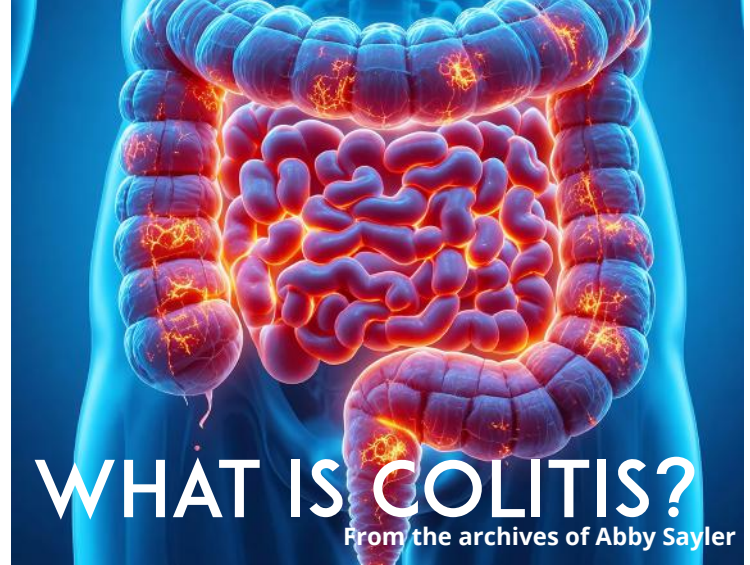
Our personalized meals consist of antibiotic and hormone-free chicken, turkey and beef dishes, as well as vegetarian and wild-caught fish. We require a minimum order of three meals and 24-hours' notice is requested. Orders must be prepaid in advance and are taken from 8:00AM - 8:00PM.

### Custom Cakes & Cupcakes

Our in-house baker offers custom cake and cupcake orders. Gluten-Free and vegan options are available. A 72-hour notice is requested for all catering orders. Orders must be prepaid in advance.

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Colitis is inflammation of the inner lining of the colon, sometimes associated with abdominal bloating or cramping, loose stools, chronic diarrhea and constipation. Certain people can inherit a genetic mutation that may predispose them to develop colitis.

Some forms of colitis may be caused by infection through bacteria, viruses, fungus or other parasites. The most frequent cause, in my experience, is the overgrowth of candida as discussed above. To heal the colon, alternations in diet is critical with the removal of the "trigger foods" such as gluten-containing foods, dairy, peanuts, corn, sugar, etc. Dietary changes along with digestive enzymes and probiotics have helped greatly to improve or eradicate colitis in many people. ■



# Your Child's Health Starts in the Gut

By CHELO

Many children have digestive problems that they are not even aware of. Colic, bloating, diarrhea, constipation, feeding difficulties, trouble sleeping, and many other “chronic” but accepted maladies. When looking at a child with digestive problems, the majority of cases will have started at or around the time of weaning.

When the mother replaces breast milk with formula, other food components get introduced that are not natural to a baby's gut flora, like gluten, whey protein concentrate, palm olein, soy, coconut, high-oleic safflower oils, lactose etc...

Many adults don't remember much of their eating habits in the first years of life. Assuming they did not have a severe reaction to these new compounds which would have raised red flags for any parents, they could have had little noticed or missed responses to the food like a fussy sleeper, or a baby that vomits a lot. Many parents will tell you this is “Normal for a baby”, they will “Grow out of it”. While this is true for some, in more and more cases people are realizing that it doesn't have to be this way. Unless there is an undiagnosed medical condition, babies that are fed the way their guts were designed, do not have these problems.

This is not to say that even a baby fed perfectly won't have problems occasionally. The gastric system is incredibly complex. That being said, these temporary problems are just that, temporary. If a problem is happening at every feeding for weeks on end, then it is likely a problem on the intake side of the track. Children who are born with severely damaged gut flora are not only more susceptible to disease; they're also more susceptible to vaccine damage, which may help explain why some children develop symptoms of autism after receiving one or more childhood vaccinations.

According to Dr. Campbell-McBride, most autistic children are born with perfectly normal brains and sensory organs. The trouble arises when they fail to develop normal gut flora. In a previous interview, she explained the chain of events that is typical for many, if not most, autistic children:

“What happens in these children [is that] they do not develop normal gut flora from birth... As a result, their digestive system—instead of being a source of nourishment for these children—becomes a major source of toxicity. These pathogenic microbes inside their digestive tract damage the integrity of the gut wall. So, all sort of toxins and microbes flood into the bloodstream of the child and get into the brain of the child.”

“That usually happens in the second year of life in children who were breast fed because breastfeeding provides a protection against this abnormal gut flora. In children who were not breastfed, I see the symptoms of autism developing in the first year of life. So breastfeeding is crucial to protect these children.”

“... If the child's brain is clogged with toxicity, the child misses that window of opportunity of learning and starts developing autism depending on the mixture of toxins, depending on how severe the whole condition is, and how severely abnormal the gut flora is in the child.”

It's important to understand that the gut flora your child acquires during vaginal birth is dependent on the mother's gut flora. So, if mother's micro flora is abnormal, the child's will be as well.



## The Ideal Way to Optimize Your Gut Health

The ideal balance of beneficial to pathogenic bacteria in your gut is about 85 percent good bacteria and 15 percent bad. Maintaining this ideal ratio is what it's all about when we're talking about optimizing your gut health. Historically, people didn't have the same problems with their gut health as we do today for the simple fact that they got large quantities of beneficial bacteria, i.e. probiotics, from their diet in the form of fermented or cultured foods, which were invented long before the advent of refrigeration and other forms of food preservation. So, what should I do as a parent to make sure that my kid's gut stays healthy? As a pregnant mom, I would recommend a good probiotic, a good source of Omega 3-6-9 and organic fruits and vegetables. As a parent here are some suggestions:

**Nutrition:** Eliminate from your kid's nutrition any processed foods, hydrogenated oils, trans-fats, artificial sweeteners and genetically modified foods. Incorporate more organic fruits and vegetables.

**Supplements:** Find two or three good children's probiotics and rotate every few months. Introduce good fats in the form of cod liver oil, organic coconut oil, and organic olive oil.

According to Dr. Natasha Campbell- Mckibbin author of "Gut and Psychology syndrome"

"A well-functioning gut with healthy gut flora holds the roots of our health. And, like a tree with sick roots is not going to thrive, the rest of the body cannot thrive without a well-functioning digestive system." ■

**ALL DISEASES  
BEGIN IN THE  
GUT** -Hippocrates, 460-370 BC



# The Top 5 Fruits for a Thriving Gut Microbiome

By Probulin

Taking a high-quality probiotic is one of the most effective ways to support your gut health, but those beneficial bacteria need consistent fuel to truly thrive. That fuel comes primarily from the prebiotics found in the food you eat. We are here to be clear and transparent: diet and supplementation work best together. Adding certain fiber and polyphenol-rich fruits to your routine ensures you are feeding your existing bacteria and supporting the beneficial cultures you are introducing with your daily Probulin. Here are the top five fruits you should be actively adding to your plate for maximum digestive support.

## 1 Berries (Raspberries, Blueberries, Blackberries)

Berries are more than just a sweet treat; they are a nutritional powerhouse for the entire digestive tract.

### Why They Top the List:

1. High Fiber, Low Sugar: Berries contain some of the highest fiber content per calorie of any fruit, helping to regulate transit time and relieve both constipation and diarrhea.
2. Polyphenols: The deep colors come from polyphenols (specifically anthocyanins). These compounds act like prebiotics, actively stimulating the growth of beneficial gut bacteria like Bifidobacterium and Lactobacillus. This microbial activity can help reduce inflammation throughout the body.



## 3 Bananas

Bananas are the ultimate travel-friendly gut stabilizer, supporting your system whether you need to speed things up or slow them down.

### Why They Top the List:

1. Inulin Source: Bananas contain Inulin, a prebiotic fiber that feeds your resident bacteria. For the highest prebiotic effect, choose bananas that are slightly green (less ripe), as they contain higher amounts of resistant starch.
2. Consistency: The unique structure of their fiber helps to add bulk to stool, promoting regularity. This makes them a trusted food choice when seeking simple, reassuring digestive support.

## 2 Apples

An apple a day really does keep the digestive discomfort away, thanks to a unique type of fiber.

### Why They Top the List:

1. Pectin Power: Apples are rich in Pectin, a type of soluble fiber. When pectin reaches your large intestine, it acts as a powerful prebiotic, promoting the growth of good bacteria while helping to inhibit harmful strains.
2. Barrier Support: Research suggests the fiber in apples helps modulate the gut barrier, reducing intestinal permeability and contributing to long-term gut resilience. Remember to eat the skin—that's where much of the essential fiber is found.



## 4 Pomegranates

This deeply colored fruit is a champion of both beauty and digestive support.

### Why They Top the List:

1. Gut Lining Protection: Pomegranates are packed with a specific type of polyphenol called Ellagitannins. These compounds are converted by your gut bacteria into urolithin A, a metabolite shown to support the lining of the gut and aid in the healing process.
2. Antioxidant Load: The dense antioxidants in pomegranate seeds and juice protect your gut cells from oxidative stress, ensuring the environment remains calm and balanced—the perfect setting for your beneficial bacteria to flourish.



## 5 Dates

While sweet, dates are an ancient superfood that delivers a significant punch of fiber and prebiotics.

### Why They Top the List:

1. Constipation Relief: Dates are one of the most concentrated sources of both total fiber and prebiotic fiber available in a fruit form. Consuming just a few dates provides bulk and promotes water retention in the stool, making them highly effective for promoting regular bowel movements.
2. Mineral Rich: They are also a great source of minerals like potassium and magnesium, which are crucial for muscle function, including the smooth muscles of the digestive tract.



## The Probulin Difference: Supplementation and Fiber Go Hand-in-Hand

1. Eating fiber-rich fruits is the first step in cultivating a thriving internal environment. The second step is ensuring your probiotic cultures are delivered alive to utilize that environment.
2. When you take a Probulin supplement, you ensure the delivery of billions of carefully selected, scientifically studied cultures. We ensure their survival through the harsh stomach environment using our probiotic delivery system.
3. By combining the prebiotics from these powerhouse fruits with the live cultures from Probulin, you create the perfect ecosystem for long-term, reliable gut health. ■



# Cafe Eden <sup>Recipes</sup>

Organic Food Made Fresh



## Delicious Egg Salad For Sandwiches

4 servings



8 eggs  
 ½ Vegenaise  
 1 tsp ground mustard

¼ cup organic chopped green onion  
 ¼ cup organic chopped celery  
 Salt and pepper to taste

Place eggs in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10-12 minutes. Remove from hot water, cool, peel and chop. Place the chopped eggs in a bowl, add Vegenaise, mustard, green onion and celery and stir. Season with salt and pepper and serve on your favorite bread or crackers.



## Wild Tuna Salad

3-4 servings



2 6-oz cans of wild meat tuna packed in water, drained  
 2 TBSP diced celery  
 2 TBSP diced red onion

1/3 cup Vegenaise  
 Freshly squeezed organic lemon juice  
 Salt and pepper to taste

In a small mixing bowl, break up the tuna with a fork. Toss with the celery and onion. Add Vegenaise, salt and pepper to taste and lemon juice to taste.



## Roasted Garlic Mashed Cauliflower

6 servings



### Roasted Garlic:

1 head garlic  
 1 pinch sea salt

1 organic yellow Onion  
 2 TBSP organic olive oil

### Mashed Cauliflower:

1 head cauliflower cut into florets  
 4 roasted garlic cloves  
 Sea salt and black pepper to taste

4 TBSP organic olive oil  
 1 yellow diced onion

Preheat oven to 400 degrees. Cut off end of garlic head and onion and drizzle one tablespoon of olive oil on top. Bake on a non-stick baking sheet for 20 minutes or until cloves become soft and onion is roasted.

For the mashed cauliflower, bring a large pot of water to a boil. Boil cauliflower for 10-12 minutes. Drain water and place cauliflower on a clean towel and let cool for 10 minutes. Dry cauliflower completely before proceeding.

In a food processor, combine cauliflower, 3 tablespoons olive oil, garlic, onion, sea salt and black pepper to taste. Puree for 2-3 minutes or until mashed cauliflower is completely smooth. Serve mashed cauliflower with a drizzle of olive oil and a few sprigs of green onion and enjoy.



gluten free



egg free



sugar free



dairy free



vegan



nut free



raw



vegetarian



**“We do not support the use of any chemicals, antibiotics, hormones, artificial colors, artificial flavors or G.M.O.’s in our foods”**



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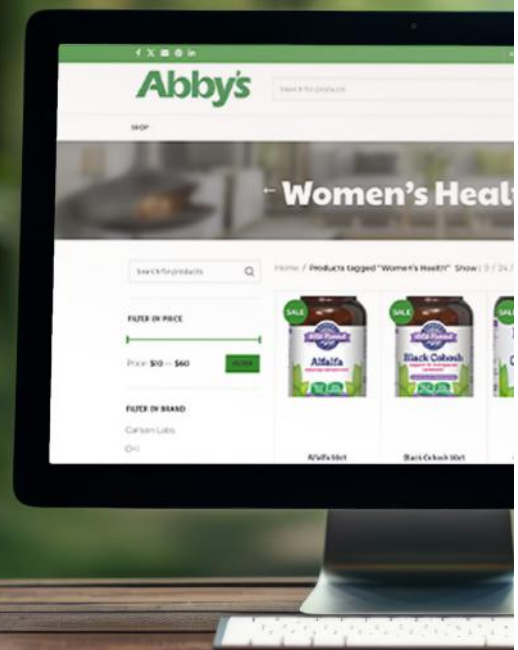
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