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Issue 67 Jan/Feb 2025

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Collagen 101



These days, it seems like everyone's taking collagen, talking about collagen — or both. But you may be wondering... *Do collagen supplements actually work? Can collagen truly minimize wrinkles and fine lines? Will it really strengthen your bones and ease your joints?* Here's what you need to know about this popular protein.

What is Collagen?

Collagen is the main structural protein in the body, often described as the “glue” that holds everything together. It provides strength and support to connective tissues and is abundant in skin, tendons, ligaments, cartilage, bones, and blood vessels. Scientists have identified 28 different types of collagen in the human body, but five are the most prominent. Of these, type I accounts for 90% of the body's collagen and is distributed throughout the skin, cornea, blood vessels, bones, ligaments, and tendons. Type II is found in the cartilage and intervertebral discs, while type III occurs in the skin and blood vessels. These three types are the most common in collagen supplements. Unfortunately, collagen production begins to decline around age 30, decreasing by about 1.0–1.5% per year. Factors such as smoking, poor nutrition, UV light, pollution, stress, genetics, and menopause can accelerate this loss.

Do Collagen Supplements Work?

Clinical research suggests that collagen peptides offer a range of benefits, including:

- Increased skin elasticity
- Reduced wrinkles and fine lines
- Improved appearance of cellulite
- Support for healthy hair and nails
- Enhanced joint comfort and flexibility
- Increased bone density

However, not all collagen supplements are created equal. For the best results, choose products made with clinically researched ingredients. Some top options include:

- **Verisol® Hydrolyzed Collagen**, known for its high bioavailability
- **Collective™ Marine Collagen Peptide Complex** from wild-caught and sustainably sourced whitefish, ideal for pescatarians
- **UC-II® Undenatured Type II Collagen** from standardized chicken cartilage, notable for the small dose needed

What's the Best Collagen Supplement?

Natural Factors Total Body Collagen™ supplements check all the boxes for high-quality collagen.

- **Total Body Collagen** combines 10 grams of Verisol hydrolyzed collagen with complementary, clinically supported ingredients: hyaluronic acid, vitamin C, biotin, L-glutamine, and L-tryptophan. This holistic anti-aging formula delivers results in as little as 28 days and is available in three varieties: unflavored, pomegranate, and orange.
- **Total Body Marine Collagen™** provides the same complementary ingredients as Total Body Collagen, in a pescatarian-friendly unflavored powder featuring Collective Marine Collagen Peptide Complex.
- **Total Body Multi Collagen™ Protein** delivers a blend of five collagen types — I, II, III, V, and X — in one unflavored powder for total body health benefits. It includes 10 grams of Verisol hydrolyzed collagen, plus Collective™ Marine Collagen Peptide Complex, UC-II® Standardized Chicken Cartilage, and NEM® Natural Eggshell Membrane. ■



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TABLE OF CONTENTS

- | | | | |
|----|--|----|---|
| 3 | COLLAGEN 101 | 14 | NATURAL METABOLISM SUPPORT |
| 4 | EDITOR'S HEALTHY TIPS | 15 | THE KEY TO SUSTAINABLE FAT LOSS |
| 5 | THE NEW YOU MIRACLE BAND TESTIMONIAL | 19 | THE ROLE OF NATURAL BODY CLEANSING |
| 6 | HOW TO TAKE CARE OF YOUR IMMUNE SYSTEM | 20 | WEIGHT LOSS & CHIROPRACTIC |
| 7 | TOP 3 TIPS FOR STAYING IMMUNE STRONG | 22 | Q & A WITH COLLIN GOW |
| 8 | OUR DOCTOR-FORMULATED MULTIS ARE UNIQUE | 23 | TURN YOUR METABOLISM INTO A CAMPFIRE |
| 9 | HOW NLP CAN SUPERCHARGE PERSONAL GROWTH | 24 | CAFÉ EDEN RECIPES |
| 10 | WHY IS WELLNESS IMPORTANT | 25 | WHAT DOES ABBY'S FARM PRODUCE? |
| 12 | BREAKFAST RECIPES FOR WEIGHT LOSS | 26 | THE KETO DIET FOR MEN VS. WOMEN |
| 13 | WHAT MAKES CARLSON OMEGA-3S SUSTAINABLE? | 28 | 5 WAYS TO KEEP YOUR SPIRITS BRIGHT AFTER THE HOLIDAYS |
| | | 29 | INTERMITTENT FASTING |
| | | 30 | BUTTER MADE FROM CO2 |

EDITORS HEALTHY TIPS



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JEFF NURSEY

“THE MIRACLE MAN IS ALIVE AND WELL AGAINST ALL ODDS”

From being a victim in a terrible accident and living in agony, to the ‘Miracle Man’ living pain-free.



Jeff Nursey’s journey is a testament to resilience and the power of healing. In 2007, he was hit by a truck while cycling. With five broken ribs, a punctured lung, a shattered tibia and fractured pelvis, he was told by doctors that he wouldn’t walk again. He was ruled 100 percent disabled by Social Security and tried everything

to manage his excruciating pain. He was gifted The New You Miracle Band (TNYMB) and, despite initial skepticism, wearing the band transformed his life, allowing him to walk pain-free and reclaim his independence within three years. Now, 15 years later, Nursey continues to spread the word about the band’s transformative effects, helping others find relief from arthritis, fibromyalgia and more.

Nikola Tesla, the brilliant inventor and visionary, understood the fundamental principle that everything in the universe operates on frequencies. He famously stated, “If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” Tesla believed that to attract something into our lives, whether it be success, love or abundance, we must align ourselves with its frequency. Drawing inspiration from Nikola Tesla’s wisdom on energy and vibration, Nursey’s mission is to empower individuals to align with frequencies of healing and well-being. With

TNYMB, pain becomes a thing of the past, and the future is filled with boundless possibilities for wellness and joy.

Nursey has received countless testimonials attesting to its transformative power. From alleviating migraines to providing relief from scoliosis, arthritis, fibromyalgia and carpal tunnel, the band has become a beacon of hope for those seeking natural pain relief. People have shared stories of newfound freedom and vitality, crediting the band with enhancing their quality of life. With each testimonial, Nursey is reminded of the profound impact that TNYMB has on the well-being of countless individuals. It’s a testament to the band’s efficacy to help people find relief from myriad ailments. As the testimonials pour in, Nursey remains committed to spreading awareness and making a positive difference in the lives of those suffering from chronic pain.

Experience the holistic benefits with TNYMB’s new line of Miracle Bands and shungite necklaces that offer EMF protection, energy enhancement, pain relief and detoxifying and soothing properties.

See our ad on the back cover.

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The New You Miracle Band

TNYMB.com

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The band is not FDA approved and is not intended to prevent or cure illness. WE MAKE NO REPRESENTATION OR WARRANTIES ABOUT THE POTENTIAL 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.

Learn how to 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. Ayurveda, or the science of life, has long recognized that cultivating healthy bile flow is critical for digestion of fats, which in turn, keeps our lymph and all other tissues healthy.*



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Top 3 Tips for Staying Immune Strong

By Dr. DuBois

I've listed my Top 3 Tips for Staying Immune Strong below. I also included this convenient infographic that you can print or share with your family for staying immune strong.

Tip #1: Hydrate

This is critical. Drinking water flushes out toxins through our kidney function.

Hydration also helps by building up fluids that carry pathogens, virus & bacteria to our lymphatic system where our immune system can get rid of them.

Tip #2: Sleep

Sleep is critical to our immune health. Without adequate sleep, our immune system suffers. A recent study from Univ of CA San Francisco found that the risk of getting cold or flu were 4 x higher for those with less than 6 hours of sleep.

Get at least 6 hours – preferably 8 hours each night.

Tip #3: Positive Attitude

A recent study in Spain found that for those with a pessimistic view, the risk of getting a cold in a given year was 7x higher than for those with an optimistic outlook. Be positive. Find things to be grateful for. Your immune system will be stronger because of it. ■



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Come see us!

3 REASONS WHY OUR DOCTOR-FORMULATED MULTIS ARE UNIQUE *By MegaFood®*

Taking a foundational multivitamin is a little thing you can do daily to support your optimal health and well-being. Think of your multi like an insurance policy against any gaps in your diet. It's also an easy, effective way to nurture your true nature. There are myriad multis out there, and the options can seem endless (and even a little daunting). Why so many? Well, it's all about meeting your preferences. Multivitamin options are often broken up by age, gender and even number of tablets per day; when choosing a multi, it's also important to consider your unique lifestyle, diet and habits. The good news: We have an option for you, whether you're a 50-year-old man who is on the one-a-day team or you're a 30-year-old woman who needs a premium prenatal or you have a 5-year-old who prefers her daily dose in tasty chew form. The (very) good news: When you want the best-of-the-best, however, look to our doctor-formulated multis. Crafted hand-in-hand with our Chief Medical Advisor Tieraona Low Dog, M.D., these multis are available in a range of age and gender needs and are formulated to address some of the most common gaps in the Standard American Diet. In addition, our doctor-formulated multis are a true testament to the MegaFood way of crafting product..

1. It starts with food.

Each multi in our doctor-formulated line begins with real food, like carrots, cabbage and broccoli. These foods are nutritional powerhouses in their own right, and were chosen for their ability to help us deliver added nutrients, like vitamin A, K, E and a range of minerals. These pairings of a nutrient and whole food ensure a consistent and meaningful potency of the vitamin or mineral, while still offering a natural source of phytonutrients that make the whole foods so healthful!* Learn more about our unique process.

2. But first, with the farmer.

Not only do we begin with whole foods, we begin with the best foods we can find from trusted farm partners. We prioritize organic and sustainable whole foods from farmers who share our commitment to organic and regenerative agriculture. What does this mean for you? It means a multivitamin that is not only good for you, but also for the planet! Like all MegaFood products, our doctor-formulated multis are certified glyphosate residue-free and tested for over 125+ different herbicides and pesticides.

3. Speaking of testing...

We are incredibly proud of the many certifications these products hold. MegaFood is a certified B Corporation, which is important because it informs each and every business decision we make, from employee well-being to the finished product in your hand. We're also proud of our status as a non-GMO company, and you'll find all the doctor-formulated multis are verified by the Non-GMO Project. Because we work with real food, it is also important to ensure our products are free of some of the most common allergens, so we test to be certain they are gluten, dairy and soy free. Beyond the seals and certifications, you see on your label, you can also rest easy knowing your multi, and all the ingredients in it, have been tested for identity, contaminants, bacteria and more. In fact, testing is by far the longest part of our process, because safety is our number one concern. We are obsessed with quality. Beyond all of this, the doctor-formulated multi line is unique for the range of nutrition it delivers - the multis feature choline, the methyl forms of B12 and folate and more!

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How NLP Can Supercharge Personal Growth - A Through Perspective

In the hasty natured life and today's world brimming with overstimulating elements, many individuals find themselves grappling with leadership challenges that can significantly impact their emotional stability, assertiveness, and overall health. Often, they grow up in environments filled with fear, insecurity, and confusion, conditions that can stifle personal development and prevent them from reaching their true potential. However, there is a powerful solution: Neuro-Linguistic Programming (NLP). With NLP, people can enhance their leadership skills, take control of their journeys and explore the endless possibilities that lie ahead.

From Surviving to Thriving: A Personal Journey

Coming from a background filled with fear, insecurity, and a lack of guidance in self-awareness, I felt compelled to forge my own path toward personal growth. Growing up in an environment characterized by gaslighting and ignorance left me without the necessary skills to truly thrive. However, through my journey with Neuro-Linguistic Programming (NLP), I discovered not just how to survive but how to flourish. Now, I offer NLP coaching to help others embark on their own transformative journeys. Using proven NLP techniques, I guide clients in rewiring their thoughts and behaviors, enabling them to achieve their personal and professional goals. I have witnessed firsthand the life-changing impact of NLP, and I know I am not alone in this experience. Many individuals who have embraced these techniques can attest to the profound transformation they bring.

Understanding NLP

NLP was introduced in the 1970s by Richard Bandler and John Grinder and holds the belief that human thinking processes, vocal communication, and actions are interrelated. It instructs us to learn a new set of thoughts that are relevant to switching the regular courses of our lives.

Techniques That Empower

NLP offers various techniques that empower individuals to transform their lives. One such method is **anchoring**, which involves associating positive emotions with specific actions. This technique allows individuals to create a reservoir of positivity that they can draw from during challenging moments. Another powerful tool is **reframing**. This technique encourages individuals to view setbacks not as failures but as opportunities for growth and learning. By shifting perspectives, they can tackle challenges head-on and turn obstacles into stepping stones toward success.

Why NLP Resonates?

The brilliance of NLP lies in its adaptability. It is not a one-size-fits-all solution; rather, it offers a flexible approach tailored to individual experiences and challenges. By focusing on specific outcomes and maintaining sensory awareness, NLP provides personalized strategies for navigating emotional landscapes. As individuals explore NLP further, they often discover the importance of **behavioral flexibility**. This concept allows them to adapt their responses based on situations rather than being confined by past reactions. Realizing they possess the power to choose how they respond can be liberating.

NLP in Action: A Versatile Tool

The benefits of NLP extend beyond personal growth; they also manifest in improved interpersonal relationships and workplace dynamics. Many find that NLP techniques effectively address anxiety and phobias during therapy sessions, providing structured methods for changing negative thought patterns. In business settings, NLP tools can enhance interpersonal communication skills, positively impacting relationships with colleagues and

clients alike. Imagine entering a meeting feeling equipped with skills that foster better human relations. This transformation enriches both career prospects and personal interactions.

Partnering with an NLP Coach

While the principles of NLP are powerful on their own, working with an NLP-trained coach can significantly amplify personal growth. A knowledgeable guide helps navigate the complexities of transformation journeys by tailoring techniques specifically to individual needs. This supportive environment allows individuals to explore their challenges without fear. Moreover, the structured framework provided by an NLP coach is essential for confronting limiting beliefs, enhancing communication skills, and ultimately achieving personal goals. Many feel empowered as they learn to sculpt their thoughts and actions, chiseling away unnecessary layers of fear and doubt.

Take the Leap: Your Journey Awaits

In a world filled with emotionally charged challenges, NLP offers hope for those seeking change. Its techniques empower individuals to break free from cycles that hinder their potential and provide resources necessary for achieving more fulfilling lives. Whether facing personal or organizational issues, NLP equips you with tools for growth. If you are ready to embark on your own journey of transformation, get in touch with me for guidance today! With the right support and resources at your disposal, you can unlock your potential and create the fulfilling life you've always desired. You don't have to navigate this path alone; together, we can turn challenges into opportunities for growth and success. ■



Samantha Foster
PROFESSIONAL COACH

I am a professional coach specializing in helping career-driven individuals who feel stuck and are struggling to advance in their careers or businesses.

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In today's world, we continually experience new challenges that affect our physical, mental, and social well-being. Many of us have felt tired and stressed, which is why wellness and self-care are more important than ever. Your wellness journey is an ongoing one, and YOU are in the driver's seat! We're sharing some curated ideas to care for your many dimensions of wellness, so you can nurture your mind and nourish your body. Here are 24 health and wellness tips that you can use to support your wellness journey in 2025!

24 HEALTH AND WELLNESS TIPS FOR 2025 (1-12)

1. Exercise

This may seem obvious, but regular physical activity has many benefits for both your physical and mental well-being! It is one of the most important things you can do to maintain your health. Exercise can be done anywhere, including at home or at the gym. According to the Centers for Disease Control (CDC), regular exercise can help with weight management, reduce your risk of heart disease, and strengthen your bones and muscles. If you're unsure about getting active or worried about getting hurt, try walking. Walking is a gentle exercise considered safe for most people. If you're looking for something more intense, consider jogging, weightlifting, or yoga. Whether at home or the gym, regular exercise can help you stay happy and healthy.

2. Drink Water Regularly

Not drinking enough water throughout the day can leave you feeling sore, tired, and unfocused. How much water should you be drinking? The answer depends on multiple factors, including your health, diet, physical activity, and general lifestyle. You've probably heard the 8 glasses a day rule, but it's a bit tricky because people also get hydration from other beverages and from fruits and veggies, too. In general, you can stay appropriately hydrated by drinking water throughout the day, and when you feel thirsty. If you live in a warmer climate or are more active daily, you may need to drink more water. Try carrying a reusable water bottle with you to make sure you get enough water every day. Did you know you can even download an app to track how much water you're drinking? Tracking water intake in a paper planner can also be satisfying.

3. Track Your Fitness

If you're exercising, that's fantastic! But how do you know if you're getting enough exercise and variety from week to week? Fortunately, there are a lot of ways to track your fitness. Many fitness tracking apps are available for your phone or smartwatch, and most of them are free. A fitness tracking app can help you understand how active you are every day, so you can set goals or adjust your lifestyle as needed. You can also try an exercise watch or fitness band, which can track your heart rate and tell you how many steps you take daily. If you want a technology-free solution, use a notebook to log your efforts, or get a workout buddy and support each other.

4. Take a Multivitamin

A balanced diet helps you maintain good physical and mental health. However, busy adults are prone to making unhealthy meal choices or skipping meals altogether, so they may not get enough nutrients on a

given day. Taking a multivitamin is an easy way to fill nutritional gaps in your eating pattern. New Chapter[®]'s multivitamins are formulated for absorption with fermented nutrients and made with organic vegetables and herbs. Need help remembering to take your vitamins? Try setting a phone alarm or getting a vitamin case. Make a habit of taking your vitamins at the same time every day.

5. Stand Up Every 30 Minutes While Working

It's easy to forget to take breaks at work. However, frequent breaks can keep us focused and alert throughout the workday. Plus, studies show that sitting for too long can be detrimental to your health. For example, a researcher at Columbia University is studying the health impacts of sitting for long periods of time. They found an "exercise snack" of walking for 5 minutes every half hour had health benefits. Here's an easy tip: Stand up every 30 minutes while working. Stretch, go for a short walk, or take care of a small task. If your schedule is completely booked, there are many stretches you can do right at your desk! Take time for yourself during your busy workday; your mind and body will thank you.

6. Get Outside

Nature is a great remedy for stress. Sometimes, there is nothing better for your mental and emotional wellness than going outside. The American Heart Association says that spending time in nature can relieve stress, improve mood, and generally boost your well-being. During the workweek, consider stepping outside on your lunch break. On the weekends, participate in outdoor activities such as gardening, walking, or cycling.



7. Eat More Herbs & Spices

Let's face it—the typical American diet isn't exactly bursting with studied herbs like Turmeric, Ginger, and Green Tea. But these kinds of herbal allies are packed with unique phytonutrients that can support your health. Turmeric supports healthy inflammation response for example, while Ginger is a powerful digestive aid and Green Tea has antioxidant action that helps protect cells. Pack more herbs and spices into your day by adding them to smoothies and entrees or drinking them in herbal teas. Add high-quality herbal supplements to your routine to make sure you're getting key phytonutrients for targeted benefits. For example, New Chapter's Estrotone[™] is crafted with Black Cohosh to tackle hot flashes and other peri-menopause symptoms. Prostate 5LX[™] delivers Saw Palmetto and other prostate-supportive botanicals. Whatever your needs, New Chapter's herbal supplements can help fill gaps in your daily herb and spice intake.

8. Get Enough Sleep

Being well-rested is good for your wellness! That's right, getting a full night's sleep is an important part of holistic health. According to the CDC, adults aged 18-60 need a minimum of 7 hours of sleep a night. However, struggling to get to sleep is a common problem among adults. Inability to fall asleep and poor sleep quality can be due to a variety of reasons,

from stress to noise to the distractions of technology. Improve your sleep naturally by establishing a nightly sleep routine. Turn off devices such as phones and computers an hour before you go to bed. Reserve that time for quiet activities such as reading, journaling, or drinking herbal tea. Before bed, try taking a targeted serving of non-groggy melatonin to combat restlessness and promote deep, sound sleep.*

9. Choose Organic Foods When Possible

Organic foods are good for you and for the planet. Pure and simple. The benefits of choosing organic include better nutrient content and less chemical residue. When possible, reach for organic meats, cheeses, and produce at the store. Look for organic certifications on labels to ensure your food was grown with care for the planet. Farmers' markets, co-ops, and local farms are great places to find organic options. Because organic food can be more expensive, joining a local CSA (Community Supported Agriculture) can be an affordable (and interesting!) way to get more organic produce in your life. A recent movement in organic farming is regenerative agriculture. Regenerative agriculture goes a step beyond organic by managing the land with holistic, forward-thinking methods. Learn more about regenerative growers and brands that are committed to using regenerative organic ingredients—like New Chapter! For example, visit our blog called “What is Regenerative Agriculture?” to read about the importance of these farming methods and see the growing list of our products that use regeneratively farmed ingredients.

10. Practice Gratitude Journaling

Taking time to give thanks can be an instant mood-booster! Gratitude journaling can improve our overall well-being by helping us be more appreciative of our lives and the people around us. Writing it down is key because it helps our brains consciously recognize the information. The

more you engage in positive writing, the more you recognize the good things around you. So, focus on the things in life you are most grateful for, no matter how big or small, and make a list every day. See how your happiness and satisfaction grow over time.

11. Read Books

Are you looking for a screen-free activity to add some variety to your routine? Try reading more books! Reading is a relaxing activity you can do anywhere and at any time of day. Reading is known to reduce stress levels by giving your brain a break from the busyness that weighs us down. It exercises your brain and keeps your memory in tip-top condition. Reading at night or before bed can even help you fall asleep. Visit your local library to browse for books or check out one of the free mini libraries around the country.

12. Eat More Fruits and Vegetables

Many people struggle to get enough fruits and vegetables in their daily meals. Fruits and vegetables are the cornerstones of a healthy diet because they're packed with nutrients and provide dietary fiber. Different colors deliver different phytonutrients, so try to eat a rainbow of options. To help make every bite count, add servings of fruit and colorful vegetables to more meals throughout your week. Sliced fruit and veggies make great snacks, too. If you don't love eating fruits or vegetables on their own, try cooking them into foods you already enjoy or adding them to smoothies. Leafy greens like spinach and kale are especially easy to disguise in soups, smoothies, and pasta sauces. Want to top up your dietary fiber? Add Organic Fiber Gummies to your daily rainbow.

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Recommended by Abby's!

Best Breakfast Recipes to Promote Weight Loss

by Lisa Gallo

We've all heard it: "Breakfast is the most important meal of the day!" While there are studies that prove that to be true, we're believers that it's *what* you eat for breakfast that really makes the difference.



Research shows that starting your day with a high-protein breakfast reduces mindless snacking and helps control your appetite throughout the day—a great tip for dropping unwanted pounds. We've whipped up four of the best breakfast recipes—that are both protein-packed *and* delicious—to help you kick-start weight loss and crush those New Year resolutions.

OVERNIGHT OATS

Prepared the night before, overnight oats is the perfect grab-and-go breakfast for busy mornings. The oats help keep you full and a scoop of protein (or Greek yogurt) gives you that AM boost.

Serves: 1.

Ingredients: Use Organic if possible

- 1 cup light coconut milk
- 1 scoop **Garden of Life Raw Organic Protein Unflavored**
- ½ cup gluten free rolled oats
- ½ cup chopped pineapple
- ½ cup chopped mango
- 2 Tbsp coconut cream or plain yogurt
- 2 Tbsp honey
- 2 Tbsp coconut flakes

Preparation

Mix all ingredients in a bowl then spoon into a jar and refrigerate overnight. Enjoy in the morning!

PROTEIN SMOOTHIE

Combine protein powder with the fruits, veggies, and super foods of your choice for a healthy start to your day. We love this super simple **Strawberry Starburst Smoothie** made with our RAW Protein & greens. Or, for brisk winter mornings, try this **Hot Chocolate Smoothie**. Serves: 1.

Ingredients: Organic Ingredients if possible

- 1 cup unsweetened almond milk
- 1 cup coconut water
- 1 scoop **Garden of Life RAW Protein & greens Vanilla**
- 1 scoop **Garden of Life Dr. Formulated Prebiotic Fiber Citrus**
- 1 cup frozen strawberries
- 2 Tbsp avocado
- 1 Tbsp honey

Preparation

Place all ingredients into a blender and blend until smooth. Enjoy immediately!



Happy Breakfasting! ■

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What Makes Carlson Omega-3s Sustainable?



As we strive to make informed choices about what we eat, let's also consider the importance of supporting sustainable fishing practices. Being mindful of sustainability ensures that our oceans remain healthy with abundant sea life for generations to come, and it ensures that we're getting the highest quality omega-3s with maximum health benefits. By choosing Carlson omega-3s, you know that your purchase is helping to support a more sustainable future. We all understand that omega-3 fatty acids are essential for healthy living, but do we really think about where our fish oil supplements come from? Here's a closer look at what makes Carlson omega-3s sustainably sourced, as well as the benefits of consuming sustainable omega-3s.

What does sustainability mean?

Sustainability refers to meeting the needs of current generations without compromising the ability of future generations to meet their own needs. In other words, sustainability is about finding a balance between environmental protection, economic development, social responsibility, and cultural acceptance. When it comes to seafood, sustainability means using fishing practices that ensure fish populations remain healthy and plentiful.

What makes Carlson omega-3s sustainable?

Carlson is as committed to the environment as they are to the high quality of their products. Carlson fish oils are made with the purest, most potent oil sourced from wild-caught fish found in deep, unpolluted waters. Carlson works with low-impact fisheries that use ethical practices and sustainable methods. The fish used to make Carlson products are quickly and easily replenished due to the natural fish lifecycle. And every part of the fish caught for Carlson fish oil is ultimately used for human or animal consumption, so no part of the fish is wasted.

But it doesn't stop there. Carlson is committed to sustainability from the inside out. By partnering with IMPACT COLLECTIVE, Carlson offsets the plastic in their products through investments in certified plastic removal projects taking place in their global waterways. Through this collaboration, Carlson is empowered to be a responsible steward of the planet, while providing customers with outstanding products. For every Carlson product purchased, Carlson removes the same amount of plastic from our seas, plus all Carlson supplement bottles are recyclable. Look for the Reduced Plastic Impact seal on Carlson products.

The benefits of sustainable omega-3s

Not only does consuming sustainable omega-3s help protect marine ecosystems, but there are also numerous health benefits associated with these healthy oils. Studies show omega-3s promote heart, brain, vision, joint, and immune health. By choosing an environmentally friendly source of omega-3s, like Carlson omega-3s, we can get all the benefits and know that we're protecting the health of Earth's waterways.

Organizations that support sustainable fishing

There are several organizations dedicated to promoting sustainable fishing practices around the world. Carlson and our suppliers hold Friend of the Sea (FOS) certification.

Friend of the Sea is a non-profit, non-governmental organization, whose mission is marine habitat conservation. Known for their strict guidelines and procedures, FOS is a leading international certification project. Each organization has its own standards for certifying fisheries as "sustainable" and works closely with fishermen and scientists to ensure that fishing operations are conducted responsibly and with minimal environmental impact. To further ensure the finest, freshest, sustainable omega-3s, Carlson opened Carlson Healthy Oils, a new, state-of-the-art bottling facility in Søvik, Norway. Søvik is located near one of the busiest and most important fishing harbors in the north Atlantic. There, Carlson omega-3s are purified without chemicals, and antioxidants are added to preserve freshness and to prevent oxidation. Carlson fish oil products are tested by third-party programs, like the International Fish Oil Standards (IFOS) and the International GMO Evaluation and Notification (IGEN). They are also tested by an FDA-registered



Carlson award-winning omega-3s provide EPA and DHA, which support healthy heart function, blood vessels, circulation, and arterial wall elasticity.*

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laboratory for additional analysis, including quality assessments to confirm freshness, potency, and purity.

The importance of supporting sustainable fishing

It's clear that supporting sustainable fishing practices is essential not only for protecting marine ecosystems but also for ensuring access to safe, high-quality omega-3 fatty acids for generations to come. The Carlson commitment to sourcing omega-3s responsibly and sustainably means that everyone can enjoy all the many health benefits of omega-3s with complete peace of mind. ■

Natural Metabolism Support

People are looking for natural products to support healthy weight management that go beyond stimulants and other risky supplements and medications. Beyond proper diet and lifestyle changes, one credible dietary supplement found in the Emerald Laboratories line that helps consumers is Meratrim®. This formula contains a combination of plant extracts known as Garcinia Mangostana and Sphaeranthus Indicus. This combination has exciting research that demonstrate effectiveness and safety.

The journal of *Lipids in Health and Disease* reported a well-controlled 16 week study where Meratrim® was shown to reduce body weight by 11 pounds compared to 2.4 pounds for those taking a placebo. In addition, waist size was reduced significantly compared to those taking placebo. Additional studies have found similar weight reduction results. One of the metabolic activities of Meratrim® is that it activates a compound in the body known as AMPK. As a result, the body burns fat for fuel more efficiently.

Similarly, Irvingia Gabonensis seed extract, also known as African Mango, has shown in 5 randomized controlled trials to provide a significant decrease in body weight, body fat, and waist circumference. Side effects were not increased compared to placebo.

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In conclusion, there are safe and effective weight management supplements which should be considered by those with weight management issues.

References

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The **KEY** to Sustainable Fat Loss: *Calories + Hormones*

By Body Health

You've probably heard of calorie counting. It's something you're told you must do on any diet to lose body fat. And this is true. But there's much more to it than that. Because if you only did calorie restriction, and addressed nothing else, you'd most likely fail at the diet, or, if you made it through, you'd almost certainly gain it all right back again. So, while we'll start this article with calorie counting, make sure you read all the way through, because it's just the tip of the iceberg. Let's begin.

Counting calories is very simple. Foods contain energy your body needs and that energy is measured in something called calories. If you eat more calories (energy) than your body needs, then it will turn the extra calories into body fat (stored calories). So, you *gain* fat. If you eat less calories than your body needs, it will burn the calories in your body fat to release the energy. So, you *lose* fat. It's that simple. Now, every pound of body fat contains about 3500 calories. So, if you need 3500 calories in a day for your normal energy levels, you could eat enough food to get 3500 calories, and your body wouldn't burn any fat. Because it wouldn't need to. Or you could *not* eat all day, and your body would be forced to burn a pound of body fat to get the 3500 calories of energy from it. So, you lose a pound of fat. Here's the thing. It *should* do this. But it doesn't always... This is because of your *hormones*. These are messenger chemicals in your body that tell your cells what to do or not do. They tell your cells whether to burn fat for energy or not. If they're functioning properly, and you need energy because you haven't eaten, then they will send instructions to burn body fat for energy. But if they're not functioning as they should be, then even if you were starving and needed energy, instead of directing your body to burn fat, they may just make you feel tired, so you won't *use* energy. These hormones control *everything* regarding fat-creation and fat-loss. And that's one big factor missing in calorie counting and other diets. You can cut the calories, but unless the hormones then *say* to burn fat for energy... your body won't. It's all about properly functioning hormones. When they're in balance we have no problems losing fat and keeping it off, and we don't experience strong cravings for junk food. When we're hungry we eat and when we've eaten enough, we don't feel hungry anymore. But when they're out of balance they usually make us *keep* the fat no matter what, feel starving when we've just eaten, have low energy, and even make it hard to sleep. And what's throwing our hormones off are modern processed foods and processed sugars. This is why it's more than just



counting calories. It's also where those calories come from. Some foods trigger "fat-loss hormones" and some foods trigger "fat-creation hormones". So, you could have two different foods, each with the exact same amount of calories — but one would influence your hormones to *build* fat and one would influence your hormones to *burn* fat. Do you see the problem here?

We can't *only* cut calories. We also need to ensure we're eating the foods that both provide the real nutrition our bodies need, and at the same time, balance our hormones so they correctly burn excess fat. So, make sure to only eat the foods in the approved lists and to keep away from any processed sugars or processed, packaged foods. Those foods contain the ingredients that unbalance our hormones so it's both hard to lose fat *and* our cravings stay strong causing us to gain it all back again afterwards. But there's another point to cover before we jump into the protocol and diet and get you started, and that's protein! Because without sufficient protein your body also can't burn excess body fat.

The **MISSING PIECE** in all Diets: *Protein*

There are several key things that must occur in our bodies to achieve *sustainable* fat loss, some we just covered and all of which we'll cover more soon:

- The hormones that control our body fat levels must rebalance, so our body naturally burns excess body fat.
- Our hunger hormones must balance so we're hungry when we need food and not hungry when we don't.
- Our cells must restructure themselves to burn fat for energy, not just sugar.
- Old cells must be replaced with newer, more efficient cells.
- Muscle must be built as it is the body's single largest source of fat-burning. The less muscle we have, the less fat-burning occurs.
- Our digestion must be gotten up to snuff so the foods we eat are fully broken down. If they are not fully broken down, then our cells do not get the nutrition they need to make the chemicals that do the actual fat-burning.

Now, all of these points rely on one key thing: Protein. Your hormones are made of protein. So, if you don't have enough protein, your body can't make necessary hormones in the amounts needed. The enzymes (chemicals) that burn fat are made solely of proteins. Without enough protein to keep these in steady supply you will not have enough to burn fat speedily. If you've been on a higher sugar diet for some time, then your cells are structured to take in sugar more than they are to take in fat for energy. So, when you cut out sugar to force your body to use body fat as fuel, the cells are not structured to take it in fast enough to keep up with energy needs. So, they cry out for more sugar, what they're set up to receive. These cells must be restructured so they can burn body fat for energy, and protein is what does this. And, as we need to do this fast, we need a high amount. Most people don't eat much whole food protein anymore. They eat protein bars or protein powders. But

these ruin our digestive systems over time, feed harmful bacteria and give us much less *usable* protein than whole-food proteins do. So, we'll be doing two things:

First, you will be consuming a high amount of whole-food protein. And, as your digestive system will most likely not be used to this (along with most of America today), you will be taking digestive enzymes with each meal to ensure proper digestion.

This is for a few reasons:

One: We need your protein fully broken down, so your body gets *all* of the nutrition it needs from it.

Two: Partially broken-down proteins can raise cortisol levels, hindering fat loss. So, we need them fully broken down.

And three: Digestive enzymes and stomach acid are needed to kill off harmful bacteria that can enter with food and water and which can cause cravings for sugar, something we don't want. And you will also be taking PerfectAmino. Many people report a marked decrease in cravings after taking PerfectAmino, as well as fat loss occurring naturally. At the same time their energy levels go up, their skin clears up, their strength improves, and much more. This is just their body getting the protein it needs in the quantities it needs. So PerfectAmino is key to this program and, along with whole food proteins and digestive enzymes, is what will get you through the cravings period of this protocol the fastest (about 5-7 days for most people). And it will significantly speed up the restructuring of cells and rebalancing of hormones for sustainable fat loss. So do *not* skimp on the whole-food protein or PerfectAmino.

The 30-Day Fat Loss Challenge Diet & Protocol

Now we're going to dive into the exact foods, supplements and protocols you'll be following during the challenge.

Only Whole Foods: On this protocol we'll only be consuming whole foods — no packaged, processed foods or processed sugars, not because of how many calories they have, but because of what they do to our hormones, making it harder to lose fat and keep it off. There will be no protein bars, protein powders, or collagen powders. These will only get in our way on this protocol. We need real foods, and they need to be organic. We need real fruits, real vegetables and real meats — organic and grass-fed. You will also be consuming more protein than you are used to and most likely will not be up to that at the very beginning. This is because the amounts of processed sugar and foods, and lack of enough protein that most people have had for decades, have lowered most people's ability to fully *digest* proteins.

Digestive Enzymes: For this you will be taking digestive enzymes. These ensure the proteins and fats you consume are fully broken down so they can be used, which you will need to get through this successfully.

Omega 3: We will also need you taking Omega 3 fatty acids. I cover more on why these are necessary later on, but they are the one fat source that contributes to fat loss and counters another fat source. Note this is not Omega 3-6-9, but only Omega 3.

Cruciferous Vegetables & Green Salads: These have many functions, providing key nutrients to our cells and our microbiome (gut bacteria), as well as fiber for proper elimination. But there is one





more function most people don't know about. They help to remove excess estrogen from the body (a hormone that heavily impacts fat loss). In fact, their benefit is so much that *you will not be counting calories from any cruciferous vegetables or leafy greens* in your macros. (You would count carrots, radishes and other vegetables still.) Your meals must include at least one large salad (lunch) and one large serving of cruciferous vegetables per day. And for this, any dressing should be a vinaigrette — while you will need to count the calories for the olive oil, it is going to help you with fat loss. And if you want more... have more, without adding them to your calorie count. That's how important they are.

Transition Period: There is a transition period of a few days to a few weeks where your body readjusts. This is both to burning more fat than carbohydrates (sugars) for energy, but also hormonally. The first part of this you will experience are the cravings for processed food or sugary foods. These are usually the heaviest between days 2-5. During this time your energy levels may go down a little bit, you may have trouble sleeping, and your mood may shift easily. This is just withdrawals. Keeping in high protein and healthy fats and *plenty of PerfectAmino* is what will help you through this the fastest. So don't skimp on these. You *will* come out of it if you keep going. And you will be very happy that you did once you see how you feel. And... if it seems that the cravings are too much of a problem, let's step back and look at the *real* problem here, okay? *What are you going to wear at the end of this???* *And how are you going to pay for a whole new wardrobe????* Seriously! It's time to get online and start finding that suit or dress or pair of jeans or new shirts to wear when this is done! Let's get our priorities straight here. *These* are the real problems.

THE DIET:

We know that to burn fat we will need to cut calories to below what our body normally needs in a day. Some will say these calories are too low. They're not. In fact, many people do 3-, 5- and 7-day fasts, where they eat nothing at all, and they are perfectly healthy. And each pound of body fat contains over 3,000 calories in it, more than most people need in a day. So, if we're burning those... you're getting plenty of calories. It just won't feel like that because you have hunger hormones out of balance and most likely some harmful bacteria and candida that will be crying out for sugar. Cutting calories is necessary to reverse the hormonal situations which are causing this false hunger and preventing fat loss. It just won't happen any other way. Besides, this diet does do it faster than most. So, you'll get through the cravings stage pretty fast. But realize something else. You've most likely been consuming processed foods for a long time. Your digestion is very possibly not up to snuff. You have been relying more on sugars than fats or proteins. All of these things add up to your body consuming much more "food" than it actually needs, while at the same time not getting the full *nutrition* it needed from that food. On this protocol, consuming only whole foods with digestive enzymes, you will most likely be giving your body much more nutrition that it normally gets despite eating less calories than normal. This is so much so that your biggest problem will probably be getting it all in. Most people aren't accustomed to this much *whole-food* protein these days. It satiates much more, and you may not even make it to your full amount needed every day, in which case just get as close to it as you can. So here we go.

SUPPLEMENTS:

PerfectAmino: You will be taking at least **one serving for every 50 lbs of body weight** while on this protocol *plus* one more serving. So, if you weigh 150 lbs this would be 3 servings + 1 more = 4 servings. If you experience extreme cravings on any specific day, take *another* serving of PerfectAmino on top of this — it will help considerably. Your first two servings will be first thing in the morning before any food. Your next servings will spread throughout the day, up to 3 hours before you go to sleep, preferably between meals.

Omega 3 Fatty Acids: Take at least **one gel cap for every 40 lbs of body weight** unless there is fatty red-meat seafood each day (wild caught salmon is the best).

Digestive Enzymes: Start with 1 capsule per meal but raise it to 2 capsules if you're still experiencing digestive issues of any sort, and 3 per meal if still experiencing digestive troubles. That's the end of the required supplements: PerfectAmino, Omega 3, and Digestive Enzymes. However, the following are also very helpful, and in some cases necessary, depending on each individual person:

Electrolytes: If you experience any bloating from water retention, take electrolytes, one serving per day. Water retention comes from too high sodium (salt), and the electrolytes balance that out. This will also help with any headaches or fatigue.

Sleep: If you have any trouble sleeping, take the Sleep supplement. A majority of fat loss occurs during the first few hours of sleep each night.

Eliminate: While the cruciferous vegetables should ensure there is no constipation, if there is at some point during the 30 days, or before starting, then take Eliminate as per instructions on the bottle.

Greens: Along with Leafy Greens and Cruciferous vegetables, these can only help.



**AVAILABLE
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CALCULATING Your Food:

Proteins, Carbohydrates & Fats:

We have some calculations to make now. Below, you will find the exact amount of Carbohydrates, Proteins, and Fats you will be consuming per pound of body weight. So, you will first weigh yourself. Then you will take that number and multiply it by the amount of grams listed for each:

Carbohydrates: (your body weight) x **0.2 grams**

Protein: (your body weight) x **0.9 grams** (Note: this does not include PerfectAmino)

Fats: (your body weight) x **0.42 grams**

Here's an example: If you weighed 150 lbs. you would have:

Carbohydrates: 150 lbs. x .2 = 30 grams

Proteins: 150 lbs. x .9 = 135 grams

Fats: 150 lbs. x .42 = 63 grams

Now we find whole food carbohydrates, fats, and proteins in the amounts above for our daily food.

You may feel this is too little food. But how long has it been since you had a whole-food diet? It fills much more than you think, especially this amount of protein. You may not even be able to consume it all daily. In that case, ensure you keep the protein levels high and *take your digestive enzymes with each meal*. Also remember, you can have as much cruciferous vegetables and leafy greens as you want, and these are not included in the above calories.



APPROVED & DISAPPROVED FOODS:

Carbohydrates: We want all carbs to be from *natural* sources. No processed or packaged foods, and definitely *no canned sodas or energy drinks* as these will stop you in more ways than one. No corn or soy. No breads. And no high glycemic sugars such as pineapple, honeydew, watermelon, etc. Anything else is fine.

Fats: We want our fats to be healthy fats — no trans fats from packaged, processed foods. Saturated fats are great, olive oil is great, avocados, nuts, butter, whole fat meats, *wild caught* fatty fish, cream, eggs, chia seeds, sea food. No corn, soy, sunflower, safflower or sesame oils. No Omega 6 oils.

Proteins: We want our proteins to be Non-GMO and certified organic, free range, grass fed, grass-finished and wild-caught. The reason we need them like this is because of what these animals are being fed and what that does to them: corn and soy. The natural diets of cows, chickens and other livestock animals is grass, wildflowers, leaves, bugs, grubs, etc. *NOT* corn or soy. Corn and soy are just much cheaper. But they completely change the Omega 6/3 fatty acid profiles of the meats and eggs from. Omega 3 fatty acids lower cortisol and promote fat loss. Omega 6 fatty acids raise cortisol and promote fat gain. Animals fed their natural diet contain a balance of Omega 3 and 6. Animals fed corn and soy (heavy Omega 6) have levels of about 17 or 20 Omega 6 to 1 Omega 3, making fat loss nearly impossible and ensuring weight gain no matter how much you exercise or try to diet. This is one place that the *type* of food and how it impacts your hormones really trumps the *amount* of calories coming in.

NOTES:

No food after dinner — at least 4 hours before bed. 2-3 hours before bed take one more serving of PerfectAmino. If you feel very hungry and absolutely *have* to have something, keep an apple nearby and have that. But don't skimp on the proteins, fats, or PerfectAmino. These are the three things that will make getting through your cravings the easiest. In fact, start getting in your protein in the morning, it will make this process very easy. ■

The Role of Natural Body Cleansing: Eliminating Toxins for Vitality and Overall Wellness

Our bodies face constant exposure to environmental pollutants, processed foods, and various toxins in today's modern world. While our bodies have natural detoxification systems, primarily through the liver, kidneys, and digestive system, many health practitioners suggest that periodic cleansing may provide additional support for these vital functions.

Key Benefits of Body Cleansing

The potential advantages of a well-planned cleansing regimen include improved digestion, enhanced energy levels, and better nutrient absorption. Many individuals report feeling more mentally alert and experiencing clearer skin after completing a cleanse. Additionally, supporting the body's natural detoxification processes may help maintain healthy inflammatory responses and immune system function.



Supporting Overall Wellness

The benefits of cleansing extend beyond immediate effects. By reducing the body's toxic burden and supporting natural detoxification processes, cleansing may help maintain long-term health and vitality. Many people incorporate regular, gentle cleansing practices into their overall wellness routine, alongside proper nutrition, adequate hydration, and regular exercise.

Remember to consult with healthcare professionals before starting any cleansing program, especially if you have underlying health conditions or take medications.

Boosting Natural Energy Levels

One of the most notable benefits of cleansing is its potential impact on energy levels. When our bodies accumulate toxins, they require additional energy for processing and elimination, often leaving us feeling sluggish and fatigued. A gentle cleanse may help reduce this toxic burden, allowing our bodies to redirect energy toward vital functions and daily activities. Many people report experiencing sustained energy throughout the day, improved mental clarity, and reduced dependence on caffeine after completing a cleansing program.



Understanding Common Concerns

When the digestive system becomes imbalanced, it can lead to various health challenges. Yeast overgrowth, for instance, may occur when beneficial gut bacteria are disrupted, potentially causing digestive discomfort and fatigue. Similarly, parasitic organisms can impact nutrient absorption and overall wellbeing. Environmental toxins may accumulate in fatty tissues over time, potentially affecting multiple body systems.

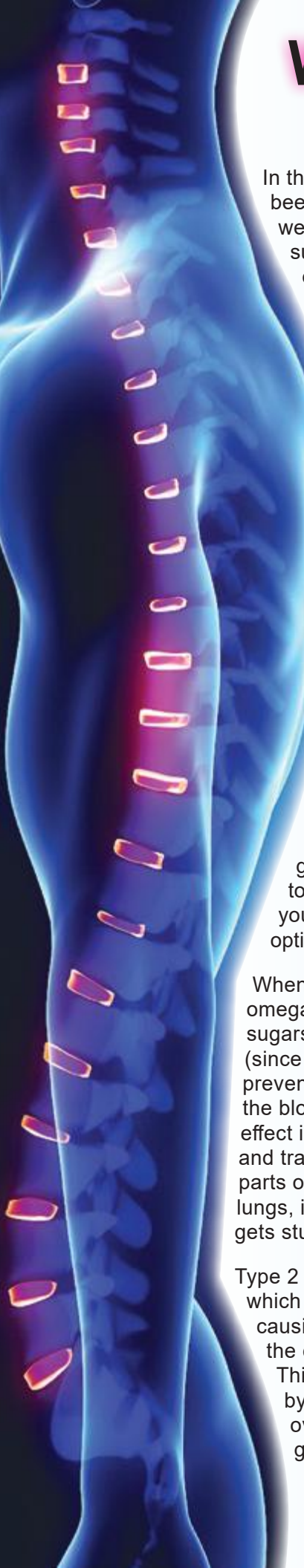
Natural Cleansing Approaches

Effective cleansing programs typically combine dietary modifications with specific herbs and nutrients known to support detoxification pathways. Fiber-rich foods help maintain regular elimination, while certain herbs like milk thistle and dandelion root have traditionally been used to support liver function. Probiotics can help restore beneficial gut bacteria, promoting digestive health and immune function.



Weight loss and Chiropractic

By Dr. Dan Durrieu and Alexandra Durrieu



In the past 5 years, many people have been looking for fast solutions to lose weight, whether through drugs or surgery. However, very few are truly exploring how they can change their diet and lifestyle to lose weight in a healthy, low-risk manner.

Obesity can lead to cardiovascular diseases, arteriosclerosis (plaque in the arteries), type 2 diabetes, hormone imbalances, high cholesterol, osteoarthritis, disc herniations, liver disease, breathing problems (such as asthma), mental illness, gallbladder disease, and much more.

Our bodies function like a computer system or even a factory. Each part has a specific role on a day-to-day basis, and this process never stops. Obesity is like failing to update your computer and expecting all the software to continue working under the wrong algorithm. Updating your computer is like eating clean and going to the gym—it's what you do to keep your body functioning well, so your organs and systems can work under optimal conditions.

When we eat fast food, foods high in omega-6 fatty acids, or foods rich in artificial sugars, we begin clogging our arteries (since the plaque is actually cholesterol), preventing blood from flowing easily through the bloodstream. The medical term for this effect is blood clots. When blood clots form and travel, they can get stuck in different parts of the body. If a clot gets stuck in the lungs, it is called a pulmonary embolism; if it gets stuck in the brain, it can lead to a stroke.

Type 2 diabetes is a chronic condition in which the body doesn't use insulin correctly, causing blood sugar levels to rise because the cells don't respond to insulin properly. This condition is primarily caused by lifestyle factors such as being overweight or inactive, and it develops gradually over time.



Let's break this down: In someone without type 2 diabetes, when you eat an apple, your blood sugar levels increase, which triggers your pancreas to release insulin. The insulin helps the cells take in the blood sugar (glucose), which is then either stored or used for energy.

In type 2 diabetes, the problem arises because the blood sugar cells don't properly attach to the insulin, resulting in consistently high blood sugar levels.

Chiropractic is a branch of healthcare that focuses on the nervous system. What does that mean? Each of us has a spinal cord that runs from the brain down the back—this is the heart and soul of the nervous system. Surrounding the spinal cord are bones called vertebrae, which protect the cord from injury. Chiropractors adjust these vertebrae to improve communication between the brain and the rest of the body.

At each vertebral level, nerves emerge from the spinal cord and travel to different organs, relaying information to and from the brain. For example, at the T7 vertebral level (mid-thoracic spine), there are nerves that help communicate with the pancreas to tell it, "Release insulin."

What if that vertebra is misaligned and putting pressure on the nerve going to the pancreas? The communication between the brain and the pancreas could be disrupted. Studies have

shown that the nerves supplying the pancreas come from the middle back and upper neck. If these nerves aren't functioning properly due to spinal misalignments, the pancreas may not receive the necessary nerve impulses to produce insulin effectively.

Therefore, chiropractic care could help eliminate miscommunication between the brain and organs, allowing the body to function more efficiently. There may even be an effect on weight loss after chiropractic adjustments because of better control and balance of hormones. Chiropractic care supports the body's ability to adapt to its surroundings, and when combined with healthy eating and regular physical activity, it can contribute to a strong, well-balanced nervous system.

At **Family Health Chiropractic**, they conduct a thorough case history and perform X-rays on every patient to fully understand where subluxations (misalignments of the vertebrae causing pressure on nerves) are present, and correct them through chiropractic adjustments. ■



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Q & A with Collin Gow, C. N. C.



Collin Gow, C.N.C. is a certified nutritional consultant who has been working in the fields of health and nutrition for over 14 years and researching for over 20 years. Collin is currently employed at Abby's Health and Nutrition consulting and educating in the Tampa Bay area.

Q: I have ascites pretty bad, and carbs make it worse. I'd like to do something natural for it. What can I do?

A: Ascites is a condition in which fluid builds up in the abdomen due to liver issues, kidney issues, and/or cancer and/or infection and/or protein deficiency. The liver and kidneys need to be supported very quickly. Solaray Kidney Blend SP-6 and Himalaya Liver Care would be great. I would double the dose on the Liver Care. I would also take a probiotic and make sure you're not eating any refined carbohydrates. The probiotic should help you process the fiber in the carbohydrates better. Also, if you're undereating, then eat more, especially more protein. I would also get something for overall health, such as a superfood green powder. Go from there. Ascites is a serious condition, so get a check up and talk to your doctor before making any changes.

Q: What are your thoughts on sea moss?

A: I am a fan of seaweeds because they have a great variety of minerals, especially iodine. In my opinion, everyone who is not eating seaweed is deficient in

iodine, which can cause thyroid problems, hair loss, stomach problems, and breast and uterine problems. However, I do think that sea moss has been over-hyped. Kelp is a cheaper seaweed and it's higher in iodine than sea moss. Yet, I do think that sea moss would be superior to kelp for gut health, being that it seems to be higher in mucilage. Anyway, all seaweeds are superfoods in my opinion. They are generally antiviral too. So, get a variety of them and eat up.

Q: I have a pituitary adenoma and elevated prolactin levels. What can I do?

A: Many prescription drugs can increase prolactin levels, such as neuroleptics, atypical antipsychotics, SSRIs, antiemetics, calcium channel blockers, opiates, H2 blockers, and others. So, be aware of that. The best research I've seen on something natural for a pituitary adenoma is artemisinin from *Artemisia annua* (sweet wormwood). Studies have shown that it inhibits pituitary adenoma cell proliferation, induces apoptosis, reduces hormone synthesis and secretion, and it may also attenuate migration and invasion.

Q: I have a buffered magnesium bisglycinate that also has magnesium oxide in it. Is that a good magnesium?

A: Magnesium bisglycinate is going to absorb well and be good for all the things magnesium is known for: heart health, hydration, relaxation, stiffness, muscle cramps, and so on. Magnesium oxide is not going to absorb well, and it will mainly act more like a laxative. So, if you want the main benefits of magnesium and also want a laxative effect, then the magnesium supplement you have is a fine choice. If you don't want as much of a laxative effect, then look for a magnesium supplement that is just magnesium bisglycinate, with no magnesium oxide. ■

Start with a positive mindset.

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Turn Your Metabolism into a Campfire

By Marilyn Gemino

By Don Saladino, holistic fitness expert and trainer to celebrities, athletes and New York City policemen, Don is a Garden of Life brand advocate and owner of Drive495, a state-of-the-art, 15,000 square foot golf and fitness training facility in New York. www.donsaladino.com

After being in this industry for over 15 years, the reality is that most of the time, what people are seeking almost always reverts back to—losing body fat. Despite each individual having various goals, I rarely encounter someone who doesn't want to lean out or achieve a certain aesthetic. One area that I never really had a problem with is training someone to develop a fast metabolism, so let's get into how I do this. Many of you might feel that some of the strategy is counter intuitive to everything you've learned in the past. However, I rarely meet anyone who has both a fast metabolism and poor energy levels.

So here is an analogy I love using with everyone I work with. . .

It's called "turning your metabolism into a campfire." So, let's envision that we're lighting two campfires next to each other. One fire we continuously feed wood and kindling. The other fire we don't add anything. It's pretty obvious in which direction each fire is going. The second will burn out, but the campfire we fed will continue to get more and more powerful. This effect is exactly what I want for your metabolism. So how do we do this? We do it by feeding ourselves small, balanced, high-quality meals throughout the day. A big part of the problem with trying to get leaner is that most people think skipping meals will help them be successful in achieving their goals. Now, being in a caloric deficit will enable someone to lose weight to an

extent, but if done incorrectly, it will throw your blood sugar off completely and you'll find yourself having obnoxious cravings throughout the day. These cravings mean you're not properly fueled. Eating small, balanced, high quality meals throughout the day combats these cravings because it ensures you are properly fueled.



This can be very simple:

Each meal or snack should be a balance of protein, slow digesting carbs (gluten free oats, rice, sweet potato) and vegetables. An example from my personal menu is organic chicken, sweet potato and baby kale.

- Don't go more than three hours between meals/snacks, as that flame will diminish.
- Remember that if you are fighting cravings, you may want to assess if there are any gaps throughout the day where you could be increasing your caloric intake.
- Filling those gaps with timely meals will reduce cravings so you don't sabotage your goals in the long run.
- Keeping up with a steady feed will create this campfire effect, ensuring your metabolism is consistently revved and you will see much more progress in your body composition goals.

In order to avoid risk of injury, please seek advice directly from your physician, especially if you have existing medical issues, before beginning any exercise or nutritional program. Also, be sure to stretch after exercise to avoid muscle and joint tightness. ■

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Café Eden RECIPES

Organic Granola Crusted Brussels Sprouts

6-8 Servings



- 1 pound organic Brussels Sprouts
- 1 tablespoon organic garlic, minced
- ½ tablespoon organic ginger, minced
- ½ tablespoon organic curry powder
- ½ teaspoon organic cumin seeds
- 3 tablespoons organic sesame oil
- 1 tablespoon organic agave syrup
- ½ tablespoon organic lemon juice
- ½ tablespoon organic coriander powder
- ½ teaspoon pink Himalayan salt
- ¼ teaspoon organic ground pepper
- ¼ cup organic almond roasted granola (or your favorite organic granola)

Sauté the minced garlic, ginger, and all other condiments, except the agave and the granola. Add the Brussels sprouts to the mixture and mix well. Preheat the oven to 350 degrees. Place the Brussels sprouts on a baking sheet and roast for 20 minutes. Once the Brussels sprouts are roasted, remove from oven and top with the granola of your choice and drizzle with agave syrup. Serve and enjoy!

Organic Beet Salad with Red Onions

6-8 Servings



- 2 pounds (approximately 10 medium-sized) organic red beets, roasted
- 1 cup organic red onion, sliced
- 2 teaspoons organic red wine vinegar
- 2 tablespoons organic sunflower oil
- 2 teaspoons organic basil, chopped
- 2 teaspoons organic balsamic vinegar
- Pink Himalayan salt to taste

Preheat the oven to 350 degrees. Remove the tops and the roots of the beets. Cut the beets in half. Toss with ½ the sunflower oil. Place on a baking sheet and roast for 35-40 minutes. Once roasted, peel the beets and cut into slices. Mix with red wine vinegar, remaining sunflower oil, balsamic vinegar, and salt. Garnish with chopped organic basil and red onion.

Non-GMO, Antibiotic/Hormone-Free Turkey Picadillo

6-8 Servings



- 2.5 pounds non-GMO, antibiotic/hormone-free ground turkey
- 2 tablespoons organic olive oil
- 1 cup organic onion, diced
- 2 tablespoons organic garlic, minced
- 1 6-ounce can organic tomato paste
- 1.5 pounds organic tomatoes, diced
- 1.5 tablespoons organic cumin powder
- 1.5 tablespoons organic oregano, dried
- ¾ tablespoon pink Himalayan salt
- ¼ tablespoon organic black pepper
- 2 organic bay leaves
- 1 cup organic raisins
- 1 cup organic green olives
- 5 tablespoons organic agave syrup

Sauté onions and garlic until transparent over high heat. Add ground turkey in small amounts and brown. Stir in seasonings. Stir in tomato paste and mix until well blended. Lower heat to medium. Add diced tomatoes, raisins, and olives. If desired, serve over a bed of rice and enjoy!



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WHAT ARE YOU RAISING; WHAT DO YOU GROW; WHAT DOES THE FARM PRODUCE?

By David Housefield

We are asked those questions constantly, but the real answers are a little more complex that you might think.



Part of our mission is *raising awareness* regarding the huge health benefits of eating fresh, healthy, organic food that you *helped raise* with your own two dirty hands! Another critical element of our mission is *raising awareness* for our volunteer families and visitors (field trips, nature labs, bee experiences) regarding our responsibility to nature and our environment by being good stewards. Organic

practices are actually good for the soil and the water tables beneath, along with total respect for our farm biome and all living things that interact with our *growing*.

Speaking of which, we are proud to come along side parents and teachers to help *grow... conscientious, respectful, resourceful*

and environmentally responsible young people... the next generation has always been a priority with every decision we make at the farm.

Yes, finally we do in fact *produce* food and a lot of it. Most fruits and vegetables you can name we grow, have tried to grow or have plans to grow. We currently *produce* about 40,000lbs (just vegetables) a year! However, we take equal pride in *producing and promoting good mental, emotional and physical health* in our volunteer families. Our volunteers are regularly reminding me that **"the farm saved my life", "the farm is a little piece of heaven", "it's my happy place" and "when I go over the railroad tracks... it's like I'm in another world"!**



The experience is unique and different for everyone, but the consensus is that we have created something really special at our lovely little farm in Lutz. ■

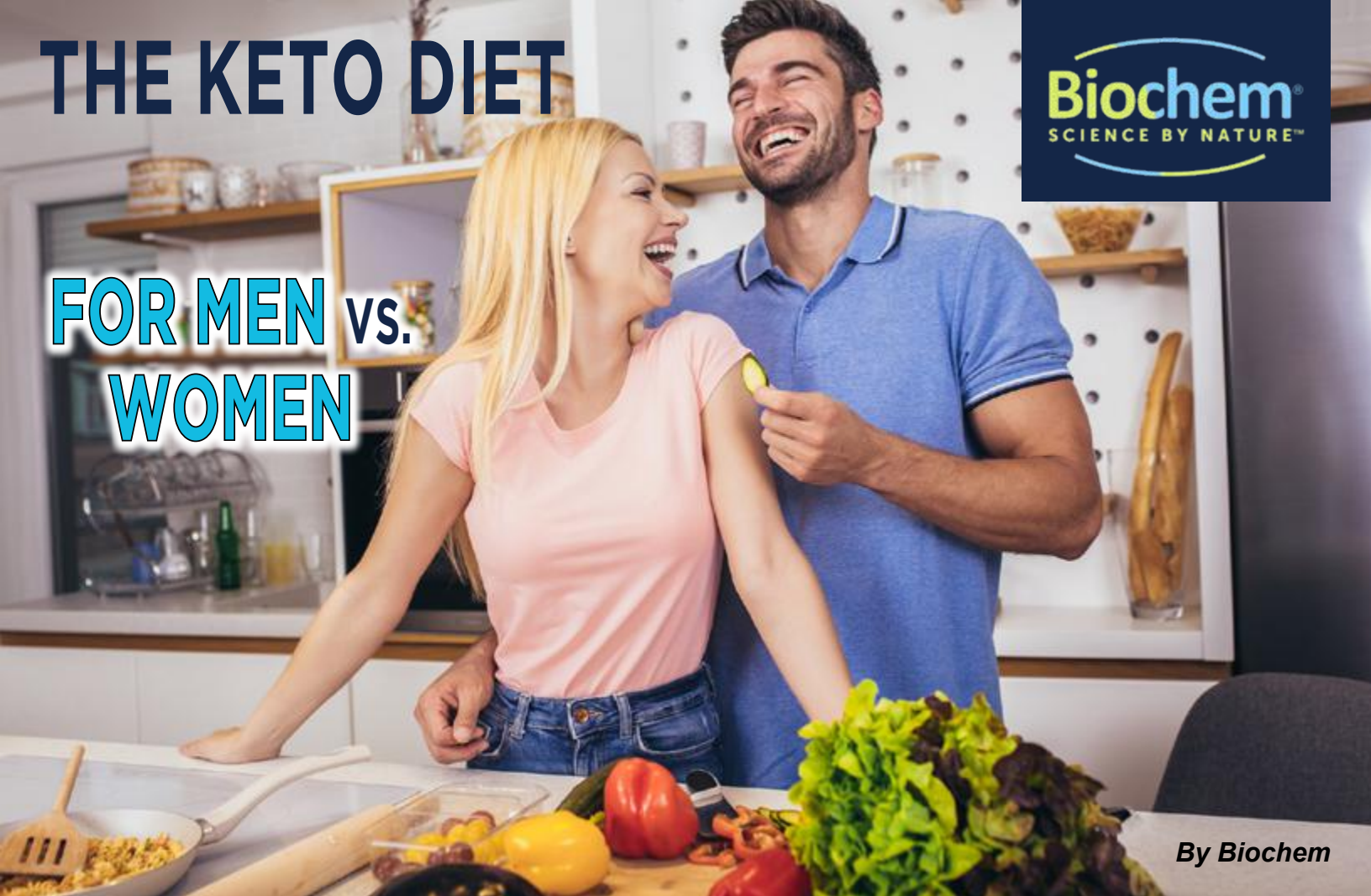
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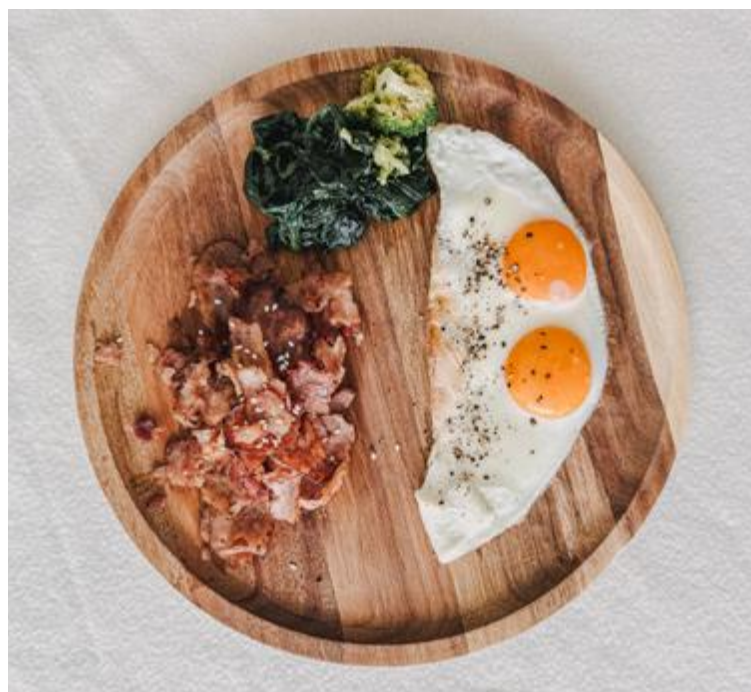
*The ketogenic diet has become one of the most favored diets for those with weight-loss struggles. But like all buzzworthy diets, keto is not a one-size-fits-all solution. There are varying parameters for different body compositions —especially among men and women. Biochem has been developing award-winning and innovative protein powders and sports supplements for over two decades. They make the keto lifestyle a little easier — and tastier— with their keto-friendly products. **Keep reading** to learn the basics of a ketogenic diet for both men and women, and, as always, discuss any weight management program that you follow with your health care providers.*

What is the Ketogenic Diet?

Unlike the suite of popular low-carb high-protein diets, keto focuses on increased fat consumption. The human body is naturally inclined to use glucose—the sugars from the carbohydrates consumed—for energy. Eating better-for-you fats means reconfiguring your body to burn fat for fuel instead. Compared to the restrictive low-fat diet fads of the early aughts, this is a welcomed option for those who want to feel satiated while still dropping pounds. Recommended plant-derived fats include nuts, seeds, avocado, coconut, olive oil plus animal-derived foods such as yogurt, eggs butter, cheese and fish.

The Challenges for Women

In 2019, Medical News Today reported on findings by Dr. E. Dale Abel, Ph.D., chair of the University of Iowa Department



of Internal Medicine, concluding that keto is potentially more effective for weight loss in men than in women, believed to be linked to the presence of estrogen. In general, women and men experience their own unique challenges when it comes to shedding weight. For women especially, the dieting experience

holds extra physical, mental, and emotional weight. Leanne Vogel, author of the international bestseller *The Keto Diet*, offers helpful advice for women who might hit roadblocks while embarking on keto. In her “Healthful Pursuit” blog she believes it’s crucial that women attune to their physical and emotional needs and adjust accordingly. Here are some of her tips.

Flexibility with Carbs

For some women, a strict keto diet may require an occasional recalibration of one’s carbohydrate intake. Relaxing the “tight grip” may help turn around weight-loss plateaus, hair loss, difficulty sleeping and more. Vogel suggests “carb-ups,” which is the increase of complex carbohydrates in meals.

Scaling back on dairy and gluten

From Vogel’s experience, dairy and gluten can curtail weight loss, especially for those with food intolerances or inflammation issues. However, for those who are less sensitive to dairy, Vogel suggests consuming products strictly from grass-fed cows.

Balance and mindfulness above all

While weight loss might be the immediate goal, Vogel stresses that “instead of focusing on a number on the scale, keep your eye on the non-scale victories.” This means reaching for non-GMO, whole foods, managing stress, and staying physically active to yield the greatest results.



Also, Give Your Health a Hand

For women, healthier and leaner living through keto is not just doable, it’s well-researched and geared for success. However, there’s always room for adjustment, given the hurdles that women face. In fact, it’s helpful to add an extra nutritional boost from high-quality supplements. Biochem’s Functional Whey and Plant Protein keto-friendly powders are formulaically developed to help alleviate target pain points—be it stubborn weight, stress-relief, bone-skin and joint-health. After all, a ketogenic lifestyle may offer outstanding physical transformations, but like all diets, it requires a thoughtful nuanced approach that varies between women and men, person to person. ■



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5 Ways to KEEP YOUR SPIRITS BRIGHT after the HOLIDAYS END



BY TERRA LYNN, NORDIC NATURALS

The holiday season often comes with long to-do lists, packed social calendars, vacation travel, and annual gatherings with family and friends. Then comes January, when the holiday lights come down, the decorations get packed away, the parties, family time, and vacations end, and the winter weather starts to really set in. It's a scenario that can make it hard to stay cheery and bright. Fortunately, there are some simple things you can do to keep your mood up and avoid the post-holiday slump. Here are five we think are beneficial:

1) GET PLENTY OF OMEGA-3 EPA

Omega-3s are some of the most researched nutrients ever, with more than 16,000 studies published to date. Omega-3 fish oil is also one of the first supplements you should reach for to support a healthy mood.* Why? Because scientific evidence shows that the omega-3 essential fats in fish oil—EPA and DHA—support healthy brain and cognitive function throughout every stage of life.* Your brain depends on these fats to build healthy cell membranes.* In fact, they are the most common fatty acids in the brain. Research suggests that **EPA**, in particular, can support healthy nervous system function.* **A concentrated EPA fish oil supplement** can be an easy way to get a healthy serving of this important nutrient for brain health.*

2) GET OUTSIDE AND GET MORE VITAMIN D

Spending time outdoors—and in nature or green space, specifically—is one of the best things you can do to beat the winter blues. Spending time outdoors has been linked to mood and mental health benefits, **research shows**. In fact, spending time outdoors



in nature has been **found to be beneficial to all body systems**. In Japan, it's an established health care routine which roughly translates to "**forest bathing**," and it's catching on here in the U.S. You don't need to spend hours outside, either. Researchers have found that as little as **30 minutes** in nature over the course of a week can significantly help maintain a healthy mood. Spending time outdoors is also a good opportunity to absorb some vitamin D, an essential nutrient virtually every cell in your body needs.* But this time of year, when the days are shorter and we see less of the sun, it makes sense to supplement your vitamin D supply. During the winter months, the UVB portion of the sun's rays is low to nonexistent in northern latitudes—not enough to produce vitamin D. The farther north you live from the equator, the less UVB there is available. North of Atlanta, there isn't enough UVB to produce vitamin D from about November to February; north of New York City, the same is true from about October through March. How can you know if there's enough UVB available from sunlight in your area to make vitamin D? The **Vitamin D Council recommends** a quick and easy way: Check the length of your shadow. If your shadow is longer than you are tall, then you aren't able to make enough vitamin D (due to the oblique angle of the sun), and you should consider taking a high-quality **daily D3 supplement** instead.

Being physically active during the day is key to getting a good night's sleep and maintaining a healthy mood.

3) MAKE TIME FOR SLEEP AND EXERCISE

Getting adequate sleep on a consistent basis is **critical** for mental health and mood support. Sleep difficulties can often contribute to mood challenges, and feeling blue can often disrupt our sleep—which can lead to a vicious cycle that's hard to break. So, this time of year, be extra mindful of your sleep habits. Keep to a consistent bedtime, minimize caffeine and sugar intake late in the day, and avoid exposure to blue light, especially in the evening.

The part of our brain that regulates our circadian rhythms (called the suprachiasmatic nucleus, or SCN) is located at the intersection of our optic nerves, where light and darkness signal the processes that wake us up and make us sleepy. Without darkness, our brains aren't signaled to produce the melatonin that helps us fall asleep. That's why avoiding evening light is often the most important thing we can do to sleep well. Be extra careful with digital devices—smartphones, tablets, and TVs all emit blue light, which is precisely the kind of light that is most disruptive to our circadian rhythms. Being physically active during the day is also key to getting a good night's sleep and maintaining a healthy mood. In addition to its many other health benefits for your entire body, regular exercise has been shown to support a range of biological processes involved in maintaining a healthy mood, including releasing "feel-good" endorphins in the brain.

4) SPEND QUALITY TIME WITH FRIENDS

Even though the holidays ending may mean fewer social gatherings, it's important to continue to make time for your relationships with loved ones. Positive, supportive relationships with family, friends, romantic partners—even furry friends—have been established to benefit our general health and help maintain our mental health. **Social media doesn't count—it can make you feel more isolated, according to one research study**. So, make some time to connect offline with those to whom you are closest. Better yet, treat yourselves to a walk outside together on a regular basis, and combine quality time with exercise and outdoor time.

5) HELP OTHERS

It turns out that one of the best ways to make yourself feel good is actually to help others or the world around you. Simple acts of kindness like picking up litter, buying a friend a cup of coffee, or helping a family member cook dinner **have been shown** to do more to help support mood, mental health, and well-being than doing things for yourself. Research also **shows** that helping others is associated with greater longevity. Why does this work? Biologically, helping others or the world around you activates regions in the brain associated with pleasure, and triggers the release of natural chemicals like dopamine and serotonin, which generate a feel-good effect often termed "**helper's high**." That's why even the simplest acts of volunteering your time, money, or kindness doesn't just help make the world a better place—it also helps you feel good and maintain a healthy mood, and your overall well-being.

The holiday season may be over, but there's plenty to feel happy about with a new year just beginning. Getting enough of what your body needs—omega-3s, vitamin D, outdoor time, sleep, exercise, and human connection—can help you keep your spirits bright no matter what the winter brings your way. ■

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Intermittent Fasting for Improved Digestion and Weight Loss

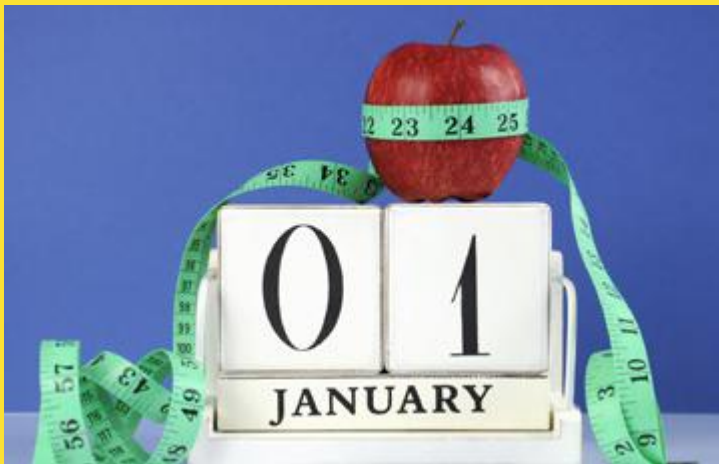
ENZYMEDICA
FOR YOUR DIGESTIVE HAPPINESS

By Enzymedica

People are looking to try any means possible to lose weight, as can be seen by the \$70.3 billion industry built on diet products and plans. However, there's a bit of a paradigm shift when it comes to how people lose weight. Whereas before, people were desperate for a single product or system to help their weight loss efforts, science is increasingly showing that losing weight should be treated as a lifestyle change. One of the most drastic changes in this regard is the growing popularity of intermittent fasting. However, this is no fly-by-night trend, as it has some real scientific backing.

What Is Intermittent Fasting?

For most people, fasting carries religious connotations, but the idea of intermittent fasting is completely secular. Rather than controlling what you eat, this is more about when you eat, a "dining pattern" of sorts. In general, for a few days a week, those who practice intermittent fasting abstain from eating for a set period of time, generally from 14 to 18 hours. This isn't as huge of a departure as you may think from normal eating habits.



For example, we all go through a fast of sorts, while we sleep. If you were to skip breakfast and eat your first meal at noon, you have a 16 hour fast. When it comes to any fasting, be sure to discuss it with your doctor or medical professional first, to make sure you are doing so safely.

There are several different methods of intermittent fasting, giving you flexibility for your daily schedule or personal preference. Here are some of the top examples:

The 16/8 Method: This basically entails fasting for 16 hours each day. The example we used before falls into this method, only eating between noon and 8 pm.

The Alternating Method: With this method, you limit yourself to 500 calories a day every other day.

The 5:2 Diet: This combines elements of the other two methods. On two fasting days, you eat 25% of your normal calorie needs, then eat normally for five days of the week.

The Science of Intermittent Fasting

So, how does this all connect to health benefits? One thing to understand is that there are several changes human bodies undergo after not eating for a period of time. These include significant drops of insulin in the blood, as well as increases in blood levels of growth hormone and certain cellular repair processes. What's most important to the majority of people trying intermittent fasting, though, is weight loss. There are direct and indirect ways that fasting can contribute to weight loss. One of the major issues for people looking to control their weight is often portion control. Fasting helps here, because people who fast eat less overall. However, all the processes that we mentioned earlier contribute as well, helping to increase the breakdown of body fat. Studies have shown that short-term fasting can actually increase the metabolic rate by 6-14%.³ Equally important is the type of weight loss. In one study, intermittent fasting led to a loss of 4-7% of the participants' waist circumference.

Digestion Benefits

Along with these benefits, people who are struggling with digestive issues may also want to consider intermittent fasting. When you fast, it gives your body a break from constantly needing to digest, which lowers the amount of time you need to deal with digestive distress symptoms. In addition, by eating less overall, it's easier to come up with meals that are suited for digestive support. If you're looking for added help with your digestive support, it's a good idea to use digestive supplements, like Enzymedica's Chewable Digest. Naturally orange flavored and sweetened with sugar-free Xylitol, this combines amylase, lipase, cellulase and protease Enzymes, made with the exclusive Thera-Blend™ process. This supplement helps the stomach break down carbohydrates, fats, fiber and protein. Getting added digestive support not only helps with discomfort, but also with absorption of nutrients.

References: Heilbronn LK, Smith SR, Martin CK, Anton SD, Ravussin E. Am J Clin Nutr. 2005;81(1):69-73. Blackman MR, Sorkin JD, Münzer T, et al. JAMA. 2002;288(18):2282-92, Mansell PI, Fellows IW, Macdonald IA. Am J Physiol. 1990;258(1 Pt 2):R87-93. ■

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Butter made from CO₂, not cows, tastes like 'the real thing', claims startup



Savor, backed by Microsoft billionaire Bill Gates, says product has lower carbon footprint as it doesn't need cows.



Butter made from air instead of cows? A California-based startup claims to have worked out a complex process that eliminates the need for the animals while making its dairy-free alternative taste just as good. Savor, backed by the Microsoft billionaire Bill Gates, has been experimenting with creating dairy-free alternatives to ice-cream, cheese, and milk by utilizing a thermochemical process that allows it to build fat molecules, creating chains of carbon dioxide, hydrogen and oxygen. The company has now announced a new animal-free butter alternative. Reducing meat and dairy consumption is one of the keyways that humanity can reduce its environmental impact, as livestock production is a significant source of greenhouse gases, and Savor says its products will have a significantly lower carbon footprint than animal-based ones. The "butter" could potentially come in at less than 0.8g CO₂ equivalent per calorie. The standard climate footprint of real unsalted butter with 80% fat is approximately 2.4g CO₂ equivalent per calorie.

Kathleen Alexander, Savor's chief executive, said: "We are currently pre-commercial and working through regulatory approval to be able to sell our butter. We are not expecting to be able to move forward with any kind of sales until at least 2025." Meat and dairy alternatives have become more and more popular in recent years, but some fall short in terms of flavor. Savor says the flavor of its butter is more exact. "So far, we had informal taste panels with tens of people," Alexander said. "We expect to perform a more formal panel as part of our commercialization and scale-up efforts."

The question now is whether buyers will take to such synthetic fats. Getting people to give up their favorite dairy and meat items for more "**experimental**" foods may pose a challenge. Advocating for the initiative in an online blogpost, Gates wrote: "The idea of switching to **lab-made fats** and oils may seem strange at first. But their potential to significantly reduce our carbon footprint is immense. By harnessing proven technologies and processes, we get one step closer to achieving our climate goals. "The process



doesn't release any greenhouse gases, and it uses no farmland and less than a thousandth of the water that traditional agriculture does. And most important, it tastes really good – like the real thing, because chemically it is." According to the UN Food and Agriculture Organization, the livestock industry, which encompasses all dairy and meat agricultural farming, accounts for 14.5% of global greenhouse gas emissions.

This article was amended on 16 July 2024 to provide an approximate per-calorie, rather than per-kg, figure for the standard climate footprint (CO₂ equivalent) of real unsalted butter with 80% fat.

Abby's does not support nor condemn this new lab-made fat experimental food. This article is published solely for informative purposes. ■



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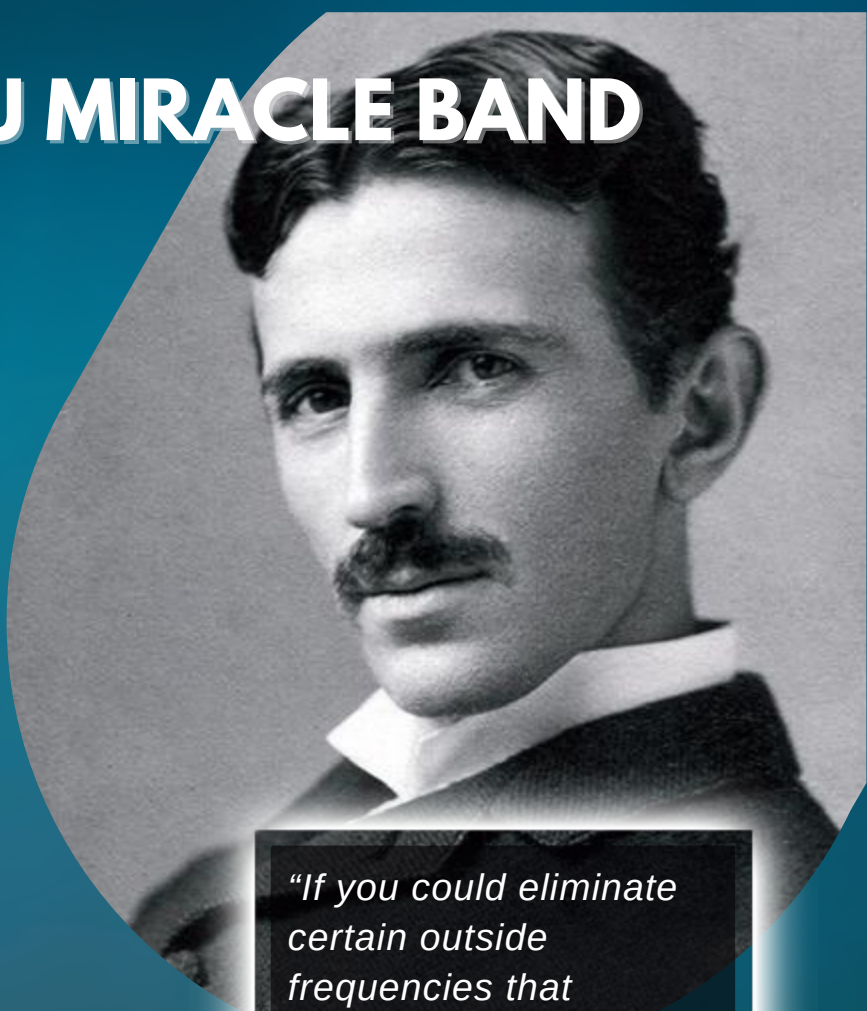


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