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Health & Nutrition
MAGAZINE

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Issue 69

May/ June 2025

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IMMUNITY**

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IMMUNE
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- ✓ Lack of sleep

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- ✓ PMS

MenoSense®

- ✓ Hot flashes
- ✓ Night sweats
- ✓ Irritability

ThyroSense®

- ✓ Weight gain
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- ✓ Thinning hair



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Keeping Your Balance: Hormones and Women's Health



Hormones shape nearly every aspect of women's health, from mood and metabolism to sleep and stress. When estrogen, cortisol, or thyroid hormones fall out of balance, the effects can be profound. Understanding their interactions is key to restoring harmony.

Estrogen and Women's Health

Estrogen guides women through life's stages, sparking puberty, regulating the menstrual cycle, supporting pregnancy, and finally declining during perimenopause. While these fluctuations are natural, hormonal shifts—especially around your period or menopause—can throw you off balance.

The Ups and Downs of Estrogen

Estrogen moves in cycles, peaking and dipping each month. When estrogen and progesterone drop after ovulation, PMS symptoms like bloating, sore breasts, and mood swings can follow. During pregnancy, estrogen reaches new highs before falling after childbirth and while nursing. With perimenopause, declining estrogen can cause a host of symptoms, including hot flashes and night sweats.

Fortunately, there's a natural remedy for estrogen imbalance. Cruciferous vegetables like broccoli, Brussels sprouts, and kale contain a compound called **indole-3-carbinol (I3C)**, which is converted to **diindolylmethane (DIM)** in the body. DIM helps your body metabolize estrogen and smooth out the bumps in your monthly cycle.

How Estrogen Impacts Cortisol

Estrogen helps keep cortisol in check. When estrogen levels fall, your adrenal glands produce more cortisol, making stress feel harder to manage and disrupting your sleep and mood.

Adaptogenic herbs such as **rhodiola** and **eleuthero** are recommended for adrenal fatigue. These herbs help your body adapt to stress and regain its homeostatic balance.

When Your Thyroid Slows Down

Your thyroid gland produces hormones that help regulate metabolism, energy, and mood. An underactive thyroid can lead to sluggishness, weight gain, and brain fog, while an overactive thyroid may cause tension and restlessness. Women are more likely than men to experience thyroid

issues, especially after major hormonal shifts like pregnancy or menopause.

Certain nutrients play a critical role in thyroid health. **B vitamins** help with energy production, **iodine** supports proper thyroid function, and **selenium** acts as an antioxidant to protect thyroid cells.

The Natural Factors WomenSense® Line

Natural Factors WomenSense products support women's health at every stage of life:

Maintaining the right estrogen-to-progesterone ratio is essential for overall well-being, and excess estrogen—or sluggish estrogen metabolism—can throw things off. **EstroSense®** helps promote efficient estrogen clearance and supports hormone balance during PMS and menopause. Designed for women of all ages, it features phytonutrients from crucifers like indole-3-carbinol, DIM, and sulforaphane to encourage hormonal harmony.

MenoSense® helps relieve the discomforts of menopause, such as hot flashes and night sweats, with black cohosh and dong quai.

Award-winning **AdrenaSense®** supports healthy adrenal function, calms mood, and promotes healthy sleep with the adaptogens rhodiola and eleuthero.

ThyroSense® supports healthy thyroid function with pantothenic acid (vitamin B5), iodine, selenium, and ashwagandha. ■



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TABLE OF CONTENTS

- | | |
|---|---|
| 3 HORMONES & WOMEN'S HEALTH | 16 GARLIC SHOTS FOR 7 DAYS |
| 5 GOOD BACTERIA, GREAT IMMUNITY | 17 HOW TO HELP WITH DIGESTION |
| 6 BREAKING FREE,
THE ART OF LIVING CONCIIOUSLY | 18 MAXIMIZING CELLULAR FUNCTION
FOR PERFORMANCE & RECOVERY |
| 7 BOOSTING IMMUNITY NNATURALLY | 20 Q & A WITH COLLIN GOW |
| 8 HOW TO BUILD YOUR
CHILD'S IMMUNE SYSTEM | 21 YOUTHEORY &
RENOWNED WEIGHT LOSS EXPERT |
| 11 MEGAFOOD SHIFTS TIDES | 22 BEST FOODS FOR A HEALTHY,
HEARTY IMMUNSE SYSTEM |
| 12 A VERY VERY UNIQUE FARM INDEED! | 23 THE MIRACLE MAN IS ALIVE & WELL |
| 13 HEALTHY IMMUNE SUPPORT | 24 NATURAL IMMUNE BOOSTERS |
| 14 CAFÉ EDEN RECIPES | 27 ALLERGY & IMMUNITY |
| 15 EXPECT MORE FROM YOUR MULTIVITAMIN | |

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Abby's Magazine
www.AbbysMgazine.com

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

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GOOD BACTERIA, GREAT IMMUNITY:

How Probiotics Strengthen Your Immune System



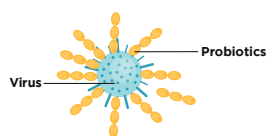
THE IMMUNE SYSTEM is an amazing organization of molecules, chemicals, proteins, cells, tissues and organs that work in many intricate ways. In all, the immune system functions to defend the body from foreign invaders; either inhaled, eaten, or encountered by the skin.

The most obvious example of the gut-immune link is that over 70 percent of the immune system resides in the gut. The immune system in the gut, largely controlled by the bacteria which reside there, must discern between harmful foreign invaders such as pathogens, and benign foreign substances such as food. How the gut reacts to these contents, including the gut's own inherent bacteria, essentially determines the health of the individual.

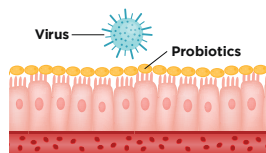
When digestive health is not optimal, the immune system is negatively affected. Since immune compounds travel throughout the body, what occurs in the gut is, thus, transmitted to other bodily systems. This is why healing the gut and maintaining a healthy digestive system is the first step to building the foundation of good health for the whole body.

A healthy digestive system with a proper balance of good bacteria (probiotics) plays a crucial role in supporting immune health. When viruses enter the intestinal tract, beneficial bacteria work at three distinct levels to defend the body.

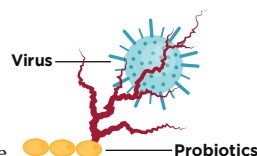
LEVEL 1: When a virus enters the intestinal tract, the probiotics surround and neutralize it.



LEVEL 2: Probiotics form a protective barrier along the intestinal lining, preventing viruses from entering the bloodstream.



LEVEL 3: If the virus passes through levels one and two and reaches your bloodstream, the friendly bacteria actually communicate to one another. This results in your body producing substances that will neutralize the virus before it can cause you damage.



For optimal immune support, a combination of diverse probiotic strains (60 billion live cultures across 60 strains), organic mushrooms (including Chaga, Cordyceps, Maitake, Reishi, Shiitake, Turkey Tail, and Hime-Matsutake), and organic prebiotics (such as Acacia, Apple, Blue Agave, Jerusalem Artichoke, Guar Gum, Potato, and Chicory) can provide a comprehensive approach to maintaining digestive balance and supporting the immune system.



TRIPLE-ACTION IMMUNE SUPPORT*

ONE CAPSULE A DAY!

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60 DIVERSE STRAINS

60 BILLION LIVE CULTURES

7 ORGANIC PREBIOTICS

7 ORGANIC FUNCTIONAL MUSHROOMS

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+7 prebiotics

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30 Delayed Release Vegetable Capsules

GET THE TRIPLE ACTION BENEFITS OF PROBIOTICS, PREBIOTICS & FUNCTIONAL MUSHROOMS.*

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

Unlock Your Potential with the Goal Mastery Workshop!

Are you ready to transform your dreams into reality? Join us at the Goal Mastery Workshop for an empowering experience that will set you on the path to success!

Don't Miss Out!

Spaces are limited! Secure your spot today and take the first step towards mastering your goals.

Register Now or Learn More

<https://www.venusmastermind.com/registration>

Boosting Immunity Naturally: How Herbs Support Your Body's Frontline Defense*

In today's fast-paced world, keeping your immune system strong is more important than ever — especially during seasonal shifts or times of stress. While regular exercise, balanced nutrition, and quality sleep lay the foundation, there's a deeper layer to immune health that's gaining attention: your gut microbiome and enteric nervous system (ENS), often referred to as your "second brain" which is 70% of your immune system. This complex ecosystem of beneficial bacteria, nerves, and immune cells modulates neurotransmitters, calms inflammation, and helps your body manage stress. The good news? You can nourish this system naturally — with herbs.*

Here are a few powerhouse herbs that have stood the test of time:

Echinacea – Think of it as your immune system's lookout tower. Echinacea helps increase white blood cell activity, priming your body to recognize and respond quickly to unwanted invaders.*

Elderberry – Rich in flavonoids like quercetin, elderberry helps maintain a healthy inflammatory response in the respiratory tract and can reduce recovery time from seasonal challenges.*

Astragalus – A key herb in Traditional Chinese Medicine, astragalus root is believed to help prevent respiratory infections and support overall immune resilience.*

Goldenseal – This bitter root is a mucous membrane tonic, which means it helps fortify the gut lining — a critical barrier in your immune defense. It contains berberine, which is a powerful compound to have at the frontline of your body's defense system.*

Together, these herbs do more — they support the delicate interplay between your gut, brain, and immune system. Think of them as nature's way of helping your body stay balanced, resilient, and ready for whatever comes your way.

NOURISH YOUR BODY
with **HERBAL GOODNESS**

Echinacea Goldenseal
Immune Support
90 organic vegan capsules

Black Elderberry Honey
IMMUNE SYSTEM SUPPORT
alcohol-free extract
4 fl. oz. (118 ml)

Astragalus
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90 organic vegan capsules

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HOW TO ⁺
BUILD
⁺
UP
YOUR CHILD'S
IMMUNE
SYSTEM

By Abby Sayler

Many young children under the age of eight years, suffer with current respiratory tract infections, manifesting as sore throat, swollen tonsils and adenoids, sinusitis, coughing, wheezing, difficult breathing at night, snoring, and excessive mucus, congestion. Unfortunately, a large percentage of these children are required to take frequent and prolonged courses of chemical antibiotics, which may in the long-term, weaken the immune system and exacerbate allergies. The antibiotics work for several weeks only, if at all, and then another virus of allergy comes along to attack immune system of your child. You feel helpless, confused, and continually worried about the next infection that will surely come along.

There is no doubt that nutritional medicine can help your child's immune system. Children under eight years of age, however, should not be given tablets to swallow as they may inhale them while crying, yelling or running around and choke very quickly before your eyes. Children do not often desire vegetables and salad so that a "healthy diet" becomes a real power struggle; no wonder many parents just give up and feel so helpless! In such cases, it is necessary to use the imagination in disguising healthy nutrients. Here are some strategies to get life-saving immune boosters down the unsuspecting gullet of your three-year-old.

1. Put flaxseeds, sunflower seeds, and almonds through a grinder so that the resulting mixture is a fine powder. This powder has a nutty, sweet taste, and can be lightly sprinkled on vegetables or any food, so that your child gets a regular intake of this powder. You should aim for one to two tablespoons daily. These seeds and almonds contain valuable, essential fatty acids and minerals to boost the immune system and reducing inflammation in their respiratory tract.

2. Prick a 1000mg capsule of evening primrose oil with a needle and squeeze out the oil. Mix it into the vegetables or other mealtime foods and your child will not even notice the flavor. Daily dose is range from 1000 to 2000mg it will boost the immune system.

3. Encourage your child to eat more fish and, even better, try to give one teaspoon of cod liver oil every day, as it contains vitamins A and D as well as Omega-3 fatty acids, which will reduce infections.

4. Prepare fresh, raw fruit, and raw vegetable juices (beets, carrot, celery, spinach, and apple taste quite acceptable) made with a juice – extracting machine. These juices provide vitamin C and bioflavonoids.

5. If your child has allergies and is full of mucus, try eliminating ALL dairy products, for example, milk, butter, cream-cheese, yogurt, chocolate, ice cream, and food with artificial colorings and preservatives. Tasty non-dairy alternatives can be found at your health food store. Children on a dairy-free diet need to eat greens to get sufficient calcium!

6. Obtain a powder form of calcium ascorbate with bioflavonoids and give one quarter of a teaspoon twice daily mixed in fruit or vegetable juices.

7. Make homemade cookies and cakes with gluten-free, flour, oats, cold-pressed oils, honey, dried fruits, flaxseed meal, sunflower seeds, sesame seeds, and almonds. These are much healthier than packaged cookies and cakes which contains sugar, salt and artificial chemicals, and although convenient, will not boost their nutritional status.

8. Garlic is a wonderful antibiotic and is most effective if taking fresh and raw. To do this, put two raw garlic cloves through a press or crusher to express their juice and mix this juice in fresh, sweet fruit juices, or steamed vegetables, or any meal foods that your child will enjoy.

After two to three months of this subtle form of nutritional warfare, you will find that your child will have far fewer infections, enjoy better sleep, and be much less irritable. ■





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Recommended by Abby's!



Fresh, organic meals made daily

ORGANIC FOOD, MADE FRESH

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.



CATERING

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

PERSONALIZED MEALS

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

CUSTOM CAKES & CUPCAKES

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

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MegaFood® SHIFTS TIDES WITH LAUNCH OF PLANT-BASED OMEGA 3-6-9

New offering is fish-free, better tasting and designed for whole body health

MegaFood, a certified B Corporation and 1% for the Planet member that crafts planet-first vitamins and minerals, announced today the launch of **Omega 3-6-9**, a plant-powered complex with a unique array of key 3-6-9 fatty acids and 600 mg of Omega-3 for heart, brain, vision, and joint support[†]. Sourced with the environment in mind, Omega 3-6-9 is made from a duo of farm-traceable Ahiflower® and fish-free algae oil to minimize the impact on marine ecosystems. Plus, it's coated and infused with organic lemon oil for a burp-less^{††} experience and reduced aftertaste.

While traditional Omega-3 supplements rely on fish oil and can contribute to overfishing and the depletion of marine life, **Ahiflower®** is grown in the UK using regenerative farming practices and each acre provides as much Omega-3 oil as 500,000 anchovies. MegaFood's powerhouse duo of Ahiflower® and fish-free algae oil offers a vegan alternative to fish oil that has the same great benefits without the environmental disruption.

"At MegaFood, it's our mission to embed sustainability into all aspects of our business which includes the products we innovate and the way we source ingredients," says Stacia Betley, Director of Sustainability and Social Impact. "I'm excited by this product as it's a plant-based alternative to fish oil and shifting to plant-rich diets is a top climate solution¹ that we can all engage in. By using fish-free algae oil, we are making plant-based alternatives more available and are supporting a healthier marine ecosystem. Our new plant-powered Omega 3-6-9 complex is grown and sourced with people and the planet in mind, sourced from fellow B-corp, Ahiflower®."

In addition to sustainable sourcing, MegaFood's Omega 3-6-9 is formulated to

offer a better taste experience than many traditional Omega-3 supplements. While consumers often report unpleasant fishy burps and tastes with Omega products², the oils in Omega 3-6-9 are carefully processed for minimal oxidation for better tasting oil. In addition, a delayed release capsule helps reduce burps and a lemon oil coating minimizes aftertaste.

Additional benefits of Omega 3-6-9 include that it's free of mercury, PCB, and tested for 150+ pesticides. It's also Non-GMO Project Verified, gluten-free, and made without 9 common food allergens, including milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish, and sesame.

Omega 3-6-9 is now available to purchase at Abby's and MegaFood.com. To learn more, visit megafood.com/omega-3-6-9.

About MegaFood®

MegaFood, a Certified B Corporation and 1% for the Planet Member, aspires to leverage its 50+ years of scientific know-how to expertly craft the most efficacious, planet-first vitamins and minerals powered by plants. Driven by its belief that the power of plants can nurture the health of people and the planet, MegaFood works with trusted suppliers who share its commitment to organic and regenerative agriculture. Our products are tested for 150+ pesticides, and we strive for all our products to be Non-GMO Project Verified & Certified Glyphosate Residue Free. The brand is also Certified Plastic Neutral through its partnership with RePurpose Global and has enabled the recovery of over 354,000 lbs of nature-bound plastic waste since 2022. Learn more at megafood.com or follow @megafood on Instagram, @megafoodfans on Facebook and @MegaFood on LinkedIn.

[†] 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.

^{††} Formulated to reduce unpleasant odors, aftertaste, and burps ■

A Better Omega Experience

Heart, brain, vision & joint support with Omega-3⁺

Burp-less² & better tasting with lemon oil coated, delayed release capsules

Fish-free Omegas sourced from Ahiflower¹ & Algae Oil



MegaFood
SINCE 1973

¹ Ahiflower is a licensed trademark of Technology Crops LLC. ² Formulated to reduce unpleasant odors, aftertaste, and burps

[†] 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.



A Very Very UNIQUE FARM Indeed!

By David Housefield



Abby's Farm, unapologetically is not like any farm in this area or in fact any farm I've visited, heard of or read about... that's a fact!

You see, our farm in many ways reflects the stubbornly unique, different and idealistic persona of our benefactor Abby Sayler. I am fond of saying she was a hippie from the sixties that grew up bucking the system and rejecting the social norms of the day. That's why she was so steely eyed about the importance of health and its relationship to what we eat often reminding us that "food is our medicine"!

Having said all that, here are distinctions that make us unique:

Abby's Farm doesn't sell anything... all of the over 40k lbs. of food grown annually is shared by our 100+ volunteer families.

Many community farms operate as a CSA or Co-op and sell subscriptions (or boxes) of food monthly to members. Often the farm is simply purchasing the produce for resale.

Abby's volunteer families are required to spend 3-5 hours a week (over a couple of days) working, sweating, digging, planting with other likeminded families to grow their own food and help grow in community food that we all share.

Community farms are generally set up for you to simply "rent" a raised bed or growing area and you are on your own to succeed or fail. Gardening in Florida is tricky and best accomplished with community and collaboration.

Abby's Farm is 3 acres, with over 100 raised beds, 10 row farm growing areas, over 140 fruit trees (and Moringa, neem, sugarcane), our own bee colonies, an open greenhouse growing areas, education/events area, farmhouse, all of which produce over 40,000 lbs. of food for our farm family.

The typical community garden offering is 1/4 acre or less, with raised beds offered to 10-20 families.

Our abundance of wonderful volunteer families and food we produce enables us to have outreaches to our broader community with programs like **Abby's Helping Hands**, a program to help families in need... and **Abby's Healing Soup**, a program to serve fresh healthy soup to individuals undergoing a health emergency.

We are different... on purpose. It's exactly the way Abby would have wanted it and because of that we have attracted families from all over the world. Our current members include families representing about 18 different countries. The community achieved with such a diverse group is truly a marvel to experience and be a part of. ■

Visit our site to learn, contribute and/or volunteer!

abbysfarm.org

The Future of Farming

GROW
with us!

Healthy Immune Support

When your immune system works well, your resistance to infections is at a higher level. If you get sick, a healthy immune response will help you feel better quickly. In addition to a healthy diet and lifestyle, specific nutritional supplements are recommended to support immunity.

Long-Term Immune Support

Long-term immune support is available with Emerald Laboratories Deep Immune Health. This supplement can be used daily for several weeks or months. It contains the well-studied immune-supportive hot water mushroom extracts, Turkey Tail and Maitake. It also includes the time-tested herb astragalus for white blood cell support and highly absorbable turmeric for an anti-inflammatory benefit.

Long-Acting Vitamin C

Vitamin C is always a valued supplement for supporting healthy immunity. High doses are not always needed, but a form that stays in the bloodstream longer has excellent benefits. Emerald Laboratories PureWay-C has been shown in research to remain in the bloodstream at a maximum of

12 hours compared to the typical 4 hours of regular vitamin C. One capsule each morning and evening provides 500 mg that is active in the body for 24 hours. In addition, the formula contains R-Alpha Lipoic acid, another antioxidant that helps recycle vitamin C in the body.

Excellent Elderberry

Extracts made from the berries and flowers of the European elderberry plant are revered for their benefits related to viral infections such as the common cold and flu. Emerald Laboratories concentrated Elderberry Plus is a smart choice for upper respiratory tract infections and coughs. PureWay-C and zinc are also in the formula for additional immune support. ■



Emerald Labs
The Additive-Free Company®

HAPPY



YOU!

- Doctor Formulated
- Clinical Potency
- Non-GMO Ingredients
- No Magnesium Stearate
- Gluten-Free
- Vegan / Vegetarian

Start the New You off right with our doctor formulated, clinical potency formulas to support immune health.*

Emerald Labs
The Additive-Free Company®
www.emerald labs.com



Café Eden RECIPES



Eggplant Parmesan - 4 Servings



- | | |
|---|---|
| 2 organic eggplants | 1 tsp. organic oregano |
| 2 oz. organic extra-virgin olive oil | 1 tsp. organic basil |
| 1 cup low fat organic mozzarella cheese | 1 tsp. minced organic garlic |
| 1 cup low fat organic ricotta cheese | Pink Himalayan salt and organic pepper to taste |
| 1 organic egg white | |

Rinse the eggplant. Slice the eggplant into medallions and brush with olive oil. Bake in a 350° oven for 10 minutes. In a separate bowl, mix the ricotta cheese with the spices and the egg white. Layer the baked medallions of eggplants with the ricotta mixture (like lasagna) and top it with tomato sauce and mozzarella cheese. Bake for five minutes to melt the cheese.



Organic Mashed Cauliflower - 4 Servings



- 1 head of organic cauliflower
- 2 oz. organic roasted garlic
- 2 oz. diced organic yellow onion
- 1 oz. organic extra-virgin olive oil
- Pink Himalayan salt and organic pepper to taste

Roast the garlic and the onion in the oven with olive oil for 15 minutes. Let sit for 10 minutes. Break the cauliflower into florets and boil the florets for 7 minutes. Rinse the florets. Mix the cauliflower florets and the roasted onion and garlic together in the processor for 2 minutes until mashed. Garnish with chopped green onions and olive oil.



Organic Quinoa Burger - 6 Servings



- | | |
|--|---|
| 1 cup organic yellow onion | ½ oz. minced organic garlic |
| ½ cup organic, gluten-free rolled oats | 1 oz. organic extra-virgin olive oil |
| ½ cup cooked organic white Quinoa | Pink Himalayan salt and organic pepper to taste |
| ½ cup cooked organic black beans | 1 tsp. organic flax meal |
| 1 bunch organic cilantro | |

Split ingredients in half. Sauté the first half and set aside the other half. Once the first half is softened, blend in the food processor for 30 seconds to make a paste. Mix with the other half of the ingredients. Using an ice cream scoop, scoop six portions of the mixture and form into burgers. Place on a cookie sheet and bake in the oven for 12 minutes at 350°.



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WHAT HAPPENS IF YOU TAKE GARLIC SHOTS FOR 7 DAYS

While there are many exotic superfoods that are trendy right now, one of the secrets to better health is a common herb you probably already have in your kitchen. Garlic's numerous benefits make it an important herb for promoting overall wellness and vitality. The following are some of the effects of consuming garlic (*Allium sativum*).

Improved Immune Health:

Garlic is a potent antiviral herb that helps to boost the immune system. Research shows that taking garlic during cold and flu season can be helpful for preventing illness and for reducing the severity and longevity of symptoms if you should get sick.

Lower Cancer Risk: Eating garlic regularly has been linked with lower rates of developing certain types of cancer, including esophagus, stomach, colon, breast, and prostate cancers. This is due to the fact that garlic can repair damaged DNA, helping to prevent the growth of cancer cells.

Detoxification of Heavy Metals: Garlic contains sulfur and selenium, both of which have a protective effect against heavy metal poisoning. The research found that it promotes the excretion of certain heavy metals and helps to reduce the accumulation of heavy metals in the liver, kidneys, bones, and testes.

Improved Bone Health:

Garlic's rich antioxidant content may be helpful for promoting bone health and preventing the weakening of bones that many individuals, especially females, experience as they age. Eating garlic can help reduce the oxidative stress that is responsible for many diseases, including bone disorders, like osteoporosis. It may also help to promote calcium absorption.

DIY Garlic Shots: Making your own garlic shots is a simple, yet powerful way to benefit from garlic's

health-boosting properties. Combining garlic with other healing herbs makes for an extra potent daily tonic. Take these garlic shots for 7 days to improve overall health, boost the immune system, or help cleanse your body of parasites. It's important to use fresh garlic that you peel and mince yourself for the best health benefits. Waiting 10 minutes after crushing the garlic allows the allicin to react with oxygen in the air and fully develop.

Immune Support Shot: This potent garlic shot helps to fortify your immune system to help fight off illness and ease symptoms of cold and flu. Ginger is an addition to the warning that can help ease congestion, sore throat, and cough. Echinacea has immune-modulating, anti-inflammatory, and antiviral effects. It may help to ease the severity of cold and flu symptoms. Elderberry has immune-modulating and antimicrobial properties. It has been shown to be effective against bacteria that cause some respiratory illnesses. Lemon juice is rich in vitamin C, which helps to boost the immune system. Honey is antimicrobial, and soothing and may reduce the symptoms of upper respiratory illnesses. The only downside to Elderberry is that it's not the easiest ingredient to find. Sure, you can purchase the plant, but if it's not from your own backyard, it might already be sprayed with pesticides and chemicals. ■

Healthy Blessings!

Immune Support Shot

Ingredients

- 1-2 cloves garlic, finely minced
- ½ tsp fresh ginger, finely minced
- 1 tablespoon honey
- ¼ tsp drops of echinacea tincture
- ¼ tsp Elderberry Tincture
- 1 tablespoon lemon juice
- 1 tablespoon hot water

Directions

Mince garlic and set aside for 10 minutes. Combine in a small glass with the ginger and honey. Mix well then stir in the echinacea tincture, elderberry tincture, lemon juice, and hot water until fully blended. For best results, drink the shot immediately. Garlic's numerous beneficial properties make it a wonderful ally for boosting overall wellness and vitality. Adding more garlic to your meals and incorporating daily garlic shots into your routine is a simple way to improve your health and longevity.

HOW TO HELP WITH DIGESTION: 6 Tips

By Country Life

Many people experience digestive issues like gas, abdominal cramping, heartburn, upset stomach, or constipation every now and then. While these occasional digestive problems are common, they can be a disruption, taking the enjoyment out of eating and social events. If you suffer from one or more of these occasional digestive issues, your diet and other lifestyle choices can greatly impact your digestive health. And small changes you make can have a big, positive effect. Discover 6 tips that will improve your digestive health below. Try these 6 tips for mild digestion concerns. However, if you experience severe or ongoing digestive problems, it's highly recommended to seek medical guidance.

1. Eat More Fiber

Fiber has a wide range of health benefits, such as lowering cholesterol and reducing the risk of heart disease. Consuming a high-fiber diet can help improve digestion by regulating bowel movements. Good sources of fiber include fresh fruits and vegetables, whole grains, nuts, seeds, and beans. Note that it's important to drink plenty of liquids so the fiber can absorb enough water to be able to pass through the digestive system easily.

2. Eat Whole Foods

Processed foods are typically high in saturated fat, refined carbohydrates, and food additives. They have been linked to a higher risk of digestive disorders.

Whole foods, on the other hand, are minimally processed, rich in nutrients our bodies need, and offer a lot of health benefits. Eating a diet that consists of plenty of whole foods (i.e., low in trans fats, food additives, and artificial sweeteners) may improve your digestion and protect against digestive diseases.

3. Exercise Regularly

One of the best ways to improve your digestion is to exercise regularly. Physical activity increases blood flow to the muscles in the digestive system, helping

food travel through your digestive system more quickly. This reduces the risk of nausea, bloating, and constipation. Exercise can also improve the symptoms of inflammatory bowel disease. Good exercise choices include taking a walk after meals or doing 30 minutes of moderate to vigorous exercise daily. If you're not already exercising regularly, start by incorporating a slow walk around the block after meals to help ease bloating and reduce feelings of fullness. This is an especially great way to help digestion after a big meal.

4. Avoid Trigger Foods

Different people react differently to various foods. However, certain foods commonly cause digestive problems, including:

- Processed foods • Fried foods
- Acidic foods (like citrus and vinegar)
- Caffeine • Alcohol • Spices • Sweeteners

Limiting your intake of these foods can help improve digestion. Try eliminating one at a time and pay attention to how each one affects your digestion so you can learn what your specific triggers are.

5. Hydrate

Suffer from occasional constipation? There's a good chance you're not drinking enough water throughout the day. Drinking water helps prevent constipation and supports healthy bowel function. The amount of

water you need per day will vary based on factors such as the climate, the amount you exercise, if you're sick, and more. However, on average, 13 cups of fluid daily are recommended for men, and 9 cups of fluid are recommended for women each day. In addition to water, you can meet your daily fluid intake with herbal teas and other non-caffeinated beverages like seltzer water. Fruits and vegetables that are high in water, such as cucumbers, peppers, apples, and oranges count toward your daily fluid intake.

6. Take Supplements that Support Digestion

A convenient way to help with digestion is by incorporating gut-supporting nutrients into your diet with supplements that promote digestive health. Country Life Vitamins offers a couple of natural supplements that are great for digestion:

- Papaya Digestive Support contains digestive enzymes that help you break down the food you eat, assisting with digestion and the absorption of nutrients.

- Our Activated Charcoal Capsules help relieve occasional digestive discomfort. Charcoal binds to intestinal gases in the body, aiding you during digestion, and may also help lessen intestinal gas.

Be proactive about your digestive health by following these tips, including getting a supplement that will help ease digestive issues at Country Life Vitamins. ■

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MAXIMIZING CELLULAR FUNCTION FOR PERFORMANCE & RECOVERY

By Dr. David Minkoff

We know about amino acids, hormones, and how different foods affect our ability to build lean muscle, burn fat and stay healthy. But if we want to achieve maximum levels of energy, recovery, health and performance, and build the leanest muscle, then we need to go down to the cellular level. After all, our bodies are just one big mass of some 100 trillion cells all bonded together. How well we're doing is an exact reflection of how well our *cells* are doing. And they require a multitude of nutrients and biochemicals, all held in equilibrium, to ensure they can work properly, produce energy, build muscle, and keep our body going. When these aren't properly balanced, we get headaches, brain fog, inflammation, low levels of energy, inflammation, muscle cramps, slow or no recoveries from workouts or illnesses, and deficiencies in hormones. But when everything is in place, we have the most powerful *you* that you can be. So, let's see how this works.

MITOCHONDRIA: THE TINY ENGINES IN OUR CELLS

In every cell are microscopic organelles called mitochondria. Their main job is to take in oxygen and nutrients from food (sugar, fat and amino acids) to produce something called ATP (adenosine triphosphate), the fuel that your cells use to function and do their job. We've already spoken about how poor blood flow and inflamed blood vessels affects the ability of oxygen to get to our cells. But what about when the cells can take in the oxygen and fuel in the first place, or the mitochondria can't convert them into ATP? Then our energy levels would lower, protein synthesis would go down and our ability to repair and build muscle would decrease. Or what about the cells ability to communicate to other cells or up and down the nerve channels to the brain and back? When cellular communication is stopped or slowed, we get decreased reaction time, muscle cramps, headaches and even hormonal dysfunction. This is where specific minerals called electrolytes come in.

ELECTROLYTES, ENERGY, HYDRATION AND CELLULAR HEALTH

Most people think of electrolytes as something to take when they're dehydrated. And this is true. But there's much more to it than that. The amount of water in our cells directly corresponds to their ability to take in oxygen and nutrients, use those nutrients, and expel waste. This is so much the case that just a 2% drop in body weight from loss of fluid can significantly lower athletic performance, bringing on tiredness, headaches, slow recovery from workouts, brain fog and

even inflammation. And we get at least that much of a drop every time we work out or go for a long run. That's part of the tiredness afterwards, it's not just: "being tired after a workout." But just drinking water doesn't fix this. You could drink all the water in the world (if that were possible) and still be dehydrated. In fact, **when you are dehydrated, only drinking water can actually dehydrate you more.** This is because of specific minerals called electrolytes: sodium, potassium, calcium, magnesium and others. These electrolytes are what allow your cells to bring in or release water. They actually regulate how much water is in your cells and blood. When our electrolytes are low, water is less able to enter the cells, making it harder for nutrients and oxygen to enter the cell or for toxic waste to be released. Free radicals build up inside the cell, raising inflammation and thus cortisol, and decreasing protein synthesis for muscle building. And without two of them, magnesium and calcium, your mitochondria couldn't even

produce ATP in the first place. And if your mitochondria can't produce ATP, your energy levels go down. But electrolytes do more.

ELECTROLYTES AND THE NERVOUS SYSTEM

As I said, your body is just one big conglomeration of trillions of cells. As such, for it to operate at all, these cells need to be able to communicate with each other and with the brain. Some 20,000,000,000,000,000 bits of data are transmitted each second. Just a little bit. And electrolytes are what allow these signals to be

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passed back and forth. But these electrical charges are moving at a couple hundred miles per hour. And this speed is different for different areas or depending on the activity the body is engaged in. Everything depends on these signals moving at the speeds needed: your heart, your blood flow, your ability to move and how fast you can move, your ability to think, the proper functioning of each of your organs, your endurance, your ability to recover, protein synthesis, fat break down, and much more. So, when this system breaks down, it can bring on a wide range of “unexplainable” symptoms. It can cause irregular heartbeat, fast heart rate, fatigue and lethargy, convulsions or seizures, nausea and vomiting, diarrhea or constipation, abdominal cramping, muscle cramping, muscle weakness, irritability, confusion, headaches and even numbness or tingling. It’s a lot more than just being thirsty.

WORKING OUT, HYDRATION & ELECTROLYTES

When we work out, our cells have to work harder to produce more ATP and to use it. Electrolytes are necessary for this, both to allow



nutrients and oxygen in to create ATP, and for ATP’s creation within the mitochondria. But when we workout, we sweat. And we lose these electrolytes through our sweat. If we just drink more water, this further dilutes the electrolytes and we end up losing even more, and it’s the electrolytes that ensure water goes into your cells. So, this can actually cause further

dehydration. But this loss of electrolytes can cause lowered ATP production and protein synthesis and leads to not only lower energy due to this, but slower recoveries and less muscle building. It can even prevent good sleep. Normally we would get these electrolytes from our foods and water sources, however, with modern foods, these are mostly processed *out* of the foods, and bottled or filtered water also removes them. This is why we have electrolyte powders. Taking electrolytes during or after a workout helps replenish these lost electrolytes resulting in significantly higher energy levels, faster recovery, greater endurance, a calmer mood, softer skin (not dehydrated), less or no muscle cramping, and increased mental awareness and ability.

ELECTROLYTES AND AMINO ACIDS

When we sweat, we also lose amino acids. While these are necessary for protein synthesis (obviously) they’re needed for something else as well. Amino acids (along with glucose) help your cells to take in and use electrolytes and water and help keep the intracellular water levels higher over time for increased hydration. Electrolytes depend on them for their own effectiveness. That’s why we added PerfectAmino to our electrolytes. When you take PerfectAmino Electrolytes, you’re not only getting the exact ratio of minerals your cells need for perfect hydration and high-performance cellular production, but you’re also getting the exact amino acids your cells need for effective absorption and use of the electrolytes. We recommend taking one serving of PerfectAmino Electrolytes during or after a workout or long run for increased energy and recovery.

Try it and see. It makes quite a difference. ■

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



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

Q: Are blueberries healthy? I was told that they are, but the sugar concerns me.

A: In a number of studies, blueberries have been shown to have antidiabetic properties, probably due to the potassium and anthocyanin content in them. So, I would worry more about refined carbohydrates and sugars, such as that found in cookies, cakes, ice cream, soft drinks, white bread, white flour, pizza, hamburger buns, white rice, and so on. April/May is when blueberries ripen in the wild here in Florida. I usually lead an edible and medicinal plant ID walk at that time of year, discussing the benefits of blueberries and how to botanically identify them. So, if you want to learn more about them and for more info about my walk, email collingowcnc@gmail.com or look for a flyer in Abby's for that walk in April.

Q: I am getting bit by mosquitoes in my house, and I can't figure out where they are coming from. What can I do about this?

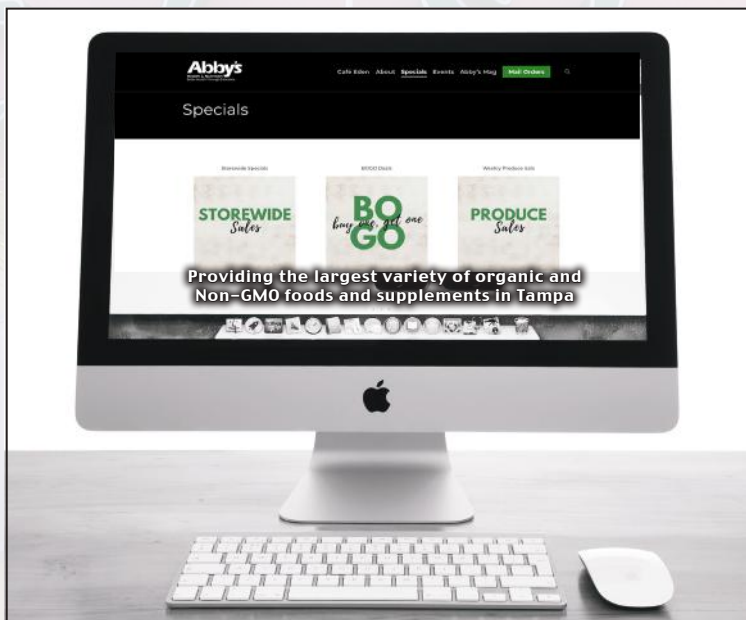
A: Find out how they are getting in the house, attach mosquito screens to doors that open to the outside, put mosquito netting over your bed, use essential oils like clove, peppermint, geranium, and citronella (diluted in a carrier oil) on your body and diffuse them throughout the house, wear mosquito mesh clothing, and buy mosquito magnet machines and put them around your property. These machines run on propane, and they attract mosquitoes with an attractant, then they vacuum them up when they get close. This may reduce the populations around your property. Also, deal with any standing water around your property. If you live on a lake in Florida, then move, or travel somewhere else during the summer. Be aware of no-see-ums as well. Thanks for the question.

Q: What should I take for sore muscles? I did a bunch of squats yesterday and my muscles are killing me.

A: Glutamine reduces muscle damage markers and soreness. A combination of amino acids and/or branched chain amino acids can help with soreness too. You can also consider an anti-inflammatory supplement, such as tart cherry, vitamin C, curcumin, or omega 3s. Those have all been shown to reduce muscle soreness post-exercise. Magnesium can relax tight, sore muscles and nerves as well.

Q: What are some things one can do for enhancing sex drive for an older female?

A: Increasing libido is basically the same process whether you are male or female. Whether male or female, the main thing one needs to do to improve libido is raise testosterone. Good herbs for that are fenugreek, tribulus, and tongkat ali. Fenugreek is my personal favorite. I also recommend eating three hard-boiled egg yolks every day and consuming cooked oysters from time to time, male or female. Sometimes female formulas for libido also contain herbs for a better mood or for reducing stress. Women tend to need to be in the right mood to get busy in the bedroom, so herbs like ashwagandha, saffron, damiana, or catuaba are sometimes added for that purpose. More importantly than all, for all the men out there, if you want to get a woman going, you need to stimulate and foster positive emotions, support, adventure, emotional intimacy, perform kind and loving acts, and maybe spend a little money on her. Pictures of your private parts aren't gonna do it, gentlemen. So, wise up, wine and dine, and take time for nurturing the non-physical aspects of your relationship if you want to ignite more physical intimacy. For the women out there, if your man isn't doing enough in those areas, then communicate that and consider ways in which you can do your part to respect, nurture, and support him too, and hopefully he will respond in kind. ■



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Launch Line of Doctor-Formulated GLP-1 Support Supplements

This Particular Multivitamin, Probiotic and Protein Powder Usher In a New Era of Wellness By Addressing Common Nutrient Deficiencies Stemming From Weight Loss

Southern California-based supplements brand **youtheory®** is proud to announce the launch of its doctor-formulated GLP-1 Support line of multivitamins, probiotics and protein powder, now available at multiple retailers such as Amazon, Sprouts, The Vitamin Shoppe, GNC, youtheory.com and more. Developed in partnership with Dr. Louis Aronne, MD, FACP, a leading authority in weight management and GLP-1 therapy, this line is designed to support those using GLP-1 medications, or otherwise cutting calories to lose weight, by addressing the nutrient deficiencies that commonly arise during weight loss.

"GLP-1 medications are truly a breakthrough in weight management, but they can also create significant nutrient gaps in things like vitamin B12, vitamin D, iron and calcium," says Matthew Taylor, Sr. Director, Insights & Innovation at youtheory®. "Our new line of doctor-formulated GLP-1 Support supplements is designed to fill those gaps and help users stay nourished, energized, and confident while on their weight-loss journey."

youtheory® formulated its line of GLP-1 Support supplements in collaboration with Dr. Aronne, world-renowned physician, researcher, professor and leading expert in weight management and GLP-1 medications. Dr. Aronne founded and directs the Comprehensive Weight Control Center, a state-of-the-art multidisciplinary obesity research and treatment facility, and has written three books including his most recent, *Change Your Biology Diet: The Proven Program for Lifelong Weight Loss*.

"I've spent over 30 years doing research and helping my patients successfully manage their weight using medication. During that time, I have also seen vitamin and nutrient deficiencies associated with that significant weight loss, which have now become commonplace due to the unprecedented effectiveness of the new GLP-1 medications," says Dr. Aronne. "To combat these deficiencies and gastrointestinal challenges we know can occur, I've worked together with youtheory® to develop products which will help optimize your results by minimizing these interruptions on your weight loss journey."

The initial roster of doctor-formulated GLP-1 Support supplements from youtheory® includes three specialized products:

- **High Potency Multi:** Cut Calories, *Not Energy or Nutrients*
 - Dr. Formulated with the right potency levels to help replenish essential vitamins and minerals that may be lost when reducing calories
 - Features methylated vitamins, chelated minerals, and delayed-release technology for optimal absorption

- Supports immunity, energy production, and bone strength

- **2X Action Probiotic:** Cut Calories, *Not Digestive Comfort*
 - Dr. Formulated to ease nausea AND promote regularity to support overall digestive health
 - Designed to help restore gut health and alleviate digestive discomfort
 - Combines clinically studied probiotics and prebiotics for balanced digestion

- **Muscle Guard Protein:** Cut Calories, *Not Strength*
 - Dr. Formulated 4-in-1 product designed to:
 1. Defend against muscle loss with myHMB
 2. Preserve muscles with 20g of grass-fed whey protein
 3. Protect against bone loss with calcium and vitamin D
 4. Support gut health & regularity with prebiotic fiber

A standout supplement brand since launching with collagen in 2010, youtheory® is redefining whole life wellness with the highest quality supplements that are rooted in nature and backed by science. In addition to GLP-1 Support, youtheory® offers an extensive line of supplements to treat gut health, joint health, sleep, stress, beauty and everyday wellness. To learn more about youtheory® and its offerings, please visit www.youtheory.com and follow along on social media @youtheory.

About Youtheory®

youtheory® is a leading health and wellness brand dedicated to delivering safe, high-quality supplements that are rooted in nature and backed by science. By focusing on innovative formulations and rigorous research, youtheory® supports

consumers at every stage of their wellness journey... youtheory® is part of the Jamieson Wellness portfolio of natural health brands. Learn more at <https://youtheory.com/>. Follow on Facebook and Instagram.

About Dr. Louis Aronne

Louis J. Aronne, MD, FACP is a world-renowned physician, researcher, professor, and leading expert in weight management and GLP-1 medications. With more than 150 published papers and book chapters on obesity and its treatment, Dr. Aronne has pioneered advancements in the field for over three decades. He serves as a Professor of Metabolic Research at a major medical school in New York City, where he leads the Comprehensive Weight Control Center—a cutting-edge program dedicated to obesity research and treatment. A founder and past chairman of the American Board of Obesity Medicine and a past president of the Obesity Society, Dr. Aronne is widely recognized for his groundbreaking work and commitment to improving weight management strategies worldwide. ■



BEST FOODS FOR A HEALTHY, HEARTY IMMUNE SYSTEM

By Abby Sayler

Right now, there is an increased focus on boosting our immunity, practicing good hygiene, and maintaining a healthy lifestyle. We are what we eat, right? One of the best ways to boost your immunity is through what you eat and drink – the way you fuel your body and help it to develop a strong innate immune system.

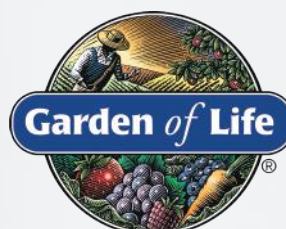
Did you know that salmon is an excellent choice for an immunity boost?

While salmon is more widely known as a 'brain food' and for its healthy heart benefits, salmon can make an equally important contribution to a healthy immune system. Salmon is a highly nutritious food and in particular known for being rich in long chain Omega-3 fatty acids which can only be obtained through diet. These essential Omega-3s are known to suppress inflammation and keep the immune system in check. What most people don't know is that salmon also contains Astaxanthin, Selenium, Zinc, Complex B Vitamins (3, 6 & 12) & Vitamin D. This powerful combination of essential vitamins, minerals & antioxidants are key for improving immune resistance and provide natural support to help keep your immune cells functioning at their best. Because King Salmon is such a powerful source of highly nutritious marine-based Omega-3s, just one 100g serving will provide enough Omega-3 to cover three days of your recommended dietary requirements for women and two days for men.



Did you know Astaxanthin is an antioxidant that is 6,000 times more powerful than Vitamin C?

Like Omega-3 you cannot make Astaxanthin in the human body, and therefore you must obtain it through diet or supplementation. Astaxanthin is known as a strong booster of the immune system and helps to reduce inflammation. Astaxanthin has been dubbed the "king of carotenoids," and as such imbues a vibrant red-pinkish hue to an array of marine life. At your supermarket, the highest natural level of Astaxanthin is found in salmon. Blueberries, dark chocolate, ginger, sunflower seeds and almonds all contain antioxidants, which can help slow damage to cells caused by free radicals: those nasty, unstable molecules that the body produces as a reaction to environmental and other stressors. Look for Vitamin C & E, which support the immune system, in spinach, red peppers, oranges and kiwifruit. Vitamin A helps your body regulate your immune system and can protect against infection. Some examples of foods rich in Vitamin A includes sweet potatoes, broccoli, red peppers, and carrots. Plus, the fiber in veggies and fruit supports the probiotics that live in your digestive system, helping them grow and thrive. This is all sounding like a pretty delicious way to give our immune systems a lift! So "eat a rainbow" – make sure there is plenty of color on your plate – and make sure that vibrant orange color of King Salmon is one of them. ■



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JEFF NURSEY

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

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



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

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

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

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

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

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

See our ad on the back cover.

The New You Miracle Bands are sold here at Abby's as a Tampa Exclusive

The New You Miracle Band

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Natural Immune Boosters

to Keep You Healthy

By **ENERGY 4 LIFE**

Discover the top 5 natural immune boosters that will help keep you healthy and strengthen your body's defense system.

Understanding the Importance of a Strong Immune System

A strong immune system is essential for maintaining good health and preventing illness. It acts as a defense mechanism, protecting the body against harmful bacteria, viruses, and other pathogens. Without a strong immune system, our bodies would be vulnerable to infections and diseases. Therefore, it is crucial to understand the importance of building and maintaining a robust immune system. A strong immune system not only helps in fighting off infections but also plays a significant role in the overall well-being of an individual. It helps in quick recovery from illnesses and reduces the severity of symptoms. Additionally, a strong immune system is vital for maintaining optimal energy levels, promoting healthy digestion, and improving overall longevity. There are several factors that contribute to a strong immune system, including a healthy lifestyle, proper nutrition, regular exercise, adequate sleep, and stress management.

The Immune System and Bioenergetics

The immune system is not solely reliant on physical mechanisms; it also encompasses energetic processes. Bioenergetics helps optimize these energetic pathways of the immune system, enabling it to function at its full potential. By identifying and correcting energetic blockages, Energy4Life offers a holistic approach to enhance immune health, ultimately helping individuals restore their energy and improve overall well-being.

1. Vitamin C: The Immunity Superstar

Vitamin C is often hailed as the immunity superstar due to its powerful immune-boosting properties. It is a water-soluble vitamin that acts as an antioxidant, protecting the body against free radicals and oxidative stress. It also plays a crucial role in the production of white blood cells, which are essential for fighting off infections. Citrus fruits like oranges, lemons, and grapefruits are excellent sources of vitamin C. Other fruits and vegetables such as strawberries, kiwi, bell peppers, and broccoli are also rich in this essential vitamin. Including

these foods in your daily diet can help boost your immune system and keep you healthy. In addition to consuming vitamin C-rich foods, you can also consider taking vitamin C supplements to ensure you meet the recommended daily intake. However, it is always best to consult with a healthcare professional before starting any new supplements.

2. Power of Probiotics: Gut Health and Immunity

The gut plays a crucial role in maintaining a strong immune system. It is home to trillions of bacteria, both good and bad, that influence various aspects of our health, including immunity. Probiotics are live bacteria and yeasts that are beneficial for our gut health. They help maintain a healthy balance of gut bacteria and support the immune system. Foods rich in probiotics include yogurt, kefir, sauerkraut, kimchi, and other fermented foods. These foods introduce beneficial bacteria into the gut, promoting a healthy gut microbiome. Consuming probiotics regularly can help boost your immune system and improve overall health. If you're not a fan of fermented foods, you can also consider taking probiotic supplements. These supplements contain specific strains of bacteria that have been shown to provide immune benefits. Again, it is advisable to consult with a healthcare professional before starting any new supplements.

3. Antioxidants: Nature's Defense Against Illness

Antioxidants are compounds found in various foods that help protect the body against oxidative stress and damage caused by free radicals. They play a crucial role in supporting the immune system and reducing the risk of chronic diseases. Fruits and vegetables are excellent sources of antioxidants. Berries, such as blueberries, strawberries, and raspberries, are packed with antioxidants. Other antioxidant-rich foods include dark chocolate, green tea, spinach, kale, and nuts. Including these foods in your diet can provide your body with a wide range of antioxidants and help boost your immune system. In addition to food sources, you can also consider taking antioxidant supplements. However, it is important to note that supplements should not replace a healthy diet and should be taken under the guidance of a healthcare professional.

4. Essential Minerals: Building Blocks of Immunity

Essential minerals are vital for the proper functioning of the immune system. They act as building blocks, supporting various immune functions and enhancing the body's defense mechanisms. Some essential minerals that are important for immune health include zinc, selenium, iron, and copper. Zinc, in particular, is known for its immune-boosting properties and can be found in foods like oysters, beef, pumpkin seeds, and legumes. Selenium, iron, and copper are also found in a variety of foods such as seafood, nuts, whole grains, and leafy green vegetables. To ensure you're getting an adequate amount of essential minerals, it is recommended to consume a balanced diet that includes a variety of nutrient-rich foods. If needed, you can also consider taking mineral supplements, but it is always best to consult with a healthcare professional to determine your specific needs.

5. Herbal Remedies: Traditional Immune-Boosting Ingredients

Throughout history, various herbs and spices have been used for their immune-boosting properties. These traditional remedies can provide additional support to your immune system. Some popular immune-boosting herbs and spices include echinacea, garlic, ginger, turmeric, and elderberry. Echinacea has been used for centuries to support the immune system and reduce the duration of cold and flu symptoms. Garlic and ginger have antimicrobial properties and can help fight off infections. Turmeric contains curcumin, a compound known for its anti-inflammatory and antioxidant effects. Elderberry is rich in antioxidants and has been shown to enhance immune response. You can incorporate these herbs and spices into your diet by adding them to your meals or brewing them as teas. Additionally, there are herbal supplements available that contain these immune-boosting ingredients.

What types of food contain high levels of antioxidants and vitamins?

Consuming foods that are rich in antioxidants and vitamins can have numerous benefits for overall health and well-being. These nutrients play a vital role in protecting the body against oxidative stress, reducing inflammation, and supporting the immune system. So, let's explore some types of food that contain high levels of antioxidants and vitamins.

1. Berries: Blueberries, strawberries, raspberries, and blackberries are packed with antioxidants like anthocyanins, which have been linked to various health benefits, including improved brain function and reduced risk of chronic diseases.



2. Leafy greens: Dark, leafy greens such as spinach, kale, and Swiss chard are excellent sources of vitamins A, C, and K, as well as antioxidants like lutein and zeaxanthin. These nutrients are known to promote healthy vision, support bone health, and boost the immune system.

3. Citrus fruits: Oranges, grapefruits, lemons, and limes are well-known for their high vitamin C content. Vitamin C acts as a powerful antioxidant, strengthens the immune system, and aids in collagen production, which is essential for healthy skin.

4. Nuts and seeds: Almonds, walnuts, chia seeds, and flaxseeds are rich in vitamin E, which is a potent antioxidant. Vitamin E helps protect the body's cells from damage caused by free radicals and may have anti-aging properties.



5. Colorful vegetables: Carrots, sweet potatoes, bell peppers, tomatoes, and beets are examples of colorful vegetables that contain a variety of vitamins and antioxidants. These vegetables are rich in vitamins A, C, and E, as well as other antioxidants like beta-carotene and lycopene. They can help boost the immune system, protect against chronic diseases, and support overall health.

6. Fish: Fatty fish such as salmon, mackerel, and sardines are excellent sources of omega-3 fatty acids, which have anti-inflammatory properties and can support immune health. These fish also contain vitamins D and B12, which play important roles in immune function.

7. Garlic and ginger: Garlic and ginger are both known for their immune-boosting properties. Garlic contains sulfur compounds that have antimicrobial and anti-inflammatory effects, while ginger has antioxidant and anti-inflammatory properties.





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8. Green tea: Green tea is rich in antioxidants called catechins, which have been shown to enhance immune function and reduce the risk of certain diseases. It also contains an amino acid called L-theanine, which can promote relaxation and reduce stress.

9. Yogurt: Yogurt is a good source of probiotics, beneficial bacteria that can support gut health and enhance immune function. Look for yogurt that contains live and active cultures to reap the most benefits.

10. Turmeric: Turmeric contains a compound called curcumin, which has powerful antioxidant and anti-inflammatory properties. It may help strengthen the immune system and reduce the risk of chronic diseases.

11. Nature's Fusions Premium Colostrum Collagen Powder

is a super mix that brings the goodness of colostrum and collagen together. Get ready for 8g of collagen in every serving, making your skin happy by keeping it bouncy, hydrated, and youthful. At the same time, you've got 4g of colostrum on your side, boosting your immune system with natural strength from antibodies and nutrients. This dynamic duo not only makes your skin glow but also helps your joints

and keeps your immune system strong. Just one scoop of this versatile powder easily fits into your daily routine. Elevate your self-care with the perfect combo of colostrum and collagen, taking care of your beauty and immune health needs with simplicity and effectiveness. NOW AVAILABLE AT ABBY'S!



Bioenergetics and Food Synergy

Here's where the power of bioenergetics comes into play. Energy4Life offers a unique range of bioenergetic solutions that can assist in identifying and addressing individual energetic imbalances. By combining the principles of bioenergetics with a personalized assessment of your body's energetic needs, you can tailor your diet to further support your immune system and overall well-being. Energy4Life's ground-breaking bioenergetic technology, can help identify specific energetic imbalances, allowing for precise recommendations on the foods and natural supplements that will best support your immune health. This personalized approach forms the foundation for optimizing your body's energetic flow, ensuring your immune system functions at its peak performance. Boosting your immunity goes hand in hand with incorporating bioenergetics and nourishing foods into your daily routine. By understanding the energetic and nutritional needs of your body, you can take proactive steps to support and fortify your immune system. Energy4Life's innovative bioenergetic solutions, combined with a diet rich in immune-boosting foods, provide a comprehensive approach to restoring harmony within your body and maximizing your overall health and vitality. ■

Allergy and Immunity

By Jeff Aronson

At a witness seminar, 15 or so key figures are gathered together and allowed to talk freely about historical events in which they took part, supporting or correcting one another as may be. Tilly Tansey has organized more than a dozen of these at the Wellcome Institute for the History of Medicine since 1993, and two volumes of proceedings have been published by the Wellcome Trust (see *Med Hist* 1998; 42:404-5). In one of these meetings, "Self and Non-Self: a History of Autoimmunity," held in February 1995, Professor Robin Coombs from Cambridge complained about the word "autoimmunity," which he described as "misconstrued, absurd, and extremely confusing." The word we should use, he said, is "autoallergy."

The term allergy was invented by Von Pirquet (*Munch Med Wochenschr* 1906;30:1457), who intended it to mean altered reactivity, from the Greek ἄλλος (allos), other and ἐργεῖν (ergein), to work. He did not use the word to mean immunity or even hypersensitivity. Rather he meant that allergy was a response that could lead either to protective immunity on the one hand or damaging hypersensitivity on the other. And he made it quite clear that the term "immunity" should be restricted to cases in which the allergic response caused no clinically evident reaction. It follows that you cannot be immune to yourself nor suffer as a result.

But words change their meaning with time, and by metonymy (the identification of a thing with something associated with it), allergy came to mean hypersensitivity. And the concept of autoimmunity arose because in the 1950s immunologists were trying to make animals generate antibodies to their own proteins. Goats, for example, were made to produce antibodies to their own lactoglobulin; and when rabbits were "immunized" against their own thyroglobulin and the response was accompanied by infiltration of inflammatory cells into the thyroid gland, the idea of autoimmune disease was born. But the animals that were so injected were not protected against their own proteins, they were sensitized to them; and it was the allergic response that caused the susceptibility to the disease.

Despite the efforts of Gell and Coombs in their famous textbook *Clinical Aspects of Immunology* (Blackwell, 1963, pp 317-20 and 805-7) to correct this misuse, it has persisted. I sympathize with Coombs's views on this, but it is really too late; we are stuck with autoimmunity, just as we are stuck with another immunological misuse, vaccination. Originally vaccination was immunization against smallpox by the use of cowpox virus (Latin vacca, a cow). However, Louis Pasteur used the word to refer to other forms of immunization, and the use has stuck. But perhaps we would be better to say inoculation.

Although the use may be regrettable, I don't think that calling autoallergic diseases "autoimmune" affects our ideas about them. I confess, however, that I would welcome it if those who proclaim themselves to be allergic to the twentieth century would instead believe themselves to be immune to it. ■



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Jeff Nursey (R) with Homer Gibbins
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