

## Nature's Bloodsugar Arsenal

BLOOD SUGAR &  
CRAVINGS

Insulin Resistance

Dangers of Sugar  
Addiction



# Calming solutions for **STRESS & SLEEP**



## **Suntheanine® L-Theanine**

For mental calmness  
and relaxation

## **Pharma GABA®**

Clinically shown to  
support mental focus

## **Pure Saffron Extract**

Supports a  
healthy mood



[naturalfactors.com](http://naturalfactors.com)

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



# Supplements to Help You Wind Down and Drift Off

Stress can be insidious. What starts as manageable pressure from work, school, family responsibilities, or the news can quickly become overwhelming. And once stress begins to interfere with your sleep, the vicious cycle sets in. Being overtired makes small obstacles seem like big ones—which can tank your mood even further.

## Lifestyle Changes Backed by Research

The good news is that you do have some power over stress. Research has uncovered several successful strategies for stress management.

- Stop doomscrolling, which is linked to anxiety and despair.<sup>1</sup>
- Get into nature; just 20 minutes can make a difference!<sup>2</sup>
- Connect with loved ones, whose very presence can help you feel calmer.<sup>3</sup>
- Volunteer your time—it's good for the cause and supports mood.<sup>4</sup>
- Take care of your physical health; eating nutritious food and moving your body are proven stress busters.<sup>5</sup>
- Create a soothing bedtime ritual to improve sleep.<sup>6</sup>

Check out the entire selection of **Natural Factors** products for relaxation and sleep at Abby's today!

Need extra support? These natural ingredients can soothe your frazzled nerves, helping you relax during the day and drift off at night.

- **GABA** is a calming brain chemical, and healthy levels are linked to positive mood.<sup>7</sup> It's been shown to promote alpha brain waves—which predominate when the brain is in a state of calm focus—within 60 minutes.
- **L-theanine**, an amino acid found in green and black tea, has a soothing effect, possibly because it increases the release of GABA. Unlike sedatives, L-theanine actually improves attention and reaction time.<sup>8</sup>
- **Saffron**, a prized spice, promotes a calm mood and restful sleep. Unlike some sleep aides, saffron won't leave you groggy the next day. But buyer beware: saffron is commonly adulterated, so always choose a reputable brand.

Natural Factors' Stress-Relax® line of products harnesses the power of GABA, L-theanine, and saffron in three fast-acting formulas to help you relax and sleep.\*

- **PharmaGABA®** is a naturally sourced form of GABA, produced through fermentation with beneficial bacteria. It's clinically supported to support relaxation and mental focus.\* Available in 100 mg chewable tablets, 100 mg vegetarian capsules, and 250 mg vegetarian capsules.
- **Suntheanine® L-Theanine** is made through a proprietary enzymatic process that creates pure, pharmaceutical-grade L-theanine. It promotes mental calmness and relaxation.\* Available in 100 mg chewable tablets and 125 mg vegetarian capsules
- **Affron® Saffron** is the only patented saffron extract for mood and stress in the U.S. It's made from genuine Spanish saffron and is supported by 11 human clinical trials, showing it promotes calm, positive mood, and healthy sleep.\* Available in 28 mg vegetarian capsules.

Check out the entire selection of Natural Factors products for relaxation and sleep at Abby's today! ■

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## GLP-1 Support METABOLIC FUNCTION SUPPORT

NEW

Whether you're struggling with metabolic imbalances, energy dips, or weight management challenges, this formula can help.



### What's Inside & Why It Works:

#### Berberine HCl (500 mg)

Supports healthy glucose metabolism and aids metabolic function.

#### Green Coffee Chlorogenic Acid (400 mg)

Promotes fat metabolism and supports weight management.

#### Green Tea EGCG Polyphenols (180 mg)

Helps support metabolic function and GLP-1 balance.

#### Capsimax® Capsaicinoids (100 mg)

Promotes thermogenic activity and reduces caloric intake.

#### Bacillus coagulans probiotics\* (2 billion CFU) (20 mg)

Helps support digestive health and GLP-1 balance.

#### Chromium (as chromium nicotinate) (500 mcg)

Supports healthy blood sugar levels and metabolic function.

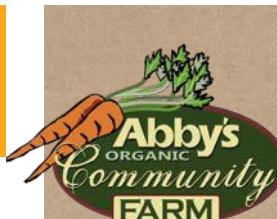
#### Works So Much Better!



As someone who tried an over-the-counter GLP medication that left me with the worst stomach issues, this has been a lifesaver. It's helped me be so successful with my weight goals with no side effects.

- Melissa S., Verified Buyer

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## Abby's Magazine

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Educate, empower and enable you to discover your personal path to preventative medicine and lifelong optimal health!

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# Ideas For Reducing Holiday Stress

One of the most common complaints about this time of year is that with the commercialization of the holiday season, one holiday has not even happened and the stores are advertising the next. This feeds into the “rush-rush-rush” feeling and having life live us, versus us living our lives.

Here are some ideas to help support your wellness routine through the holiday season:

- Unplug whenever possible from social media and the news streams.
- Focus on the things that are important to you. Keep it simple, more is not better.
- The most precious thing we can give anyone is our time.
- Don't short yourself on sleep.

- Our regular diets often get sabotaged during the holiday season and we end up eating foods that may trigger digestive and immune challenges. Be mindful that a splurge is seldom worth a tummy ache.
- Go for a walk in nature or do something you enjoy that will nurture your inner being, and allow you to replenish your giving and nurturing reserves.
- Create a few meaningful memories that don't trigger stress.

Remember, your time is the ultimate gift. Share with friends and family your goal of reducing stress during the holidays and most will thank you for addressing the same feelings they may be experiencing too.



Three bottles of Oregon's Wild Harvest Organic supplements are displayed against a purple background. From left to right: 1. "True" Cinnamon (Ceylon) - 60 organic vegan capsules. 2. Ashwagandha - 90 organic vegan capsules. 3. Milk Thistle Dandelion (Liver Support) - 90 organic vegan capsules. Each bottle features the brand's signature purple cap and a purple label with white text. The labels also include small green and white accents. Below the bottles, the Oregon's Wild Harvest logo is shown, along with several circular icons indicating certifications: USDA Organic, Oregon Tilth, Verified Non-GMO, GF (Gluten-Free), and Vegan.

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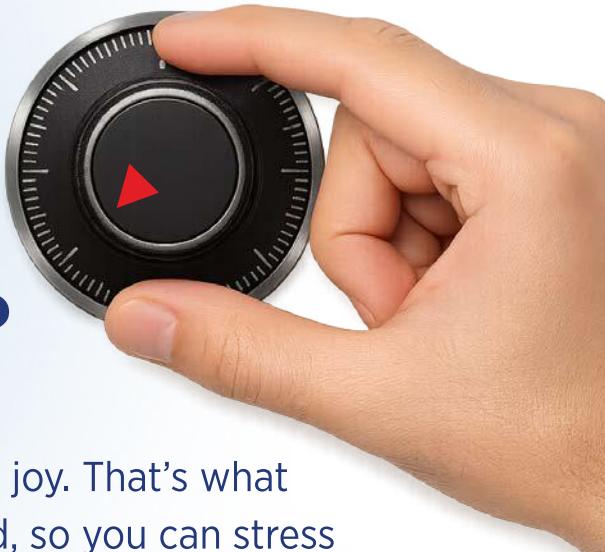
ORGANIC Ashwagandha Helps the Body Adapt to Stress\* 90 organic vegan capsules

ORGANIC Milk Thistle Dandelion Liver Support\* extract standardized to 80% silymarin 90 organic vegan capsules

OREGONSWILDHARVEST.COM

Wouldn't it be nice if you could

# Turn Down The Volume On Stress?



Stress may be part of life, but it shouldn't drown out your joy. That's what **Just Calm** is made for: To help you feel cool and collected, so you can stress less... and enjoy more. And the best part? You can open a capsule and mix it into any cold drink. No fuss. No worry. Just chill.

Try it out today with...

## Zen Butterfly Pea Lemonade Recipe featuring **Just Calm**

### Ingredients:

- 1 cup butterfly pea tea
- Juice of 1 lemon
- 1-2 tsp maple syrup
- 1 capsule **Just Calm**
- 1 capsule **Just Thrive Probiotic**
- Ice

### Directions:

1. Brew tea using 10-12 butterfly pea flowers in 2 cups boiling water.
2. Let steep 2-3 minutes
3. Pour 1 cup of brewed tea into a glass
4. Open both capsules and stir contents into tea
5. Add lemon juice and sweetener
6. Add ice, stir well, and enjoy the magic.



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**Samantha Foster**  
LEADERSHIP COACH

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# Taking your health to heart

Doctor Formulated, Clinical Potency products  
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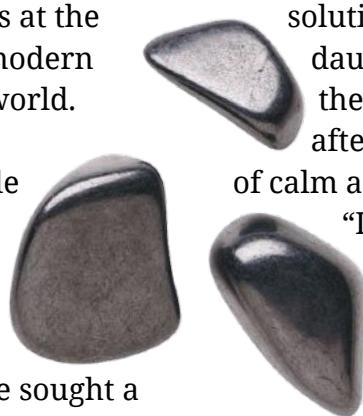


# GROUND YOURSELF IN WELLNESS WITH SHUNGITE

For wellness advocate Jeff Nursey, healing isn't just personal—it's a mission. After overcoming a life-altering accident through natural frequency-based methods, he dedicated his life to helping others find relief and renewal through innovative, holistic tools. His journey began with a wearable frequency device that transformed his recovery, and today, it continues with one of the earth's most powerful natural protectors: Shungite.

Found only in a remote region of Russia, Shungite has been used for centuries for its purifying and restorative properties. Today, it stands at the forefront of holistic health, offering modern protection in an increasingly digital world.

Nursey first discovered Shungite while researching natural EMF protection. With growing concerns over the health effects of constant exposure to electromagnetic fields from phones, Wi-Fi, and other electronic devices, he sought a solution that was both natural and powerful. Shungite—composed of fullerenes, carbon molecules known for their unique ability to neutralize harmful frequencies—immediately stood out. Just as his original wellness band helps people align with frequencies of healing, Shungite supports the body's energy field by offering grounding and detoxifying benefits. "We live in a world saturated by invisible energy," says Nursey. "Shungite helps protect and restore balance."



TNYMB's line of Shungite necklaces and accessories has quickly become a favorite among those seeking natural EMF defense, pain relief, and enhanced energy. Wearers report improved sleep, increased mental clarity, and a noticeable reduction in fatigue. As with the Miracle Band, Nursey continues to receive heartfelt testimonials—stories of people who finally found a solution after years of searching for relief.

One mother shared how her young daughter had been struggling with restless nights. Desperate for a solution, she placed a Shungite stone beside her daughter's sound machine. To her amazement, the child began sleeping more peacefully, night after night. Another customer described a sense of calm and clarity they hadn't experienced in years. "It's not magic," Nursey explains. "It's frequency—nature's language of healing."

Rooted in both ancient tradition and modern understanding of energy and vibration, Shungite is more than a wellness trend—it's a bridge between the earth and our everyday lives. With the same heart and mission that brought the Miracle Band to the world, Nursey now offers this sacred stone as a powerful ally for today's challenges.

Discover the synergy of science and spirit. With Shungite, you can protect your energy, restore your balance, and reconnect with nature's healing frequencies.

**See our ad on the back cover.**

Products of The New You Miracle Band are sold here at Abby's as a Tampa Exclusive  
**The New You Miracle Band**  
[TNYMB.com](http://TNYMB.com)  
850-207-6621



Products are not FDA approved and is not intended to prevent or cure illness. WE MAKE NO REPRESENTATION OR WARRANTIES ABOUT THIS PROTENTIAL HEALTH BENEFITS OF THIS PRODUCT. IF YOU HAVE ANY QUESTIONS OR CONCERNS CONSULT YOUR PHYSICIAN BEFORE WEARING. WE DO NOT REPRESENT THAT THIS IS A MEDICAL DEVICE. The results stated are from the testimony of thousands of satisfied users.

# How Hunger Hormones and Fiber Work Together to Steady Blood Sugar and Cravings



We often think of hunger as a simple signal—your stomach growls, so it must be time to eat. But behind that signal is a complex network of gut and brain communication powered by hormones. These “hunger hormones” help regulate appetite, cravings, and blood sugar. When they’re balanced, you feel satisfied and energized. When they’re out of sync, cravings and energy crashes tend to take over.

## The Hormone Connection

Research shows that hormones like GLP-1, PYY, leptin, ghrelin, and CCK all play a role in appetite and blood sugar balance. Ghrelin signals hunger, CCK and PYY help turn hunger off during and after meals, GLP-1 slows digestion while supporting blood sugar regulation, and leptin manages long-term energy stores. Together, they form your body’s natural appetite-control system.

But lifestyle factors—stress, lack of sleep, or a diet heavy in refined carbs—can throw this system out of balance. That’s when intense cravings, especially for sugar and processed foods, become harder to resist.

## Soluble Fiber: A Gentle Blood Sugar Ally

One of the most powerful (and underrated) ways to support these hormones is through soluble prebiotic fiber. Studies suggest that soluble fiber forms a gentle gel in the gut, slowing glucose absorption and reducing post-meal blood sugar spikes. Taken before meals, fiber can support steadier blood sugar while also helping you feel satisfied longer. This steady effect not only supports balanced energy but also reduces the rollercoaster of cravings that often follow sharp blood sugar swings.

## Why Glucose Peaks Matter for Longevity

It's not just about how high your average blood sugar is—it's also about how much it fluctuates. Researchers call this “glycemic variability,” and it's now seen as just as important as A1c for long-term health.

Frequent, sharp glucose spikes can:

- Increase oxidative stress and inflammation.
- Accelerate glycation (“sugar rust”) that damages tissues and speeds up aging.
- Worsen insulin resistance over time.
- Stress the cardiovascular system, leading to vessel dysfunction.

Large studies, such as the Whitehall II cohort, suggest that people with higher post-meal glucose swings face greater risks of cardiovascular disease and earlier mortality—even when their average blood sugar looks “normal.” Data from continuous glucose monitors further shows that flatter glucose curves are linked with better energy, fewer cravings, and lower inflammation.

One of the most powerful strategies for long-term health is minimizing sharp blood sugar spikes—not just today, but across your lifetime. By eating fiber first, pairing carbs with protein and healthy fats, and even taking a short walk after meals, you help flatten those peaks. It’s a simple daily step that supports not only energy balance but also vascular, brain, and metabolic health in the long run.

## Cravings in Focus

When hunger hormones fall out of sync, cravings become louder than your best intentions. Fiber, paired with healthy fats and protein, helps bring hormones back into balance so cravings naturally ease. Supporting hormones like GLP-1, PYY, and leptin not only steadies blood sugar but also makes it easier to stop fighting constant hunger cues.

## The Big Picture

It's not about restriction or willpower—it's about giving your gut and hormones the right environment to function well. With steady blood sugar and balanced appetite signals, cravings fade, energy steadies, and food decisions feel less like a battle.

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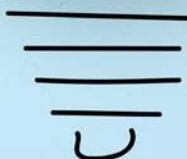
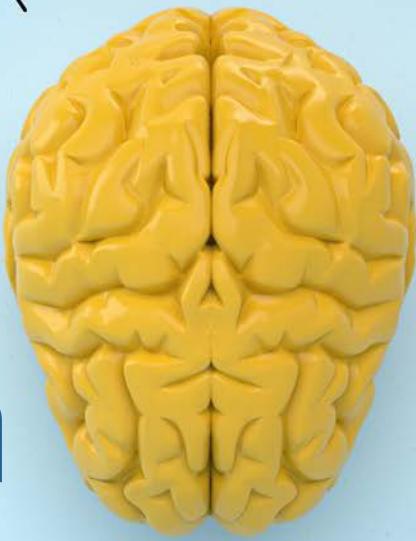
# Boost Your Brain: Everyday Tips to Support Brain Health and Cognitive Function

BY MEGAFOOD TEAM

## Introduction

Your brain is your body's command center, responsible for everything from memory and mood to focus and decision-making. Supporting brain health isn't just about one solution - it's about creating a lifestyle that feeds your mind.

The good news? There's a lot you can do on the daily to nourish your nervous system, support cognitive function, and stay mentally agile at any age.



## Feed Your Brain with the Right Foods

One of the most powerful ways to support brain function is through the foods you eat. A balanced, nutrient-rich diet can help nourish the brain and support long-term cognitive health.

The **Mediterranean diet** is a standout when it comes to brain healthy foods. Rich in colorful fruits and vegetables, whole grains, healthy fats, and lean proteins, this diet emphasizes foods that reduce inflammation and oxidative stress, both key to preserving brain function over time.

Some of the best **brain nutrients** include:

- **Omega-3 fatty acids**, found in fatty fishlike salmon, walnuts, and flaxseed
- **Antioxidants**, abundant in berries, leafy greens, and dark chocolate
- **B vitamins**, especially B6, B12, and folate, found in legumes, leafy greens, and eggs
- **Magnesium**, found in nuts, seeds, and whole grains

## Exercise Your Brain and Body

Just like your muscles, your brain benefits from regular exercise. Physical activity increases blood flow to the brain and stimulates the release of beneficial chemicals that support memory and learning.

Mental **brain exercise** is also important. Try:

- Puzzles and strategy games
- Learning a new skill or language
- Reading and writing regularly
- Practicing mindfulness or meditation

These activities challenge your mind, stimulate new neural connections, and help preserve cognitive function.



## Supplement Support for Brain Health

Even with a healthy lifestyle, it can be tough to get all the brain-supportive nutrients you need every day. That's where high-quality cognitive-support supplements come in.

At MegaFood, we're passionate about creating supplements rooted in real food and backed by science. Here are some of our top formulas to support brain health, focus, and mental clarity:

- **Omega 3-6-9:** A plant-powered formula featuring essential fatty acids to support brain health.
- **Omega Fish Oil:** Sustainably sourced<sup>1</sup> and highly concentrated, this formula delivers DHA and EPA to support brain development.<sup>†</sup>
- **Magnesium L-Threonate:** Support your brain health and a normal sleep cycle with magnesium in the form of clinically studied Magtein®. Magnesium L-Threonate is designed to offer multi-benefit cognitive support, to help increase the brain's magnesium levels, which is crucial to supporting cognitive function.<sup>†</sup>
- **Extra Strength Methyl B12:** A high-potency methylated form of vitamin B12 that supports healthy brain and nervous system function, as well as cellular energy production.<sup>†</sup> ■

1. Made with fish oil that is third party verified for sustainability and derived from wild caught fish (anchovies, sardines, and mackerel) through sustainable fishing practices. 2. Adults experience mild memory loss with age. A clinical study of Magnesium L-Threonate supported short-term memory and focus on older adults in 12 weeks

Whether you're looking to support cognitive function, short-term memory<sup>2</sup> or simply give your brain the nourishment it needs, small steps can add up to big benefits.

## Ready to power up your brain?

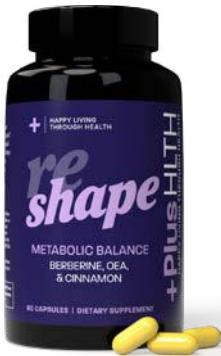
Explore our full line of science-backed supplements designed to support cognitive health, focus, and mental resilience - naturally.

## Collagen for *Skin, Hair, Nail & Joint Health<sup>†</sup>*

- ... GRASS-FED & PASTURE-RAISED BOVINE COLLAGEN
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- ... PROMOTES COLLAGEN PRODUCTION<sup>†</sup> WITH ANTIOXIDANT VITAMIN C
- ... EASILY DIGESTED COLLAGEN FOR ENHANCED ABSORPTION<sup>†</sup>



<sup>†</sup>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.



## +PlusHLTH ReShape Capsules Product Spotlight

ReShape is more than just a diet supplement; it's a holistic approach to achieving weight loss goals. Harnessing the power of science-backed, natural ingredients, daily use of ReShape supports metabolism, enhances energy levels, and controls cravings.

- *Synergistic formula includes berberine, OEA (oleoylethanolamide), and cinnamon.*
- *ReShape features natural ingredients proven to help the body release healthy levels of GLP-1.*
- *Easy to use capsules make it a cinch to support metabolism and weight loss goals every day.*

### Why is Metabolic Support Important?

ReShape's unique formulation was designed to support healthy metabolism. Maintaining metabolic health is fundamental to overall wellbeing and long-term health. By ensuring efficient energy production, reducing the risk of chronic diseases, supporting hormonal balance, and enhancing cognitive function, ReShape can help individuals lead healthier, more active lives.

### Customer Reviews



#### Amazing product!

I am super sensitive to a lot of different products but found this product to be very effective and helpful without any issues.

Lauren K. | 8/20/24



#### Love ReShape

This has really curbed my desire for sweets which will help me healthier. I'm so glad I started taking them.

Kelly K. | 8/30/24



#### Was Skeptical

I wasn't sure how this would work, but I am happy with the purchase, I have my cravings to snack have been cut. I will be buying again.

Darci W. | 9/3/24

### Ingredient Spotlight

**Berberine:** A compound found naturally in plants, Berberine supports weight management through various mechanisms: it promotes AMPK activity, associated with healthy fat metabolism; it helps maintain healthy blood sugar levels, potentially reducing cravings; and it helps maintain a healthy balance of gut microbiota, which is important for overall metabolic health.

**OEA (oleoylethanolamide):** OEA supports weight management by influencing appetite and metabolism. It activates PPAR-alpha receptors associated with healthy fat metabolism and balanced food intake. OEA also encourages the release of hormones that promote feelings of fullness. Additionally, it may help support the breakdown of stored fats for energy.

**Cinnamon:** Cinnamon supports weight management by helping to maintain healthy blood sugar levels and insulin sensitivity. Its active compound, cinnamaldehyde, promotes glucose uptake by cells, helping reduce sugar cravings and increase feelings of fullness. Cinnamon also slows the emptying of the stomach, contributing to satiety and healthy fat metabolism.

## Your Natural **Weight Loss Ally.**

### SYNERGISTIC WEIGHT LOSS INGREDIENTS

When combined, Berberine, OEA, and Cinnamon work synergistically to enhance metabolic health more effectively than any single ingredient alone! By leveraging the natural benefits of these powerful ingredients, ReShape can help you reach your weight loss goals.



## MISSED AN ISSUE?

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heart\*



mind\*



body\*



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# Everyday Essentials for a Healthier, Happier You!



Immune health starts with the right foundation and the right nutrients. When it comes to multi-vitamins, not all are created equal. Paradise's Earth's Blend Multi-Vitamin uses methylated B-vitamins and nature-sourced ingredients to ensure better absorption, better energy, and better results.\*

Vitamin C offers daily support to help your body stay resilient year-round, while our D3+K2 formula delivers a synergistic blend that supports strong bones, a healthy heart, and balanced immune function. Together, they're an easy, effective way to fuel your everyday wellness with clean, targeted nutrition.\*

No binders. No magnesium stearate. Just clean, powerful formulas designed to fit your lifestyle—not slow it down.\*

## Real Nutrition for Real Life.

Earth's Blend is your all-in-one daily superfood. Packed with 48+ ingredients including organic greens, vitamins, minerals, probiotics, and herbs. Just one capsule delivers over 4,000 ORAC units—the antioxidant power of 7+ servings of fruits and veggies. Clean, filler-free, plant-powered nutrition for full-body support.



[paradiseherbs.com](http://paradiseherbs.com)

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# Microplastics and Your Health: What You Need to Know

By Daniel Powers, MS

Microplastics are plastic particles smaller than 5mm, and they've now been found everywhere—from the peak of Mount Everest to the depths of the Mariana Trench. This means no environment, or person, is untouched.

## How We're Exposed

Humans encounter microplastics through multiple pathways:

- Ingestion:** Common in seafood, salt, processed foods, and packaged goods.
- Inhalation:** Tiny airborne particles indoors and outdoors are inhaled.
- Drinking Water:** Present in both bottled and tap water worldwide.

## Why It Matters

Microplastics, along with plasticizers like BPA and phthalates, have been detected in human lungs, blood, reproductive tissues, and even the brain (Zuri, 2023). Early research suggests links to changes in gut health, brain function, energy levels, and hormone balance (Li, 2024). While science is still unfolding, these subtle, chronic effects highlight the importance of strengthening the body's natural defenses.

## Nutritional Support for Detox:

Certain nutrients enhance resilience by protecting cells, supporting detox organs, and fueling energy production:

- 2-HOBA (Hobamine™)** – Neutralizes damaging lipid aldehydes.\*
- Green Tea Extract** – Strengthens antioxidant defenses.\*
- Milk Thistle Extract** – Supports liver function.\*
- Shilajit** – Boosts mitochondrial energy.\*
- Black Kale Extract** – Rich in sulforaphane to activate detox pathways.\*

## Supplement Protocol:

The goal is threefold: support detox pathways, counterbalance oxidative stress, and provide the cellular energy required to keep these systems running smoothly. Together, lifestyle strategies and targeted nutrients give the body the best chance to thrive in our modern, toxic world.

## How to Reduce Exposure:

The most practical strategy is to support the body's detox systems—urine, stool, and sweat—while limiting everyday plastic intake:

- Limit Plastic Use:** Choose less packaging and wear natural fibers like cotton or wool.
- Stay Hydrated:** Adequate water helps the kidneys flush plastic-related chemicals.
- Eat Fiber:** A fiber-rich diet promotes regular elimination and carries particles out.

## Available now at Abby's.

As always, speak with your healthcare provider before starting any new supplement routine.



YOU MAY BE CONSUMING UP TO  
**3.8 MILLION MICROPLASTIC  
PARTICLES EACH YEAR**

Support Your Natural Detox Pathways With Microplastic Daily Detox™. The First Formula Design To Support Your Body Against Daily Microplastic Exposure\*.



Milne, M. H., De Frond, H., Rochman, C. M., Mallos, N. J., Leonard, G. H., & Baehler, B. R. (2024). Exposure of U.S. adults to microplastics from commonly-consumed proteins. *Environmental pollution* (Barking, Essex : 1987), 343, 123233.

\*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.

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*Microplastics in the Human Body: A Review.* Li, Y., et al. *The Science of the Total Environment.* 2024;346:174215.

# Nature's Blood Sugar Arsenal: 4 Powerful Plants That Work Like Natural Insulin

If you're one of the 422 million people living with diabetes—or among the many who don't even know they're at risk—every meal could be pushing you closer to fatigue, vision loss, and a health crisis that steals your life. What Big Pharma won't tell you: nature already holds keys to blood sugar control. Plants have been mimicking insulin for centuries. Even Metformin, the world's top diabetes drug, was derived from the French lilac. Wait too long, and the damage keeps adding up. But right now, you can uncover nature's strongest blood sugar fighters—proven by science—that may help restore balance and energy. Your pancreas is straining to keep blood sugar stable. But science shows nature offers allies—plants proven to regulate glucose, some as effectively as prescriptions.

**Cinnamon** – More than a spice. A 2019 review of 18 studies found it cut fasting blood sugar by 19 mg/dL on average. Its polyphenols mimic insulin, moving glucose into cells and preventing post-meal spikes. Cinnamon contains powerful polyphenols that mimic insulin's action in your body, helping shuttle glucose into your cells where it belongs, not floating dangerously in your bloodstream. It also prevents those devastating post-meal glucose spikes that leave you feeling drained and foggy. But here's what makes cinnamon truly extraordinary: while it's stabilizing your blood sugar, it's simultaneously supercharging your brain. You'll experience enhanced memory, razor-sharp focus, and protection against cognitive decline, and if you're over 50, the mental clarity improvements will astound you. Don't just control your blood sugar, unleash your brain's full potential. The real magic happens when you combine cinnamon with specific brain-nourishing ingredients that work synergistically together.

**Bitter Melon** – Rich in compounds that act like natural insulin. Clinical trials show 12 weeks of extract lowered blood sugar in prediabetics. Reviews confirm a modest but real hypoglycemic effect.

**Fenugreek** – Seeds loaded with fiber and amino acids that stimulate insulin release. Trials show better insulin sensitivity, slower carb absorption, and significant drops in fasting glucose and HbA1c.

**Hawthorn** – Known for heart health but also lowers blood sugar and boosts insulin release. Bonus: reduces triglycerides and cholesterol, tackling diabetes' deadly companions. Be careful with this one and don't just grab any hawthorn supplement off the shelf. Most commercial powders lose their potency during processing, and many products contain fillers or pesticides that cancel out the benefits. Even worse, some supplements use hawthorn "lookalikes" that provide zero therapeutic value. Your best bet? Make your own tincture from wild-foraged hawthorn berries... but only if you can identify them correctly and find a pollution-free location. Even then, you'll need to wait 4-6 weeks for proper extraction, and there's no guarantee you're getting the right concentration of active compounds.





## Your Next Move Could Change Everything

These four natural powerhouses represent just the beginning of what nature offers for blood sugar control. Each has been validated by scientific research and proven safe when used appropriately. The question isn't whether these herbs work – the science proves they do. The real question is whether you'll act while you still have time to make a difference.

Remember: while these plants can be incredible allies, always consult your healthcare provider before adding supplements, especially if you're taking diabetes medications.

## 5 More Powerful Plant Allies

Beyond the "big four," other plants show remarkable blood sugar power—so effective they're nicknamed the "sugar destroyer" and "insulin plant."

**Nigella Sativa** – Treasured for centuries, now backed by reviews showing lower fasting glucose and HbA1c. Also improves cholesterol, tackling two risks at once.

**Gymnema Sylvestre** – Ayurvedic "sugar destroyer." Research suggests it lowers blood sugar, raises insulin, and may even regenerate pancreatic cells. Some patients reduced medication use in trials.

**Ginseng** – Both Asian and American types of lower blood sugar. American ginseng especially blunts post-meal spikes by boosting insulin sensitivity and glucose uptake.

**Aloe Vera** – Early studies show it lowers fasting glucose and HbA1c in prediabetes and early diabetes. Even national health bodies recognize its potential.

**Costus igneus (Insulin Plant)** – Daily leaf consumption in Indian studies cut blood sugar sharply. Some insulin users cut their dosage in half after just 15 days.

### Why Your Lifestyle Holds the Real Power

**Here's the truth:** herbs alone won't save you. Get the basics right, and natural remedies become far more powerful.

**Exercise** – Your Insulin Amplifier Activity transforms how your body uses insulin. One review showed a single 70-minute workout boosted insulin sensitivity by 35%. The best combo? Aerobic movement plus resistance training.

**Smart Eating** – The Daily Game-Changer High-fiber, low-GI foods prevent spikes, while losing excess weight can even reverse insulin resistance. Your body is ready to heal if you give it the right fuel. Your body wants to heal itself – you just need to give it the right conditions. You've just seen how exercise, food choices, and a few key herbs can transform your insulin response. But here's the hard part: knowing exactly which herbs to take, what foods to avoid, and the best time of day to use them. Add in diet plans, stress fixes, and daily actions, and suddenly it feels overwhelming. ■



# FARM MATH (updated)

By David Housefield

Just do the Math! The updated numbers for Abby's Farm... but also letting you know the impact you can make on your own finances by growing your own food.

It's a fair question to ask, **"So, if you are teaching all these families how to grow their own food... where's the food, how much do you grow?"**. Great question and so proud and thrilled to answer.



Abby's Farm growing mediums:  
86 Personal raised beds (many personal beds have an A & B feature so two families farming);  
37 Community beds; 10 row farming gardening areas; over 140 fruit and Moringa trees; 280 blueberry bushes, none of which existed just 10 years ago. Our raised beds (personal and community) represent 5,408 square feet of food producing ground. Our row farm growing areas represent 17,820 square feet of food producing ground, together with 3,200 sq. ft (ground) for 140 fruit trees. Abby's farm has a total (today, we are always growing and expanding) of 26,478 square feet of lovely, healthy, organic soil that according to most farming metrics produces about 1 pound (of food) per square foot, per season. The significance of that statement "per season", is that most of the country bases all of their farming, growing on one season and in Florida we enjoy the harvest of three distinct seasons.

# How much food do you grow?

# 79,284 pounds of fresh, organic food each year

Yep, that's right, your little community farm in Lutz is currently producing approximately 79,284 pounds of fresh, organic food each year, which includes only vegetables.

Having said that, the financial benefit or value to volunteers is calculated for most veggies with a range from \$1-\$3 per pound and with inflation over the last couple years, there have been wild fluctuations. However, using the industry standards cited, the minimum value from \$79,284 divided by 100 families = \$792.84 per family. Keeping in mind, we currently ask for a donation of \$20 per month to be a part of the farm, so the value to our members is pretty obvious.



In addition, we are doing our part in terms of personal environmental responsibility, by taking 79,284 pounds off of the highways/airways delivering to stores and instead harvesting fresh, healthy food that comes right from the ground to our tables.

The purpose of this exercise was to show the incredible dynamics (production/financial) of growing your own food, but also to give you a guide for calculating the value you can achieve by doing this at home. In today's economy, it would seem we all should at least know and understand the options. ■



# [Abby'sFarm.org](http://Abby'sFarm.org)

# Liquid Multivitamins Are Here: Everything You Need to Know



Part 2. Pick up our last issue for part 1  
OR Click [AbbysMagazine.com](http://AbbysMagazine.com)

	New Chapter Liquid Multi	Typical Liquid Multis
More nutrients	<b>22</b>	~15
100% Delicious	✓	X
Fermented B Vitamins	✓	X
Flexible Servings for All Ages	✓	Some
Includes Organic Superfoods	✓	Some
No Potassium Sorbate	✓	X
99% PCR Plastic Bottle	✓	X

## What advantages do liquid multivitamins have over other forms?

Let's dig into the differences between multivitamins in liquid and other forms of multivitamins to help you decide if this is the right form for you (and your family!). Every multivitamin form has different advantages while still providing the foundational wellness that you need. As you decide what form to buy for yourself and your family, check out the pros and cons of some of the most common forms: multivitamins in liquid, multivitamin gummies, and multivitamin tablets.



As you can see, liquid multivitamins and liquid mineral supplements can be a convenient and delicious addition to your family's wellness routine. All you have to do is drink your one-daily serving. You can easily adjust the dosage to accommodate everyone in your family ages 2 and up. Multivitamins in liquid are also ready to absorb faster than tablets or gummies! Our super-convenient formula is formulated for absorption and gentle even on an empty stomach. However, there's no one form that's "more effective" than the others. The best multivitamin is the one that you remember to take! It all comes down to the ingredients in the multivitamin and the form that's most convenient or preferable for you. Thankfully, that leaves you lots of great options for choosing a daily multivitamin! But it means it's important to dig into what each multivitamin provides, regardless of the form.

## How do the New Chapter® liquid multivitamins compare to others?

Our liquid multivitamins are made with tested, trusted ingredients of excellent quality, formulated with essential nutrients your body can recognize. If you don't like swallowing tablets and appreciate the convenience of a liquid form, then switching to a daily multivitamin in liquid could be the way to go! When you choose our liquid mineral supplement, you're choosing a nutrient-packed, 100% delicious option. Our liquid multivitamin is an excellent source of 30% more nutrients than the leading multivitamin.<sup>‡</sup> Our liquid multivitamin includes the right nutrients in the right amounts including fermented B vitamins that your body can recognize for cellular energy support.\* Our liquid vitamin also includes magnesium, a vital mineral missing from the leading liquid multivitamin. With 22 essential vitamins and minerals plus organic superfoods, we look to the wisdom of nature to bring you whole-body wellness!

## Are there different kinds?

Our liquid multivitamin is formulated for absorption in two tasty flavors: Orange Mango and Mixed Berry. Both flavors are non-GMO tested and gluten free with organic superfoods, so you can trust what you're putting in your body. Whether you're a citrus lover or a berry bestie, both of our flavors are 100% delicious!

†Liquid form is more easily available for your body than tablet form. <sup>‡</sup>Based on number of nutrients (17) in the adult serving size delivering an excellent source (20% or more daily value).

## Are they full of sugar?

No! Our pioneering liquid vitamin combines exceptional taste with uncompromised nutrition—and no added sugar. The American Heart Association's sugar recommendations say that men should consume no more than 36 grams of added sugar per day, and women should consume no more than 25 grams per day. Since our liquid multivitamin has no added sugar yet still tastes great, you can rest assured that you're fueling your and your kids' active life with only the best!

## Are they vegan-friendly?

Yes! They're made with zero animal products or byproducts. Many liquid vitamins use a chemical preservative, potassium sorbate, but New Chapter uses citric acid and natural flavors instead. It's all about delivering everything you want in a multivitamin... and nothing you don't.

## The Bottom Line

New Chapter's liquid multivitamins are completely delicious and deliciously complete, making them a great way to support your foundational wellness. All our products are inspired by nature to fuel your best life, including our two flavors of liquid multivitamins. As an excellent source of 30% more<sup>‡</sup> nutrients than the leading liquid multivitamin and 100% of your daily value of key vitamins, this convenient and tasty multivitamin form is a great addition to your family wellness routine! ■



# Feel the difference

Live your best life with complete multivitamins packed with 20+ fermented essential nutrients.



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Certified Organic by Where Food Comes From Organic, Castle Rock, CO, USA

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# ADDRESSING INSULIN RESISTANCE & SPEEDING FAT LOSS

By Body Health

If you read this article then you understand that when sugar is in the blood stream, the hormone Insulin is released to send it into the cells for energy, or to store it as energy in the muscles as something called Glycogen, or to convert it into fats known as Triglycerides — body fat. And, while insulin is in the bloodstream, almost no fat burning can take place. But something can happen here when our diet is quite high in sugar over a long period of time, keeping our Insulin levels high for longer each day. The cells build up a resistance to the Insulin. Meaning, when Insulin comes knocking, trying to give the sugar to the cell so it can make energy, the cell says "no" and closes its doors. This only happens a little bit at first, but over time happens more and more often. You see, we keep eating high amounts of sugar, which releases high amounts of Insulin. And this Insulin is then trying to stuff this sugar into the cells because it needs it out of the blood stream *now* so it doesn't harm your blood vessels! But after a while (years) the cells start getting fed up. They're getting too much sugar. They can't hold it all. They're sick of Insulin knocking at their door at all hours of the night. So the next time Insulin comes knocking, the cells are a bit hesitant to open the door. They say: "Oh, we'll let a little in, but no more."

This then goes on for a while, the cells letting in less and less sugar. But after a while longer, maybe many years, the cells get so fed up that they may start refusing to open the door at all... even when they need that sugar in order to make energy for themselves and the body. This means sugar starts stacking up in the blood stream. And the more sugar in the blood, the more Insulin is released to shove it into the cells. And if the cells aren't taking in this sugar, then it's going to go to fat — *even if the cells actually need it*. And the less sugar going into the cells when they actually need it, the more tired you will be, because your cells don't have what they need to make energy. You're eating, probably more and more over the years, but your cells are getting less and less of the food and more and more of it is being stored as fat. **This is Insulin resistance, the first step on that lonely road to type 2 diabetes.**

But it's a road many are on without even knowing it. Because this isn't an exact point. It isn't that one day you're healthy and your cells respond immediately to Insulin, and the next day you're Insulin resistant. It's a gradual process over years, and at least half the people in the US are somewhere on this path just because of the foods available to us these days. And chances are, if you have trouble losing body fat, there is some degree of Insulin resistance going on. Don't worry, it's completely reversible naturally, in fact keeping our diets low in carbohydrates is what helps reverse it. And it takes much less time to reverse than it

does to create the situation in the first place — only weeks, or months in the worst cases. But it's an important point to bring up. We want to lose body fat, maybe for personal reasons, but also health reasons.

You see, this fat is also stored in our arteries, raising blood pressure, as well as in our liver and kidneys, where it prevents the proper functioning of these organs and can bring on liver or kidney trouble. If you're Insulin resistant to whatever degree, this makes it harder and harder to lose this fat. The body is pumping in more and more Insulin to get the cells to take in the sugar. But when they won't it's not just that the Insulin then stores it as fat, it's also that, while Insulin is present, almost no fat burning can take place. So we're forced to gain fat and prevented from losing it.

We need you Insulin-*sensitive*, meaning your cells react to Insulin's knock and immediately open their doors to let the sugar in. The more Insulin-*sensitive* you are, the less Insulin your body needs to pump into the blood stream to shove sugar into the cells and the sooner it clears the sugar out of the blood stream. So we get less and less fat gain and it becomes easier and easier to lose the fat that is there — *and keep it off*. Energy levels rise, mood rises, and muscle gains rise as well, though we'll cover how that happens a little bit later. And do you know how simple it is to do this? *Very*. So simple it seems too simple. If high levels of sugar brought about high levels of Insulin, and so Insulin resistance... we just cut down those high sugar levels and, after a couple weeks or months, your cells will become Insulin sensitive again. It really is that simple. Of course, at the same time we're doing this we'll also be lowering your cravings for junk food and raising your body's ability to use the food you put in it so your energy and mood are higher.

It all happens at the same time.

There will definitely be cravings at first, but those mostly go away after the first week, and only days 2-5 are the worst. We need to get these Insulin levels down and any Insulin resistance reversed if we want to lose fat and then *continue to keep it off easily*. ■

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# How Berberine Supports Your Body's Metabolism, Naturally\*

Berberine is a time-honored botanical that has been used for centuries to support wellness. Today, modern science confirms its traditional use in supporting the body's natural metabolic processes and overall health.\*

## Activating the Body's Energy Switch\*

One of berberine's most notable actions is its ability to support the activation of AMPK, often described as the body's "metabolic energy switch."\* When AMPK is activated, it helps maintain balance in how the body uses and stores energy, supporting a healthy metabolism.\*

## Evidence-Based Metabolic Support\*

A meta-analysis of 27 randomized controlled trial involving over 2,500 participants, found that berberine supplementation (1,000-1,500 mg daily) supports key markers of metabolic health.\* This highlights berberine's role in promoting balance and vitality at the cellular level.\*

## Comprehensive Wellness Benefits\*

In addition to supporting metabolism, berberine helps promote cardiovascular health and a healthy gut microbiome balance, two important foundations of overall wellness.\* By encouraging healthy cellular energy activity, it helps the body function at its best every day.\*

## Sourced & Formulated for Purity & Potency\*

Berberine is an alkaloid found in many plants, including goldenseal and barberry. Enzymedica ensures purity and quality by sourcing berberine from barberry, rather than goldenseal, which is considered an "at-risk" plant due to overharvesting. Barberry is a naturally sustainable plant. Each Berberine capsule is standardized to 95% berberine to provide consistent potency and effectiveness.\*

## How to Use Berberine

For best results, take one capsule with meals, three times daily. Our targeted-release technology helps protect berberine from breaking down too early in the stomach, supporting optimal absorption and benefit.\* Enzymedica also offers Berberine Phytosome, made with Berbevis® Phytosome that offers 9.6x better absorption than traditional Berberine extracts. Phytosome technology offers greater potency in in fewer, easy-to-swallow capsules\*

With its blend of tradition, science, and sustainability, berberine is a natural choice to support your body's metabolism and overall vitality – helping you thrive every day.\* ■



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## 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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*Recommended by Abby's*

# Dangers of Sugar Addiction

Sugar itself isn't the enemy—it fuels cells, tissues, and organs. The danger comes from excess and unhealthy sources. Too much sugar spikes blood glucose, forcing the body to release insulin. This rollercoaster leads to inflammation, insulin resistance, and over time, metabolic problems like diabetes and heart disease. What makes it tricky is sugar hides everywhere. It's not just sweets and table sugar.

**Natural sugars** in fruits, grains, dairy, and vegetables come with fiber, slowing absorption and preventing spikes.

**Added sugars** lurk in snacks, sodas, pastries, desserts, processed foods, and even condiments. And honey? Raw honey contains fructose, glucose, and small amounts of other sugars. While packed with benefits, it still counts as added sugar—and too many erases its advantages.

**So how much honey is actually safe to consume daily? And at what point does this natural sweetener shift from being a health ally to a potential threat?** The answer isn't as simple as you might think. Factors like your body weight, activity level, existing health conditions, and overall sugar intake all play crucial roles in determining your personal honey "safety zone."

## Signs of Sugar Addiction

### Food Craving

Sugar lights up dopamine, the "feel-good" hormone, leaving you hungry for more—not just sweets, but food in general. Scientists even talk about the "dessert stomach," a pouch that expands when exposed to sugar, driving cravings and binge eating.

### Hiding Sugar Habits

Addiction rewires the brain. Over time, you need more sugar for the same pleasure, and impulse control weakens. You know the risks but still hide or excuse the habit. I used to think heart problems were for "older people" until I learned how silent high blood sugar is. It's called The Silent Killer for a reason—quietly raising your risk of heart disease and stroke until one attack changes everything. You don't feel it creeping up, but it quietly raises your risk of heart disease and stroke every single day. One stroke can change your whole life in an instant.

### Fatigue

Sugar gives quick energy, then crashes you into exhaustion. High glucose suppresses orexin, the peptide that keeps you awake, leaving you drained and reaching for more sugar.

### Headache

Blood sugar swings—too high or too low—trigger migraines. Overeating sugar floods insulin; cutting back widens vessels. Withdrawal headaches push you back to sweets.

### Mood Changes

Dopamine spikes, dependence follows. When sugar fades, so does your mood—causing anxiety, irritability, and even depression.

### Diminished Taste

Sugar dulls taste buds. Soon, "sweet" isn't sweet enough, and you need more just to feel satisfied.



### Skin Problems

Sugar sparks inflammation, disrupts hormones, and accelerates glycation—a process that ages skin from the inside out. Acne, psoriasis, wrinkles, sagging—your skin pays the price.

## Addressing Sugar Addiction

Continued on page 28 >>

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Abby's has one of the largest selection of sports and nutrition supplements including protein and meal replacement powders, pre-workouts, electrolytes, endurance, and recovery formulas to assist you on your health journey. Most importantly, here at Abby's we do not recommend neither promote any of the above items containing artificial colors, artificial flavors, artificial sweeteners like Splenda or Aspartame or any other chemicals.

COME SEE US!

## Editor's Healthy Tips

### Cranberry Use for Diabetes



The powerful berry has hidden talents that are less well known. A recent meta-analysis of 16 controlled studies shows that cranberry juice or pills significantly improve the ratio of total cholesterol to the heart healthy HDL cholesterol (Nutrients. 2024;16(6):782). Other research has also shown that cranberry juice significantly improves systolic and diastolic blood pressure (Eur J Nutr. 2021 Mar;60(2):615-639).

The same meta-analysis also uncovered cranberry's benefits for diabetes. Cranberry significantly reduces insulin resistance (HOMA-IR) and, when taken as a capsule, tablet or powder, also significantly reduces fasting insulin levels.

Continued from page 28 >>

## Addressing Sugar Addiction

### Addressing Sugar Addiction

Sugar hijacks brain neurotransmitters, creating addictive behavior and long-term health risks. Like nicotine, breaking free takes conscious effort.

### Eat Healthy

Your brain and gut microbiome shape cravings. Healthy meals retrain your body to prefer fruits, vegetables, and whole foods over sweets. Research shows food cravings are conditioned—and can be unlearned with mindful eating.

### Cut Simple Sugars

Quitting cold turkey may work, but expect withdrawal: nausea, headaches, mood swings. To avoid relapse, cut back gradually and swap sweets for fruits, nuts, seeds, or fresh juices.

### Hydrate

Dehydration intensifies cravings. Drink at least 8 cups of water daily—before meals and whenever sugar cravings strike.

### Boost Magnesium

Magnesium improves insulin sensitivity and blood sugar control. Find it in spinach, legumes, nuts, seeds, peanut butter, fruits, vegetables, and fish. Culinary herbs like dill, basil, and sage, plus teas like chamomile, nettle, and dandelion, are also rich sources. Some herbs—cinnamon, fenugreek, Chinese skullcap, Gymnema sylvestre—may even reduce sugar cravings directly. Look, cutting sugar is tough. Your energy crashes, cravings hit hard, and your metabolism feels like it's working against you. That's where most people give up.



## Sugar Craving Buster Tea

Dandelion and cinnamon tea is a powerful blend for curbing sugar cravings. Both herbs help regulate blood sugar and prevent the spikes and crashes that fuel cravings. Licorice adds natural sweetness plus anti-diabetic flavonoids—health benefits sugar and even honey can't match—while further reducing the urge for sweets.

### Ingredients

- 1-2 pcs dandelion root, small
- 1 cinnamon stick
- 1 tsp licorice root or 1 to 2 licorice root chips
- 1 ½ cup water

### Steps

1. Bring water to a quick boil and add dandelion root, cinnamon stick, and licorice root and boil for 3 minutes.
2. Steep the sugar-craving buster tea for 5 to 10 minutes.
3. Strain and serve while warm.

### To Use

Drink a cup after meals or whenever sugar cravings hit. There's no set frequency—just use in moderation. Too much licorice or cinnamon may affect liver health. For variation, swap licorice with stevia, or add mint, peppermint, or spearmint leaves to curb post-meal cravings. Always consult your doctor first, especially if you have existing conditions or take medications. ■



# HOLIDAY STRESS?

## TRY THESE TIPS FOR A HEALTHY HOLIDAY SEASON



If the holidays sometimes leave you feeling overwhelmed and out of control, you're not alone. And if the Grinch has stolen your spirit and good intentions, try some of these tips to reclaim your ho-ho-ho and stay happy and healthy.

**1. Keep up healthy habits** - Make a pact with yourself during the holidays. Decide that you'll move more and do something active every day over the next three weeks. Take it a step further, and pledge to start the day with a healthy breakfast or lunch, limit the sweets and get at least seven hours of sleep each night. If you don't completely give up your healthy habits, you won't feel like you have to start over once the holidays are over.

**2. Beware of seasonal sweets** - The holidays often dish up extra helpings of less-than-healthy treats. Try preparing healthy snacks that are ready to eat when the urge to snack strikes. If you're hosting a holiday party, challenge yourself to make delicious and healthier options using our recipes and cooking tips.

**3. Stay active** - Instead of beating yourself up about missing a workout, sprinkle some healthy activities into your daily routine. For example, if the weather isn't too frightful and you're working from home, ride your bike around your neighborhood during a lunch break. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. And keep the family moving. When the kids are home from school, squeeze in some active chores and trips to the park.

**4. Take time for yourself** - Give yourself the gift of peace. If you need some downtime to recharge, declare a "me-treat" and do something that relaxes you. Try yoga, meditation or spending time in nature.

**5. Make a plan for the new year** - Your poinsettia's pooped and the gifts are all gone. Now what? It's a great time to reset for the new year – but don't go dashing through your to-do list too fast, or you might not stick to your plan. Lay out realistic, sustainable steps for the months ahead. For example, start a daily walking routine. ■

**Garden of Life**

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## Wild-Caught Salmon Salad

2-4 servings

2 cups cooked and flaked wild-caught salmon  
 2 stalks organic celery, sliced  
 1 teaspoon organic fresh dill  
 1/2 teaspoon organic lemon juice  
 Pinch of Himalayan sea salt and Pepper

1 small organic red pepper, diced  
 1/2 cup organic red onion, diced  
 4-5 teaspoons Vegenaise  
 1 teaspoon organic capers

In a large bowl, combine all the vegetables, spices, and Vegenaise, mix well. Add the flaked salmon and toss lightly to combine all ingredients. Serve over lettuce or as a sandwich.

Abby's uses the finest Wild Caught Salmon from Alaska. See: [www.popsiefishco.com](http://www.popsiefishco.com)



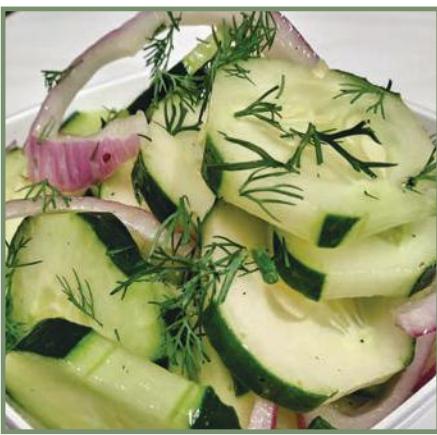
## Antibiotic & Hormone-Free Turkey Meatloaf

5 servings

1 1/4 pound antibiotic & hormone-free ground turkey  
 1 cup organic chopped onion  
 2 teaspoons Himalayan sea salt  
 1/4 teaspoon organic cumin  
 1/4 teaspoon organic paprika  
 4-6 tablespoons organic ketchup

2 tablespoons Abby's organic extra virgin olive oil  
 3 cloves organic garlic, minced  
 1/2 cup organic red pepper, diced  
 1/4 teaspoon organic dried parsley  
 1/2 teaspoon organic lemon juice  
 1/2 teaspoon organic black pepper

Preheat oven to 350°F. Sauté the garlic, onion, and red pepper in Abby's organic extra virgin olive oil. Place mixture in a large bowl and let cool for 5 minutes. Combine the turkey, spices, 3 tablespoons of ketchup and the rest of the vegetables. Press the meatloaf into an 8 x 4-inch loaf pan. Spread the remaining ketchup on top to taste. Bake in preheated oven for 50-55 minutes. Make sure center of meatloaf reaches 165°F.



## Traditional Organic Cucumber Salad



4 organic cucumbers, thinly sliced  
 1 tablespoon organic dried dill, or to taste  
 1 teaspoon Abby's organic extra virgin olive oil

1 small organic red onion, thinly sliced  
 1 teaspoon organic red wine vinegar  
 Himalayan sea salt and pepper to taste

Toss together the cucumber and red onion in a large bowl. Combine the vinegar with Abby's organic extra virgin olive oil and drizzle over the cucumber and onion. Add dill, sea salt, and pepper to taste. Serve and Enjoy!

**Abby's NEVER uses Seed Oils in our cooking**

GF

EF

SF

DF

V

NF

R

VG

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"**





## Have a Question for an Abby's Nutritional Specialist?

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Abby's Mag > Ask Our Staff

Find answers at our website  
Abby's Mag > Abby's Answers

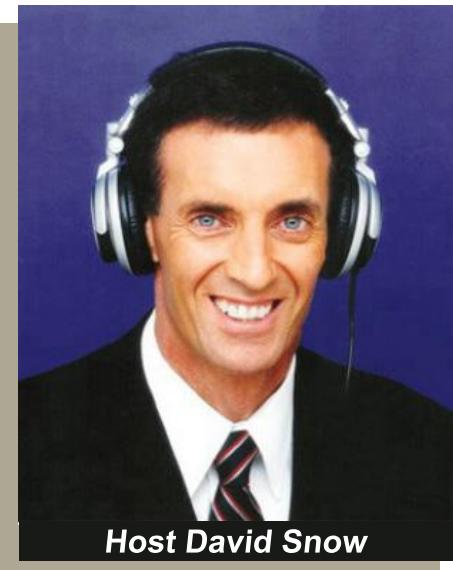
**Abby's Nutrition Specialists  
also offer consultations.**

**Please call (813) 265-4951**  
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