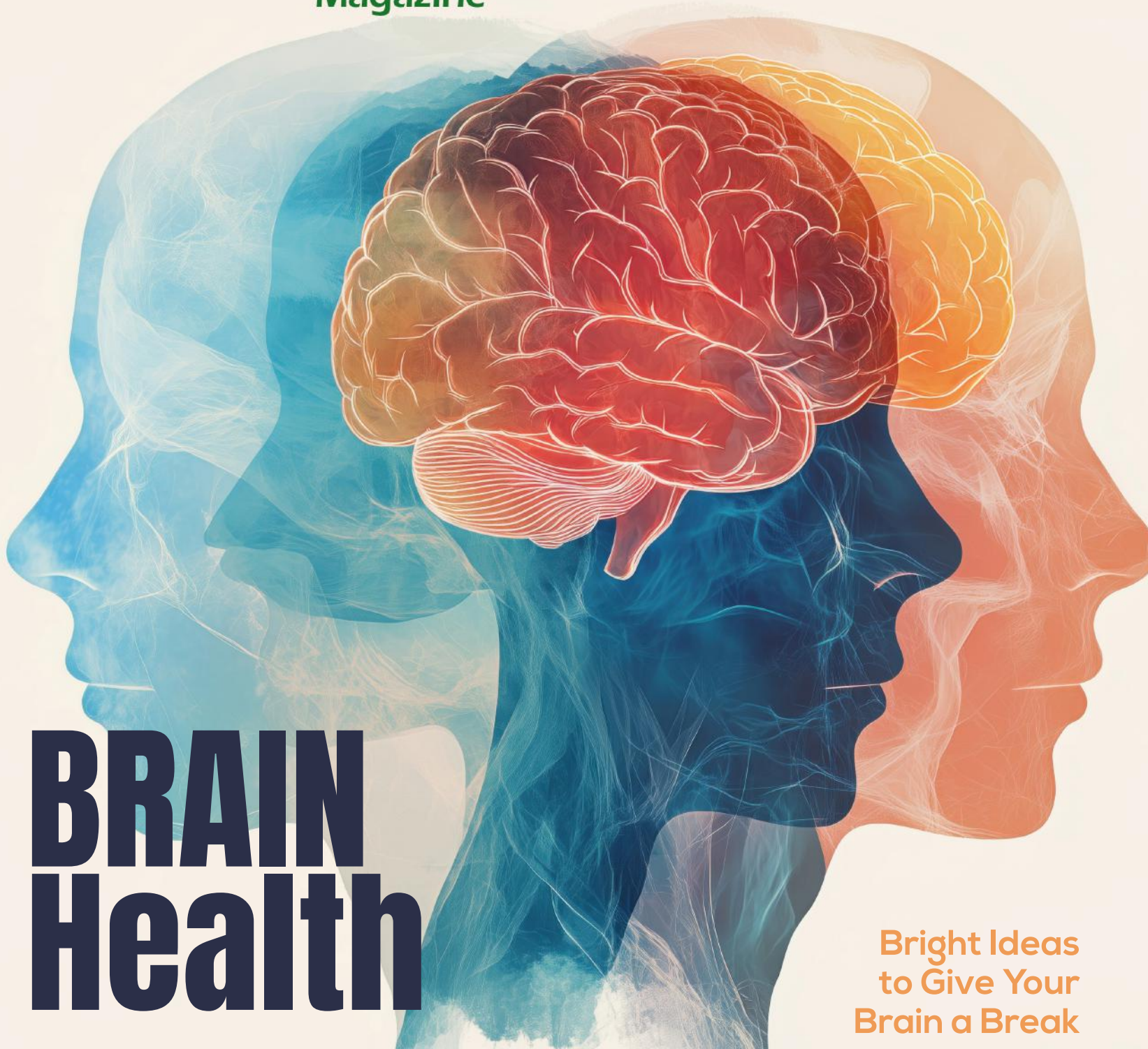


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BRAIN Health

7 Ways to Support Children's Brain Health

Bright Ideas to Give Your Brain a Break

BRAIN DETOX - INCREASE YOUR MEMORY AND FOCUS

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Top of Mind: Supplements for a Healthy Brain

Your brain works around the clock, helping you focus, make decisions, and keep up with daily life. The key to brain health is supporting the physical structures of the brain. By helping build healthy cell membranes that let brain cells “talk” to one another, supporting the mitochondria that fuel mental energy, and protecting neurons from oxidative stress, specific nutrients play a key role in supporting cognitive performance throughout your life.*

Brain Cell Structure and Communication

Cell membranes aren't just passive structures that hold the components of cells together. They're biologically active surfaces essential for cellular communication, transmitting signals from one cell to another.

- **Phosphatidylserine (PS) and Phosphatidylcholine (PC)** are phospholipids— crucial building blocks of cell membranes that support cell membrane structure, fluidity, and function.* One of the best-studied ingredients for cognitive health, PS, has been shown to enhance memory and cognitive performance.*^{1,2}

Energy and Mitochondrial Support

Your brain is an energy-hungry organ. Where does it get the energy, it needs to fuel its many activities? Mitochondria! These energy-producing structures within cells are crucial for cellular communication and nerve growth—especially in the brain.

- **PQQ** is a vitamin-like substance that supports mitochondrial function.* It's been shown to enhance cognitive flexibility and processing speed in younger adults and verbal memory in older volunteers.*³
- **CoQ10** plays a role in the production of energy in the mitochondria.* Research has shown that PQQ and CoQ10 work better together than alone.*⁴

Neuroprotection and Antioxidant Support

- **Green tea** provides antioxidant support, protecting neurons from everyday oxidative stress.*⁵

Foundational Brain Nutrition

- **B vitamins** are essential nutrients the brain depends on daily, helping produce energy for the brain and manufacturing important neurotransmitters.*⁶
- **Omega fatty acids**, such as EPA and DHA, also feed the brain, supporting cerebral blood flow, learning, and memory.*⁷

You can find these brain-friendly ingredients in several products from Natural Factors:

PS Phosphatidylserine

Each softgel of PS Phosphatidylserine provides 100 mg of PS, derived from non-GMO sunflower lecithin. The suggested usage is 1 softgel 1–3 times daily, allowing intake to be adjusted up to the 300 mg per day level commonly used in clinical research.

PQQ-10

PQQ-10 combines the power of PQQ and CoQ10 into a single formula. One softgel provides 20 mg of BioPQQ®, manufactured in Japan using a natural fermentation process, plus 200 mg of naturally fermented CoQ10, which is bioidentical to the body's own CoQ10.

RegenerLife® Higher Thoughts™

A comprehensive formula featuring PS, PC, green tea, EPA, and DHA, Higher Thoughts helps optimize brain function to help you think better today.*

RegenerLife® CogniSave

The ultimate system for protecting your cognitive function as you age, RegenerLife CogniSave includes B vitamins, omega-3s, -6s, and -9s, PS, and PC.* ■

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Abby’s Magazine AbbysMagazine.com

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

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Infoswell Media

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Publication: #75 - Volume 14 Issue 3
Since 2013

Abby’s Mag is published six times a year (every other month) by Abby’s Health Food Inc.

AbbysHealthFood.com

Tel: 760-793-4463
Via e-mail: AbbysMag@gmail.com

Send All Magazine Mail Correspondence:
26025 Newport Rd #F477
Menifee, CA 92584

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BRAIN HEALTH

By: Emerald Labs

Along with the heart, the brain is the most metabolically active organ in the body. This means that it requires several nutrients to provide energy and chemical substances that allow for memory and concentration.

Choline is an essential nutrient that is needed to produce the neurotransmitter acetylcholine, which is required for memory. Most Americans consume less than the recommended adequate intake. The optimal form of choline is VitaCholine® and is supplied by Emerald Laboratories.

Creatine monohydrate supports brain health by replenishing ATP, the substance used to create energy in cells. Creatine has been shown to improve memory, attention time, and reducing depressive symptoms. Moreover, creatine protects the brain and nervous system from inflammation and oxidative damage. A typical dosage is 5000 mg daily taken in a micronized form. Emerald Laboratories German Creatine Monohydrate is of the highest quality on the market.

Specific mushroom extracts are potent boosters of cognitive function. Lion's Mane has shown in studies to improve cognitive function in adults. Lion's Mane appears to have a protective and regenerative effect on brain cells. In addition, Reishi reduces brain inflammation and helps the body adapt to stress. Moreover, Golden Oyster is a rich source of ergothioneine that protects against cognitive decline and brain degeneration. These three ingredients are found in Emerald's Mushroom Memory & Focus.

B vitamins in their active form, known as methylation, are critical to healthy brain function. Several B vitamins are required for energy production, and B12, folate, and B6 are critical for making neurotransmitters involved in the regulation of mood, memory, and concentration. A methylated B complex is available with Emerald's B-Healthy. ■



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What If Your Brain Issues Started in Your Gut?



The mental sluggishness, the words that won't come, the focus that disappears mid-thought. Most people blame age or bad sleep. Scientists are pointing somewhere else entirely.

Scientists call your gut “The Second Brain”

because it directly controls your memory, focus, and mood



The Gut-Brain Link Nobody Told You About

Your gut is home to trillions of bacteria, which produce compounds that directly influence your brain health. When the right bacteria are thriving, that system works beautifully in 4 key ways:

- 1 **Produce up to 95% of your body's serotonin** plus other key neurotransmitters that support mood, memory, and clear thinking.
- 2 **Manage healthy inflammatory responses** that help protect brain cells.
- 3 **Support your blood-brain barrier** through the production of short-chain fatty acids.
- 4 **Fight the free radicals** that may damage brain cells.

When the System Breaks Down

Even one round of antibiotics, a stressful month, or a sugar binge can let harmful bacteria take over. Scientists call this takeover “dysbiosis,” and your brain feels it immediately. Focus goes first. Then memory. Then mood.

It's estimated that

1 in 3 adults

have gut dysbiosis... and their brain health may be paying the price



Balance Your Gut for Peak Cognitive Health

Clinically studied spore probiotics crowd out harmful pathogens while helping beneficial bacteria thrive, elevating your brain by:

- Supporting a strong memory
- Sharpening focus
- Improving mood
- Encouraging great thinking

How to Take Your Brain Support Even Further

While spore probiotics support optimal gut balance, one specific probiotic strain, B. longum 1714™, directly targets your brain.

Research shows B. longum 1714™ supports memory, concentration, and stress management while reducing mental fatigue and improving sleep.

Just Thrive Probiotic & Antioxidant delivers clinically studied spore probiotics that help bring your gut into healthy balance, creating the foundation for your brain health.

Joot Just Calm builds on that foundation with a daily dose of B. longum 1714™... the specific strain clinically studied to support brain health.

Together, they offer the most complete gut-brain support you can give yourself every single day.



PEANUTS POWER YOUR BRAIN

Peanuts get a lot of bad press. Here's some good press. Eating peanuts improves your memory, and now we might know why.

A new single-blind, controlled study has shown that eating 60g a day of unsalted, roasted peanuts with the skin for 8 weeks significantly improved verbal memory in healthy adults whose average age was 67 years. And the improvement was significant: delayed recall improved by 5.8%.

This is not the first time peanuts have been shown to improve memory. A previous study of young, healthy people found that eating peanuts with the skin improves memory. Specifically, it showed that peanuts improve immediate memory. Eating peanuts also significantly improved depression and anxiety (Clin Nutr. 2021 Nov;40(11):5556-5567).

But, for the first time, the new study may tell us how peanuts improve memory.

The study found that eating peanuts increased global cerebral blood flow by 3.6% compared to people who did not eat peanuts. The increased blood flow to the gray matter, which is associated with thinking and memory, was 4.5% higher.

As we age, vascular function in the brain declines. That increases the risk of cognitive decline and dementia. Peanuts reverse the effects of aging, improving blood flow to the brain. They may be able to do this because of their high concentration of L-arginine, which is crucial for vascular function and blood flow.

For those of us who are used to seeing percentages as a mark on a test, a 3.6% improvement might not seem like a lot. But, when it comes to blood flow, it's a lot. Global cerebral blood flow decreases by 0.37% per year as we age. So, a 3.6% improvement is important. ■

Clin Nutr. 2025 Nov 1:55:170-179.



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OMEGA-3 AND BRAIN HEALTH



Fueling Focus, Memory and Lifelong Cognitive Support

Why Omega-3s Matter for the Brain

Omega-3 fatty acids, particularly DHA and EPA, play a central role in brain health. Because the body cannot produce them efficiently, they must be obtained through diet or supplementation. DHA is especially important, as it makes up a significant portion of the brain's structure and supports the integrity of brain cells, helping maintain cognitive function, focus and overall mental performance.

Building Blocks of Cognitive Function

DHA supports flexible brain cell membranes, allowing efficient communication between neurons. This directly impacts memory, learning and clarity. EPA complements this by supporting healthy blood flow to the brain, helping deliver oxygen and nutrients that fuel mental performance.

Supporting Memory, Mood and Long-Term Brain Health

Omega-3s support neuroplasticity, the brain's ability to form new connections, which is essential for learning and memory. They also help regulate inflammation, a key factor linked to cognitive decline. Together, DHA and EPA support memory retention, mood balance and long-term brain resilience.

Choosing the Right Omega-3 Formula for Brain Support

Not all omega-3 supplements are created equal. Highly absorbable triglyceride (rTG) forms help your body better utilize DHA

and EPA. Enteric coating can reduce fishy aftertaste, making daily use easier and more consistent.

High-potency formulas providing up to 2,350 mg per serving are ideal for those seeking maximum brain and overall wellness support. Moderate-strength options around 1,350 mg are well suited for daily maintenance, while lower-dose options around 800 mg offer a convenient, easy-to-swallow choice.

A Smarter Approach to Brain Health

Adding omega-3s to your routine is a simple way to support memory, focus and long-term cognitive health.

Ultra Potent Omega-3 Fish Oil

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Brain Power: Nurturing Your Billions of Neurons*

“THE CHIEF FUNCTION OF THE BODY IS TO CARRY THE BRAIN AROUND.” – THOMAS EDISON

It seems appropriate to share the quote above when discussing the brain, that Thomas Edison had many bright ideas. To think that the human brain is comprised of approximately 100 billion neurons (nerve cells) and that it has the innate ability to adapt and even grow its network as needed.

It is this “neuroplasticity” – the brain’s ability to reorganize itself by forming new neural connections throughout life – that allows the neurons in the brain to compensate for injury and disease, and to adjust its activities in response to new situations or to changes in the environment.

The average healthy individual is said to lose 86,400 brain cells per day (thank goodness for neuroplasticity). These are some compelling nutrients and botanicals that can help you tend to your 100-billion nerve farm called the brain.*

Lion’s Mane (*Hericium erinaceus*) – Used traditionally to support mental clarity, heart health, modulate inflammation and provides antioxidant activity and even a sense of wellbeing.*

B Vitamins – When it comes to supporting brain chemistry and stress, B vitamins are foundational to support one’s innate brain power.*

Ginkgo (*Ginkgo biloba*) – Renowned for thousands of years, this amazing herb has been studied extensively for brain support, antioxidants, circulation and even mood balancing.*



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FROM OVERWHELMED TO *Clear:* THE SIMPLE SHIFT THAT'S CHANGING HOW YOU SUPPORT YOUR BRAIN HEALTH

For years, you may have felt something you couldn't quite explain. Not illness. Not injury. Just a constant sense of mental overload.

It shows up as brain fog in the middle of the day. Restless nights that never feel fully restorative. A feeling that no matter how much you try to focus, your mind just won't cooperate.

You're not alone—and you're not doing anything wrong.

Like so many others, you may have already started making changes—cutting back on caffeine, improving your diet, adding supplements, even trying meditation apps. And while those steps can help, something may still feel missing.

You're doing all the right things... but you still feel on edge. Your sleep isn't as deep as it should be. Your mind doesn't always feel as clear as you'd like.

That's because brain health isn't just about what you add—it's also about how well your body is able to settle, recover, and stay in balance.

WHY YOUR BODY PLAYS A KEY ROLE

Your brain doesn't function independently. It responds directly to the state of your body. When your body is under constant stress, your brain reflects that:

- Focus becomes more difficult
- Sleep becomes lighter and less restorative
- Thoughts feel scattered or overwhelmed

At the center of this connection is your nervous system—the system responsible for how your body responds to stress and relaxation.



In today's world, many people stay in a near-constant state of alertness. And when your body doesn't fully relax, your brain never fully resets.

THE ROLE OF MIRACLE BANDS

Miracle Bands are designed to support your body's natural state of balance—without adding complexity to your routine.

Each band contains a decorative metal disc made from a proprietary blend of polarized metals, designed to work in harmony with your body's natural electrical activity. When worn on the wrist or ankle, many users report feeling more relaxed, more centered, and better able to rest.

Worn throughout the day and night, they provide a simple, continuous way to support your overall wellness.

Many people use Miracle Bands to help support:

- stress and tension
- sleep quality
- mental clarity and focus
- an overall sense of calm and balance

Miracle Bands aren't meant to replace healthy habits—but to support them. Because when your body is supported from multiple angles, the results can feel more consistent, more natural, and easier to maintain. Because sometimes, feeling clear again... starts with helping your body finally relax.

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7 Ways to Support Children's Brain Health

By: Once Upon a Farm Organics

Note: This article is not medical advice and is for informational purposes only. For any specific recommendations or concerns, please refer to your child's healthcare provider.



What is brain health?

"When we talk about brain health," Dr. Shilpa says, "we're referring to the ability of a child's brain to function at its highest capacity in multiple areas." These include cognitive health, motor function, and emotional well-being. When we talk about a healthy brain for kids, she explains, it shows up as "their ability to learn new things, retain information, meet developmental milestones, regulate their emotions and behaviors, show curiosity and interest in their environment, form social connection, and adaptability." Why do we focus on brain health in childhood?

"During the first five years, especially from birth to age three, a child's brain grows more than at any other time in life. Connections are formed rapidly, which lay the foundation for learning, behavior, and emotional health. Supporting brain health during this period can have a long-lasting impact on a child's future and continued development."

~ Dr. Shilpa

During childhood, the brain develops at a faster rate. "During the first five years, especially from birth to age three," Dr. Shilpa shares, "a child's brain grows more than at any other time in life." Connections are formed rapidly, which lay the foundation for learning, behavior, and emotional health. "Supporting brain health during this period can have a long-lasting impact on a child's future and continued development." While this is an especially sensitive time in brain development, she adds, "the brain remains flexible (plastic) well into adolescence, which is also a period of high plasticity." So, brain development continues, but "providing a strong foundation early on can help set kids up for lifelong success."

Ways to Support Kids' Brain Health

"For a child's brain to stay healthy," Dr. Shilpa explains, "it needs the right building blocks: good nutrition, the right amount of sleep, and a stable, safe, loving environment where they can learn and explore."

1. Nutrition

During early development, a well-balanced diet is especially important. Dr. Shilpa highlights the importance of a "diet rich in healthy fats (like Omega-3s), fruits, veggies, and whole grains, which can help with focus, memory, and learning." Limiting sugar and processed foods can help "provide long-lasting energy for kids and make room for nutritionally dense foods."

2. Sleep

While our sleep needs vary, quality sleep is key to brain development, including learning, regulating emotions, attention, memory, and growth.

3. Exercise

"Physical activity boosts blood flow to the brain, improves mood, and some studies show it can even strengthen memory." Dr. Shilpa shares. "For younger children, active play is highly beneficial. Kids six and older should aim for at least 60 minutes of moderate-to-vigorous activity on most days."



4. Emotional/Social Factors

For babies, focus on responsive caregiving and building secure attachments. This helps develop emotional regulation. For older kids and teens, positive relationships with peers and trusted adults can teach social skills, resilience, and stress management.

5. Mental Stimulation

For babies, Dr. Shilpa recommends talking, singing, and playing to encourage neural connections. For young kids, "Reading regularly, playing board games and puzzles, and encouraging open and creative play promotes problem-solving and critical thinking." For teens, parents can promote fun hobbies and new experiences, as well as challenging schoolwork to keep their kiddos' brains sharp. Socializing is key here, too!

6. Minimize Toxic Stress

According to the Harvard Center on the Developing Child, "toxic stress occurs when there is excessive or prolonged activation of stress response systems in the brain and body." It can disrupt healthy brain development at any age. Dr. Shilpa notes that "adverse experiences, like chronic stress, neglect, or poor nutrition, can negatively impact brain development."

7. Promote Positive Experiences

Dr. Shilpa stresses the importance of loving interactions, free play, and exploration to strengthen brain connections in our children. "Supportive relationships with caring adults can help buffer a child's stress response, promoting resilience and healthy development." ■

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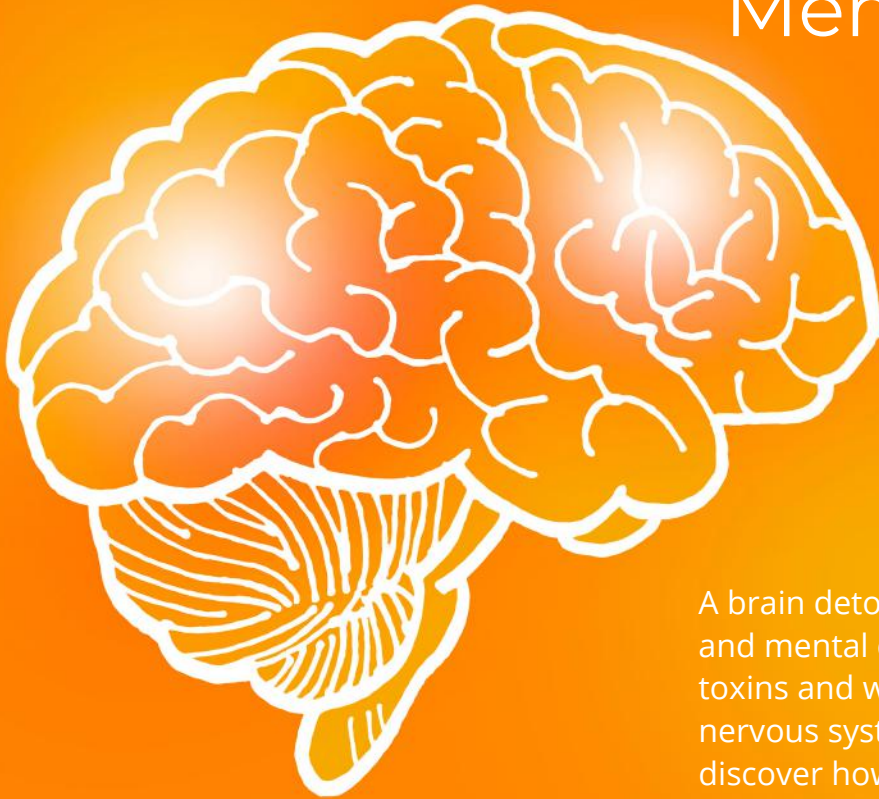
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Brain Detox: Increase Your Memory and Focus

By: Dr Eric Bergh



A brain detox can help improve cognitive function and mental clarity by promoting the elimination of toxins and waste products from the brain and central nervous system. Here's how to detoxify your brain and discover how sleep, exercise, and dietary habits can impact your central nervous system.

Glymphatic system explained

The glymphatic system is a waste-clearance system that facilitates the brain's natural detoxification process. In addition to waste and toxin elimination, the glymphatic system also enables the transport of amino acids, lipids, and neurotransmitters across the central nervous system, which plays a crucial role in maintaining healthy brain function. Research published in *Neurochemical Research* found that the glymphatic system relies on a complex interplay between cerebrospinal fluid (CSF) and astrocytes, a specialized type of brain cell that provides structure and nourishes neurons. The flow of CSF through brain tissue allows nutrient exchange and the removal of waste products, which helps maintain normal central nervous system functions and may lower the risk of neurological diseases. The glymphatic system plays a profound role in removing and eliminating certain abnormal protein clusters, including beta-amyloid and tau, which are strongly associated with the development of dementia and Alzheimer's disease.

What is a brain detox?

A brain detox focuses on enhancing the body's natural ability to cleanse the brain of waste products, heavy metals, environmental toxins, damaged cellular components, and defective proteins. A buildup of these potentially harmful compounds can impair normal brain function and increase the risk of poor cognitive function, mental health issues, and neurodegenerative diseases. Brain cleanses typically involve certain dietary and lifestyle factors that can activate the glymphatic system, trigger cellular repair mechanisms, and improve brain plasticity associated with better cognitive health and neuronal longevity.

Signs you need a brain detox

Impaired waste clearance and nutrient exchange in brain tissue can lead to poor brain function, which can manifest in a wide range of cognitive symptoms and behavioral changes.

Here are common signs that can indicate you may benefit from a brain detox:

- Memory issues
- Brain fog
- Difficulty concentrating
- Poor problem-solving skills
- Fatigue
- Mood changes
- Irritability
- Sleep issues

While these symptoms may be linked to ineffective glymphatic waste clearance, they can also be early warning signs of certain neurodegenerative disorders, and it's crucial to consult a healthcare provider if you are concerned about your cognitive health.

5 ways to detox your brain

Research published in *PLOS Medicine* suggests that certain dietary and lifestyle habits can profoundly impact brain health and reduce the risk of neurological diseases and cognitive decline. Here are five ways to detox your brain:

1. Prioritize Quality Sleep

Sleep detoxifies your brain, and lack of adequate sleep can lead to various cognitive issues, poor mental health, and may increase the risk of dementia and Alzheimer's disease.

2. Reduce Stress

Chronic stress can disrupt normal sleep cycle regulation and is associated with sleep issues, which can impair the body's ability to effectively cleanse and detox the brain.

3. Regular Exercise

Physical activity plays a vital role in promoting glymphatic waste clearance, which may explain why exercise is associated with better brain health and a lower risk of various neurodegenerative diseases.

4. Intermittent Fasting

Intermittent fasting is an eating pattern that cycles between set periods of fasting and eating. Extended periods of caloric restriction promote brain growth and have positive effects on the brain's ability to eliminate waste products and toxins.

5. Limit Carbohydrates and Sugars

Increasingly more evidence suggests that a nutritious low-carb diet is associated with mental clarity, more energy, and better cognitive performance.



FAQ

1. How long does it take the brain to detoxify?

A well-working glymphatic system detoxifies the brain during deep sleep phases, which typically lasts between 1 and 2 hours per sleep cycle. However, poor glymphatic waste clearance can cause a buildup of toxins and waste products, and it can take several weeks of good-quality sleep to detoxify the central nervous system properly.

2. How do you detox brain fog?

Brain fog can be a symptom of neuroinflammation, poor nutrient exchange, or a buildup of metabolic by-products, damaged cellular components, and other toxins in brain tissue. Dietary and lifestyle factors such as restful sleep, physical activity, intermittent fasting, and a high-fat ketogenic diet can enhance the brain's detoxification pathways.

3. What is a brain detox?

A brain detox focuses on stimulating the glymphatic system, which facilitates waste removal and detoxification processes in the central nervous system. Certain dietary and lifestyle factors, such as good quality sleep, a low-carb diet, intermittent fasting, and regular exercise, can directly stimulate glymphatic waste clearance and promote effective brain detoxification.

4. What is the glymphatic system?

The glymphatic system facilitates the brain's natural detoxification processes by channeling cerebrospinal fluid (CSF) through brain tissue. This allows nutrient exchange and the elimination of potentially harmful toxins, waste products, and damaged cellular components. The glymphatic system is crucial for normal brain function and helps remove abnormal protein clusters, including beta-amyloid and tau, which are associated with the development of dementia and Alzheimer's disease.

5. What is the best way to detoxify your brain?

The glymphatic system is most active during deep sleep, and getting adequate restful sleep is essential for effective brain detoxification. In addition, physical exercise, intermittent fasting, and the ketogenic diet have been found to stimulate glymphatic waste-removal processes, which support the clearance of toxins and metabolic by-products from brain cells.

6. How do I know if I need a brain detox?

Symptoms such as brain fog, poor memory, difficulty concentrating, fatigue, changes in mood, irritability, and sleep issues can be signs of impaired waste-removal processes within the central nervous system and indicate that you may benefit from a brain detox. ■

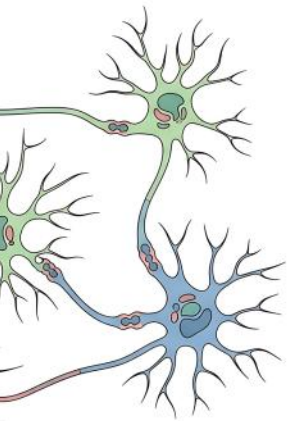
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The Hidden Reason You Still Feel Stuck (Despite Doing Everything Right)

By: Suzanne Demers Foley



If you've tried all the things—routines, workouts, mindfulness, therapy, supplements—but still feel overwhelmed, anxious, or stuck, it's easy to assume something isn't working.

But what if the real issue isn't your effort... it's your nervous system?

Research from Stephen Porges and polyvagal theory reveals a powerful truth: your thoughts, behaviors, and emotions are deeply driven by your autonomic nervous system—the system that controls stress, recovery, digestion, and your sense of safety.

When your nervous system is balanced, you feel calm, focused, and connected. But when it's stuck in "fight-or-flight" or shutdown, your body operates in survival mode—making it difficult to relax, think clearly, sleep well, or fully engage in life. This isn't a mindset problem. It's a physiological one.

And here's where most approaches fall short: you can't think your way out of a nervous system state. Strategies like breathing, routines, or even therapy may help—but only if your system has the capacity to respond.

For many people, chronic stress, past experiences, or physical strain have created a system that's simply overwhelmed or stuck.

Real change happens when you support the nervous system first.

When your body begins to feel safe again, everything shifts—your energy, your clarity, your resilience, and your ability to actually benefit from the tools you've been trying all along.

If you've felt like nothing is fully working, it may not be you.

It may be the missing piece underneath it all. ■

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HEALTHY BRAINS FOR PETS

Healthy brains for pets are supported through a combination of mental stimulation, nutrient-rich diets, and physical exercise to boost cognitive function, reduce stress, and prevent cognitive decline. Key strategies include feeding puzzle toys to challenge minds, adding DHA and antioxidant-rich foods like blueberries and turmeric, and rotating walking routes.



Key Aspects of Pet Brain Health:

- **Mental Stimulation:** Use puzzle feeders to prevent boredom and destructive behaviors. Regular training sessions enhance confidence and cognitive ability.
- **Diet & Nutrition:** Include Omega-3 fatty acids (DHA) for neuron communication. Antioxidants such as blueberries, turmeric, and sardines reduce oxidative stress.
- **Physical Activity:** Cardiovascular activity increases blood flow to the brain, enhancing cognitive health.
- **Preventing Decline:** Recognizing cognitive decline signs (disorientation, changed interaction, sleep disturbances) early is key to maintaining senior pet mental health.

Actionable Brain-Boosting Tips:

- **Change Walking Routes:** Take your dog on new paths to provide sensory stimulation.
- **Engage in Training:** Use treats and games to keep your dog's mind sharp and engaged.
- **Use Puzzle Toys:** Utilize food-dispensing toys to make mealtime a brain-stimulating game.
- **Supplement Wisely:** Consider adding brain-boosting foods like turmeric or blueberries to their diet. ■

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YOUR BODY LOVES AND NEEDS GOOD FATS!

By: New Chapter

Your body loves and needs good fats, like those found in fatty fish, nuts, avocado, olives, and plant oils. These healthy fats, known as omega-3s, get used for important systems and structures, like nerve-packed brain tissue and healthy, flexible blood vessels. Let's explore the many benefits of omega-3s, and the best ways to add them to your day.

Feel your best with 5-in-1 benefits

Heart, brain, eye, joint & skin support*

What Are Omega 3 Fatty Acids?

Omega-3s are a type of unsaturated fat (that's the good kind) that your body has to get from food. That's because the human body can't make adequate amounts of omega-3s on its own. According to research, the most important omega-3s for human health are EPA, DHA, and ALA.

Why Omega 3s Matter for Overall Health

Getting enough omega-3s is crucial for overall wellness. Why so key? Well, your body uses EPA and DHA as building blocks for cells and to make signaling molecules that work in the cardiovascular system and other systems. Those are vital, indispensable jobs. Your liver can convert small amounts of ALA into EPA and DHA, but not very efficiently. That's why it's important to get EPA and DHA from food and/or supplements.

What Are the Main Health Benefits of Omega 3 Fatty Acids?

Your body uses omega-3s for everything from retina structure to blood vessel health, from brain tissue to joint function. Omega-3s are also part of all cell membranes.

Heart & Cardiovascular Support

Omega-3 fatty acids have been linked to healthy blood pressure and healthy triglyceride levels, which are key for overall heart and cardiovascular health. In fact, EPA and DHA are so important to your heart that the American Heart Association recommends eating 2 servings of fish per week to make sure you're getting what you need.

Brain & Cognitive Health

Your brain is literally made of omega-3s—about 35% by weight. DHA makes up around 40% of the omega-3s in the brain. That makes DHA a key structural fat for healthy brain development. Research finds that omega-3s are involved in cognitive function and nerve function.

Eye Health

Similar to its role in the brain, DHA is a major structural component of the retina. (Your retina is the light-sensitive layer at the back of the eye that sends visual signals on to the brain.) Studies have found that regular intake of DHA and EPA help to maintain eye health over time.

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Joint Support

Omega-3 fatty acids are essential to joint health, too. They nourish joint tissues and help support mobility.

Pregnancy & Early Life

As you can imagine, since omega-3s are integral to eye and brain structure, they're fundamental building blocks for infants as their brains, eyes, and nervous systems are forming and growing. Omega-3s are recommended during pregnancy and nursing for this exact reason—to make sure your child has what they need for healthy development right from the start.

Understanding Omega 3 Sources

If you want to add more omegas to your routine, what kind should you look for? Here's a breakdown of the top sources of omega-3s in supplements.

Algae Oil

Fish oil is a popular omega-3 supplement, but it's not the only kind. Like humans, fish actually get their omega-3s from the food they eat, namely algae. So, it's totally possible to skip the fish and go straight to the potent plant source of omega-3s in the form of algae oil supplements. Because algae are tiny plants, algae oil supplements are typically 100% vegan (they contain no animal products).

Krill Oil

Krill oil comes from small, shrimp-like crustaceans that contain DHA and EPA. It's being studied as a possible alternative to fish oil supplements. Krill are low on the marine food chain (meaning they are important food for larger animals, like whales and penguins).

Best Omega 3 Fish Oil: Wild Alaskan Salmon Oil

We know that fatty, cold-water fish is a great source for fish oil supplements that are bursting with heart-healthy omega-3s. Among them, our favorite fish is superfood salmon that's wild-caught in Alaska.

What Makes Salmon Oil a Strong Omega 3 Source?

Wild Alaskan salmon oil delivers the whole-food profile of salmon oil as it's found in nature, including 17 omega fatty acids (like DHA and EPA) as well as naturally occurring vitamin D3 and astaxanthin. Salmon is a preferred source of omega-3s because it's a whole-food alternative to high-heat purified oils from smaller forage fish. And if it's wild salmon oil from Alaska, that means it's harvested under strict guidelines to ensure environmentally responsible fishery management.

Add Omega-3s to Your Routine!

Long ago, when human lives intertwined with nature every day, Earth's oceans and rivers provided our ancestors with needed nutrients like good fats. Today, most of us are no longer deeply linked to nature's foods and cycles. Fortunately, we can seek out high-quality dietary supplements to fill nutritional gaps. If you're interested in supporting your heart, brain, eye, and/or joint health, consider omega-3 supplements from New Chapter. Same goes for anyone who is pregnant or nursing—our omega-3s can give your growing child the fats they need for healthy brain and eye development. Since 1982, we've been working with the finest ingredients from nature to deliver expertly crafted supplements for everybody.

Editor's Note: Approximately 10% of seniors aged 65 and older in Alaska have

Alzheimer's disease or related dementias. While Alaska currently has one of the lowest percentage rates of seniors with Alzheimer's in the nation. ■

† Wild Alaskan salmon oil is fresh pressed to deliver healthy omegas for better absorption.

‡ Meets or exceeds NSF/ANSI 173 Standard for mercury & other heavy metals as Certified by NSF.

§ Compared to New Chapter fish oil products

What Is Longevity?

Understanding the Science of Living Well for Longer

The conversation around longevity has expanded rapidly in recent years. Advances in medicine, nutrition, and public health have helped many people live longer than previous generations. Yet alongside this increase in lifespan has come a new question: how can we support health and vitality across those additional years? Longevity is often misunderstood as simply living longer. In reality, it reflects something deeper—the body's ability to maintain resilience, function, and balance over time. Rather than focusing on resisting age, modern longevity science focuses on supporting the biological systems that allow the body to adapt, repair, and function well across decades. From this perspective, longevity is less about the number of years we live and more about how well the body is able to sustain energy, mobility, cognitive clarity, and overall well-being throughout those years.

Lifespan vs. Healthspan

Two ideas help clarify the modern understanding of longevity: lifespan and healthspan. Lifespan refers to the total number of years a person lives. Improvements in sanitation, medicine, and nutrition have dramatically extended lifespan in many parts of the world. Health span, however, refers to the number of years lived in good health—years characterized by independence, mobility, and the ability to engage fully in daily life. While lifespan tells us how long we live, healthspan reflects the quality of those years. Increasingly, longevity research focuses on extending healthspan by supporting the systems that help the body remain capable and resilient over time.

The Systems That Shape Longevity

The body maintains health through a set of interconnected biological systems that operate continuously throughout life. Longevity science increasingly focuses on how well these systems function across decades. Two fundamental principles of cellular health are the integrity of DNA and the ability of cells to efficiently produce energy. When either of these processes begins to deteriorate, cellular function can decline. Over time, this can influence how tissues, organs, and entire organ systems perform. Many of the processes associated with healthy aging stem from these foundational cellular functions. The body is constantly repairing and renewing tissues. Skin replaces its cells, bones remodel their structure, and muscles rebuild after activity. These processes help maintain structure and function over time. The body also relies on internal defense systems that help it respond

to environmental challenges that might otherwise contribute to oxidative stress or chronic inflammation. Maintaining balance within antioxidant and inflammatory systems helps the body adapt to daily exposures. Another defining feature of human biology is the constant communication between systems. The nervous system, immune system, gut, skin, and other organs are deeply interconnected, and changes in one system can influence others. All of these processes depend on the availability of essential compounds that support cellular function. The vitamins, minerals, amino acids, fatty acids, phytonutrients, and other compounds we obtain through nutrition provide the materials the body uses to sustain these systems. Longevity, in this sense, reflects how well these systems are supported across time.



Longevity Is Shaped by Daily Signals

Because these biological systems operate continuously, the factors that influence longevity are shaped by the signals we provide to the body every day.

- Nutrition supplies the raw materials the body uses to produce energy, repair tissues, and maintain metabolic balance.
- Exercise and regular physical activity act as powerful biological signals that influence muscle strength, cardiovascular health, metabolic function, and mobility.
- Sleep supports recovery, hormonal regulation, immune activity, and many other processes that help the body remain resilient.

Taken together, these everyday inputs help shape the biological environment in which the body ages.

Longevity is therefore not fixed. It is a dynamic process that can change over time depending on how these systems are supported.

Longevity Is a Long-Term Practice

Longevity is not determined by a single intervention or dramatic change. Instead, it reflects patterns of support that influence how the body functions across decades. Supporting healthy aging means caring for the systems that allow the body to function well now and in the future. Strategic nutrition, regular exercise, restorative sleep, and thoughtful stress management all contribute to this process. Over time, these daily habits help shape how the body adapts, repairs, and maintains itself. ■



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5

Bright Ideas to Give Your Brain a Break

By Tracey Pollack

Are you feeling overworked, overwhelmed and overstressed? Then your brain is overloaded and really needs a break. Studies have shown that giving your brain a breather is one of the smartest things you can do for your mental well-being and physical health. Along with lowering stress, lessening pain and reducing your chance of developing neurological diseases like Alzheimer's, giving your mind some R&R helps you be more creative and productive. While this idea may boggle your mind, it actually makes sense because turning off your brain allows it to recharge. When you let your mind relax, it's able to focus on giving you new ideas and access to creativity that leave you inspired and refreshed. If your brain is always on and you're at your wit's end, add these "brain breaks" to your day to improve your state of mind.

Head Out into Nature

To get out of your own head, get out in the great outdoors. Being outside, breathing fresh air and paying attention to your surroundings fills your senses and quiets your mind. Walking around in nature feels like walking away from your problems and leaving all of your worries behind. The calming of ease you'll have isn't only in your head. Research shows that taking a walk outdoors turns your attention away from your problems and activates different parts of your brain in a way that refreshes your mind and your mood.

Don't Sweat It, Break a Sweat

While exercise is good for your body, it's also a smart move for your brain. The endorphins you get from exercise work wonders for your mind, while the serotonin your brain releases helps to lift and lighten your mood. Plus, research has found that exercise can improve your long-term memory and your overall thinking skills. No time for a full workout? Simply stretching for five minutes or dancing around the room will get your mind in better shape.

Get Smart About Your Smartphone

While our digital devices make it easy to stay connected, they make it hard to totally disconnect from stress. Whether checking your phone is a must for work or just a mindless habit, it's stealing your mental downtime. It's time to step away from your smartphone and ignore it as long as you can. Silence your phone when you're out running errands, put your computer to sleep at night and only check social media once a day. The lack of digital distraction lets you connect with yourself and your life.

Change Your Tune

When you can't turn off your brain, playing your favorite songs can be music to your ears. Listening to pleasing music shifts your attention away from your troubles. Along with making you feel relaxed and improving your mood, research has found that listening to music boosts creativity and brain power.

Do Nothing

Doing nothing is really something. Whether you take a 10-minute afternoon break or a whole day for yourself, use this time wisely by not using it all. Forget your schedule and to-do list. Relax your mind, take time to daydream and let yourself zone out. See, doing nothing resets your mind, which can fill you with new ideas, insights and energy. You'll be surprised how doing less makes it easy to do much more.

When your brain needs a vacation, send your stress and problems packing by giving your mind a rest.





Nature's Heartbeat:

Why the Farm Community is Good for Our Brains

By Deepika Kolli

I've been reading a book lately called *The Body Keeps the Score*. It explains how our bodies and brains hold onto the stress from our busy lives.

Sometimes, the best way to fix a tired mind isn't by sitting at a computer, it's by getting our hands in the dirt.

For this issue on Brain Health, I wanted to share why our Non-profit community farm is the perfect medicine for all of our minds.

At the farm, we can feel what I call nature's heartbeat. It's a slow, steady rhythm you just can't find in the city. In my culture, we have a beautiful saying "Vasudhaiva Kutumbakam." It means "the world is one family"

When we are out in the fields together, we really feel that. We aren't just individuals growing plants, we are all part of a big, living family that includes the soil, the birds, and every person working in the next row over.

Science actually backs this up! There are tiny, healthy bacteria in the soil that act like natural antidepressants. When we touch the earth, our stress levels go down, and our feel-good chemicals go up.

It's like the farm is giving our nervous systems a big, much-needed hug.

The farm is also a place for moving meditation. In yoga or meditation, we focus on our breath and our bodies to stay present.

Farming is the same. Whether we are pulling weeds or planting seeds in a line, we are moving in a calm rhythm with each other and the seasons.

This connection with other people and the earth helps our brains feel safe, calm, and happy again.

As a Non-profit community farm, we aren't just growing organic veggies, we are growing a community where everyone belongs. Whether you are a long-time volunteer or someone who has never stepped onto a farm before, there is a place for you here.

So, if your mind feels a little overwhelmed or tired lately, we invite you to join our beautiful farm family. You don't need any experience, just a willingness to slow down and be present. Step away from the digital world and listen to nature's heartbeat with us for a while.

As the old saying goes: "Whatever ails you, the earth can heal. Our brains and our bodies will thank us for it." ■



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Artificial Sweeteners, Alzheimer's & Stroke

By: David Perlmutter, M.D.,
Board-Certified Neurologist



The recent study demonstrating a remarkable increased risk for stroke as well as **Alzheimer's disease** in relation to consumption of artificially sweetened soda should not come as a surprise.

First, let me break down what the researchers did, and learned. The stroke portion of the study evaluated 2,888 adults over age 45 years while the dementia arm focused on 1,484 adults over age 60 years. The researchers reviewed food frequency questionnaires for the years 1991 to 2001 and determined how often the participants consumed artificially sweetened beverages.

The report reveals that the risk of stroke in those consuming one or more artificially sweetened sodas a day was almost tripled, with a similar finding for Alzheimer's risk.

These are breathtaking findings because clearly, when it comes to stroke as well as Alzheimer's disease, modern medicine has precious little to offer patients.

The reason these findings should not come as a surprise is because both stroke and Alzheimer's disease share a similar mechanism in terms of their cause. Both of these issues are primarily inflammatory disorders. And as I have discussed earlier, research indicates that the changes induced in the gut bacteria in humans when they are exposed to artificial sweeteners creates a much more inflammatory environment. This explains, for example, why there's a dramatic increased risk for both obesity as well as diabetes (both are inflammatory disorders) in relation to consumption of these artificial sweeteners. And both of these diseases are powerfully related to both stroke and Alzheimer's in and of themselves.

The authors stated:

Artificial sweeteners have been shown to cause glucose intolerance in mice by altering gut microbiota and are associated with dysbiosis and glucose intolerance in humans.

So, let's be clear. There's no advantage to drinking sugar-free, no calorie this or that, despite what the advertisements and commercials might lead you to believe.

Be kind to your gut microbes!

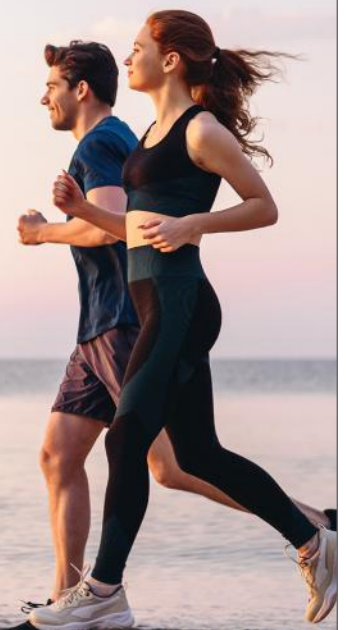
David Perlmutter, M.D., is a Board-Certified Neurologist, #1 New York Times Best-Selling Author, Fellow of the American College of Nutrition. So let's be clear. There's no advantage to drinking sugar-free, no calorie this or that, despite what the advertisements and commercials might lead you to believe.

Be kind to your gut microbes! ■

Editor's Healthy Tips

Keep Being Physically Active

Exercise is not only good for the body, but it is also great for your brain. Exercise improves blood flow to the brain, enhancing cognitive performance and lowering the risk of neurodegenerative diseases. Opt for 30 minutes of moderate-intensity exercise on most days.



The Mushroom that can Regrow Your Brain



This Isn't Just Forgetfulness... It's Breakdown. You forget your keys. You blank on a name. You laugh it off. But here's the truth: It's not harmless. **It's your brain waving a red flag.**

Cognitive decline doesn't shout — it creeps in. First, brain fog. Then mood swings, anxiety, even depression — all linked to early brain shrinkage. Your gut? It gets hit too. The brain-gut axis means when one fails, the other follows. Imbalanced gut flora can worsen memory and focus. Then sleep turns to chaos. And without deep rest, toxins in your brain build up. Researchers found midlife insomnia can make your brain age faster — by years. You get sick more. Your balance slips. Falls become common.

This isn't just aging — it's your brain slowly breaking down.

You probably don't think twice about your daily routine. But hidden in plain sight are habits that quietly, relentlessly **chip away at your brain.** One decision at a time.

Junk food and ultra-processed meals are loaded with silent brain-saboteurs like advanced glycation end-products (AGEs). These inflame and damage your neurons. A 2025 review didn't mince words — diets high in UPFs are a major risk factor for both **neurodegeneration and dementia.** And yes, the same foods also wreck your gut... which only makes your brain decline faster.

Preservatives, additives, seed oils... they quietly destroy the good bacteria that protect your brain. Without that barrier, toxins slip through. Inflammation skyrockets. And your memory? It takes the hit.

Chronic stress is one of the biggest offenders. When stress becomes your normal, your body floods with cortisol, a hormone that, over time, **shrinks key parts of your brain** like the hippocampus. That's the part that holds your memories. One study flat-out says it: **chronic stress accelerates cognitive decline.** That pressure you're under? It's aging your mind faster than you realize. And then there's your sleep schedule. Sleep

deprivation isn't just exhausting — it's destructive. Even a few bad nights start adding up. A long-term study revealed that people with chronic insomnia had brains that looked up to 2.6 years older than their well-rested peers. You might think you're just tired. But your brain is slowly losing ground. And what about the air you breathe? You'd be shocked. Long-term exposure to fine particulate matter — especially from wildfire smoke and industrial agriculture — is now linked to a higher risk of dementia. You inhale it, and your brain pays the price. We're still uncovering just how much pesticides and heavy metals contribute, but the trend is clear: toxic exposure = higher Alzheimer's risk. Even your medicine cabinet can be a minefield. Every day, pills like Ty**ol have been shown to worsen memory and trigger chronic brain inflammation, at least in animal studies. But here's what hits harder: human research found that older adults regularly using anticholinergic drugs (common in sleep aids, allergy pills, and bladder meds) were 47% more likely to develop cognitive issues over a decade.

So yes — it's in your food, your air, your stress, your sleep... even your medicine. And you'd never know it until the fog sets in.

Modern medicine is only beginning to grasp what Lion's Mane can do. But you don't have to wait. You don't have to wait for modern medicine, come to Abby's today to meet with one of our Nutritional Specialists.

Lion's Mane: The ancient mushroom that rebuilds your brain. There's a strange-looking white fungus with long, shaggy tendrils. It's called Lion's Mane — and it might be the most powerful brain ally nature has ever offered. Used for centuries in Chinese and Japanese medicine, Lion's Mane (*Hericium erinaceus*) was once a secret weapon for vitality and longevity. But now, science is finally catching up — and what it's uncovering is astonishing. Inside this mushroom are rare compounds called hericenones and erinacines, and they do something no pharmaceutical has ever mastered:

They **stimulate Nerve Growth Factor (NGF)** — a natural compound your brain uses to grow new neurons and repair the old ones.

That's right — **Lion's Mane doesn't just protect your brain. It could help regrow it***.

In lab tests, neurons exposed to Lion's Mane developed thicker growth cones and longer branches — the very structure that allows brain cells to communicate more clearly and efficiently. One team of researchers put it simply: Lion's Mane boosts memory function and builds stronger neural connections. And it gets even deeper. In a 2024 study, researchers discovered that erinacine S (one of Lion's Mane's star compounds) protected the brain's myelin — the fatty coating that insulates your nerves and keeps signals firing quickly. When myelin breaks down, everything slows: thoughts, reflexes, coordination. But in this study, Lion's Mane helped preserve and even rebuild that vital insulation. These aren't anecdotes. They're peer-reviewed, published studies confirming what ancient healers knew long ago: this mushroom has the power to protect your mind from decay — and maybe even reverse it. ■

*Note: This article is not medical advice and is for informational purposes only. For any specific recommendations or concerns, please refer to your child's healthcare provider.

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Cafe Eden ^{Recipes}

Organic Food Made Fresh



Organic Crustless Sausage Mushroom Quiche

8 servings



12 fresh organic eggs
6 ounces organic cheese
7 ounces organic turkey sausage
1 cup organic mushrooms, sliced

1 cup organic half and half
½ cup organic scallions
Himalayan salt to taste
Black pepper to taste

Cook the sliced mushrooms and sausage with salt and oil. Mix all the eggs in a bowl. Add the cooked sliced mushrooms, cooked turkey sausage, cheese, half and half, and scallions. Add salt and pepper to taste. Pour mixture into a greased 9x13 baking dish. Bake for 45 minutes at 350°F. Let cool and enjoy!



Portobello Stacks

6 Servings



6 organic Portobello mushrooms
1 teaspoon organic Rosemary, chopped
2 teaspoons organic balsamic vinegar
1 organic garlic clove, minced

1 ounce organic olive oil
½ teaspoon Himalayan sea salt
8 ounces organic baby spinach
Plain organic hummus, optional

Preheat oven to 350°. To make marinade, mix the minced garlic, olive oil, Himalayan sea salt, balsamic vinegar, and chopped rosemary. Let it sit for 5-10 minutes. Pull the stems off each mushroom. Place the mushroom tops on a non-stick baking pan. Coat the mushroom tops with marinade and place the pan in the oven for 20-25 minutes. While waiting, sauté the spinach with a small amount of oil. Once mushrooms are finished baking, fill mushrooms with spinach and garnish with hummus.



Immune-Boosting Mushrooms

6 servings



5 lbs. organic portabella mushrooms
1 cup organic colored peppers
½ cup organic red onion
1 tbsp. organic garlic, minced
2 tbsp. organic balsamic vinegar
1 tbsp. organic soy sauce
1 tbsp. organic olive oil
Himalayan salt to taste

Cut the mushrooms, peppers, and onions into julienne slices. Sauté the garlic, onion, and peppers in olive oil. Add the mushroom and sauté until tender. Add the rest of the ingredients and mix well. Serve and Enjoy!



gluten free



egg free



sugar free



dairy free



vegan



nut free



raw



vegetarian



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





Fresh, Organic Meals Made Daily

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

Organic Food, Made Fresh

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

Catering

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

Personalized Meals

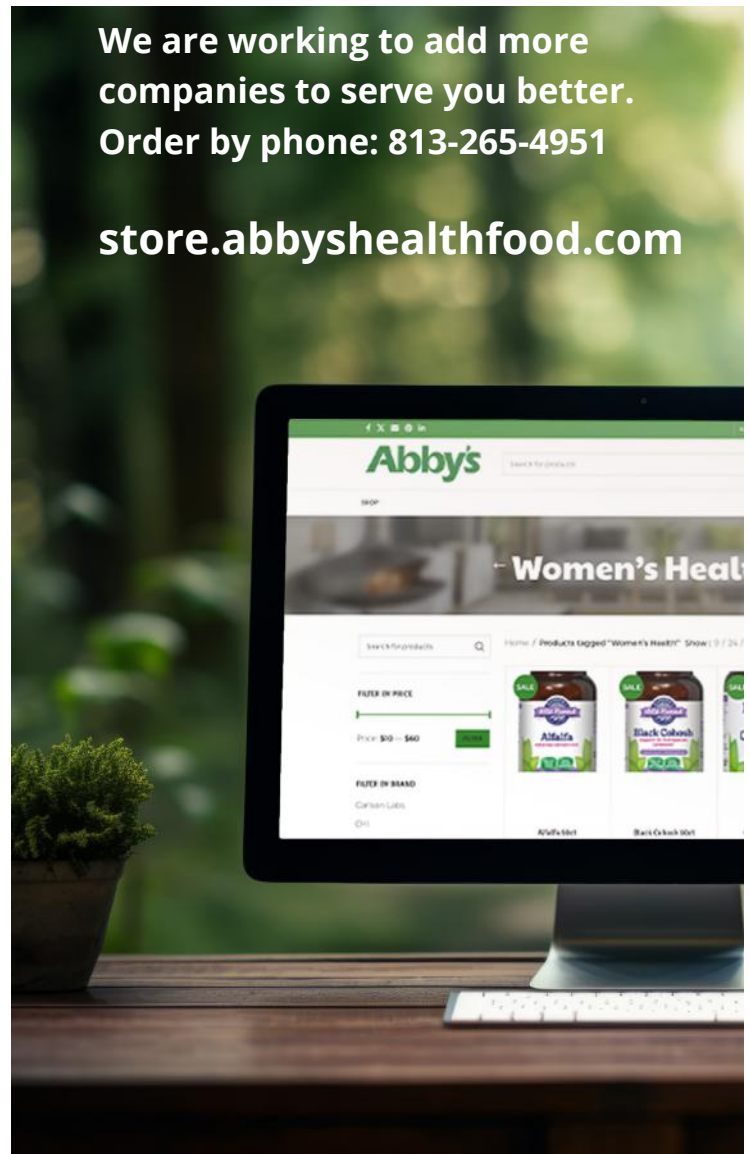
Our personalized meals consist of antibiotic and hormone-free chicken, turkey and beef dishes, as well as vegetarian and wild-caught fish. We require a minimum order of three meals and 24-hours' notice is requested. Orders must be prepaid in advance and are taken from 8:00AM - 8:00PM.

Custom Cakes & Cupcakes

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

813-265-4951
AbbysHealthFood.com

Mon-Sat 8am - 9pm or Sunday 9am - 8pm
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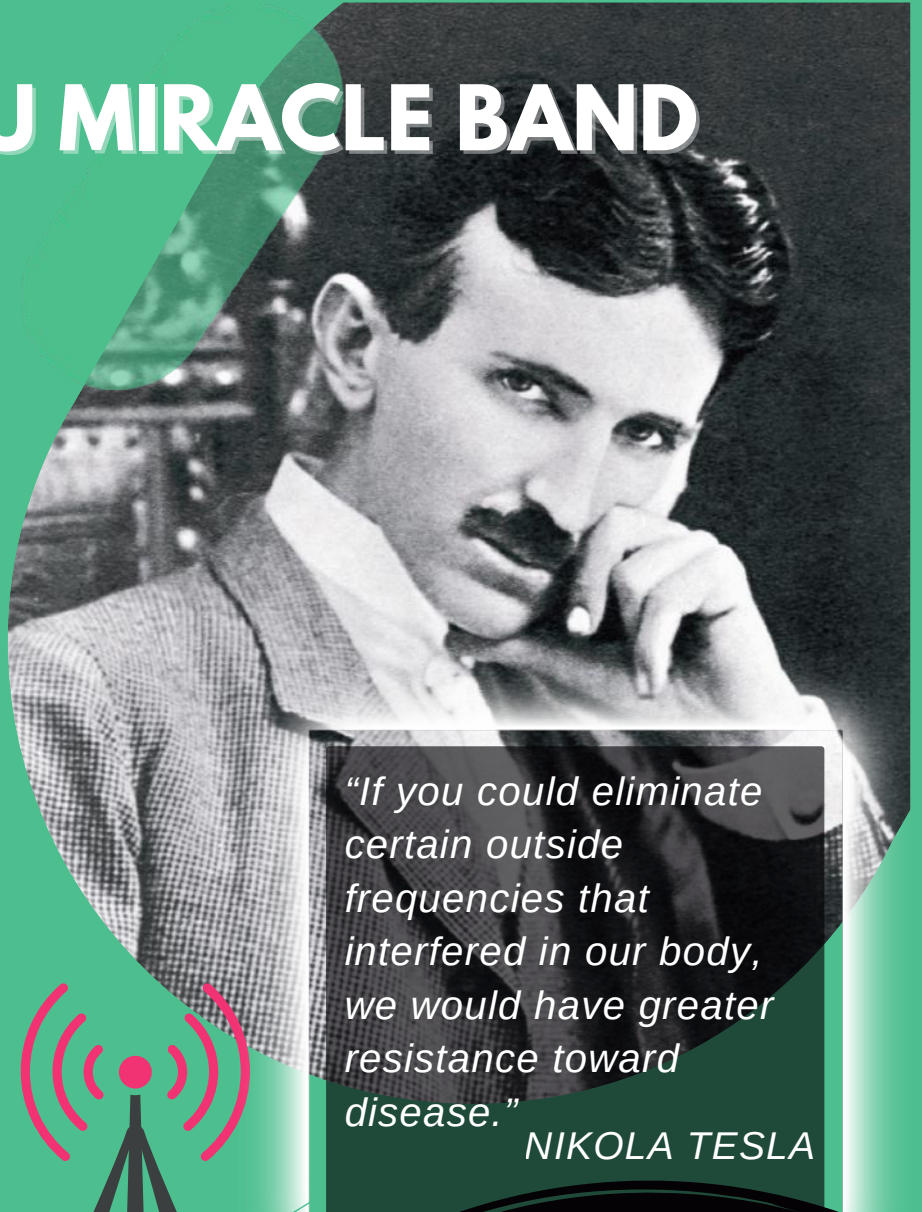
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