

Abby's^{2.0}

Health & Nutrition
Magazine

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Volume 13 Issue 4

THE TRUTH ABOUT CHOLESTEROL & HEART HEALTH

THE BEST HERBS FOR
CHOLESTEROL HEALTH

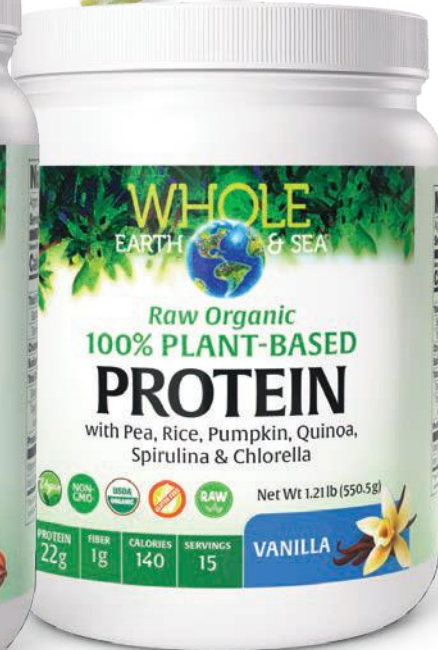
Help Lower Your
Cholesterol With
8 Anti-Inflammatory
Foods

Controversial New Study Finds
Statins Useless



Raw Organic 100% PLANT-BASED PROTEIN

- ✓ Delicious and smooth
- ✓ Easy to digest
- ✓ Complete amino acid profile





What to Look for in a Vegan Protein Powder

Have you ever browsed through the protein powder aisle wondering how much protein you really need—or whether the ingredients some of them contain are actually good for you? Maybe you've tried one and been turned off by the gritty, chalky texture. Finding a vegan protein powder that checks all the boxes—clean, smooth, sugar-free, and made with quality plant-based ingredients—can be tough. But it is possible. Here's what to look for.

The Importance of Protein—Especially for Vegans

Protein plays a vital role in building lean muscle and supporting healthy blood sugar levels. It's made up of amino acids—the building blocks your body uses to build bone, muscle, cartilage, blood, skin, hair, nails, enzymes, and hormones. Some amino acids are essential, meaning your body can't make them on its own. Vegetarians and vegans need to eat complementary plant proteins to get all the essential amino acids in an ideal ratio.

The Right Amount of Protein, in the Right Ratio

Most experts agree that 20-25 grams of protein is the sweet spot for protein powder. Less, and you may not build muscle efficiently. More, and the extra is burned for energy, excreted, or stored as fat. You also want a complete amino acid profile, including the three branched chain amino acids: leucine, isoleucine, and valine. That's because BCAAs, particularly leucine, are especially effective at stimulating muscle protein synthesis and reducing muscle protein breakdown.

Ingredients to Watch Out for

- **Added sugar:** Unnecessary in a protein powder and can spike blood sugar or add empty calories.
- **Artificial sweeteners and flavors:** Made with synthetic chemicals and engineered to intensify cravings.
- **"Natural flavors":** Can contain synthetic solvents, preservatives, and other hidden additives, despite the name.
- **Gums and thickeners:** Like xanthan gum or guar gum, which may cause bloating or gas in some people
- **Soy (often GMO):** 96% of soy is genetically modified, so unless it's labeled non-GMO or organic, soy protein almost surely comes from GMO crops.

Depending on your dietary needs, you may also want to check for gluten, tree nuts, peanuts, or animal products—including casein—on labels.

Smooth Texture

Protein powders are notorious for having an unappealing texture—and in this case, you won't know until you've brought one home. Natural Factors' Whole Earth & Sea Raw Organic 100% Plant-Based Protein powders are the rare products that get taste and texture right, while also checking all the boxes for a vegan protein.

- Rich taste, smooth texture, no chalkiness
- 22 grams protein, with all three BCAAs
- Complementary plant proteins from pea, rice, pumpkin seed, quinoa, and spirulina
- No sugar, animal products, artificial ingredients, natural flavors, gums, soy, gluten, or tree nuts.



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

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SOLUBLE FIBER & CHOLESTEROL:

A Natural Solution from Diverse Sources



HEART DISEASE remains a leading cause of death globally, and high cholesterol is one of its major risk factors. While medications can play an important role in managing cholesterol levels, dietary approaches—especially increasing soluble fiber intake—are natural, effective strategies for supporting heart health. Soluble fiber, found in a wide range of plant-based foods and supplements, has been shown to significantly reduce levels of LDL (low-density lipoprotein), the so-called “bad” cholesterol.

HOW SOLUBLE FIBER WORKS

Soluble fiber dissolves in water to form a gel-like substance in the digestive tract. This gel traps cholesterol and bile acids, which are made from cholesterol, and carries them out of the body through waste. As the liver pulls more cholesterol from the bloodstream to produce new bile acids, blood cholesterol levels are reduced. Additionally, soluble fiber may also slow down the absorption of cholesterol in the intestines.

THE ROLE OF SOLUBLE FIBER SUPPLEMENTS

For many people, meeting the recommended daily intake of soluble fiber through diet alone can be challenging. This is where **soluble fiber supplements** become an effective and convenient option. Supplements containing fibers such as **ground flax, acacia fiber, pea fiber and guar gum** can easily be mixed into water, smoothies, or soft foods. These concentrated sources of soluble fiber help fill dietary gaps and deliver the cholesterol-lowering benefits supported by clinical research. Regular use of a quality fiber supplement—especially when combined with a healthy diet—can lead to measurable improvements in cholesterol levels over time.

MAKING SOLUBLE FIBER PART OF YOUR ROUTINE

Aim for at least 5–10 grams of soluble fiber per day to significantly impact cholesterol levels. This might

look like a bowl of oatmeal at breakfast, a lentil salad at lunch, an apple as a snack, and a scoop of a soluble fiber supplement mixed into water before bed. Start slowly, drink plenty of water, and allow your digestive system time to adjust. ■



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5 Ways to Lower Your Cholesterol

How to Start Lowering Your Cholesterol Today

1. Change the way you eat

One of the contributing factors in the development of high blood cholesterol is a diet high in saturated fat, which is a form of fat typically found in foods that come from animal sources, including beef, pork, poultry, and dairy products like cheese and milk. Saturated fat can also be found in processed food and snacks like chips, cookies, and doughnuts. To cut out saturated fat and eat in a way that will help lower your LDL cholesterol levels, switch to a plant-based diet filled with fruits, vegetables, and whole grains. The Mediterranean diet is one such plant-based diet that's rich in nutrients and phytochemicals. The diet includes healthy fats such as olive oil and fish, but plant-based foods make up the bulk of each meal. Red meat is limited to no more than a few times a month. This diet originated in countries surrounding the Mediterranean Sea, where there's significantly lower incidence of heart disease.

2. Lose weight

Losing weight is key to helping you lower your blood cholesterol, particularly if you're obese. Shaving off as little as 5 to 10 percent of your body weight will help you improve your cholesterol levels. As mentioned above, switching to a plant-based diet is a good first step to help you lose a few pounds.

3. Start moving

Regular physical activity doesn't just help you maintain a healthy weight, it also helps you lower cholesterol by stimulating the enzymes that move the "bad" cholesterol in your blood to the liver, where they're either converted to bile for digestion or excreted.

4. Quit smoking

Smoking creates a double whammy in terms of cholesterol by lowering HDL levels ("good" cholesterol) while simultaneously worsening existing LDL. Research suggests that the toxins produced by cigarettes oxidize LDL cholesterol, making the "bad" cholesterol more potent and damaging.

5. Get enough sleep

Sleep is as important as diet in combating high cholesterol. An investigation done by a research group in Helsinki concluded that the gene responsible for cholesterol transport is less active in those who are sleep-deprived. The study also showed that people who suffer from sleep loss have lower HDL levels compared to those who are getting at least seven hours of sleep each night.

Lowering Your Cholesterol Is Easier Than You Think

You can see that lowering your cholesterol level doesn't have to be a difficult process. Even though millions of Americans are taking statin drugs to lower their cholesterol levels, you can make a bigger impact by simply making a few positive lifestyle changes. As you develop good eating habits, exercise regularly, and get plenty of sleep each night, you'll fight off "bad" cholesterol and better utilize "good" cholesterol to boost your overall health and significantly reduce your risk for heart disease and stroke. ■

Balance Your Cholesterol With Bergamot+

By Dr. Mark Stengler NDMD

Cholesterol-lowering statin drugs are among the most common prescriptions in the United States. Side effects such as muscle and joint pain, fatigue, cognitive problems, and elevated glucose levels are a concern. Moreover, some research has called into question the effectiveness of these medications in reducing cardiovascular outcomes and death. Bergamot is a relatively new dietary supplement used to balance levels and improve cardiovascular health. This fruit grows in the regions of Southern Italy and South-East Asia. Bergamot extracts utilize flavonoid extracts from this fruit for balancing lipid levels. One studied form of bergamot extract, known as Bergavit™, was shown in a six-month study to lower total cholesterol, LDL cholesterol, and triglycerides significantly. Moreover, one of the unique features of bergamot extract is that it can reduce the small density lipoprotein particles, which more readily penetrate the arterial wall and lead to plaque buildup. In addition, the same extract was shown to reduce plaque found in the carotid arteries significantly, as demonstrated by ultrasound diagnostics. Emerald Labs has the Bergavit™ extract in their Bergamot + supplement in the same dose as the study I previously summarized. In addition, the supplement contains a synergistic blend of cardiovascular-healthy nutrients, including pomegranate extract, Camu Camu, and amla fruit extract.

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Published research has documented that bergamot extract supplements have the following benefits:

- Anti-inflammatory
- Anti-oxidative
- Reduces biomarkers used to detect vascular damage
- Lipid-lowering
- Increases HDL
- Improves LDL particle size
- Reduces atherosclerosis (carotid artery study)
- Improves insulin sensitivity and improved blood glucose



Doctor-Formulated Bergamot+

with Clinically-Tested Bergavit 40

Synergistic blend of Polyphenols, Flavonoids, and antioxidants including clinically-tested Bergavit® 40, Pomegranate extract, Camu Camu and Amla extract to help support cardiovascular and metabolic health.*



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Wait a minute... I can bake with it?

YES! Turn any meal into a gut-loving treat with **Just Thrive Probiotic**. Just open a capsule and mix it in.

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Try it out today with...

Gut Healthy High Protein Waffles

Prep: 5 min, Cook: 5 min, Servings: 6-8 pancakes

Ingredients:

- 2 tsp vanilla extract
- 1/2 cup olive oil
- 2 cups gluten-free flour
- 1/4 cup monk fruit sweetener
- 2 eggs
- 4 tsp gluten-free baking powder
- 1 scoop vanilla protein powder
- 1/4 tsp salt
- 1 3/4 cups flax milk
- **2 Just Thrive Probiotic capsules** (opened)

Directions:

1. Whisk eggs, monk fruit, vanilla, and oil.
2. Add flour, baking powder, probiotics, salt. Mix well.
3. Stir in flax milk until smooth.
4. Pour into waffle maker.
5. Cook until golden.
6. Top as you like.
7. Store in airtight container.



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But we do.

We select ingredients that play a concrete role in true health, and we include them at effective doses—never just a sprinkle or a dash.* There's no room for fillers or a "kitchen sink" approach that just tosses a bit of everything in. When we add ingredients you wouldn't expect to see in an electrolyte product, like medicinal mushrooms, we tell you why.

With True Grace, you can be confident in the product you're taking. This is true transparency.

Key Ingredients

We select ingredients that play a concrete role in true health, and we include them at effective doses—not just a sprinkling to pad the ingredients list. There's no "kitchen sink" approach here.*

Our Testing

We ensure every lot of True Grace supplements passes third-party testing. Regulation says we don't have to do this much testing; many companies don't. We do because it's the only way we can be truly transparent with you. Our ElectroMag™ Electrolyte Powder products have been tested and passed for the following components: Identity Minerals, Potency Minerals, Microbes Total aerobic microbial count, yeast & mold, e. coli & salmonella, Heavy Metals Lead, mercury, arsenic, cadmium.

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



Hydrate saltier Not sweeter

With ElectroMag™

Zero Carbs.
Zero Sugar.
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RAPID HYDRATION* FOR:

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AVAILABLE IN **LEMON LIME**, **GRAPEFRUIT** & **WATERMELON**

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WOMEN OWNED



BREAKING FREE:

The Art of Living Consciously



By **Samantha Foster**

Ever struggled to break free from an old habit such as smoking, overeating, or procrastination, only to fall back into your old ways? Such roadblocks come from patterns of unconscious behavior that are ingrained in us, leading to frustration and missed opportunities.

The remedy is *conscious* living. By learning to live consciously, you can take control, overcome limiting behaviors, and unlock your potential to achieve meaningful goals.

Think back to the excitement of a New Year's resolution, only to feel it unravel within weeks. I've been there, giving up too soon, feeling like a failure, and wondering what was wrong with me. That cycle of frustration and doubt felt endless. But I realized lasting change doesn't come from yearly promises. Instead, I chose to live intentionally every day. Now, I feel fulfilled, in control, and aligned with what truly matters. Living consciously isn't just about breaking bad habits—it's about unlocking your potential and making intentional choices that reflect your true self.

Imagine stepping into each day with clarity and purpose, creating the life you truly deserve. When you live consciously, you make choices based on who you are and what you truly want in life. To do this, you must not only be aware of yourself, but you must not allow outside influences to get in the way. Opinions about your abilities that have been thrown at you from a very young age should not be allowed to box you in. After all, others can never know your heart and mind the way you do!

Living *consciously* means getting past all that noise. It's not easy, but if you want to reach your full potential, it must be

done. Here are just a few ways you can break free of what's holding you back:

- **Don't react... Act!** – How many times have you thought people or circumstances were standing in the way of you achieving your goals? You felt hurt, rejected, angry. Maybe you lashed out or simply threw your hands in the air. Guess what? It wasn't the world that just knocked you down; you did it to yourself. Learn to shake off the blow and try again, this time with you in charge. Which brings us to the next tip:

- **Take charge of yourself** – You can never own anyone else's life, but you can own yours. Taking charge of yourself means being self-aware and acting according to your own values and goals. If you don't, chances are someone else will step in and take charge of your life for you.

- **Be Aware** – Every first-year journalism student learns the five W's and one H: Who, What, When, Where, Why, and How. You should be asking yourself these same questions every day about yourself and about what is happening around you. Who am I? What is my goal? When is the best time

to act? Where do I start? Why am I doing it this way? How do I best approach the problem? These are only examples – you will find the five W's and H apply in many, many situations.

Living consciously is an art, and like any art, it takes time and practice to perfect. Ready to break free from old patterns and unlock your full potential? Take the first step toward living consciously—contact Venus Mastermind today at <https://www.venusmastermind.com> and start your journey to a more fulfilling life!



Samantha Foster
LEADERSHIP COACH

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How Rewiring Beliefs Heals the Mind, Body, and Spirit

By Samatha Foster | Leadership Coach, NLP & Hypnotherapy Practitioner



In our fast-paced world, we often think healing comes from doing more. But true healing—the kind that nourishes your health on every level—often starts with something quieter: **rewiring your beliefs**. I'm Samatha Foster, creator of the Venus Mastermind, where I blend hypnotherapy, NLP, and Vedic astrology to help individuals release subconscious patterns and create lasting transformation. In this piece, we'll explore how the stories we hold inside us affect not just our minds—but our emotional and physical well-being, too.

The Biology of Belief

Have you ever felt exhausted by your own thoughts? Or experienced chronic stress that no green juice or meditation could fix?

It might be your subconscious doing its job—protecting you in outdated ways. From the time we're born, our brains are constantly absorbing beliefs from our environment. Some of those beliefs help us thrive. Others—like “I have to struggle to succeed” or “my needs come last”—get stuck in the body, contributing to burnout, anxiety, and even physical symptoms.

Why? Because the **mind and body are always in communication**.

When we live in contradiction with what we truly want—whether it's freedom, peace, or connection—our body takes on the stress of that misalignment.

Why Change Feels So Hard (And Why That's Okay)

You're not broken. And you're definitely not weak if making a change feels hard. You're simply working with a nervous system that's doing its best to keep you “safe”—even if that safety is rooted in outdated or unhealthy patterns. Our subconscious believes that what's familiar is what's safe. So, when we try to change—whether that's setting boundaries, resting, or even healing—it can feel like danger.

But here's the truth: discomfort isn't a red flag. It's a signal that **your system is updating**.

What Happens When You Rewire a Belief

This is where the healing begins.

When you gently identify a belief that no longer serves you—like “rest is lazy” or “success only comes through struggle”—you interrupt the cycle.

And when you choose to rewrite it, something remarkable happens:

- Your **nervous system relaxes**
- Your **thoughts get clearer**
- Your **choices become aligned**

You begin to take actions not from fear or habit, but from integrity—and that's when your health, relationships, and sense of purpose start to transform.

One Belief at a Time

You don't have to change everything at once. Start small. Pick one belief that feels like it's weighing you down.

Maybe it's:

- “If I slow down, I'll fall behind.”
- “I'm not allowed to ask for help.”
- “Taking care of myself is selfish.”



Name it. Sit with it. And ask: **What if this wasn't true?**

This is the entry point to healing. Not just mentally—but emotionally, physically, and spiritually.

You Can Reclaim Your Wellness

Healing is more than self-care routines. It's self-leadership. When you understand your patterns—and lovingly choose new ones—you begin to live in harmony with yourself. Your body no longer has to carry the stress of your old story. Your emotions become messengers instead of blocks. Your mind becomes an ally. This is the work we do in Venus Mastermind, and the work you can begin today—right now—with one conscious, compassionate shift.

Let's Continue the Conversation

If this resonates with you, I invite you to explore more tools for mind-body healing and personal growth at www.venusmastermind.com.

Whether you're on a journey of recovery, transformation, or simply self-love, you deserve a roadmap that honors your whole self.

Because healing doesn't have to be a struggle. Sometimes, it begins with a single, empowered thought.

What belief are you ready to rewrite today? ■

The Future of Joint Health Is Here:

MegaFood Launches Breakthrough Turmeric with Clinically Studied TamaFlex®

Unlocking Ageless Mobility: The TamaFlex® Revolution in Joint Health

As the years add up, so too often does a familiar ache: joint pain. For millions worldwide, particularly in the knees, this discomfort isn't just an inconvenience; it's a barrier to an active, fulfilling life. The statistics are stark: a staggering 30% of older adults grapple with knee pain, and globally, half a billion people face compromised joint function. The culprit? Often, it's inflammation and the relentless wear and tear on our joints. As we age, our bodies can produce elevated levels of inflammatory markers, which in turn trigger enzymes that actively degrade cartilage. The presence cartilage degradation products found in urine, serves as a clear indicator of this unwelcome progression. But what if there was a way to proactively address these issues, to support joint health before it becomes a debilitating problem? Enter TamaFlex®, a groundbreaking proprietary blend poised to redefine healthy aging with an active lifestyle.

TamaFlex®: A Synergistic Solution for Modern Living

TamaFlex® isn't just another ingredient; it represents a new food-derived synergistic anti-inflammatory composition. This unique blend combines standardized extracts of two powerful botanicals: *Tamarindus indica* seeds and *Curcuma longa* rhizome (turmeric). The magic lies in their standardized potency: TamaFlex® contains no less than 65% proanthocyanidins from tamarind and 3% total curcuminoids from turmeric, ensuring a consistent and effective dosage.

The Powerhouse Ingredients: Nature's Joint Protectors

Tamarindus indica, a vital plant in Asian cuisine, offers more than just culinary delight. Its seeds are rich in triterpenes, procyanidins, polyphenolic compounds, and polysaccharides, all working in concert to provide significant antioxidant and anti-inflammatory benefits. The polyphenolic proanthocyanidins, in particular, are powerful defenders against oxidative stress and inflammation, key contributors to joint degeneration. Then there's *Curcuma longa*, or turmeric, a well-known spice with a long history in traditional medicine. Its active compounds, curcuminoids, especially curcumin, are potent anti-inflammatory agents. Curcumin works by inhibiting critical inflammatory pathways. Clinical studies have shown curcumin's ability to mitigate pain and improve physical function, even attenuating joint degeneration by hindering inflammatory signaling pathways and suppressing chondrocyte apoptosis.

Beyond the Hype: Unprecedented Clinical Evidence

What truly sets TamaFlex® apart is its robust clinical backing. Three comprehensive clinical studies provide compelling evidence of its efficacy, including two fast-acting trials in individuals with mild to moderate osteoarthritis and a groundbreaking study in completely healthy adults – a rare sight in joint health research. In fact, the results of one study were so impressive that researchers replicated it to validate the findings. The outcome? Daily ingestion of TamaFlex® significantly relieved joint pain and stiffness and improved joint function in as little as



Fast-Acting Joint Support

IN AS FEW AS 5 DAYS[†]

- ✓ Increased joint comfort[†]
- ✓ Increased joint function[†]
- ✓ Increased joint flexibility[†]



[†] A clinical study showed an increase in joint comfort, function, and flexibility in adults between 40 and 70 years old with mild to moderate joint discomfort in as few as five days.

[†] This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



MegaFood
SINCE 1973



5 days in individuals with mild or moderate OA. The breadth of assessment was unparalleled, utilizing multiple metrics for pain, function, performance, and flexibility. No other ingredient has demonstrated such consistently positive and replicated findings across such a wide array of measures. Even more remarkably, the benefits of TamaFlex® continued to improve linearly for up to 56 days and were sustained for at least 90 days. But the studies didn't stop there. They delved into the underlying mechanisms, revealing significant reductions in key inflammatory markers and cartilage degradation product – all crucial indicators of bone and joint degeneration. The second clinical paper not only replicated these findings but also went head-to-head with a commonly accepted joint health combination: 1,000 mg of Curcumin + Boswellia. The results were clear: TamaFlex® surpassed the Boswellia combination in every measurement, demonstrating clear superiority to the standard. And for the ultimate validation, TamaFlex® was tested in a third clinical study, this time with non-arthritic adults following physical activity. Even perfectly healthy participants experienced significantly improved walk distance and speed, stair climbing time, reduced pain and stiffness, and enhanced function in as little as 14 days. These active individuals also saw significantly improved flexibility within 90 days.

A Brighter Future for Mobility

The scientific evidence is compelling: TamaFlex® offers a powerful and comprehensive solution for joint health, addressing pain, inflammation, and degeneration at their core. Whether you're an older adult seeking to maintain an active lifestyle, or simply looking to proactively support your joint health, TamaFlex® represents a new era in natural, evidence-based joint care. With its rapid onset of action, sustained benefits, and superior efficacy, TamaFlex® is paving the way for a future where ageless mobility is not just a dream, but a tangible reality.

Dr. David Gundermann, PhD is the **Principal Nutrition Scientist** at **MegaFood**. He leads product formulation design and clinical research for the brand's expertly crafted products. **Education:** BSc in **Human Biology & Nutrition Science** from the **University of Guelph**, MSc. In **Applied Physiology & Kinesiology** from the **University of Florida**, PhD in **Nutrition & Metabolism** from the **University of Texas Medical Branch**, **Postdoctoral fellowship** in molecular physiology at the **University of Wisconsin**, **Postdoctoral fellowship** in large-scale clinical research at the **University of Florida's Institute on Aging**. **Joined MegaFood in 2021**, bringing his expertise in nutrition, metabolism, and molecular physiology. His work ensures **high-quality, efficacious, planet-first ingredients** in MegaFood's vitamins and supplements. Offers **holistic yet clinical perspective** to improve health and wellness based on current trends and studies. **Expertise Areas: Nutrition Science, Metabolism, Molecular Physiology.** ■

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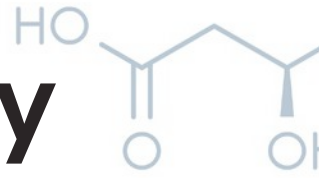
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Controversial New Study Reports Statins Useless

By Carolina Total Wellness



A controversial new study found that high cholesterol does not shorten life span and that statins are essentially a “waste of time,” according to one of the researchers. Previous studies have linked statins with an increased risk of diabetes. The study reviewed research of almost **70,000 people** and found that elevated levels of “bad cholesterol” did not raise the risk of early death from cardiovascular disease in people over 60. The authors called for statin guidelines to be reviewed, claiming the benefits of statins are “exaggerated.” Not only did the study find no link between high cholesterol and early death, but it also found that **people with high “bad” cholesterol (low-density lipoprotein, or LDL) actually lived longer and had fewer incidences of heart disease.** The co-author and vascular surgeon went on to say that cholesterol is vital for preventing cancer, muscle pain, infection, and other health disorders in older people. **He said that statins are a “waste of time” for lowering cholesterol** and that lifestyle changes are more effective for improving cardiovascular health. Naturally, the paper drew fire, and its conclusions were dismissed by other experts in the field. Statins are among the most commonly prescribed drugs — one in four Americans over the age of 40 take statins and the drug accounts for more than \$20 billion in spending each year. Statin use has gone up more than 80 percent in the last 20 years.

Statins linked to higher risk of diabetes and other health disorders

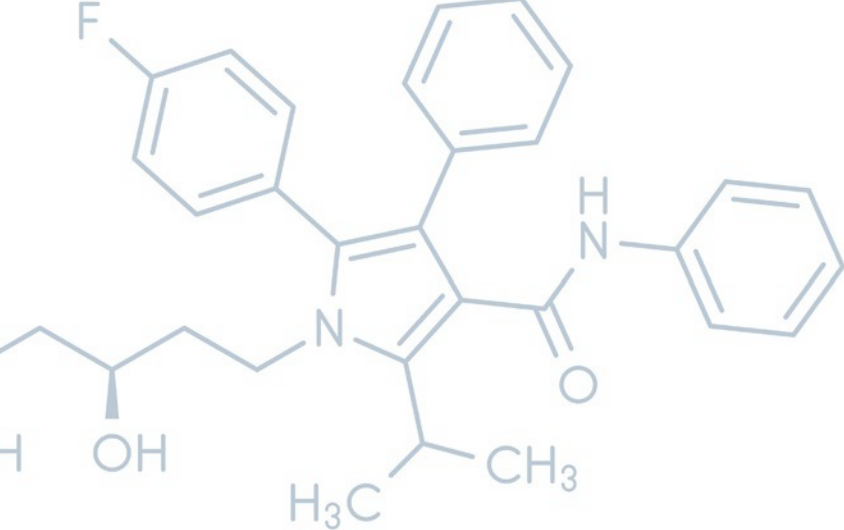
In functional medicine we recognize cholesterol as a vital compound in the body for multiple functions, including brain function and muscle strength. **Overly low cholesterol is linked with an increased risk of several health disorders**, including diabetes. One study of almost 9,000 people showed that people in their 60s who used statins had an almost **40 percent higher risk of type 2 diabetes.** They also had higher rates of high blood sugar and pre-diabetes, or insulin resistance. High blood sugar disorders underpin numerous chronic inflammatory conditions, including Alzheimer’s and dementia. Previous research found a 50 percent increased risk of diabetes in women who took statins. In addition to raising the risk of high blood sugar and diabetes, statins also may cause such side effects as muscle weakness and wasting, headaches, difficulty sleeping, and dizziness.

Statins do not address the underlying cause of heart disease: Chronic inflammation

Statins may lower cholesterol, **but they do not address the underlying cause of heart disease**, which is typically chronic inflammation (some people are genetically predisposed to cardiovascular disease). The body uses cholesterol to repair arteries damaged by inflammation — the primary cause of heart attacks and strokes. For instance, **the vast majority of people who have heart attacks have normal cholesterol. In other countries where people have higher cholesterol than Americans, they also have less heart disease.** In fact, low cholesterol in elderly patients is linked to a higher risk of death compared to high cholesterol.

Improving heart health through functional medicine instead of statins

Functional medicine is a great way to improve cardiovascular health because it avoids drugs that cause potentially harmful side effects. Although lifestyle changes may require more work than popping a pill, they address root causes of your disorder versus overriding them. This means you feel and function better overall.



Statins also may cause such side effects as muscle weakness and wasting, headaches, difficulty sleeping, and dizziness

What does a functional medicine approach to heart health look like?

- An anti-inflammatory diet
- Releasing feel-good endorphins on a regular basis through exercise (endorphins are anti-inflammatory)
- Targeted nutritional support
- Identifying and addressing the root causes of your inflammation, which are different for everyone. Possibilities include high blood sugar, poor thyroid function, an undiagnosed autoimmune disorder, chronic bacterial, fungal, or viral infections, leaky gut, or a brain imbalance, such as from a past brain injury.

It's important to address things from this angle because cholesterol is vital to good health. It is found in every cell and helps produce cell membranes, vitamin D, and hormones. It's also necessary for healthy brain function.

Inflammation promotes heart disease

Chronic inflammation and not cholesterol is the concerning factor in heart disease. The blood marker C-reactive protein (CRP) identifies inflammation. If it's high, you have a higher risk for heart disease than those with high cholesterol. **Having normal cholesterol but high CRP does not protect you from heart disease.** By using functional medicine to lower your inflammation and improve your heart health, you not only avoid the risks and dangers of statins, but also you get to better enjoy your golden years thanks to improved energy and well-being. ■

Editor's Healthy Tips

Recent studies have debunked the myth and found that eggs' cholesterol doesn't necessarily raise cholesterol levels. There are several health benefits to eating eggs. They provide a good source of protein and contain essential vitamins and minerals such as vitamin D and choline. Additionally, studies have shown that whole eggs can improve your overall cholesterol profile by increasing HDL (good) cholesterol and improving insulin sensitivity.



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GROUND YOURSELF IN WELLNESS WITH SHUNGITE

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

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

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



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

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

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

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

See our ad on the back cover.

Products of The New You Miracle Band are sold here at Abby's as a Tampa Exclusive
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Products are not FDA approved and is not intended to prevent or cure illness. WE MAKE NO REPRESENTATION OR WARRANTIES ABOUT THIS 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.

Gathering Bliss from Nature

This quick dose of ecotherapy does not take much time or effort. There are aromatic plants in many of our backyards, windowsills, and neighborhoods just waiting to be utilized. For us, a trip around the block revealed some Pine needles (from the trees) and a handful of Rosemary. The simple action of gathering and connecting to nature can already have a calming effect on an overworked central nervous system.

Next, add your plants to some water in a pan, along with any other aromatics you enjoy and let it boil and simmer on your stove top. The delightful fragrance and steamy water will beckon you to dwell and inhale the aromatic, fragrant goodness, transporting

you to the woods on a sunny day.

Interestingly, our brains do not know the difference between imagining something and doing something, and your body will have an influx of feel-good neurotransmitters that will most definitely center you and boost your mood.

Here are some suggested aromatic plants most people may have access to, which can be fresh or dried: Pine needle, Juniper berry, Eucalyptus, Rosemary, Fennel, Peppermint, Lavender, Thyme, Orange peel, Cinnamon, Clove, All-Spice, Cardamom, Vanilla extract, Anise. You can also add a few drops of essential oil if you desire.*


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10 Years Later

By David Housefield



In April we celebrated 10 years of glorious service to our community!!! From incredibly humble beginnings... with four volunteers we started this journey celebrating the legacy of Abby Sayler and her dream to create something noble, honorable and lasting for the community. Today with 100 volunteer families (capacity), serving close to 1500 students annually for educational experiences, you could say... we did it! A decade of beautiful people, from all over the world have made Abby's vision come to fruition. It's really a testament to the hard work, determination and generosity of hundreds and hundreds of families that have been a part of the farm over the last decade. Including our wonderful donor families and corporate sponsors. ■



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THE BEST HERBS FOR CHOLESTEROL HEALTH

By Daniel Powers, MS

Keeping cholesterol levels within a healthy range is important for long-term heart health. Alongside diet, exercise, and lifestyle habits, certain herbal supplements may offer additional support for maintaining balanced lipid levels.

Two of the most well-researched and effective options are citrus bergamot and berberine. These natural compounds have been studied for their ability to support healthy cholesterol metabolism and overall cardiovascular function.



Citrus Bergamot

Citrus bergamot (*Citrus bergamia*) is a unique citrus fruit native to southern Italy. It contains powerful polyphenolic compounds, including brutieridin and melitidin, which are thought to help maintain cholesterol levels already within a healthy range. Clinical studies have shown that citrus bergamot extract may support balanced LDL (“bad”) and HDL (“good”) cholesterol levels, as well as overall triglyceride levels. It appears to work by modulating the liver’s cholesterol synthesis and supporting antioxidant activity, which helps protect vascular health.*

BERBERCOL IS AVAILABLE AT ABBY’S

Berberine

Berberine is a naturally occurring phytochemical found in various plants, with Indian barberry (*Berberis aristata*) being one of the most common and well-studied sources. It’s known for its broad range of wellness benefits, particularly in supporting metabolic health. Research suggests that berberine may help maintain healthy cholesterol and triglyceride levels through multiple mechanisms. These include supporting the expression of LDL receptors in the liver and promoting the efficient clearance of cholesterol from the bloodstream. Additionally, berberine has been shown to support insulin sensitivity and healthy blood sugar levels, making it a strong choice for overall metabolic support.*

Conclusion

For those looking to support cholesterol health with clinically studied ingredients, Berbercol offers a convenient option. It combines research-backed doses of citrus bergamot and berberine in one formula, making it an excellent choice to consider as part of a heart-healthy lifestyle. As always, consult your healthcare provider before starting any new supplement. ■

Natural Support For Cholesterol Health*

WITH FULL SPECTRUM CITRUS BERGAMOT & BERBERINE

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Fresh, Organic Meals Made Daily

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

Organic Food, Made Fresh

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

Catering

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

Personalized Meals

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

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

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Stay Anchored in Whole-Body Health with Fish Oil—Without the Aftertaste

Life Extension's Super Omega-3 Formula Offers a Complete Approach to Heart and Cognitive Health

We often use “omega-3s” and “fish oil” interchangeably, but they’re technically different. Think of omega-3 as the actual nutrient that holds all the benefits, and fish oil as a carrier to get these omega-3s into our body. In general, fish oil holds two primary omega-3 fatty acids: DHA and EPA. But they can be hard to get from diet alone. So, supplementing with fish oil, like Life Extension's Super Omega-3 Plus EPA/DHA Fish Oil, Sesame Lignans, Olive Extract, Krill & Astaxanthin, gets you the omega-3s your body needs.

As the name suggests, fish oil comes from fatty fish, like anchovies, salmon or sardines, which offer famous heart health benefits. Fish oil's heart-healthy reputation is all thanks to EPA, which promotes cardiovascular health and a healthy inflammatory response. It also supports brain health by maintaining healthy brain cell membranes. DHA, together with EPA, serves as a major building block for your brain. Not only do omega-3 fatty acids help protect brain cells from cellular stress and support a healthy heart, but they also help maintain already-healthy LDL and HDL cholesterol and triglyceride levels. These higher levels of omega-3s in the body are also shown to support healthy cognitive function, mood health and healthy aging.

To complement the health benefits of fish oil, astaxanthin—a powerful antioxidant—promotes a healthy inflammatory response and supports ocular, heart and mitochondrial health. Combining these nutrients enhances their impact on overall brain and heart health. Life Extension's Super Omega-3 Plus EPA/DHA Fish Oil, Sesame Lignans, Olive Extract, Krill & Astaxanthin provides a comprehensive approach to heart and cognitive health. Our formula is augmented with the super-antioxidant astaxanthin and has an added neutral lemon flavor, meaning no fishy aftertaste! These softgels are packed with heart-healthy polyphenols from olive extract, providing the polyphenol equivalent of just over four tablespoons of extra virgin olive oil.

As our most advanced fish oil formula, it delivers the highest dose of EPA and DHA omega-3 fatty acids of all our fish oil formulas to support cardiovascular and cognitive health. So, reel in the many benefits of fatty fish oil with Life Extension's Super Omega-3 Plus EPA/DHA Fish Oil, Sesame Lignans, Olive Extract, Krill & Astaxanthin to start protecting your heart and brain health today!

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With Super Omega-3 Fish Oil Formulas from Life Extension



Navigating a heart-healthy lifestyle is all about consistency. Taking pure, high-quality fish oil and heart-friendly olive extract every day is a good place to start. Our Super Omega-3 formulas combine fresh EPA and DHA fish oil harvested from the South Pacific with polyphenols from olive extract. To support heart health, healthy cognitive function, and beyond, set sail with **Super Omega-3 fish oil!** Available with or without krill oil and astaxanthin.

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THE TRUTH ABOUT CHOLESTEROL & HEART HEALTH

By BODY HEALTH

You've probably heard of the Cholesterol Hypothesis. This is a hypothesis that higher levels of cholesterol, particularly LDL Cholesterol, are associated with higher rates of Heart Disease. To prevent heart disease then, we take drugs known as statins that lower our liver's ability to produce cholesterol. This hypothesis has been so deeply ingrained in our understanding of how the body works, that the idea of challenging it is almost laughable. (Even though it's still just a hypothesis after all these decades.) However, over the last decade, more and more scientists and doctors have been doing just that, and for one very glaring reason: there is no evidence to support the hypothesis.

In fact, the only studies we have on the matter not only refute it, but actually show that more often than not, the situation is the opposite. Mortality from Cardiovascular Disease among those 60 and above actually increases as cholesterol is lowered and decreases as cholesterol levels are raised. The same was seen in all-cause mortality rates. (1) **In fact, in a study of 12.8 million adults, it was found that the lowest risk of heart disease and highest potential of survival, was in the 200 to 240 levels of total cholesterol.** (2) That's right. So, let's see what's happening here.

THE IMPORTANCE OF CHOLESTEROL

Cholesterol is one of the most important chemicals in your body. It's necessary in building the membrane of your cells, producing vitamin d, and supporting your metabolism. Key hormones such as estrogen and testosterone are made from it, and levels of these hormones will be very low if cholesterol production is low. It's vital to your cell's ability to produce energy. And it's part of your body's solution for injured blood vessels, which we'll get to. So, what's the problem?

“GOOD” HDL CHOLESTEROL vs “BAD” LDL CHOLESTEROL

Have you heard of good and bad cholesterol? Good is HDL and bad is LDL? Actually, there aren't two different kinds of cholesterol, only one: Cholesterol.

Here's how it works: Cholesterol is first made by the liver. The liver then packages the cholesterol in a protein called a Low Density Lipo-Protein (LDL) and sends it to the cells where it's needed. Then, when the cell is finished with the cholesterol, it packages it in another protein called a High Density Lipo-Protein (HDL) which sends it back to the liver to be broken down and gotten rid of. The proteins HDL and LDL are just transportation proteins, nothing more. Both are needed equally. But heart disease...

WHY IS CHOLESTEROL LINKED TO HEART DISEASE?

Now we get to the crux of the matter. The rationale behind cholesterol being the cause of heart disease has to do with cholesterol building up in your arteries, clogging them, and making it harder for blood cells to pass through. This causes your heart to have to beat harder to try to shove the blood cells through this narrowed passage. This is true. But... **the cholesterol isn't there because you ate cholesterol. And this is important, because if we don't spot this, then we won't see what's actually causing the problem here.** And it is a very real problem. This is a case of the cart coming before the horse. When toxins are in your blood stream: trans fats, herbicides, high levels of processed sugars — these things injure the walls of your blood vessels. This is a real injury, much like a scraped knee. And when you scrape your knee your body puts a sort of bandage on it, right? A scab made of blood cells. Well, your blood vessels have a bandage the body puts on them when they become injured. And that bandage is made of cholesterol. So maybe you're consuming high levels of sugar. Sugar causes inflammation to blood vessels, which is why it needs to be cleared out fast. But you're eating so much sugar that your body has trouble clearing it out and it stays in your blood vessels longer than it should. Over the years, along with trans fats and other toxins, this causes injuries to our blood vessels. Obviously, you can't have holes in an artery. So, your body needs to put bandages on these points. So, it sends cholesterol to cover them up.

But do you see this? **The cholesterol is put there because something injured the blood vessel, not just because you ate cholesterol-rich food or had high levels of cholesterol in your blood. Even if you removed all cholesterol-rich food from your diet, your liver would still produce cholesterol to put on an injured blood vessel. It has to.**

The real solution to prevent high blood pressure is to lower toxins in your body, lower sugar levels, especially processed sugars — not lower the cholesterol that your body needs to survive. If you have any real worry, ask to have your inflammation markers tested. If those are high, then yes, there is a problem that needs to be addressed, because the high inflammation means there is injury to blood vessels to one degree or another. But it won't be prevented by lowering cholesterol. It will be prevented by removing from your body those things causing the inflammation. And the raising of cholesterol levels on their own, without a rise in inflammation, is healthy and actually necessary when we seek to improve muscle mass and balance hormones. Of course, always check with your primary care physician and follow their advice. We want you the healthiest you can possibly be. ■

REFERENCES:

1. Lack of an association or an inverse association between low-density-lipoprotein cholesterol and mortality in the elderly: a systematic review
2. Total cholesterol and all-cause mortality by sex and age: a prospective cohort study among 12.8 million adults

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Help Lower Your Cholesterol With 8 Anti-Inflammatory Foods

By Danielle Armbrust, LD, RD

While inflammation is a part of your body's normal response to infection or injury, chronic inflammation can damage your body, including increasing your cholesterol. It is associated with an increased risk of heart disease, stroke, cancer, diabetes and other chronic conditions.

Foods that may increase inflammation include:

- Refined carbohydrates, such as white bread and pastries
- Foods and beverages that are high in sugar
- Red meat
- Dairy
- Processed meat, such as hot dogs and sausages
- Fried foods

To help lower your risk of chronic disease caused by inflammation, you will want to reduce stress, increase your activity level and select foods low in saturated fat and added sugar.

Eight Anti-Inflammatory Foods

1

Beans - Replacing some of the meat in your diet with beans is a heart healthy swap. Beans are great sources of fiber (½ cup has 7-9 grams), which lowers cholesterol and inflammation. You can choose from a variety such as kidney, pinto, white, black, lima or fava beans. Look for ways to substitute beans for red meat. When you use canned beans, choose “no salt added” or rinse the beans thoroughly to reduce sodium.



2

Tomatoes - Tomatoes are high in vitamin C, potassium and lycopene, an antioxidant with impressive anti-inflammatory properties. Cooking tomatoes in olive oil can maximize the amount of lycopene you absorb. Research suggests that the lycopene in tomato sauce and canned tomatoes acts as an antioxidant to reduce low-density lipoproteins (LDL) cholesterol, known as bad cholesterol, and inflammation. Tomato paste, sauce, juice and other canned products have five times more lycopene per cup than fresh tomatoes. Just be sure to choose a low sodium or no salt added product.



3

Olive Oil - Choosing healthier sources of fats and oils is vital for both the prevention and management of high cholesterol and heart disease. According to the American Heart Association, one of the best sources is extra-virgin olive oil, which may provide extra benefit thanks to a unique anti-inflammatory compound in it called oleocanthal. Use small amounts of olive oil in place of saturated fats such as butter and coconut oil.

4

Tea - Research suggests the antioxidant and anti-inflammatory effects of black or green tea may combat high cholesterol and LDL levels by blocking key enzymes that create cholesterol in the body and limit the absorption of some cholesterol. Choose green tea over black if you are looking for a lower caffeine content.



5 Nuts - Working 1 to 2 ounces of walnuts into your diet each day is another good way to lower high cholesterol. Meta-analyses published in 2009 and 2015 found that both total cholesterol and LDL cholesterol were significantly reduced in those who ate walnuts daily. These reductions are thought to stem from nutrients like heart-healthy unsaturated fatty acids, fiber, vitamin E, phytosterols (a type of antioxidant) and their associated anti-inflammatory effects. Partial to another nut? Other tree nuts like almonds and pistachios, as well as peanuts, offer similar benefits.



6 Flaxseed - Look for ways to add a small amount of ground flaxseed to your food each day. Try sprinkling it in hot or cold cereal, low fat yogurt, baked goods and smoothies. Flaxseed reduces total and LDL cholesterol levels thanks to a fiber called lignans, as well as antioxidants, called polyphenols, and an omega-3 fatty acid known as alpha-linolenic acid (ALA). Flaxseed also has anti-inflammatory effects that can significantly improve the ratio of good and bad fats circulating in your body.

7 Soy - Soy foods such as edamame and tofu are good sources of fiber, potassium, magnesium and phytosterol antioxidants. Foods containing soy help keep cholesterol levels down and ease inflammation, especially when consumed in place of animal-based proteins. Soy foods also offer additional benefits thanks to isoflavones, compounds that target cholesterol in the bloodstream.

Many fruits as well as leafy greens and other vegetables are also anti-inflammatory. To get the most benefit, eat a variety of anti-inflammatory foods and incorporate foods from all food groups. Focus on your overall eating pattern instead of individual foods or nutrients. Cardiac nutritionists also can help you lower cholesterol and choose foods that can reduce inflammation. ■

8 Cold-Water Fish - Choose cold-water fish that are lower in mercury such as salmon, canned light tuna, catfish, pollock, sardines and anchovies, and try to get two servings each week. Numerous studies show that cold-water fish are a great source for heart-healthy omega-3 fatty acids that improve heart health including lowering triglycerides. Most importantly though, eating cold-water fish helps fight inflammation which can happen when your cholesterol level is high.



DID YOU KNOW?

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

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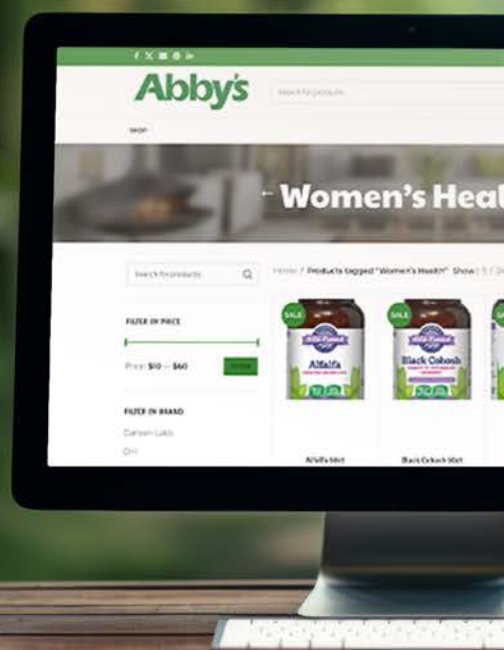
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