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**PRINT
EDITION**

Vol. 12 Issue 6
Nov/Dec 2024

SLEEP & REST

**THE POWER
TO SLEEP**

**TIPS TO IMPROVE
YOUR SLEEP**

**WHY YOU SHOULDN'T
SKIMP ON SLEEP**

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Best Supplements for Immune Health



Winter is just around the corner, and along with cozy sweaters and the magic of the first snowfall, come some less appealing hallmarks of the season. There's no foolproof way to stay well all the time, but you can tilt the odds in your favor. You know the drill: Eat well, exercise, stay hydrated, get enough sleep, and wash your hands frequently. And don't forget the natural wellness support! Here are some of the best supplements for winter wellness:

Vitamin C. Probably the best-known nutrient for immune health, this antioxidant vitamin rushes immune cells to where they're needed and then helps them eliminate threats. The only downside is that some people experience digestive upset when they take it in ascorbic acid form.

Glutathione. Known as the body's "master antioxidant," glutathione is present in almost every cell of the body. It also recycles other antioxidants such as vitamins C and E. Unfortunately, glutathione is rapidly broken down in the GI tract, which makes standard glutathione supplements difficult to absorb.

Quercetin. An antioxidant bioflavonoid, quercetin supports a balanced inflammation response, which can increase your comfort when you're under the weather. It also boosts the activity of other immune-supporting nutrients, such as vitamin C, zinc, and vitamin D. However, quercetin is fat-soluble, so most formulations don't dissolve well in the watery environment of the digestive tract.

N-Acetyl-L-Cysteine (NAC). Derived from the amino acid L-cysteine, NAC breaks up mucoproteins to support easy breathing. It also supports a healthy inflammatory response.

Bromelain. This pineapple enzyme has been shown to support respiratory health. It helps clear airways, loosens secretions, and promotes lung capacity and function.

Marshmallow. Not just a candy, marshmallow is the name of the herb originally used to make this treat. Its root contains

a sticky substance that coats and soothes the throat.

You can find these ingredients in four immune supplements from Natural Factors:

Liposomal Vitamin C. Highly absorbable Liposomal Vitamin C is encased in a liposome to protect it during digestion and ensure quick uptake into cells without digestive upset.

Glutathione LipoMicel Matrix. Patent-pending LipoMicel technology disperses glutathione into tiny microdroplets. This action stabilizes the glutathione as it travels through the GI tract and makes it easier to absorb.

Quercetin LipoMicel Matrix. A bioavailability study found Quercetin LipoMicel Matrix remains in the bloodstream longer than standard quercetin and yields up to ten times higher concentrations of quercetin.

Lung, Bronchial & Sinus Health. This comprehensive formula features NAC, bromelain, marshmallow, and additional immune-supporting herbs. These ingredients support clear airways, loosen and expel secretions, promote lung capacity, soothe mucosal linings, and promote a balanced inflammation response. ■



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In This Issue

TABLE OF CONTENTS

- | | |
|-------------------------------------------------------------|-----------------------------------------------------------|
| 3 BEST SUPPLEMENTS FOR IMMUNE HEALTH | 20 POWER TO SLEEP, BETTER SLEEP
FOOD & SUPPLEMENTS |
| 4 EDITOR'S HEALTHY TIPS | 22 SLEEP & CHIROPRACTIC |
| 5 FOLLOW THE CIRCADIAN RHYTHM LEADER | 24 DOGS & SLEEP |
| 6 10 BENEFITS OF GETTING ENOUGH SLEEP | 25 HOLISTIC PRACTICES TO NURTURE
YOUR CIRCADIAN RHYTHM |
| 8 WHY YOU SHOULDN'T SKIMP ON SLEEP | 26 MAGNESIUM SUPPORTS HEALTHY SLEEP |
| 10 THE NEW YOU MIRACLE BAND TESTIMONIAL | 28 SWEET DREAMS: SECRETS TO A
GOOD NIGHT SLEEP |
| 12 TIPS TO IMPROVE YOUR SLEEP NATURALLY | 29 THE MEDITERRANEAN
ANTI-AGING SECRET |
| 16 WAKE UP FEELING REFRESHED
AND REVITALIZED | |
| 18 Q & A WITH COLLIN GOW | |
| 19 BRAIN FOG: A REAL PHENOMENON
WITH PROBIOTIC POTENTIAL | |

EDITORS HEALTHY TIPS

DID YOU KNOW?

At the first sign of gas, eat a few basil leaves or boil 3 – 4 basil leaves in a cup of water and let it simmer for a few minutes. Sip on it frequently. This is one of the best home remedies for acidity.



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Publication: **Volume 12 Issue 6**

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

www.AbbysHealthFood.com

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Follow the Circadian Rhythm Leader – A Mother Like No Other

When it comes to health and wellbeing, there are so many “leaders” with messaging that is often in conflict with another visionary who is heavily armed with their own version of their panacea. The gentle leadership of Mother Nature literally is THE guiding light when it comes to circadian science as studies of light and dark have demonstrated. It is so easy to follow her gentle cues as she nudges us awake bright and early or lulls us to sleep as the darkness triggers our own melatonin production.

Healthy circadian rhythm is essential for maintaining the health and natural balance of the body. In 2017 the scientific community recognized the importance of circadian rhythms and awarded a Nobel Prize. To date, there has been increased research on this topic and the scientific community has ascertained that our mitochondria, microbiome, genes, biochemistry, and wavelengths of light are vital aspects of this natural dance.

The ancient Ayurvedic texts describe “Rasayanas” which include various modalities to help to retain and restore longevity and life quality.* Many of these, including ashwagandha, have a prebiotic action which favorably shift the microbiome and consequently improve the function of the Adrenal-Hypothalamus-Pituitary (HPA) axis.* Of the many microbiome studies there are several early studies which hypothesize that the polyphenols in tea and apples may help improve circadian rhythm.* Other polyphenol-containing superstars include rosemary, turmeric, green tea, grapes, chocolate, berries and almost all plant-based foods.

NURTURE YOUR BODY WITH NATURE’S BEST



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10

HEALTH BENEFITS of Getting Enough Sleep

By Andrew Davis, Health & Wellness Writer
Scientifically Reviewed By: Michael A. Smith, MD

The benefits of getting enough sleep go beyond getting your beauty rest. To hit the ground running day after day, you need to recharge your body each night with a full and restful eight hours of uninterrupted shut-eye. And it's not just about avoiding grogginess the next day—regularly getting enough restful sleep influences all aspects of your life, from your physical health to your mental wellbeing.

Here are 10 ways that healthy, restful sleep will make your life dreamier!

1. Better Sleep = Better Mood

Waking up on the wrong side of the bed can throw off your entire day. You tossed and turned all night, the sheets were too hot or too cold, and your mind just couldn't relax, so you found yourself lost in thought all night long. And you pay for this the next day when rather than being alert and chipper, you're groggy and moody from morning to night. The struggle indeed is real—imagine trying to use your cell phone all day on only 20% battery. Your body will need to work harder to conserve and produce energy to power through your day...no wonder you're feeling so grumpy! Want to wake up on the *right* side of the bed? Avoiding caffeine, high intensity exercise and electronic screens in the few hours before bedtime are among our favorite **sleepy time tips**. While you might miss your java and your social media scrolling, a proper bedtime ritual is necessary for you to get the full, restful eight hours of sleep your body requires. Waking up refreshed, happy and ready to take on whatever the day throws your way is one of the best benefits of getting sufficient sleep.

2. More Sleep, More Memory

The health benefits of sleep go beyond just how your body functions throughout the day—a proper snooze session influences how your brain processes and keeps information. Think of your brain like a computer—as you sleep, the new information and memories you make throughout the day are “downloaded” from your short-term memory and converted into long-term memory. Every time you go to sleep essentially is a “software update” for your brain! Without the proper rest, your brain is not able to properly process everything that happened throughout the day, thus leaving behind important information...

not to mention your precious memories. Not only going to sleep on time, but *staying* asleep throughout the night, are important to keeping your memories alive and well. Taking **melatonin** to reset your body's internal clock is a great way to sync your circadian rhythm so you get the healthy sleep you need. You want to make memories that last a lifetime—so, it's crucial to form good sleep habits in order to keep your fond memories for years to come.

3. Sleep off the Pounds

Did you know that the number on the scale may be related to the number of hours of sleep you get? When your body does not get the energy it needs from sleep, your levels of the hormone leptin, which regulates appetite, can **become thrown off** and you'll likely find yourself eating more—which does give you short term energy...but does not promote a **healthy weight**. If you do have a night of not so good sleep, be aware that you're likely to overeat, and instead choose foods that will not only give you energy throughout the day, but keep your weight at bay: apples, quinoa, nuts and goji berries are all energy-boosting nibbles that won't lead to a sugar crash.

4. Sleep Away Stress

The **benefits of sleep** go beyond weight, memory and your overall mood. Getting eight hours of uninterrupted sleep can also help maintain healthy stress levels. Maintaining healthy stress levels can help support already-healthy blood pressure levels, and that's good for maintaining healthy heart function. Not only that, but the sleeplessness/stress connection is a vicious cycle; when you are in a state of stress, your body releases hormones which inhibit you from falling asleep. This is why it's so critical to make sure that before bed, your body and mind are fully relaxed; quiet your mind and relax your body with calming breathing exercises and mindful meditation.

5. Better Sleep = Stronger Immune Response

A well-rested body will be more empowered to fight off immune system challenges than one that's suffering from sleep deficiency—so stay strong all season long by getting those ZZZs. Healthy sleep habits allows your body to **rest and recharge** while simultaneously repairing cells throughout the night. This is one reason why rest is such a critical part of recovery if you aren't feeling your best. It has a direct impact on your immune system function.

6. The Power of a Power Nap

As much as we all aspire for a full eight hours of quality sleep, occasionally stress or that late afternoon coffee run will get the better of us, and we miss out on a good night's rest. While nothing compensates for proper nighttime rest, a cat nap is a good way to play catch up. It's also a great idea if you need some extra energy (even if you slept just fine the night before). But you need to be strategic about these short sleep sessions. Quick, shorter naps (30 minutes or less) rather than longer ones are the *smarter* snooze solution. By taking shorter naps you may support healthy stress levels, **memory and cognition**. Just make sure you nap smart... and do not forget to set an alarm!

7. A Good Night's Sleep = A Better Workout

Exercise is essential when it comes to maintaining optimal health, but sleep deprivation can inhibit your ability to perform at your prime. Proper sleep produces optimal energy levels—giving you more grit and grind to tackle whatever workout you choose. The timing of your workout matters—a morning or midday sweat session has been linked to better shuteye. **Avoid intense workouts** right before bed to ensure that you also fall asleep faster as well.

8. Sleep Improves Social Skills

Normal social interactions may feel forced or fuzzy when you don't get enough sleep—plus, **exhaustion may inhibit your ability to interpret social cues** correctly and properly process other's emotions. Tired people may also feel lonelier and less willing to socialize. By getting enough quality sleep at night, you'll not only reap all the health benefits of getting enough sleep, but your relationships with your friends and loved ones will also flourish as well.

9. More Sleep, More Productivity

All of this talk of sleep might sound great, but let's get real: the reason why you might not be getting adequate sleep is that there simply aren't enough hours in the day to get to everything on your to-do list. You have a *lot* on your plate, and perhaps you even have issues sleeping because you're thinking about all of the work you need to tackle tomorrow. Ironically, adequate rest will help you work more efficiently. **Sleep is vital for all aspects of brain function**,

including concentration, productivity and performance. Insufficient sleep can impact all of these essential brain functions—leaving you with cloudy judgment and a lack of focus.

10. Better Mental Health Starts with Sleep

The **health benefits** of sleep go beyond your physical health—in fact, being well-rested is a major contributing factor to overall mental wellbeing. This is for all of the reasons we've already hit on: sleep deprivation, or poor-quality sleep, yields low levels of energy, increased appetite, less productivity, decreased physical activity, decreased social interactions and more stress. All of these factors play an important role in your overall mental health. So don't think of sleeping in as being lazy—if anything, it's an investment in a better version of you. And that's something worth dreaming about!

About the Author: Andrew Davis is a graduate of Pace University NYC with a Bachelor of Arts in Psychology. He has more than a decade's worth of experience in content and social media in the health and wellness space. An avid traveler, Andrew also has volunteered as an English teacher and humanitarian in countries throughout Asia.

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Why You SHOULDN'T SKIMP on SLEEP

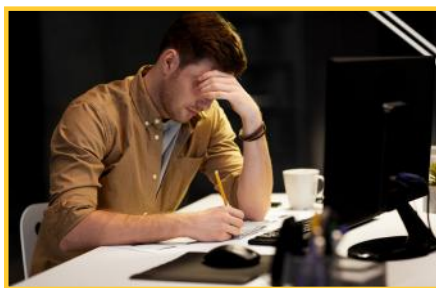
BY TERRA LYNN, NORDIC NATURALS



When life gets busy, sleep is often the first thing to go. But sleep is more important than you might think. Without proper sleep, your brain has trouble forming memories and learning new information. Chronic lack of sleep also takes its toll on your immune and cardiovascular systems. What's more, most of us don't get enough sleep on a regular basis. Even though humans typically spend about one-third of their lives asleep, we still don't know exactly why. What we do know is that sleep is a universal human need, and that without enough of it we face serious physiological consequences—both short- and long-term. Your mental health, physical health, productivity, and well-being are all affected by insufficient sleep. Chronic sleep loss can negatively affect your cardiovascular health and immunity, learning and memory, metabolism and body weight, energy and mood, and even your physical safety. **Drowsy driving**, for example, is estimated to be a factor in 328,000 car accidents annually. Before modern sleep research began in the 1920s, scientists generally regarded sleep as a passive state in which the brain was inactive. Scientists have since discovered that, in fact, the brain can be **more active during sleep** than during waking hours! With the invention of EEGs (electroencephalograms), researchers could record the electrical patterns of brain activity during sleep and study the two main types of sleep.

WHAT HAPPENS WHEN YOU SLEEP

When we sleep, our bodies cycle through two alternating phases—REM (rapid eye movement) and NREM (non-rapid eye movement) sleep—both of which are important for different reasons. REM sleep generally accounts for 20–25% of total sleep each night. It involves active dreaming, irregular respiration, and relaxation of the skeletal muscles. REM sleep is essential to our brain and mental health, processing and consolidating emotions, memories, and stress. It is also thought to stimulate the brain regions used in learning and developing new skills. NREM sleep accounts for 75–80% of total sleep each night and is the first phase of sleep each night in healthy people. It involves tissue growth and repair, energy restoration, and the release of hormones that are essential for growth and development. NREM sleep is divided into three stages, with each stage representing deeper sleep and slower brain waves.



REM and NREM sleep typically alternate in 90-minute cycles, approximately three to six times per night. If and when we don't sleep enough, however, these cycles and the essential functions performed during these cycles are interrupted. Sleep deficiency can **alter brain activity** and make it harder to make decisions, solve problems, cope with change, control your emotions, and keep your mood up. It can also impact your blood pressure, blood sugar, body weight, immunity, reflexes, and reaction times.

So how much sleep is enough? **The National Sleep Foundation recommends** 7–9 hours of sleep each night for adults; 9–11 hours for

school-age children; 8–10 hours for teenagers; and 7–8 hours for older adults. Statistics show that many of us don't sleep enough to meet these recommendations, unfortunately. Recent **Gallup polls show** 40% of American adults get less than seven hours of sleep a night (And perhaps not surprisingly, 43% say they would feel better if they got more sleep.). Younger adults say they get even less sleep: nearly half (46%) of 18- to 29-year-olds reported that they sleep six or fewer hours a night. Interestingly, this same survey in 1942 found that 84% of U.S. adults got at least seven hours of sleep each night, which means that as a society we're now sleeping less overall. Sleep deprivation, it seems, has become a fact of modern life.

HEALTHY SLEEP HABITS

Since getting a good night's sleep is essential to so many aspects of health, it makes sense that we prioritize sleep no matter how demanding our schedules get. In fact, prioritizing sleep really comes down to **developing healthy sleep habits** like these:

- 1. Establish a consistent bedtime routine.** Go to bed at the same time each night, and get up at the same time each morning, and stick to your routine even on the weekends. This will help you reset your **circadian rhythm**. Establishing a relaxing bedtime routine can help cue your body to start winding down. Try taking a warm bath or shower, reading, or enjoying a warm cup of herbal tea before turning in.
- 2. Optimize your environment for sleep.** Keep your room cool, between 60–67 degrees Fahrenheit, and as dark as possible. Darkness signals your brain to produce the melatonin that makes you sleepy and keeps you asleep. Use a sleep mask or blackout curtains to create your own darkness and ban light-emitting gadgets and TVs from the bedroom, or at least shut them off a few hours before bed.
- 3. Exercise daily.** Physical exercise during the day is crucial to promoting good sleep at night. Getting some activity outdoors is even better, as exposure to natural light during the morning and midday can help regulate your sleep. Even a 10-minute walk can help if you feel pressed for time. But try to avoid exercising within a couple of hours of bedtime.
- 4. Avoid stimulants before bed.** Avoiding stimulants like caffeine or nicotine and even sugar after mid-afternoon can help. Avoid alcohol, too; while it may help you fall asleep initially, it can cause you to wake during the night. If you have any digestive issues, you might also want to avoid large meals or rich foods—which take longer to digest—before sleep.
- 5. Try a natural sleep aid.** If sleep still eludes you, consider taking **melatonin** to help you fall asleep. Known as the body's natural sleep inducer, melatonin is a hormone secreted by your body's pineal gland. Blood level concentrations of melatonin are at their highest in the middle of the night and are almost non-existent during the day.

Good sleep habits are a crucial part of a healthy lifestyle—as important as eating a well-balanced diet, being active, maintaining meaningful relationships, and managing life's inevitable stresses. There's simply no substitute for a good night's sleep, and not much (as the saying goes) that a good night's sleep can't fix. ■



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TESTIMONIAL: THE NEW YOU MIRACLE BAND



Eight months ago, I was wearing wrist splints or braces on both of my wrists and had been wearing them for several months. I was told by my orthopedic surgeon I have carpal tunnel. My thumbs were also very painful and sensitive. Actually, the pain traveled up and down both of my arms to the point it would keep me awake at night.

One day I went to our local Nutrition and Supplement store and met a man named Jeff promoting these Miracle Bracelets. He



told me his story and after listening to his testimonial and hearing there was a 30-day guarantee if the bracelet didn't work, I thought: "what do I have to lose?" I bought the bracelet and felt a difference after the first 24 hours of wearing it! I gradually removed my wrist splints in about two days because I was afraid, I would be in pain again. I can't begin to tell you how much this bracelet has improved my painful wrist and arms. I accidentally took it off and went to bed without it and woke up in the night with my thumbs and wrist hurting, then I realized I forgot to put the bracelet back on again.

I have since bought six more bracelets for family members who all have had complaints regarding joint aches and pains and not one of them said it didn't help them.

Thank you, Jeff, for taking the pain out of my arms and wrist. ■

Mary Anne Harris
Hobe Sound, FL

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Tips to Improve Your Sleep Naturally

By New Chapter®



If you're struggling to get the sleep you need, you are not alone! One in three adults don't get enough sleep on a regular basis. But the truth is, getting quality sleep for 7 to 8 hours a night is crucial for your mental and physical health, whether you're in your 20s or your 80s. Fortunately, some easy upgrades to your routine can help you get a restful night's sleep and wake up refreshed.

WAYS TO IMPROVE SLEEP NATURALLY

How can you improve sleep quality? Committing to a nighttime routine is key. Set up your schedule and your bedroom to prioritize restful, healthy sleep. There are also herbal approaches to enhance natural sleep. Effective herbal sleep aids include a targeted sleep blend with clinical-strength Ginger to help relieve pain [†] plus an optimized dose of non-groggy Melatonin to support natural sleep cycles. Reasons for typical sleep problems vary: Poor sleep can be related to stress, light, noise, shift work, eating right before bedtime, and drinking alcohol. To cut down on unpleasant tossing and turning, experts recommend good sleep hygiene. This means following a solid nighttime routine, plus fine-tuning some key daytime habits. And there's a big upside! The benefits of a full night's sleep include being sick less often, maintaining a healthy weight, reducing stress, improving your mood, and thinking more clearly. Improving your deep sleep can also reduce the risk of heart disease and diabetes. (Please note: If you are concerned about a sleep issue like insomnia or sleep apnea, talk to your healthcare practitioner.) Let's dig into three ways you can improve sleeping patterns.

Follow a Sleep Routine

- **Maintain a consistent sleep schedule.** This means going to bed and waking up at about the same time every day. If you have difficulty falling asleep, avoid napping in the afternoon.
- **Create a pre-bedtime ritual lasting 10 to 40 minutes.** This might include getting your clothes out for the next day, doing gentle stretches, meditating, journaling, or taking a bath. Your ritual will help your brain and your body know "it's bedtime."

Create a Sound Sleep Environment

- **Reserve your bed for sleep and intimacy.** If we associate our bed or bedroom with activities such as watching movies or responding to texts and emails, our bodies will have a harder time falling asleep in these same spaces. The more time you spend in your bedroom awake, the more your brain associates this space with being awake.
- **Put your electronics to bed at least an hour before bedtime.** Digital electronics with their lit screens are an integral part of our lives. Many of us check texts or emails before we call it a night. But increased exposure to light after sunset disrupts our natural circadian clock that is designed to manage normal hormonal rhythms. For example, blue light from screens has been linked to disrupting natural production of the hormone melatonin, which helps us fall asleep. So give yourself a screen-free bedtime.
- The **National Sleep Foundation** also recommends **keeping the**



Tips to Improve Your Sleep Naturally



bedroom temperature between 60 and 67 degrees for optimal, deep sleep. As you wind down for sleep, your body temperature decreases. Keeping the room cool will help the process along.

- If you can't fall asleep within 10-15 minutes, **get up and do one simple thing from your to-do list that will de-stress you**, like emptying the dishwasher or folding the laundry. If you like to read until you feel sleepy, place a comfortable chair next to your bed and read there.

Re-Think Your Daily Routine

- **Did you know that caffeine from coffee, black tea, or chocolate can stay in your body up to 8 hours?** Limiting your consumption of those satisfying beverages or treats to the first 8 hours of your day may help you sleep better at night.

- **Of course, it's important to exercise regularly**, and exercise can help with sleep quality. But exercising too close to bedtime can spike your energy levels. So choose morning

or mid-day for your workout to reap the benefits of those extra endorphins during the day, rather than late into the night.

- **Eat your biggest meals earlier in the day.** Help your body wake up with a healthy, filling breakfast. End the day with a light and simple dinner to avoid digesting a heavy meal overnight, which can disrupt sleep.

- **Choose one of these suggestions and add it to your routine for three weeks to make it a habit.** Then add another one, then another, to build a sleep-supporting routine that works for you.

Safe Herbs for Sleep Support

In addition to healthy habits for sleep, you can get remarkable support from the plant kingdom to help you get the rest you deserve.

Soothe with Essential Oils

Does a good night's sleep have a *smell*? To some, the perfect sleep scent is the calming aroma of lavender. A number of studies investigated the positive sleep benefits of essential oils, and lavender is one of the most researched aromas that promotes sleep. **Add lavender to your evening!** Other essential oils for bedtime are comforting vanilla, sultry jasmine, or the refreshing calm of sweet orange. Bonus: Essential oils are easy to use.

- Infuse a few drops into a cloth or tissue and place it on your bedside table. The scent can waft your way all night long.
- Add one or more oils to an aromatherapy diffuser as part of your nighttime routine.
- Make a DIY spray—add 5-10 drops of oil to 1 ounce of water in a spray bottle, then lightly mist your pillows or sheets. Fragrant bliss.

Sip Herbal Teas for ZZZs

A good sleep might start with a good steep—steeping your herbal tea, that is. To help body and mind unwind, **have a soothing cup of nighttime tea in the evening.** Check out the tea section at your favorite store for bedtime blends featuring relaxing herbs for sleep such as chamomile flower, valerian root, lemon balm leaf, and passionflower. (No caffeine, please!) Valerian in particular can be an effective herbal partner for sleep—it's thought to promote increased levels of GABA (gamma aminobutyric acid), which is a soothing neurotransmitter in the brain. If valerian tea is not your bag, try lemon balm, believed to have similar GABA-supportive properties.

Take a Soothing Sleep Aid

How about an herbal lullaby that melts away the tensions of your day and promotes healthy, restful sleep? Restful Sleep and Pain Relief[†] from New Chapter is our one-daily, non-habit forming supplement designed with an optimal 1 mg dose of melatonin to help you fall asleep naturally and regulate your body's own sleep cycles. We use excellent quality, non-GMO melatonin, and complementary herbs such as Valerian, Tart Cherry, and Turmeric. Plus, since many people report that aches and pains cause poor sleep, we also include clinical-strength Ginger to help relieve pain naturally.[†] So you get **DOUBLE** benefits from this non-habit-forming blend that works without causing grogginess. Very chill.

So, at the end of the day (literally!), a satisfying evening routine is the perfect wrap-up for your daily wellness journey. As you're building the healthy habits that work for you, also check out easy morning wellness tips and daytime stress-busters. We wish you sweet dreams tonight and every night.

[†] Occasional pain following exercise ■

*These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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MegaFood® LAUNCHES SUPERFOOD MUSHROOM SUPPLEMENT MUSHROOM PRODUCT CLIN

MegaFood, a certified B Corporation and 1% for the Planet Member that crafts supplements made with real food, is proud to announce the launch of its first plant-powered mushroom supplement line that is backed by science, featuring clinically studied botanicals in its formulations. The four new Superfood Mushroom supplements are doctor-formulated, made with 100% fruiting body mushrooms and designed to specifically support focus, immune health, energy, and stress relief.*

The new Superfood Mushroom line utilizes the mushrooms' fruiting bodies versus mycelium on grain fillers. These fruiting bodies have been shown to contain higher levels of beta-glucans than myceliated grain products making them the optimal choice for harnessing

the potential of mushrooms' health-supporting properties. Additionally, to ensure the highest quality ingredient standard, MegaFood sourced organic mushrooms that are greenhouse-grown on natural substrates with environmental conditions of fresh air, and ambient temperatures in an effort to mimic natural growth conditions.

"We are proud to launch this line of doctor formulated, plant-powered Superfood Mushrooms to support a range of health needs," says Dr. Som Ghatak, Ph.D., Senior Director of R&D and Nutrition Science at MegaFood. "We deliberately paired fruiting body mushrooms with botanicals to deliver key benefits to consumers that are based on clinical research and studies."

The new Superfood Mushroom Stress Relief™† product is supported by a gold standard clinical study. The groundbreaking clinical was the first randomized double-blind study of its kind conducted on the combination of Reishi mushroom and Ashwagandha.* One of the key findings of this study is that MegaFood's Superfood Mushroom Stress Relief™† was clinically shown to reduce stress in as little as 6 weeks.† This study cements MegaFood's Superfood Mushroom Stress Relief™† as the first and only dietary supplement mushroom product clinically tested for stress relief.*

"We're thrilled with the findings from this gold standard clinical study which is the largest randomized double-blind study ever conducted on the effects of Reishi mushroom,*" says Matt Smith, VP of



Powerful Plant Pairing

CLINICALLY SHOWN TO REDUCE STRESS²⁺

(1) KSM-66 Ashwagandha is a registered trademark of Ixoreal Biomed Inc.
(2) Shown in a 6-week clinical study to reduce levels of perceived stress
(3) Based on publicly accessible research as of August 2024

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



OM LINE INCLUDING THE FIRST EVER DIETARY CLINICALLY TESTED FOR STRESS RELIEF †*

Marketing at MegaFood. "These results are a testament to our commitment to scientific rigor and product innovation, positioning us as a leader in science-backed supplements."

MegaFood's new line features:

• Superfood Mushroom Focus

Support†: formulated using fruiting body Lion's mane mushroom and clinically studied Bacognize® *Bacopa monnieri* to support focus, attention, and memory.†

• Superfood Mushroom Stress

Relief™†: pairs fruiting body Reishi mushroom and clinically studied KSM-66® ashwagandha to help reduce stress levels.† SuperFood Mushroom Stress Relief™† is clinically shown to reduce stress levels in as little as six weeks.†

• Superfood Mushroom Immune

Support†: features a blend of fruiting body Maitake mushroom with Elderberry and Holy Basil, a clinically studied adaptogenic botanical, offering plant-powered support and antioxidant benefits to support healthy immune function.†

• Superfood Mushroom Energy

Support†: formulated with fruiting body Cordyceps mushroom and clinically studied Panax ginseng, a botanical known for having a long history in Tibetan and Chinese medicine, to help increase mental and physical energy levels and reduce fatigue.†

The Superfood Mushroom line is now available to purchase at Amazon and MegaFood.com. To learn more, visit megafood.com.

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 effective, 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 400,000lbs of nature-bound plastic waste since 2022. Learn more at megafood.com or follow @megafood on Instagram, @megafoodfans on Facebook and @MegaFood on LinkedIn.

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*Based on publicly accessible research as of August 2024 SOURCE MegaFood ■



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MegaFood is excited to share this wonderful news! In July, **Abby's Health and Nutrition** was honored to be selected as the winner of the **1% for the Planet contest**. As part of this recognition, a donation of \$1,000 will be made to **Reef Renewal USA**, a Tampa-based organization dedicated to restoring and preserving our precious marine ecosystems.

This achievement underscores the power of partnerships in driving positive change. Thank you, **Abby's Health and Nutrition**, for your commitment to making a difference in your community and environment.

THANK YOU FOR MAKING A MEGA DIFFERENCE WITH US!

Wake Up Feeling Refreshed and Revitalized



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Do you have a hard time getting to sleep or feeling rested, no matter how much shuteye you get? If so, you're not alone; **over 60 percent of adults in the United States struggle with inadequate sleep.** Thankfully, there are natural ways that may help improve your quality of restful slumber. Let's explore different approaches to promote better nighttime sleep and create an invigorating environment for waking up feeling refreshed and recharged.

Understand Nutrients That Help You Relax

When it comes to finding ways to relax, it's important to consider the nutrients that can help you achieve a sense of calm. One such nutrient is magnesium, which has been shown to have a calming effect on the body by regulating the release of stress hormones. Research has found that magnesium may help with brain functions that reduce stress and anxiety. Taking a supplement, or including more magnesium-rich foods like almonds, spinach, and bananas into your diet before bedtime may help improve the quality of your sleep. **Cerebral Calm can be a great solution to help promote a sense**

of relaxation. Containing a clinical combination of Albion® Chelated Magnesium, Suntheanine® L-Theanine, Chamomile Extract, and GABA, Cerebral Calm may help with occasional anxiety and promote a sense of calm and relaxation.*

Herbs to Support Rest & Relaxation

Passionflower

Used for medicinal purposes for centuries, the passionflower is known for its calming and relaxing properties, making it a popular **calming herb for anxiety or trouble sleeping.**

Scientists believe passionflower helps to increase levels of a chemical called gamma aminobutyric acid (GABA) in the brain, which helps to lower the activity of some brain cells, making you feel more relaxed.

Melatonin

If you're someone who struggles with getting enough sleep, you may have stumbled upon the supplement melatonin. This naturally occurring hormone is produced in the pineal gland of


the brain and regulates our sleep-wake cycle. It's often taken in supplement form to help ease jet lag or insomnia ... and still, for many people, **melatonin remains a simple solution to a persistent sleep problem.**

European Lemon Balm

European lemon balm is a remarkable herb that has gained popularity across the globe due to its remarkable aroma and numerous health benefits. The leaves of the lemon balm can be brewed into a tea that can **promote relaxation, ease anxiety, and aid in digestion.** Some studies have even suggested that this herb may help improve memory and cognitive function, making it a go-to ingredient for students and professionals alike. Relaxing can often feel like a luxury, but when it comes to your physical and mental health, it's a must. With these helpful tips in mind, along with creating a consistent calming routine tailored to your lifestyle, you can make sure relaxation takes priority in your life.

Supplement with Vitamins and Minerals

Relaxing can often feel like a luxury, but when it comes to your physical and mental health, it's a must. With these helpful tips in mind, along with creating a consistent calming routine tailored to your lifestyle, you can make sure relaxation takes priority in your life. ■



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Q & A

with Collin Gow, C. N. C.

Q I have a poison ivy rash that is really bad. It's been days and it still itches. Calamine isn't working well. What else can I do?

A According to a 2017 article from the Iran Journal of Public Health, bentonite clay lotion has been shown to "prevent or diminish" poison ivy allergic contact dermatitis. Externally, chamomile has been used in traditional medicine to treat poison ivy also. In addition, a jewelweed poultice has been shown to effectively reduce poison ivy dermatitis in a study from 2014, but other studies have discredited it. Some people recommend using rubbing alcohol to help remove the urushiol from the skin. I think bentonite clay would probably be better, used as a drawing salve, since it shouldn't inflame the skin, like alcohol might. The Margarite Zinc Cream is probably your best bet, as far as what Abby's carries. It has bentonite, zinc oxide, and sulfur. Sulfur is good for many types of rashes. Be well.

Q Are there new developments that you know about for smell loss or taste loss after having covid?

A Yes. New evidence is showing that anosmia (loss of smell), ageusia (loss of taste), and dysgeusia (altered taste) may be caused by dysautonomia, where the autonomic nervous system becomes dysregulated due to maladaptation to pro-inflammatory cytokines. This may cause excess sympathetic nervous system activity in the head and neck region, leading to symptoms. There is a procedure that can be done called "stellate ganglion block" that has shown "immediate" improvement in some patients with anosmia and dysgeusia. For this procedure, a doctor injects local anesthetic into the stellate ganglion region (a region of nerves in the neck). However, there are herbs and supplements one may try that are known to shift sympathetic nervous system activity towards parasympathetic nervous system activity, which this author theorizes may be of help also. If you're not ready to go to the doctor, then consider trying two of the following options: taurine, skullcap, ashwagandha, magnesium, lavender, holy basil, lemon balm, choline, serine, and/or reishi. One may also consider taking Life Extension Cytokine Suppress (with mung bean extract) to suppress cytokine levels. Of course, Abby's carries all of these supplements. For more info on loss of smell and taste after COVID, see the book I wrote on COVID-19 and Long COVID, which Abby's carries also. Be well.

Q What can I do for molluscum contagiosum for my child?

A MC is caused by the Molluscum Contagiosum Virus. So, you will likely need natural antivirals, as well as some topical products to resolve the issue. One study demonstrated that applying Australian lemon myrtle oil, topically, aided in the clearance and reduction of lesions by 90% in 56.3% of patients. Another study showed that a combination of tea tree oil and iodine applied topically resulted in complete clearance or reduction of lesions by 90% in 84.2% of patients. Besides the topical solutions, I would consider taking antivirals such as zinc, silver, agarikon, lemon balm, or St. John's wort. Talk to your doctor before making any changes. This is not an attempt to treat, diagnose, prevent, or cure any disease or condition.

Q How can I get rid of ants?

A Peppermint oil repels ants. But get some ant traps too and call Orkin.



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.

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1. What article/story you liked best in this edition

2. What is your favorite Vitamin/Supplement Co.?

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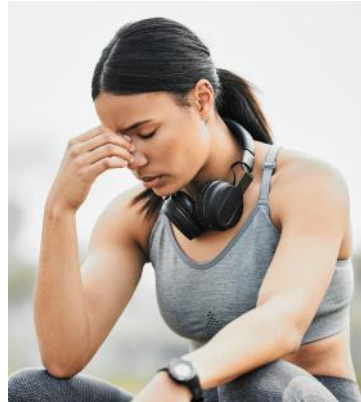
Winner will be announced in the next edition of Abby's Mag



BRAIN FOG: A Real Phenomenon with Probiotic Potential

By Vital Planet

Brain fog, a common term for a feeling of mental haziness, is a real condition affecting many people. It can manifest as difficulty concentrating, remembering, or thinking clearly. While not a formal medical diagnosis, it can be a significant symptom of underlying health issues.



Causes of Brain Fog

Stress and Sleep Deprivation: Chronic stress and lack of sleep can significantly impair cognitive function.

Poor Diet: Nutrient deficiencies, particularly in B vitamins and omega-3 fatty acids, can contribute to brain fog.

Gut Health: An imbalance of gut bacteria (dysbiosis) can impact mental health and cognitive function.

Medical Conditions: Underlying health conditions like depression, anxiety, thyroid disorders, and long COVID can also cause brain fog.

The Role of Probiotics

Recent research suggests a strong connection between gut health and brain function. Probiotics, beneficial bacteria found in the gut, may play a crucial role in alleviating brain fog.

Gut-Brain Axis: The gut-brain axis, a complex communication system, connects the digestive system to the brain. Probiotics can influence this communication, potentially improving cognitive function.

Reducing Inflammation: Probiotics can help reduce inflammation in the body, which has been linked to cognitive decline.

Nutrient Absorption: Healthy gut bacteria can aid in the

absorption of essential nutrients, supporting brain health.

Choosing the Right Probiotics

Not all probiotics are created equal. Look for supplements containing specific strains that have been shown to benefit cognitive function, such as P8, *PBS072* and *BB077* and *Lactobacillus plantarum*.

Conclusion

Brain fog is a real condition that can significantly impact quality of life. By understanding its causes and exploring the potential benefits of probiotics, individuals can take proactive steps to improve their mental clarity and overall well-being. ■

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Brenda Watson
Digestive Care Expert
Founder of Vital Planet

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Power to Sleep PM

Better Sleep, Food and Supplements



By Irwin Naturals

Irwin Naturals Power to Sleep PM is a dietary supplement formulated to support restful sleep and relaxation.

Here's what you can expect from this product:

Sleep Support Blend: Power to Sleep PM likely contains a blend of ingredients specifically chosen to promote relaxation and support healthy sleep patterns. This blend may include herbs like Valerian, Lemon Balm, Passionflower, and Chamomile, all of which have traditional uses as sleep aids and natural relaxants.

Melatonin: Melatonin is a hormone produced naturally by the body that regulates the sleep-wake cycle. Supplemental melatonin is commonly used to promote relaxation and improve sleep quality, particularly for individuals with insomnia or jet lag. Power to Sleep PM may contain melatonin to help regulate the sleep-wake cycle and support a more restful sleep.

L-Theanine: L-Theanine is an amino acid found in tea leaves, particularly green tea. It has been studied for its calming effects and its ability to promote relaxation without causing drowsiness. L-Theanine may help reduce stress and anxiety, allowing for a more peaceful transition to sleep.

Herbal Extracts: In addition to the Sleep Support Blend, Power to Sleep PM may contain other herbal extracts known for their sleep-promoting properties. These may include Skullcap,

Hops, and California Poppy, among others. These herbs work synergistically to help calm the mind and body and promote a deeper, more restorative sleep.

Vitamins and Nutrients: Some formulations of Power to Sleep PM may include vitamins, minerals, and other nutrients that support relaxation and sleep. Common additions may include magnesium, calcium, and vitamin B6, all of which play important roles in the body's sleep-regulating mechanisms.

Usage: Power to Sleep PM typically comes in softgel form, with recommended dosage instructions provided by the manufacturer. It's usually recommended to take the softgels about 30-60 minutes before bedtime to allow the ingredients to take effect.

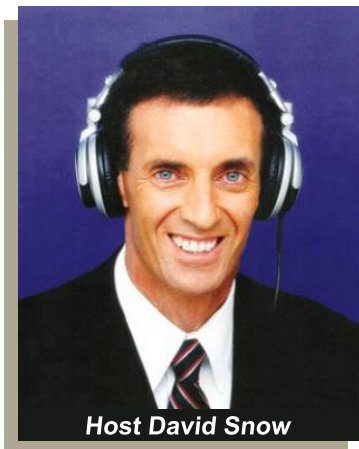
Safety: While Power to Sleep PM is generally considered safe for most people, it's essential to check the ingredient list for any potential allergens or sensitivities. Additionally, it's always a good idea to consult with a healthcare professional before starting any new supplement regimen, especially if you

have underlying health conditions, are pregnant or nursing, or are taking medications. Overall, Irwin Naturals Power to Sleep PM combines herbal extracts, melatonin, L-Theanine, and other ingredients to support restful sleep and relaxation. Results may vary, and it's important to use it as part of a comprehensive approach to sleep hygiene and healthy sleep habits. ■



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Sleep and Chiropractic

By Dr. Dan Durrieu and Alexandra Durrieu

What is the true importance of sleep? Why does it matter if we have high-quality sleep or low-quality sleep? What would happen if I never slept another night again?

We often associate sleep with something that isn't prioritized. "I can pull an all-nighter to get an A on this exam." "I have to work on this next project for my boss; I'll just work on it through the night and sleep later this week." "I'll stay at the hospital with my mom throughout the night to make sure she is okay." Sleep has always been an activity that has been set aside as unimportant or secondary. Yet, what we don't understand is just how crucial sleep is to the human body and overall brain health.

A study titled "Role of Sleep Deprivation in Immune-Related Disease Risk and Outcomes" correlated sleep deprivation with neurodegenerative diseases such as Alzheimer's and Parkinson's. It discussed how altered sleep habits, specifically sleep deprivation, may be a consequence and frequently a marker of these diseases. The study also mentioned that human and animal research suggested a causative or contributing role for sleep deprivation in the development and/or worsening of neurodegenerative processes.

The role of sleep is essential for brain function, physical health, mental health, safety, chronic health conditions, and especially growth and development. You cannot be in both protection mode and growth mode at the same time, as Bruce Lipton has often mentioned. When your body is stressed, it is working its hardest just to stay alive and survive. But when you are growing, it means you have given your body all the resources to relax and not just survive but also develop. This works hand in hand with sleep.

What does sleep have to do with chiropractic care? There is actually



a strong correlation between the two, believe it or not. The first bone in our neck is called the atlas bone, or C1, and sits right behind three major vessels: the carotid artery, the internal jugular vein, and the vagus nerve. The carotid artery is the main blood supply to your brain, the internal jugular vein disposes of toxic waste from your brain (working like a garbage disposal, for example), and the vagus nerve controls 75% of your parasympathetic nervous system. The parasympathetic nervous system is responsible for your ability to "rest and digest" or "grow and develop," as we mentioned before. When your body is stressed, it is not focused on digesting food; it just wants you to survive, which includes keeping your heart rate up and your pupils dilated. We consider this the gas pedal and brake pedal theory. Running from a bear or surviving is your sympathetic nervous system (the gas pedal), while resting and digesting is your parasympathetic nervous system (the brake pedal). Your body should be able to turn these systems on when needed and turn them off when necessary. However, when someone is under constant high stress, they adapt to this situation and lose the ability to switch it off, leading to issues like chronic diarrhea (inability to digest properly), high anxiety, or lack of sleep. If the atlas bone is misaligned and pressing against those three vessels, it can hinder your ability to engage the brake pedal effectively. Absolutely.

At Family Health Chiropractic, we start with a consultation to determine if you are a candidate for chiropractic care. We then proceed to take X-rays to identify misalignments and create a care plan for your adjustments. By receiving chiropractic adjustments, we aim to correct any misalignments in your spine, balancing your sympathetic and parasympathetic nervous systems. This helps you manage growth and protection, allowing you to engage the brake or gas pedal as needed by your body. Our bodies are designed to sleep so our brains can detox and function at 100% during the day, providing us with the energy and mental capabilities to accomplish our daily tasks. We underestimate the importance of sleep; it is truly our recharge. If we can remember to charge our phones at night, we should also prioritize recharging our brains.

This article was written by Dr. Dan Durrieu and Alexandra Durrieu, a chiropractic student at Sherman College of Chiropractic. ■



Dr. Dan Durrieu

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Dogs and Sleep:

How to Help Your Pet Get Better Rest?

By Pet Honesty

On a particularly stressful, sleep-deprived day, you may have found yourself feeling jealous of your dozing dog who practically gets to sleep all day... with the exception of eating and playing. While it may seem like your pooch is living a life of luxury, there may also be times where you're wondering whether he's sleeping too much. After all, how many hours of sleep do dogs really need? Read on to understand why your dog sleeps so much and learn how to tell whether he's sleeping too much.

How Much Sleep Do Dogs Need?

While humans sleep between 7-9 hours on average each night, dogs sleep 12-14 hours between the day and night. In addition to those 12-14 hours, lots of time is also spent resting and lounging. As humans, we tend to get all or most of our sleep at once. Dogs, on the other hand, sleep more sporadically, sleeping on and off throughout the day or night. As a result, they don't get as much deep sleep, or REM sleep, so they need more total sleep to compensate.

The exact amount of sleep your pooch needs varies depending on his breed, age, health, and individual characteristics. Some pups simply tend to be more or less energetic than others by nature. Bigger breeds also generally need more sleep than their smaller counterparts. Your dog's sleep needs also vary depending on the amount of exercise he's getting. Dogs who lie around the house all day are already more rested than a dog who spent the day hiking and exploring.

Puppies and Sleep

Puppies need more sleep than older dogs, since growing takes so much energy! Plus, puppies don't quite know how to pace themselves as they explore their new environment. As a result, they need up to 20 hours of sleep... although they don't exactly sleep through the night, as any puppy owner knows. While puppies need lots of sleep, they also can't go too long without relieving themselves. When setting a sleep schedule for your pup, a good rule of thumb is that for every month of age, baby Fido can sleep one hour plus one. For example, when he's five months old, he can probably sleep for six hours before needing to go outside; a seven-month-old puppy would likely be able to sleep for eight hours. As your pup grows up, his sleep and bathroom schedules will occur more naturally—after all, dogs love routines.

Seniors and Sleep

As your dog gets older, his metabolism will inevitably slow down. As a result, he'll need even more time to rest and recover after using up energy. Gradually sleeping more and moving more slowly is a normal part of aging, but if your senior's sleep and mobility seems more off than usual, talk to your vet to rule out any joint issues or other underlying health conditions.



Setting a Sleep Schedule

We can't quite control when our pets go to sleep or wake up, but there are steps we can take to implement a consistent routine. (Plus, puppies and recent rescues in particular can benefit from extra structure.) When setting a sleep schedule, the first thing to consider is when and how often your dog needs to go outside to relieve himself. Let him outside before you go to bed, planning out enough time for you to get enough sleep before he needs to go again. At night, turn off the lights and TV to indicate that you're going to bed. This should encourage your dog to do the same, at least for a little while. Designate a quiet, comfortable spot in the house where your dog can nap every day and be left alone. As your dog becomes more familiar with your daily routine, he may adjust his sleep schedule accordingly so that he's awake when he can spend time with you, and asleep when you're busy or away from the house. For dogs who have trouble sleeping due to stress or anxiety, try RESCUE REMEDY by Bach, HEMP Dog by Vital Planet or Newton's HOMEOPATCHICS NERVOUSNESS & FEAR. These tasty chews contain ingredients such as melatonin, chamomile, ginger root, and hemp seed oil, which work together to create a calming effect.

Is Your Dog Sleeping Too Much?

If your dog is sleeping more than the average 12-14 hours, there may be a reason behind his excessive snoozing. Some possible explanations for extra naps could include: Low energy and lethargy due to hot weather, boredom, depression, obesity, being tuckered out from extra playtime.

Don't try to diagnose your dog with health issues from his sleep patterns alone. After all, some dogs simply love to nap. Instead, watch for other symptoms in addition to excessive sleeping, such as: Changes in eating patterns (such as sleeping through meal times), changes in bathroom patterns (such as having accidents while he sleeps, or neglecting to go outside), snoring or stops in breathing during sleep (possible sign of respiratory issues), sleeping through loud sounds (possible sign of hearing loss), choosing to sleep through activities he would normally be awake and alert for, such as games or walks.

In addition to watching for symptoms, make sure your dog is getting all of the necessary nutrients in his diet. If there is any reason to be concerned about your dog's sleeping patterns, talk to your vet to rule out any health issues. ■

HOLISTIC PRACTICES

To Nurture Your Circadian Rhythm

Wonderful holistic practices to nurture your circadian rhythm include:

- Taking a cold shower in the morning will not only wake you up... but help you sleep at night
- If you can, wake up to see the sunrise before the heavy water/earth energy of kapha weighs you down and to kickstart your natural morning cortisol
- Try to get outside for at least fifteen minutes between 7-10am, and when warm, expose your torso for optimum vitamin D production!
- Your digestion and assimilation peaks around mid-day. If possible, eat your heaviest meal between 10am-2pm AND this is the best time to absorb all those supplements!
- Ideally, try to eat a lighter dinner and finish eating three hours before you go to bed to help cleanse, restore and repair your digestive system and liver
- Your sleep quality reflects the state of your nervous system and it is said that the best bedtime routine begins with a morning mindfulness practice
- Manage your stress hormones throughout the day by doing less and doing it slower and with more self-compassion
- Once the sun sets, avoid exposure to blue light by using the many available tools such as special glasses, phone settings, software, bulbs or even candles
- Watching the sunset with gratitude is not only uplifting on many levels but it cues melatonin production
- Consider adding nervine herbs to calm the mind
- Set your thermostat to 65°F at night for the best quality sleep; One study found that the temperature of the room where you sleep is one of the most important factors in achieving quality sleep
- Get outside and unapologetically play in nature whenever you can
- “Keep calm and drink tea” (but not at night) ■



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Magnesium Supports Healthy Sleep: How This Mineral Can Help You Get a Good Night's Rest*



By the Enzymedica Team

How well do you sleep at night? If you're like most people, you could probably use some help catching more Zs. One mineral that can help support your sleep is magnesium.* Magnesium plays a role in many biochemical processes in the body, including nerve function and muscle relaxation.* As an essential mineral, magnesium is a nutrient that the body cannot make on its own. You have to get it through the foods you eat or through dietary supplements. In this blog post, we will discuss how magnesium can support healthy sleep and offer tips on how to find a magnesium supplement to help you feel better faster!*

- Adults need at least seven hours of sleep per night.
- Your body uses sleep as the time to reset and recharge.
- Magnesium is the second most abundant mineral in the body.
- While it is available in foods, today's modern diets don't usually provide enough.
- This essential mineral helps relieve tension and improve well-being, for more effective rest.*
- Magnesium also helps calm your natural stress response.*
- Not all magnesium is created equal; some forms are poorly absorbed.
- ATA Mg® is absorbed 24% faster, as a patented form for the brain with high bioavailability.*



Why Sleep Matters

Who needs sleep? Everyone – even you. But many adults aren't getting the recommended seven hours or more each night. However, it's incredibly important to prioritize rest. Sleep is the time when your body rests, restores and resets itself. Even though you might think of sleep as a slow and mellow time, your body is hard at work. So many of your bodily processes need you to sleep so they can do all their regular maintenance and updates. Sleep is not a bonus bank of time that you can dip into when you need to get more stuff done! Your body has an overnight to-do list that includes:

- Allowing your immune system to work through its maintenance and updates.
- Conservation of energy.

- Converting your short-term memories into long-term ones, then filing them away for later.
- Keeping your hunger and satiety hormones in a healthy balance.
- Giving your emotional centers the time they need to process.
- Maintaining all your cells, tissues and systems.

Guess what? When you stay up late or pull an all-nighter to work on your to-do list, your body can't get through its own!

How Magnesium Supports Sleep*

Magnesium is an essential mineral that supports vital processes of both the mind and body. Your body relies on magnesium for over 300 enzyme reactions, and it's the second most prevalent mineral in every cell. While it is available through food, today's modern diets lack adequate supplies, especially when we eat mostly processed foods. In addition, many supplements contain forms the body can't unlock easily. A lot of people aren't getting nearly enough magnesium – or feeling its full effects! Magnesium relieves tension and supports soothing slumber.* This mineral also helps activate the parasympathetic nervous system. Also known as your "rest and digest" system, it is in charge of shifting you toward a state of peaceful calm and relaxation.

Magnesium helps regulate certain neurotransmitters as well as melatonin, which is tasked with maintaining the body's internal clock (circadian rhythm).*

11 Tips to Support Healthy Sleep*

Are you working on your "sleep hygiene"? (That's the name for the habits, behaviors and environmental factors that contribute to our nightly rest.) If you want to make sleep a higher priority in your life, start with these simple tips and lifestyle changes. But be patient with yourself – you're only human and any new habit takes time to take root!

1. Put down your phone at night (and keep the TV off). Screens emit blue light, which tells your brain to stay alert and awake. That's great during the day but doesn't help you prepare for bedtime! Aim to log off two hours before bed.

2. See sunlight and darkness daily, even if it's from your car. This helps your internal clock stay on track. Artificial light (especially at night) can throw off your body's circadian rhythm.

3. Go to bed a little earlier. Even a quarter hour is enough to make a difference. Start small if you're trying to get more sleep. Once turning in 15 minutes early feels natural, try giving yourself another 15 minutes, until you're getting at least seven hours nightly. That's what adults need, even if you are convinced you can get by on far less rest!

4. Give yourself a bedtime. Yes, adults should have a bedtime, too. What time do you need to get up tomorrow? Set your alarm clock for seven hours before that. Try to opt for a consistent schedule on weekdays and weekends. That Monday 6 a.m. wake-up call is easier when you didn't sleep until noon on Sunday!

5. Stop trying to "catch up." Consistency is key when it comes to healthy rest. While sleeping more when you need it is fine – yay, you, for prioritizing rest – don't skimp during the week thinking you'll just sleep in all weekend. It'll make next week harder!

6. Take back your bedtime hours. There's a thing that's common among adults with too much on their plates: revenge bedtime procrastination. It's when you stay up past your bedtime even though you're tired because you feel like you deserve more time to do what you want. Instead, make time for yourself throughout the day, even if it's 5 or 10 minutes.

7. Make your bedroom comfier. When it comes to healthy rest, think of Goldilocks. You don't want to be too cold or too warm. You want to be "just right." The Sleep Foundation says that the best temperature for comfortable sleep is 65 degrees F by the way.

8. Cut out caffeine in the afternoon. While you might need a late in the day pick-me-up, that 4 p.m. latte could keep you awake – caffeine's effects can last for six hours or more in some people. Instead, try a glass of water and quick stretch or walk!

9. Block out the light and noise. You're not being a diva if you can't sleep when it's noisy or bright. Those things can actually interfere with your ability to get into deep rest. So, close the shades, add some blackout curtains or wear a sleep mask. To deal with noise, close windows, use ear plugs or download a white noise app.

10. Slow down at night. What are you watching or doing in the evenings? If you're watching horror shows, doing intense exercise or listening to true crime podcasts, it might be harder to shift into wind-down mode. Save those things for earlier in the day and do slower and mellower tasks after dinner.

11. Reach for magnesium – but make sure the supplement you choose is one you can actually feel!

About Magnesium Mind

Enzymedica recently launched a new magnesium supplement that's formulated to help you "feel better faster." It uses a patented form of magnesium that you can actually feel (and there's science to back it up). Magnesium Mind supports soothing slumber, calms stressful days and promotes quick thinking.* With ATA Mg® for 24% faster absorption, Magnesium Mind helps relieve tension and improve well-being, to help you get the healthy sleep you need to show up as your best self.* It also helps calm your natural stress response, to bring ease to stressful days and challenging times.* ATA Mg® gets right to your brain, while supporting your memory, learning and overall cognition.* The suggested use of Magnesium Mind is that you take one capsule two times each day. These supplements are vegan, and they contain no gluten, milk, casein, soy, egg or artificial colors, fillers or flavors.



About ATA Mg®

Enzymedica's new Magnesium Mind and Magnesium Motion supplements feature patented ATA Mg®, which offers superior absorption to the brain and cells, compared with many forms of magnesium such as citrate and oxide. ATA Mg® combines this potent mineral with taurine, an amino acid used by the body to deliver magnesium ions to the cells. This unique combination has been clinically proven to absorb 24% faster – for a difference you can feel. Taurine plays critical roles in healthy brain function and acts on neuromodulation and relaxation. It is also a powerful antioxidant, reducing free radicals produced in the brain. ATA Mg® has been proven to cross the blood-brain barrier and modulate excitatory neurotransmitters.* (The blood-brain barrier maintains homeostasis, or balance, in the brain. Think of it like a bouncer at a club. It determines what gets in and what doesn't.)

<https://www.cdc.gov/sleep/index.html>

<https://www.sleepfoundation.org/sleep-hygiene/revenge-bedtime-procrastination>

<https://fluidsbarrierscns.biomedcentral.com/articles/10.1186/s12987-020-00230-3>

<https://lpi.oregonstate.edu/mic/minerals/magnesium>

<https://link.springer.com/article/10.1007/s12011-018-1351-9>

<https://ods.od.nih.gov/factsheets/Magnesium->

HealthProfessional/ ■

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



SWEET DREAMS:

Secrets to a Good Night's Sleep

By Life Extension

A good night's sleep is a beautiful thing. Waking refreshed and recharged allows you to have more energy, better focus and improved concentration for your day ahead. Yet, sleeping the recommended eight hours is easier said than done—as anyone who has occasionally struggled with falling and staying asleep can attest. Here are our tips for getting the kind of regular, restorative sleep that we all dream about!

1. Prepare for sleep: A “bedtime ritual” isn’t just for children! Avoiding screen time on your phone and television 30 minutes before you go to sleep helps your mind and eyes relax before you take off to dreamland. Make sure you are sticking to a sleep schedule and avoid eating heavy meals right before your head hits the pillow.

2. Support your shut-eye: Want to sleep like a baby? Caffeine intake before bed will inhibit you from getting a restful night sleep, so instead opt for a soothing and relaxing, warm cup of chamomile tea. Incorporating melatonin into your nighttime routine is a great way to keep your circadian rhythms in check.

3. Keep a sleep journal: Take note of how you slept and how you prepared the night before impacted your restfulness. You can also observe how your mood and mental focus might have been affected by the quality of your sleep—chances are, you might find that when you sleep well at night, you’re less stressed and feel happier the next day.

GENERAL SLEEP: A healthy diet, regular exercise, healthy lifestyle and nighttime routine all contribute to your sleep health.

1. How can I support restful sleep? It is recommended to prepare for sleep by avoiding exposure to electronic device

screens several hours before going to bed. If possible, sleep in a completely dark room that is a comfortable temperature and relatively free from noise and other distractions. Try to disengage from bothersome thoughts, including worrying about falling asleep! Helpful supplements to support restful sleep include melatonin, the amino acids L-tryptophan and lysine, bioactive milk peptides, magnesium and herbs such as valerian, passionflower, ashwagandha and saffron.

2. Why do you wake up in the middle of the night? Waking at night can have many causes. Minimizing stress and avoiding caffeine, bright light and blue light late in the day can help you stay asleep all night. Maintaining a healthy hormone balance and healthy melatonin production can also support restful sleep.

3. How can melatonin help support better sleep? Melatonin is a hormone involved in controlling the body’s sleep-wake cycle and is released by the brain’s pineal gland in response to the onset of darkness. Supplemental melatonin supports the body’s natural melatonin cycle. Melatonin activates the receptors MT1 and MT2 in an area of the brain’s hypothalamus that controls circadian rhythms and in some peripheral tissues. Melatonin supplementation helps support central nervous system activities via these receptors. Valerian root is another herbal supplement that has been used as a sleep-supportive nutrient dating back more than 2,000 years! For comparison, we’ve broken down the differences between **valerian root vs. melatonin.** ■



The Mediterranean Anti-Aging Secret

Discover a Whole New Tea for Longevity

You may have heard about the “blue zones” of the world, where diets and lifestyles converge to add up to incredible vitality and longevity. For example, people in Okinawa, Costa Rica, and Mediterranean coastal and mountainous regions in Greece regularly see lifespans that reach 100 years old.

This can be due to many factors—fresh air, exercise, rich social lives, and healthy diets. But in almost every case, teas make up a significant percentage of the beverages people in blue zones drink. Green tea is one that’s familiar to most, but Greek mountain tea is one you may not have heard of.

Greek mountain tea (*Sideritis scardica*) has been a prized beverage in the mountainous regions of the Mediterranean for generations and was a favorite of Hippocrates in ancient times. This hardy botanical thrives in harsh conditions, which is what helps the plant create its protective compounds.

Greek mountain tea has an invigorating effect on the mind and body. Shepherds in the Mediterranean drank it to stay warm, alert, focused, and resilient while tending to their flocks outdoors. The beverage is even commonly known as “shepherd’s tea” due to its association with the trade.

It is the perfect beverage for mental and physical endurance. Like so many botanicals, Greek mountain tea has multiple



benefits just beginning to be explored with scientific and clinical studies.

Clinical Results for Cognitive Health

In recent years, Greek mountain tea attracted the attention of researchers who wanted to see what results participants would see in placebo-controlled clinical trials, especially for cognitive health.

One placebo-controlled, double-blind study tested two dosages of a Greek mountain tea supplement (475 mg and 950 mg) against an active control of *Ginkgo biloba* (240 mg) for comparison’s sake, and a placebo.

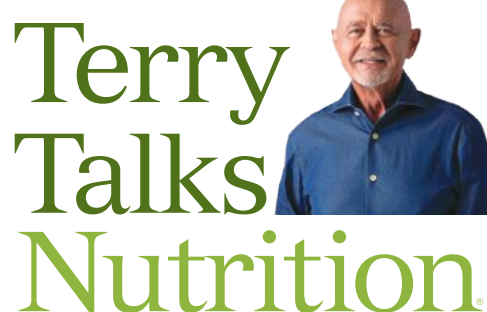
After this month-long trial, Greek mountain tea showed significant benefits:

- Better accuracy and higher scores for processing visual info while under pressure.
- Less anxiety for individuals taking the higher (950 mg) dosage.
- Improved circulation in the prefrontal cortex—the part of the brain involved in impulse control, learning, and working memory.

Although ginkgo showed some positive effects on accuracy under pressure, the results weren’t as strong as they were for Greek mountain tea. Plus, ginkgo didn’t help participants feel the calm alertness that characterized those in the Greek mountain tea group.

Greek mountain tea also appears to inhibit the reuptake of serotonin, noradrenaline, and dopamine, making it a contender for treating symptoms of depression and attention-deficit conditions.

Other scientific work shows compounds in Greek mountain tea can protect against the development of Alzheimer’s by decreasing amyloid beta formation (the plaques and tangles that can interfere with brain signals) and reducing physical paralysis symptoms associated with the disease.



TERRY’S BOTTOM LINE

Many popular botanicals around the world have been used in their localities for thousands of years to promote longevity. When we first learn about them, they seem completely new, despite long histories of traditional use.

One such botanical is Greek mountain tea, recognized throughout the Mediterranean region as a powerful botanical for supporting overall health and wellness. Traditionally consumed as a brewed tea, Greek mountain tea can now be consumed in a convenient supplement form. This is thrilling news because clinical and scientific research shows it can dramatically enhance our health in many ways:

- Promotes concentration & focus under pressure
- Protects against tumor formation
- Reduces inflammation
- Modulates liver detoxification, digestion, & blood sugar levels
- Enhances physical & mental resilience
- Promotes overall longevity

HERE ARE THE FORMULAS I SUGGEST:

Greek Mountain Tea (<i>Sideritis scardica</i>) Aerial Extract (Take once or twice daily)	500 mg
OR	
Greek Mountain Tea (<i>Sideritis scardica</i>) Aerial Extract with	450 mg
Bacopa (<i>Bacopa monnieri</i>) Leaf Extract standardized to ≥ 20% bacosides (40 mg) (Take once or twice daily)	200 mg

More...

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The Mediterranean Anti-Aging Secret

Cancer Protection

Greek mountain tea is a powerful antioxidant with the ability to stop free radical damage at a cellular level. Scientific research finds it is as strong as green tea, even though it contains different compounds and works through different pathways.

Greek mountain tea provides a compound called acteoside, which promotes various healthy responses in the body. This compound has been found to inhibit many types of cancer, including prostate, brain, and melanoma.

Scientific research shows that extracts of Greek mountain tea protect the gastrointestinal system from harm, reduce inflammation as effectively as a prescription non-steroidal anti-inflammatory drug (NSAID), and prevent cancer development without harming healthy immune cells. While Greek mountain tea is a powerful antioxidant that protects healthy cells, it appears to induce oxidative stress in tumor cells, and ultimately stops them.

Anti-Inflammatory Actions and Physical Resilience

Along with oxidative stress, out-of-control inflammation is a primary cause of disease as well as muscle and joint pain. The anti-inflammatory actions of Greek mountain tea are a major factor in supporting physical resilience.

Greek mountain tea is also an excellent herbal adaptogen, promoting physical stamina and energy, without causing jitteriness. Unlike green tea, it is not caffeinated. It has also been traditionally recommended in cases of anemia and doesn't deplete iron levels.

Liver, Digestion, and Blood Sugar

Greek mountain tea compounds have been shown to help the liver efficiently detoxify harmful compounds while also protecting liver cells. Greek mountain tea also promotes healthy gut bacteria, making it a valuable herbal for assisting in nutrient absorption and digestion. Interestingly,

Cognitive benefits when paired with **BACOPA**

Greek mountain tea has also shown remarkable brain-boosting support when paired with another botanical, *Bacopa monnieri*. Bacopa improves accuracy and working memory, and helps people perform repetitive tasks while under pressure. Some research shows bacopa may even help generate new and more efficient neural connections in the brain.

In clinical research, bacopa:

- Strengthened the speed of attention & overall cognitive abilities
- Alleviated symptoms of depression & anxiety in older individuals
- Improved focus and behavior for children & adolescents with attention deficit conditions

In individuals with mild cognitive impairment (a precursor stage to Alzheimer's), a combination of bacopa and Greek mountain tea was shown to increase beta wave activity in the brain, which is associated with memory and focus. Those taking the combination also scored better in memory, math, and attention tests.



preserving healthy probiotics in the body also helps the polyphenols from Greek mountain tea work most effectively.

Scientific work has found that Greek mountain tea activates a protein in liver cells that plays a starring role in how the body unlocks energy from calories, releases hormones, and regulates blood sugar levels. This same study showed Greek mountain tea reduced triglycerides and fasting glucose levels, and increased the activity of catalase, a key antioxidant enzyme. So aside from general liver function, this herb could prevent development of type 2 diabetes and weight gain, too.

Optimal Health and Longevity

Greek mountain tea contains beneficial polyphenols and other nutrients that can re-energize your mind and body. Traditionally, it has been known for boosting

immune defenses, treating respiratory illnesses, and alleviating urinary tract issues. Research shows it also stops the growth of harmful bacteria and scavenges destructive free radicals, and clinical work continues to examine its effects on preserving cognitive and physical vitality.

In my many years of researching life-enhancing nutrients, I believe Greek mountain tea is one of the most effective botanicals I've encountered. I urge you to add this wonder of the Mediterranean to your daily regimen today.

When in doubt, always consult your physician or healthcare practitioner. This article is intended to provide you with information to maintain your health.

Visit TerryTalksNutrition.com to sign up for a weekly newsletter or listen to my radio show

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Discover the Mediterranean Secret to Health & Longevity*



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*Terry
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*Occasional stress. **These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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