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Health & Nutrition
Magazine

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Volume 14 Issue 1



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4 Immune Supplements for Winter Wellness

No season gives your immune system as much of a workout as winter. People spend more time close together indoors, and that togetherness extends to whatever crud they're harboring. What can you do about it other than stocking up on tissues and throat lozenges?

Well, there's the normal advice. Wash your hands frequently and make sure you're getting enough shut-eye. But you can also arm yourself with natural support that helps keep your immune system strong.

Luckily, there are tried and true natural ingredients that can help you stay strong or bounce back faster. Here are four standouts to know about this winter.

- **Echinacea** is one of the most well-known herbs for immune support. It not only increases your resistance to immune challenges but also helps your immune system mount a rapid response when you're feeling off. You can take this herb daily as part of an immune maintenance routine, or just when you're feeling off to support your immune response.
- **Elderberry**, another immune superhero, is great to reach for when you're not feeling well, because studies show it can shorten the duration of immune challenges. It also makes them easier to get through, because it supports normal body temperature and respiratory comfort. Bonus: Elderberry boosts the activity of other immune-supporting nutrients, such as vitamin C, zinc, and vitamin D.
- **Glutathione** is known as the body's "master antioxidant." When you're fighting something off, your immune system naturally generates more free radicals, which can damage healthy cells. Glutathione helps neutralize these free radicals and also recycles other antioxidants such as vitamins C and E. Unfortunately, it's highly unstable and rapidly broken down in the GI tract, making standard glutathione supplements difficult to absorb.
- **Oregano oil** has a long history of traditional use for supporting respiratory wellness. Compounds in the oil, including carvacrol and thymol, have been shown in laboratory studies to help fight foreign invaders.

Check out the entire selection of Natural Factors products for relaxation and sleep at Abby's today!

You can find these trusted ingredients in several immune formulas from Natural Factors:

- **Anti-V Formula**, a fast-acting liquid, features clinically proven Echinamide® — made from echinacea grown on Natural Factors' own certified organic farms — plus other immune supporting-ingredients such as reishi mushroom, lomatium, astragalus, and licorice, for fast-acting immune support and increased resistance to immune challenges.
- **Sambucus Black Elderberry Standardized Extract** softgels exclusively contain ElderCraft® European black elderberry — from the clinically studied Haschberg variety — which is extracted without solvents and highly concentrated.
- **Glutathione LipoMicel Matrix** softgels use patent-pending LipoMicel technology to disperse glutathione into tiny microdroplets, stabilizing it and making it easier to absorb.
- **Oil of Oregano**, available as a liquid and softgels, is extracted from wild-crafted oregano with steam, not solvents, and standardized to 80% carvacrol — the active constituent.

Stock your cabinet with these immune favorites from Natural Factors and be ready for whatever immune challenges come your way. ■

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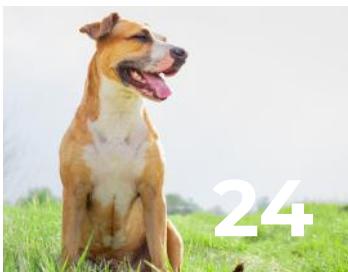
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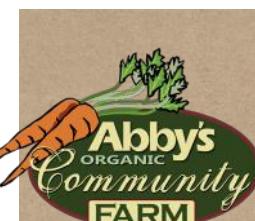
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Educate, empower and enable you to discover your personal path to preventative medicine and lifelong optimal health!

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The Complete Guide to Cleansing: Reset Your System Naturally



In our modern world, our bodies are constantly bombarded with toxins from processed foods, environmental pollutants, and stress. Many people find themselves experiencing persistent fatigue, brain fog, digestive discomfort, and unexplained skin issues—all signs that your body may benefit from a comprehensive cleansing program.

Understanding the Cleansing Process

A successful body cleanse isn't a one-size-fits-all approach. Health experts recommend following a strategic, phased program that addresses different systems in your body sequentially. The key is to prepare your elimination pathways first, then target specific imbalances for optimal results.

The journey begins with a complete body cleanse that supports all seven channels of elimination—your digestive system, liver, kidneys, skin, blood, and bowel. This initial phase helps clear waste and impurities while priming your body for deeper detoxification. Most people notice improvements in energy levels and mental clarity within the first two weeks. This foundation is essential because it prepares your body's natural elimination pathways to handle the deeper cleansing that follows.

Once your elimination channels are open and functioning optimally, you can address more specific concerns. If you experience gas, bloating, or food sensitivities, you may have bacterial overgrowth in your small intestine.

A targeted cleanse at this stage can help restore healthy balance and support better nutrient absorption. Following this, many people benefit from addressing yeast imbalances, which can cause sugar cravings, recurring infections, and digestive issues. A specialized yeast cleanse helps restore your body's natural bacterial balance and supports immune function.

The next critical step focuses on liver support. Your liver processes everything you consume, and over time, environmental toxins and poor diet can overwhelm it. A liver-focused cleanse helps support bile flow, protect liver cells, and promote healthy detoxification. Finally, completing the program with a parasite cleanse ensures a complete reset, supporting a healthy bacterial balance throughout your system.

Maximizing Your Results

For best results, take a 5-7 day break between each cleanse phase, allowing your body time to reset. If you experience any discomfort, start with half doses initially and gradually increase as your body adjusts. Supporting your cleanse with adequate fiber and hydration ensures toxins are effectively eliminated, not just relocated within your body.

A promotional image for VITAL PLANET. It features five boxes of VITAL PLANET cleanse products arranged in a staggered display against a blue sky and green grass background. The products are: Vital DETOX (14-DAY), Vital LIVERPURE (14-DAY), Vital PARAPURE (14-DAY), Vital CLEANSE (14-DAY), and Vital CANDIPURE (14-DAY). The Vital PLANET logo is prominently displayed at the top. Below the products, the text "Cleanse with Confidence" is written in large, bold, white letters. At the bottom, the text "All Natural, Full Body Cleansing" is also written in white.

TURMERIC & CURCUMIN

For starters, Turmeric has been revered as a gorgeous yellow spice known to be a powerful superfood. Through centuries of traditional use and plenty of modern scientific research, Turmeric has demonstrated remarkable abilities to benefit human health. Let's dig deep into all things Turmeric!

What is Turmeric?

Turmeric (*Curcuma longa*) is a flowering plant native to Southeast Asia. Turmeric is a member of the Ginger family (*Zingiberaceae*), and sometimes even referred to as "yellow ginger." The part of the Turmeric used for cooking and health is the rhizome, a word that comes from the Greek for "mass of roots." A rhizome is actually different than a root—it's like a long tuber that grows horizontally underground. Each section or node of a rhizome has the potential to sprout roots below and leaves above... each piece contains the whole. Once the rhizome sprouts, Turmeric begins a journey into splendor. Pale shoots stretch upward and quickly grow dark green leaves on a sturdy stem. The mature plant can be up to six feet high, and it blooms in a whorl of gorgeous petals. After harvest, the clusters of rhizomes are washed and then gently processed as powders or extracts. While the dirt-bound Turmeric rhizome may seem unassuming at first glance, generations of cooks and healers have found that it hides bright gold. Turmeric's distinctive saffron color and earthy taste give many curries, pickles, and condiments their sunny look and complex character.

How Often Should You Take Turmeric?

In many cultures, Turmeric is embraced as an essential culinary spice and it's consumed every day. There is not a set recommended amount for daily Turmeric like there is for, say, Vitamin A. But you can definitely start getting its benefits daily with a high-quality and potent Turmeric supplement. New Chapter's Turmeric Force™ products are designed to provide Turmeric's best qualities—and they're formulated so your body can really absorb the good stuff. We always recommend talking to your healthcare practitioner about supplements you're taking or planning to start.

PART 1 OF 2

PICK UP THE NEXT ISSUE FOR PART 2

Pure & potent herb

Helps maintain healthy inflammation response*

Supports cognitive function & working memory*

Help maintain healthy cholesterol levels already in a normal range*



History of Turmeric as a Medicine

From ancient healing systems to hundreds of modern scientific studies, Turmeric reigns supreme for having unique compounds and many benefits.

Use of Turmeric Traditionally

longevity tonic in Ayurveda and in Traditional Chinese Medicine, two of the oldest healing traditions in the world. Turmeric has at least 53 different names in Sanskrit, including Bhadra, which means auspicious or lucky. In the Ayurvedic tradition, Turmeric has long been used to support digestion, liver health, respiratory health, and healthy inflammation response, and Turmeric is also used topically for balancing skin health. In Traditional Chinese Medicine, Turmeric belongs to a category of herbs known to invigorate the blood, remove stagnation, and facilitate the movement of Qi, or life force.

Scientific Research on Turmeric Supplements

Turmeric is one of the most scientifically researched botanicals in the world. Modern research has affirmed Turmeric's support for multiple systems in the body, including a healthy inflammation response, and importantly, healthy aging! And it doesn't stop there. Some of the world's most prestigious institutions have investigated the health benefits of Turmeric, and this illustrious spice holds up to scrutiny. Among other clinical and preclinical studies, Turmeric has been researched for its distinctive antioxidants and phytonutrients that support the cardiovascular system, liver detoxification, and modulated inflammation.

What to Look for in a Turmeric Supplement

Turmeric is amazing, obviously, and there are a ton of supplement options available that make it easy to add Turmeric to your routine every day. But how do you find the best Turmeric for you? Here's a quick list of things to keep in mind as you compare labels.

- Look for full-spectrum extracts of whole-herb Turmeric, not just isolated Curcumin (a single compound found within Turmeric).
- Check on absorption. Is the product formulated for absorption with whole Turmeric rhizome that the body can recognize and use as a food? Or is it only isolated curcumin extract plus additives like black pepper to try to increase absorption?
- Compare third-party validations. For example, is the supplement Non-GMO Project Verified? Certified gluten free? Is the company a Certified B Corporation?
- How about the sourcing story—is the Turmeric ethically and sustainably sourced?

How Does Turmeric Work?

Turmeric works through the action of its phytonutrients, which means plant compounds. There are actually over 100 bioactive constituents that have been identified in Turmeric, and each has its own unique activity. Ideally, the body recognizes Turmeric as a food and breaks it down, and then the various constituents get to work. For example, Turmeric's natural compounds have antioxidant action in the body, meaning they help defend your cells against oxidation and free radicals.

What is Curcumin?

You may have heard about one compound in Turmeric known as Curcumin (no relation to the spice cumin). Curcumin

supplements are extremely popular, and they follow drug development trends of isolating and intensifying a single herbal component for medicinal use. Curcumin tends to steal the limelight and has often been called the "active ingredient" in Turmeric. Many published articles look at the action of curcumin alone, rather than studying the symphony of compounds found in whole Turmeric.



However, the Curcumin compound is only 5% of what whole Turmeric has to offer. On top of that, isolated Curcumin is difficult for the body to absorb. The truth is, Turmeric has a range of other active compounds. For example, it's rich in volatile oils, such as Turmerones, as well as many other "non-curcuminoids." Recent research suggests these actives may be just as valuable as Curcumin. The non-curcuminoids in Turmeric like those oil-based Turmerones actually enhance the bioavailability of Curcumin and help the body to absorb Curcumin properly. **The moral of the**

story is that the wisdom of the whole is greater than the sum of its parts. The dynamic potential of the whole plant cannot be captured in just one constituent, because all of the compounds in Turmeric work together to deliver nature's wisdom and the full spectrum of antioxidant activity. ■

Clinical-strength turmeric

Dual extracts for optimal curcumin absorption

Made with
regeneratively
farmed supercritical
turmeric



THE NEW YOU MIRACLE BAND™

“Change Your Frequency. Change Your Life.”

ENERGY-INFUSED WELLNESS YOU CAN FEEL

WHAT IT IS

The New You Miracle Band™ is a polarized, frequency-charged bracelet made with a proprietary blend of metals inspired by Nikola Tesla, Dr. Raymon Rife, and Albert Einstein. 5 G and EMF Protection – It's like a Body Tune- Up. It helps your body return to its ideal electrical balance — naturally.

HOW IT WORKS

Every atom in your body carries an electrical charge. Stress, aging, electronics, and environmental toxins weaken that charge. The Miracle Band is charged to the same frequency as a healthy human body. When you wear it, your atoms resonate at the same frequency, like matching tuning forks. Users report improved balance, increased strength, reduced pain, elevated energy, better focus, and more consistent well-being. Many feel the difference within minutes.

Got Sea Sickness? Our bands work – Guaranteed!



WHY FREQUENCY MATTERS

- Healthy human frequency: 68-72 MHz
- Vulnerability to stress or illness: Below 58 MHz
- Deep imbalance: Below 42 MHz

We are bombarded by a smorgasbord of Electro Magnetic Frequencies. The New You Miracle Band helps your body restore its natural electrical coherence.

WHY CUSTOMERS LOVE IT

* All Natural * No batteries * No chemicals * Waterproof * Safe for all ages * Works with the body — not against it ■



HOW TO USE

Everyday energy: Wear daily. Pain or targeted relief: Wear 24/7 for the first 30 days. Then adjust based on your results.



REAL PEOPLE. REAL RESULTS.

“Within minutes my balance improved.”

~ Debbie from Tampa

“The pain in my hands went away.”

~ Stan Watson, CEO, Vital Planet. Listen to Stan on tnymb.com

“I feel more centered and calmer throughout the day. I have more energy than I've had in years.”

~ Star from Nature's Store House New Port Richie

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Is Your Body Losing the Battle Against Everyday Toxins?

Modern life exposes you to toxins at every turn. While avoiding them completely is nearly impossible, you CAN support your body's natural ability to fight back.



Your body faces
80,000+
chemicals in
your everyday
environment

The Hidden Toxin Battle

Toxins aren't just in obvious places like the water you drink and food you eat. They're also in your shampoo, makeup, furniture, and hundreds of household products you likely use daily.

The good news? Your body is equipped with a powerful defense system that can address these threats... **IF** it has the right support.

Your Toxin-fighting Team

Antibodies called immunoglobulins (IgG) are your toxin clean up crew. These proteins work around the clock to identify toxins, neutralize them, and safely escort them out of your body.

But here's the problem: When you're constantly bombarded by toxins, your body can struggle to produce enough IgG to keep up.

Add in inadequate sleep, a poor diet, or high stress, and your IgG production can dwindle, leaving you vulnerable.

Is Toxin Overload Impacting You?

When your body's detox system is overwhelmed, you might notice:

Fatigue and sluggishness • Sudden weight gain that won't budge • Digestive troubles • Headaches • Blemishes • Mood swings

And the longer toxins linger? The more pronounced these issues become.



Clinically Proven Detox Support

While drinking plenty of water and prioritizing sleep are important, new research points to a simpler solution: **Adding supplemental IgG to your daily routine.**

Clinically studied, bovine serum-derived immunoglobulins work just like the IgG your body produces naturally – Binding to and eliminating toxins... And having this level of targeted support is especially powerful during times of high toxic exposure or stress.

Just Thrive Daily Gut Detox delivers the most concentrated, bovine serum-derived IgG available – with 2-3X more IgG than colostrum. Plus, it's 100% free of dairy, making it gentle and effective for daily support.



Give your body the detox it deserves to stay healthy and feel refreshed and energized.

Q&A with Collin

Collin Gow, C.N.C. is a certified nutritional consultant who has been working in the fields of health and nutrition for over 15 years and researching for over 21 years. Collin is currently employed at Abby's Health and Nutrition consulting and educating in the Tampa Bay area.



Q: What do you recommend for dandruff?

A: Lemongrass oil, zinc, and boswellia are all studied against yeasts that cause dandruff. Silica and collagen would be good to strengthen the skin barrier, which is important when it comes to dandruff.

Q: Can I take Dr. Chi's blood pressure products with blood pressure medications?

A: I would contact Dr. Chi to find out his opinion; however, it is generally best to do natural products recommended for an ailment on the days that you are NOT taking medications prescribed for the same ailment. I would not take Vein Lite on the same day as a calcium channel blocking medication, such as amlodipine, being that Dr. Chi's sale sheet on Vein Lite mentions that it has calcium channel blocking action. Magnesium is a natural calcium channel blocker as well, so, be aware of that.

Q: What are paraprobiotics?

A: They are non-viable, or dead, probiotics. "Inactivated microbial cells" is another way to say it. The term can be confusing, however, because there isn't a universally recognized definition, and sometimes microbial cell lysates or fragments are included in the definition along with whole dead microbes. Inactivated or dead probiotics do confer host benefits. They can help to regulate adaptive and innate immunity, reduce inflammation, have antiproliferative and antioxidant properties, and in some cases act as prebiotics that feed living probiotics. They may also be safer for some individuals, being that one is not putting living organisms into one's body. Along with probiotics, prebiotics, and postbiotics, "paraprobiotics" do have their place. As usual with all of these types of microbial-based products, it is generally best to switch the product every so often, in order to ensure a variety of strains and species of microbes in the gut and to create a healthy gut microbiome.

Q: My total cholesterol is 120. My doctor said, "your cholesterol is too healthy". Should I be concerned?

A: The LDL/HDL ratio is the most important thing to look at, generally speaking, when it comes to the usual cholesterol conversation. However, a total cholesterol of 120 is a different conversation and is definitely too low, in my opinion. Cholesterol that low may possibly put you at an increased risk of heart attack, cardiovascular disease, depression, suicide, bone fractures, and other problems. Low cholesterol may also be associated with hyperthyroidism and liver issues, so, get checked for those. Cholesterol is an important sterol compound for the brain, for the production of hormones, and as a structural component of cell membranes. So, you should try to get your cholesterol up a little, in my opinion. Try eating 3 or more egg yolks per day or you can buy sheep brain capsules (sourced from New Zealand) and take 6 or more per day. Consuming whole fat dairy is another option. Talk to your doctor before making any changes. Be well.

Q: What do you recommend for cluster headaches?

A: Cluster headaches have a complicated pathophysiology/etiology. Issues in the hypothalamus, as well as with the autonomic nervous system, play a role in triggering them. It is thought that sympathetic activity in the nervous system triggers an attack, then the body responds with too much parasympathetic activity, triggering symptoms. Studies have shown intranasal capsaicin (a compound from cayenne pepper) to be effective for cluster headaches. There are case reports showing high dose Thiamine to be beneficial. Patients have also experienced improvement in studies using intravenous Magnesium. Lithium is sometimes used preventively as a conventional treatment. Lastly, psilocybin or LSD at sub-hallucinogenic doses have also been shown to work. Let us know what works for you. Thanks for your question. ■

Give Your Liver Some Love

The new year is a good time to give your liver some love as it is constantly detoxing for us, working hard to continually transform the food, drink, thoughts, emotions and chemicals in our environment.

We can help the liver by prioritizing exercise, sleep, and drinking warm water with lemon daily. Deep diaphragmatic breathing, coupled with yoga or qigong, supports the lymphatic and fascial system of the body where things tend to get trapped and sticky. Beyond the benefits for the peripheral muscles and tendons, these practices also support gut function as they literally keep

the traffic moving, which nurtures a healthy microbiome. A core concept in herbalism is that the body tends to get congested as we age, due to a weaker digestive fire, which ultimately burdens the liver and results in liver heat and dampness.

Abundant spring weeds provide us with the bitter and astringent taste which is inherently both cooling and cleansing and very balancing as we often lack these tastes in the typical western diet. Dandelion is both bitter and astringent and stimulates the digestive fire (enzymes and bile secretion), tightens and tones the gut lining and supports the gut's natural movement to help with bodily congestion and mild digestive woes. It partners perfectly with the demulcent qualities of Milk Thistle which soothes hot, challenged tissues. The alcohol delivers the solubilized compounds directly to the liver just like a target.*

Nature invites you to experiment with cooling your body before the hot summer season accumulates even more damp heat.



NURTURE YOUR BODY WITH NATURE'S BEST



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STRONG MUSCLES MADE SIMPLE:

The Power Trio of Vitamin D, Omega3s, and Protein

By Julie Root

Building strong, resilient muscles is not just the domain of athletes and bodybuilders; it's a vital aspect of overall health that affects everyone. Strong muscles support daily activities, improve balance, enhance metabolic rate, and contribute to better posture and injury prevention. But how do we effectively build and maintain muscle strength? Enter the "Power Trio"—Vitamin D, Omega-3 fatty acids, and Protein. These three nutrients play crucial roles in muscle development and maintenance, making them essential components of any fitness regimen.

Understanding Muscle Health

Muscle growth and strengthening occur through a process called hypertrophy, which involves repairing microscopic tears in muscle fibers caused by exercise. This repair process makes the muscles larger and stronger over time. However, for optimal muscle development, certain nutrients are necessary to fuel this process. Without adequate nutrition, efforts in the gym may fall short of desired results.

The Role of Vitamin D in Muscle Strength

Vitamin D is often associated with bone health, but its benefits extend to muscle function as well. It helps regulate calcium levels in the blood, which is crucial for proper muscle contraction. Moreover, Vitamin D has been shown to enhance muscle protein synthesis—a key factor in muscle growth—and improve muscle performance. Sources of Vitamin D include sun exposure, foods like fatty fish (salmon, mackerel), fortified dairy products, egg yolks, and supplements. Incorporating these sources into your diet can help ensure you get enough Vitamin D to support muscle health.

The Benefits of Omega-3 Fatty Acids for Muscles

Omega-3 fatty acids are renowned for their anti-inflammatory properties, which aid in reducing muscle soreness and speeding up recovery after intense workouts. By decreasing inflammation, omega-3s help minimize damage to muscle cells during exercise and promote quicker healing. The best sources of omega-3s are fish oil supplements and oily fish like salmon, mackerel, anchovies, sardines and herring. Including these in your diet can enhance muscle recovery and performance.

Protein: The Building Block for Muscles

Protein is perhaps the most well-known nutrient when it comes to building muscles. It's composed of amino acids that are essential for repairing and growing muscle tissue post-exercise. Consuming adequate protein ensures that your muscles have what they need to recover from workouts and grow stronger. The recommended daily intake varies depending on activity level but generally falls between 0.8 grams per kilogram of body weight for sedentary individuals to 1.6–2.2 grams per kilogram for those engaged in regular intense training. Excellent sources include lean meats (chicken, turkey), fish, legumes (lentils, chickpeas), eggs, dairy products, tofu, and quinoa.



Integrating the Power Trio into Your Diet

Incorporating Vitamin D, Omega-3s, and Protein into your daily meals doesn't have to be complicated. Start your day with a breakfast rich in protein—perhaps an omelet with spinach or Greek yogurt with nuts and seeds. For lunch or dinner, opt for grilled salmon or chicken paired with vegetables and a side salad containing pumpkin seeds or walnuts. Balancing macro-(protein) and micronutrients (Vitamin D and Omega-3s) is crucial; aim to create meals that provide a variety of these nutrients throughout the day. Consider consulting with a nutritionist if you're unsure about creating balanced meal plans tailored to your needs.

Real-life Success Stories or Studies

Numerous studies underscore the effectiveness of this power trio in enhancing muscle health. Research published in "Nutrients" journal highlights how combining Vitamin D supplementation with resistance training significantly improves muscle strength among older adults—a demographic at risk for sarcopenia (muscle loss). Athletes also testify to the benefits: Olympic swimmer Michael Phelps credits his high-protein diet enriched with omega-3s for aiding recovery after exhaustive training sessions. Similarly, fitness enthusiasts report feeling less fatigued and experiencing faster recovery times when integrating these nutrients into their diets consistently. The journey toward building strong muscles involves more than just lifting weights; it requires strategic nutritional support from the Power Trio—Vitamin D, Omega-3 fatty acids, and Protein. Each component plays a unique role in supporting muscle function, growth, recovery, and overall health. Whether you're aiming for peak athletic performance or simply seeking to improve everyday functionality, embracing this trio could be the key to unlocking new levels of strength and vitality. ■

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Understanding the Immune System



PLUS Our Best Supplements for Immune System Support

The immune system is your body's natural defense network. It isn't a single organ, but a complex web of cells, tissues, and organs spread throughout the body. This system works constantly to recognize and respond to everyday challenges, helping you stay resilient.



At its core, the immune system has two main arms:

- Innate immunity is the first line of defense. It responds quickly and broadly with barriers like the skin and mucous membranes, as well as specialized cells that act immediately when needed.
- Adaptive immunity is more specialized and learns over time. It builds memory of past exposures so that the body can respond more effectively in the future. When people talk about "supporting the immune system," they aren't referring to boosting it beyond its natural capacity—instead, it's about nourishing the processes that help the system function properly every day. That includes essential nutrients like zinc and vitamin D, as well as herbal ingredients like elderberry.†

Nutrients Most Associated with Immune Health

With a better understanding of the immune system, let's take a look at some of the nutrients best known to support that all-important function:

Zinc: Vital for Immune Response

Zinc plays a role in the activity of over 100 enzymes in the body and is an essential nutrient for normal immune function. Adequate zinc supports healthy tissue development and also contributes to antioxidant support.

- MegaFood Zinc provides 22.5 mg of high-potency fermented zinc to support immune health.†
- Each serving includes a nourishing food blend with spinach, brown rice, broccoli, and beets.
- Non-GMO Project Verified, Certified Vegan, Certified Glyphosate Residue Free, and tested for over 150 pesticides.

Vitamin D3: Essential for Year-Round Immune Support†

Vitamin D is well known for bone health, but it also supports normal immune function.† Sunlight is the primary source of vitamin D, so many people may not maintain optimal levels during winter or when time outdoors is limited.

- MegaFood D3 + K2 Gummies deliver 5,000 IU (125 mcg) of vitamin D3 plus 100 mcg of bioavailable K2 per serving.
- This synergistic blend supports immune health while also promoting strong bones and muscle function.†
- Peach flavored, pectin-based, and made without gelatin, artificial sweeteners, or high-fructose corn syrup.

Elderberry: A Trusted Plant-Based Ingredient

Elderberry has been traditionally used for generations and is valued for its naturally occurring phytonutrient content. It provides antioxidant activity that helps neutralize free radicals in the body and supports immune health.†

- MegaFood Elderberry Immune Gummies deliver 400 mg of organic elderberry per serving, plus zinc for immune support.†
- Crafted with organic wild blueberry and ginger for additional phytonutrients.
- Non-GMO Project Verified, Certified USDA Organic, Certified Vegan, Glyphosate Residue Free, and made without nine common food allergens.

Vitamin C: An Honorable Mention

Vitamin C is a water-soluble antioxidant that the body can't store, so it must be replenished daily. It helps support the immune system and protects cells from free radical damage.† Did you know MegaFood offers vitamin C in a variety of formats for daily immune support?† The best format for you is the one you'll take consistently, which is why we offer tablets, gummies, and capsules to help you get the vitamin C support you're looking for.†



Food Sources vs. Supplementation

Nutrients that support immune health are found in many whole foods:

- Zinc is present in pumpkin seeds, spinach, beans, and legumes.
- Vitamin D can be made in the skin through sun exposure but is limited in food sources.
- Vitamin C is abundant in fruits and vegetables such as citrus, bell peppers, and broccoli.
- Elderberries are traditionally enjoyed as teas, jams, or syrups.

While food is always the foundation, it can be difficult to get enough of these nutrients consistently—especially vitamin D in the darker months. That's where supplements can play a supportive role in maintaining daily immune health.†

Bringing It Together

When people ask "What are the best supplements for immune system support?" the answer isn't one-size-fits-all—it depends on your body's needs, the season, and your overall lifestyle.

- Zinc is critical for immune cell development and function and may be especially important if your diet is low in zinc-rich foods like beans, seeds, or leafy greens.†
- Vitamin D3 supports immune health year-round but is particularly valuable in the colder months when less sunlight makes it harder to maintain adequate levels.†
- Elderberry offers plant-based phytonutrients and antioxidant activity that can complement foundational nutrition for as-needed support.†
- Vitamin C is a daily essential for antioxidant support and connective tissue health, helping to support your body's barriers—like skin and gums—strong and resilient.†

Thinking about supplements in this way helps you build a more personalized approach: nutrients like zinc, vitamin D3, and vitamin C cover the fundamentals, while elderberry provides extra support when you need it.† Together, these immune powerhouses help maintain resilience and daily wellness—so your immune system can do its job, every day.†

Ready to support your immune system every day? Explore MegaFood® Elderberry Immune Gummies, Zinc, and D3 + K2 Gummies to find the right fit for your wellness routine.† ■

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Step into a Healthier 2026 Your Invitation to a Vibrant You!

By Emerald Labs

It's time to detox the old and give your body a fresh start this New Year. The desire for a fresh start and a healthier lifestyle takes center stage after January 1st. And one of the most impactful ways to kickstart your well-being journey is to prioritize your digestion.

How? By giving your system, a reboot with a natural cleanse and detox regimen.

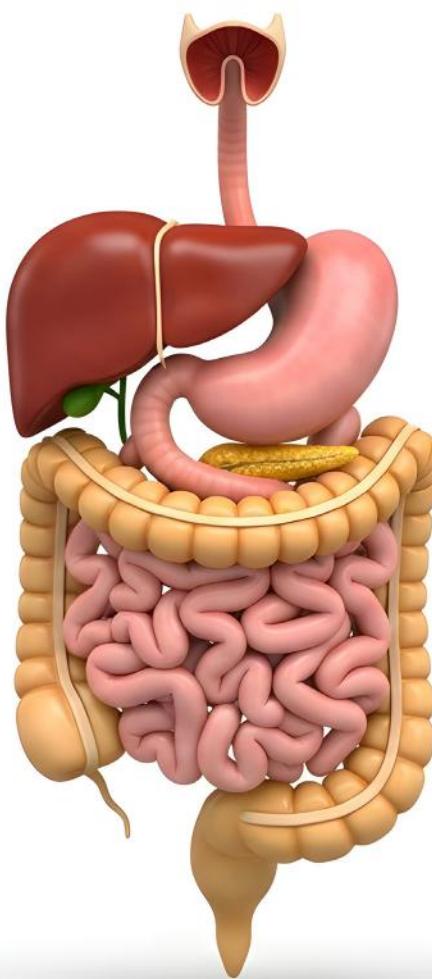
Here at Emerald Labs, we are trailblazers in the realm of natural supplements, and with our Digest and Detox category – offer a collection of formulas designed to cleanse and purify the body. Let's dive into the remarkable benefits of these doctor-formulated, gluten-free, additive-free products with therapeutic amounts based on actual clinical results.

The Importance of Digestive Health

Digestive health is the cornerstone of overall well-being. A harmonious digestive system ensures efficient nutrient absorption, boosts energy levels, and supports a resilient immune system.*† However, modern lifestyles, stress, and dietary choices often disrupt this delicate balance, leading to a myriad of issues such as bloating, indigestion, and sluggishness.

Balanced Gut = Balanced Mind

Have you ever had a day where you just feel "off"? Maybe you can't focus or you feel stressed and anxious for reasons you can't pinpoint. This may have to do with an unbalanced digestive system. Ancient Chinese medicine believes each organ is tied to an emotion, so when our system is not functioning properly it might affect your entire wellbeing.*† Because nutrients are absorbed throughout our body through the digestive process, optimizing your gut may help balance the nutrients delivered throughout your body - allowing you to experience a sense of balance and clarity.*†



Maintain a Healthy Weight

As mentioned above, when our digestive system is functioning smoothly our body can deliver the proper nutrients throughout the body. Properly balanced nutrients can help manage unnecessary cravings, like those late-night urges for an unhealthy snack, and reduce binge eating.*† Plus, having regular bowel movements will keep waste from building up in the body and keep you feeling energized.*†

Unlocking the Power of Detoxification

Detoxification is a natural process through which the body eliminates toxins, paving the way for improved overall health. Our Digest & Detox formulas are crafted with this fundamental principle in mind, offering a gentle yet effective approach to supporting the body's natural detox pathways. By harnessing the power of botanicals, antioxidants, and scientifically backed ingredients, these formulas facilitate the elimination of harmful substances that accumulate in the body

due to environmental factors, poor dietary choices, and stress. As a result, users can experience increased vitality, mental clarity, and a renewed sense of well-being!

As we embark on a new year, prioritizing your health and well-being is a resolution worth keeping. Our Digest and Detox formulas provide a reliable and science-backed foundation for achieving your wellness goals. Take the first step towards a healthier you in the new year and give your body the fresh start it deserves! ■

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Organic Food, Made Fresh

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

Catering

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Personalized Meals

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

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10+ Years Later...

By David Housefield

Abby's Farm celebrated 10 years, a decade, of serving our community last year.

Interestingly, as we were planning the farm in 2014, it was decided we would grow the farm "organically" without any emphasis on marketing or advertising. With God's help we would depend on our own progress and success (word of mouth and happy volunteers) as the catalyst for growth. Today, enjoying capacity involvement from our 100+ volunteer families, as well as full schedules for our Nature Labs, Field Trips and Honeybee Experiences (over 1500 annually)... you could say it has worked. Our social media presence currently is engaged with over 2100+ followers and our website enjoys over 8,000 visitors annually.



Abby Sayler envisioned a world class agricultural, educational venue that would impact the community and make a difference in people's lives. Her dream is alive and well in Lutz, Florida and in fact we get calls and e-mails from different states and countries asking about how we've accomplished it all. While we are extremely grateful for our corporate and individual donors that provides valuable resources, the fact is our lovely farm has been built on the backs of our volunteer families that literally come from all over the world. It's the secret to our success, even though clearly, it's not much of a secret! ■



NEW YEAR, NEW GOALS: LET'S TAKE CHARGE OF OUR HEALTH!

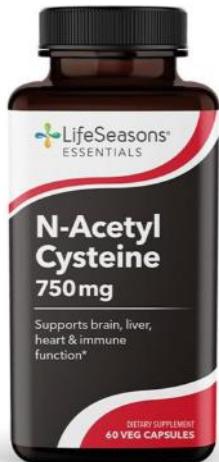
By LIFE SEASONS

Happy New Year! The holidays were wonderful, but now it's time to hit the reset button. This is the year to prioritize **detoxing, boosting immunity, managing weight, reducing stress, and crushing your fitness goals**. Let's explore the **science-backed supplements** that can help you make lasting changes and feel your absolute best.

Detox & Cleanse: Time to Reset

The holiday season tends to leave us with more than just warm memories. Heavy meals, sugary treats, and extra drinks can make you feel bloated, sluggish, and just plain off. A gentle detox can give your body the reset it needs to kick off the new year feeling refreshed. Your liver is your body's main detox center, filtering blood, breaking down toxins, and eliminating waste. When it is overloaded, toxins build up, leaving you tired and low on energy. Supporting your liver can help eliminate waste, balance hormones, and restore your vitality.*

A great option is **Puri-T**. It combines **Milk Thistle**, which protects liver cells and supports regeneration*; **Dandelion Root**, a natural diuretic that flushes out toxins*; and **N-Acetyl Cysteine (NAC)**, which boosts **glutathione***, your body's master antioxidant. A supported liver means better energy, clearer skin, and a lighter, more vibrant you. ■



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OMEGA-3S:

WHY THEY'RE
ESPECIALLY
IMPORTANT FOR
MEN'S HEALTH

BY NICK NOLOBOFF



No one likes a trip to the doctor—the sniffly, germy waiting rooms, nurses with clipboards, those emasculating gowns. Men especially hate going. Kinda like how your dog hates going to the vet. Here's my strategy: I try really hard not to go. If you also dislike doctor's visits, you've got good reason to start taking omega-3s (a.k.a. essential fatty acids). Rarely do you find a nutrient as broadly beneficial as omega-3s.* Why? Because these essential fats make up the 60-100 trillion cell membranes found throughout your body, from toes to nose. Plus, they've been shown by countless studies (actually, 8000+ clinical studies) to help maintain many aspects of health, from immune and metabolic health, to cognitive, joint, and even eye health.* But for men, especially, the big one is the heart. As most people know, cardiovascular disease is the leading cause of death among Americans, but men face this health risk earlier in life than women do. According to Harvard Medical School, men are, on average, seven years younger than women when they suffer their first heart attack. Which means there's less time for men to put off heart-healthy lifestyle changes. The time to act is now.

HEALTH FOOD FOR YOUR HEART

Eat well and exercise, right? You've heard it before. We all need to be more active and cut way down on the nachos and fried foods—that's a given. But one valuable, easy-to-follow suggestion on the diet-side is to consume more heart-healthy omega-3 fats. Here's a little trade secret to convince you: The FDA is pretty strict about what omega-3 brands can claim about their products. Supplements are not drugs, they tell us. They're not cures for disease. They're nutrients—food, essentially. But the one area where the FDA gives us more room to talk about our fish oils is in relation to heart disease. That's because there's so much evidence that omega-3s can benefit the heart that it would be a detriment to public health to keep people in the dark.

The American Heart Association agrees. They recommend 1,000 mg of omega-3 EPA+DHA per day for people with documented coronary heart disease. For folks with high triglycerides, they recommend far more: 2,000–4,000 mg per day. What percentage of people do you think actually follow these recommendations?



I have no idea either, but given that 90% of Americans are deficient in omega-3s, it's probably pretty small.

EASY INSURANCE

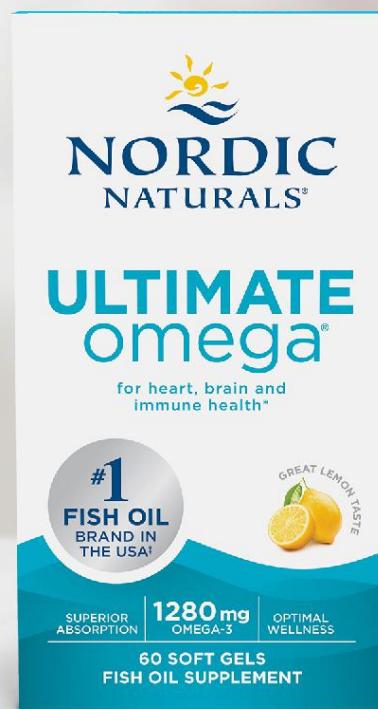
The upshot is this: If men hope to avoid those silly hospital gowns, a good first step is to stay healthy by consuming a lot more omega-3s. We should all eat wild-caught, oily fishlike salmon, sardines, cod, mackerel, and anchovies each week. But really, how many of us do this with any regularity? Omega-3s must be constantly replenished because they are always used by cell membranes. For this reason, it's important to supplement daily with high-quality fish oil to fill in any nutritional gaps and to make sure you're getting a steady source of omega-3 fats. There's no way to completely avoid trips to the doctor, but a daily serving of fish oil is a pretty easy insurance policy. ■

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DETOXING YOUR PET

“Detoxing” a pet in a medical sense usually refers to professional treatment for acute poisoning. In a general wellness context, blogs on the topic advocate for supporting a pet’s natural detoxification organs (liver, kidneys, gut) through lifestyle and diet, rather than an active “detox” program.

Here are key strategies found in various pet health blogs:

Foundational Support

Provide Clean, Filtered Water: Tap water often contains chlorine, fluoride, and heavy metals that can add to a pet’s toxic burden. Using a high-quality water filter is a key first step. Cats, in particular, may benefit from a water fountain to encourage hydration.

Feed a High-Quality Diet: Highly processed commercial pet foods often contain fillers, artificial preservatives, and other additives. Switching to a natural, species-appropriate diet (raw or high-quality canned/kibble) can significantly reduce the intake of these substances.

Ensure Regular Exercise: Physical activity stimulates circulation and the lymphatic system, helping move waste materials through the digestive tract and supporting overall organ function.

Dietary Additions & Supplements

Antioxidant-Rich Foods: Incorporate fresh, organic vegetables and fruits into meals, such as leafy greens (spinach, kale), pumpkin, and blueberries, which are high in antioxidants that help neutralize free radicals.

Supportive Supplements: Consult with a holistic veterinarian about supplements that can aid specific organs:

- Milk Thistle: Well-known for supporting liver health.
- Dandelion Root: Can help cleanse the liver and kidneys.
- Probiotics: Help maintain a healthy gut microbiome, which is crucial for overall health and toxin elimination.
- Omega-3 Fatty Acids (Fish Oil): Can help reduce inflammation and support liver function.

Environmental Management

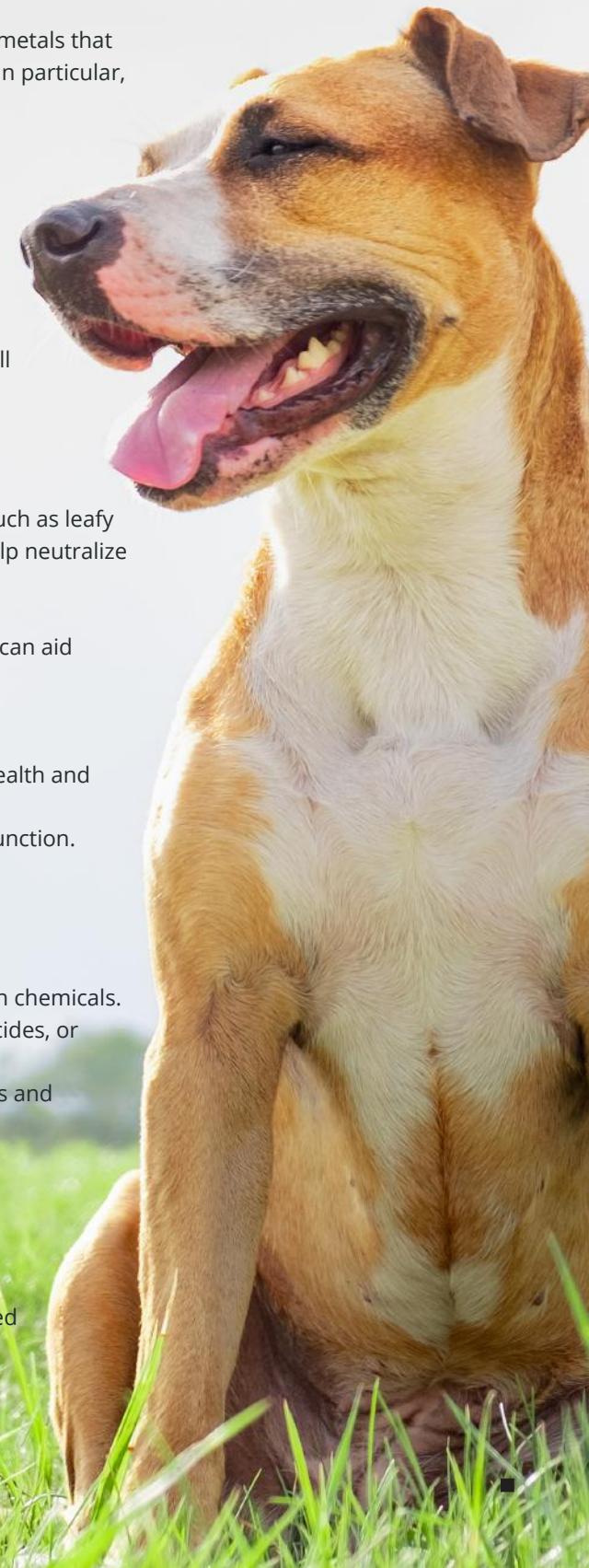
Reducing exposure to toxins in the home and yard is a crucial preventative measure.

- Use Natural Cleaners: Opt for pet-safe, natural cleaning products instead of harsh chemicals.
- Avoid Lawn Chemicals: Keep pets away from areas treated with pesticides, herbicides, or fertilizers.
- Mindful Grooming/Treatments: Choose natural shampoos and grooming supplies and discuss natural alternatives to synthetic flea and tick treatments with your vet.
- Ensure Good Air Quality: Use HEPA vacuums regularly and consider air purifiers.

Important Considerations

Always consult a veterinarian before starting any new diet or supplement, especially if your pet is ill or on medication. Some symptoms during an initial dietary change (like a change in fur odor, temporary vomiting, or diarrhea) may occur but should be monitored closely and typically resolve within a couple of weeks.

The information provided is for educational purposes only and not a substitute for professional veterinary advice. The claims or products have not been evaluated by the Food and Drug Administration. Come in to Abby's today to speak with one of our health professionals.





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Your Complete Guide to Detoxing Heavy Metals Naturally & Boosting Vitality

Analysis by Dr. Joseph Mercola

In today's highly industrialized world, the global population is exposed to toxic substances. From pesticides to **additives** found in food, your body is facing an assault on all fronts. To make matters worse, heavy metals, which come from practically anywhere, are undermining your health. These naturally occurring elements impede important cellular functions, making optimal liver health — as well as familiarizing yourself with other natural detox methods — even more important.

The Liver — The First Line of Defense Against Toxins

What does the liver have to do with removing heavy metals? As it turns out, it metabolizes heavy metals, which are transported into your intestines via bile. From there, toxins are excreted.

- **The primary filtration system** — According to Columbia Surgery, "All the blood leaving the stomach and intestines passes through the liver, which removes toxins, byproducts and other harmful substances."

- **Choline is key for a healthy liver** — Choline is a nutrient produced by your liver in small amounts, but you also need to get enough of it from your diet. This is important because if you have a choline deficiency, your risk for fatty liver disease (FLD) increases. For context, your liver turns choline into phosphatidylcholine, which is used to transport fat away from the liver. When you have FLD, it triggers inflammation and oxidative stress that damage liver cells. Once the liver becomes damaged due to fat accumulation, it will not be able to perform at its best, including its ability to detoxify heavy metals.

- **Boost your choline levels for a healthy liver** — To keep your liver healthy, it's important to take steps that prevent fat accumulation. One way to do that is by increasing your choline intake, which is found in one of the healthiest foods you can eat — pasture-raised eggs. Another way to boost your choline intake is to take a citicoline supplement. The reason why I prefer this is because other forms of choline supplements have poor bioavailability. I have written a study about this topic, which I will share with you in the near future. Now, if your liver is healthy, you don't need to undergo an extensive detox plan because your liver will be able to do the heavy lifting. But if this isn't the case, I'll go over several natural strategies below to help you safely detox while you work to improve your liver health.

What Are Heavy Metals?

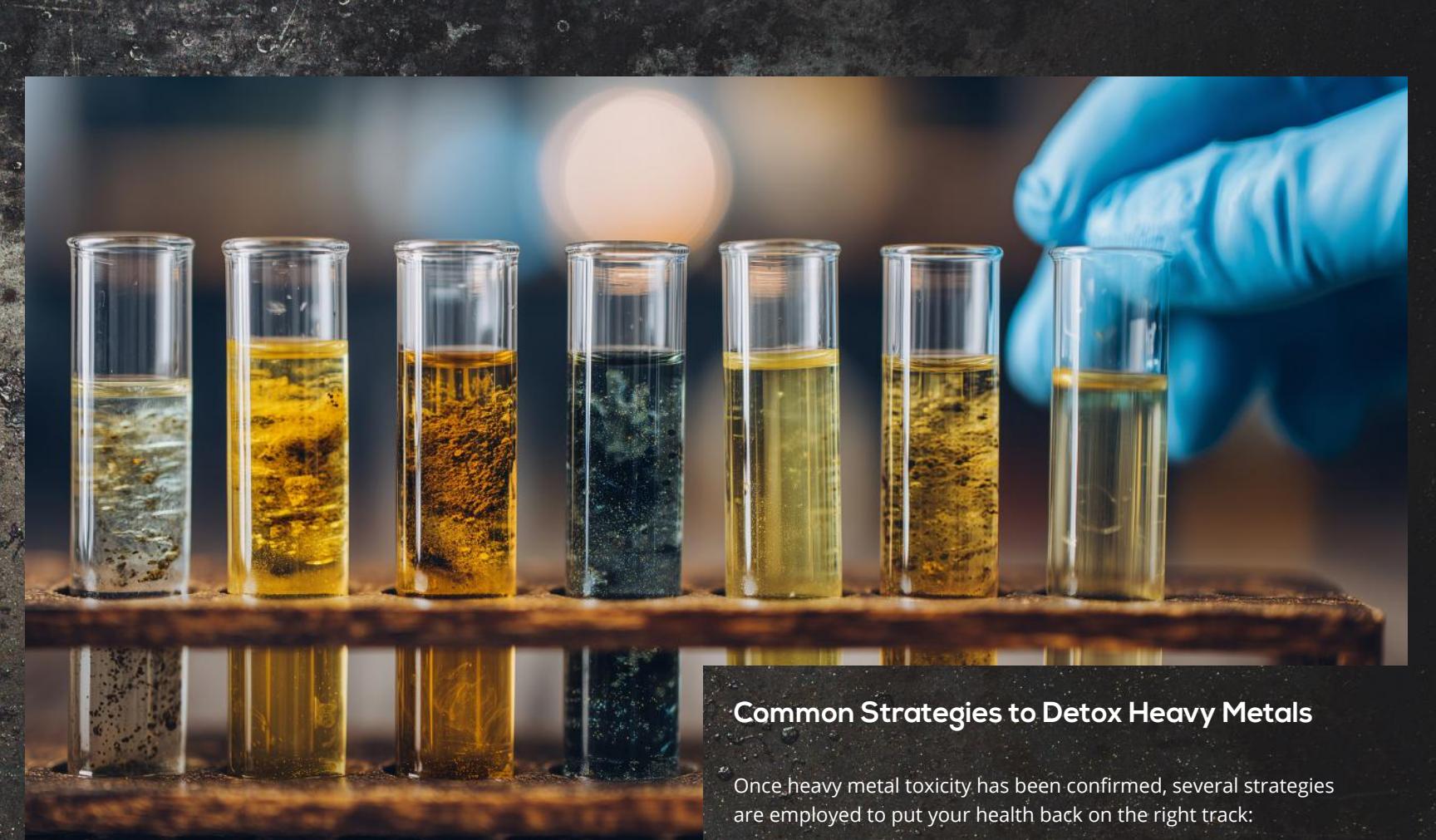
Heavy metals are elements found in the environment that have a high density or atomic weight. While commonly found in nature, they've become more prevalent due to industrial or agricultural practices, which release them into air, soil, and water. The most common examples are listed below:

Arsenic	Cadmium	Chromium	Copper
Iron	Lead	Manganese	Mercury
Nickel	Selenium	Thallium	Zinc

Not all heavy metals are equal — Some heavy metals like zinc and iron are beneficial to human health (in trace amounts) but become toxic when there's too much in your body. Conversely, some heavy metals are downright harmful to your body and serve no biological purpose.

- **Sources of heavy metal exposure** — Heavy metals enter your body in different ways. Common examples include vehicle emissions, wastewater, smoking cigarettes, and food.

- **Symptoms of heavy metal toxicity** — When heavy metals become elevated in your body, gastrointestinal symptoms such as nausea, vomiting, abdominal pain and diarrhea appear. Tingling in your hands and feet, chills, muscle weakness, memory loss may also appear.



Diagnosing Heavy Metal Toxicity

Testing for heavy metal toxicity is often challenging because it presents general symptoms. To come up with an accurate diagnosis, your doctor will ask you to outline your diet, general lifestyle, and work environment:

- **Blood tests help detect heavy metal toxicity** — A blood test is usually the first step in confirming heavy metal toxicity. Your doctor will ask you to stop eating fish and shellfish for two days because these foods typically contain mercury. Note, however, that blood tests do not always paint an accurate picture. That's because certain heavy metals are removed from your system quickly while some are stored in your tissues.

- **Other tests are also done** — If your blood work shows medium to low levels of heavy metals but you're still showing symptoms, other samples will be needed. Your urine, hair, skin, and fingernails will be tested to ensure accurate diagnosis.

- **Downside of blood tests** — While blood tests provide an overview of your blood composition, the American College of Medical Toxicology warns against regular heavy metal testing because most people have trace amounts in their system all the time.

Common Strategies to Detox Heavy Metals

Once heavy metal toxicity has been confirmed, several strategies are employed to put your health back on the right track:

- **Chelation therapy** — If imminent treatment for heavy metal toxicity is needed, your doctor will administer chelating agents that bind to toxins and remove them from your system. However, as I wrote in a previous article, it is quite costly and must be done under the guidance of an expert to avoid severe side effects.

- **Dietary changes** — Switching to a healthier diet will provide your body the defense it needs against the effects of heavy metals. For example, leafy greens contain folate that help with arsenic metabolism. Vitamin C found in various fruits and vegetables also help protect your tissues from heavy metal damage.

- **Supplements** — Research shows that certain supplements will help manage heavy metal toxicity. For example, a study published in 2022 noted that probiotics act as a binder to heavy metals, are then removed via excretion. In a 2020 meta-analysis, researchers noted that spirulina helps alleviate heavy metal toxicity in humans, particularly arsenic, cadmium, lead, and mercury. Another study noted that curcumin helps protect against heavy metal-induced lipid peroxidation.

- **Lifestyle changes** — While the strategies listed above will help, research shows that exercise is an effective way to remove heavy metals from your body. The great thing about this approach is that you can implement it right away, and it doesn't cost you a single cent. I'll discuss the benefits of this approach in greater detail below.

CONTINUED ON PAGE 28



Purge Heavy Metals with This 3-Step Detox Plan

Initiating a heavy metal detox plan will do wonders for your health. However, doing it haphazardly won't maximize results. I recommend you follow this three-step plan:

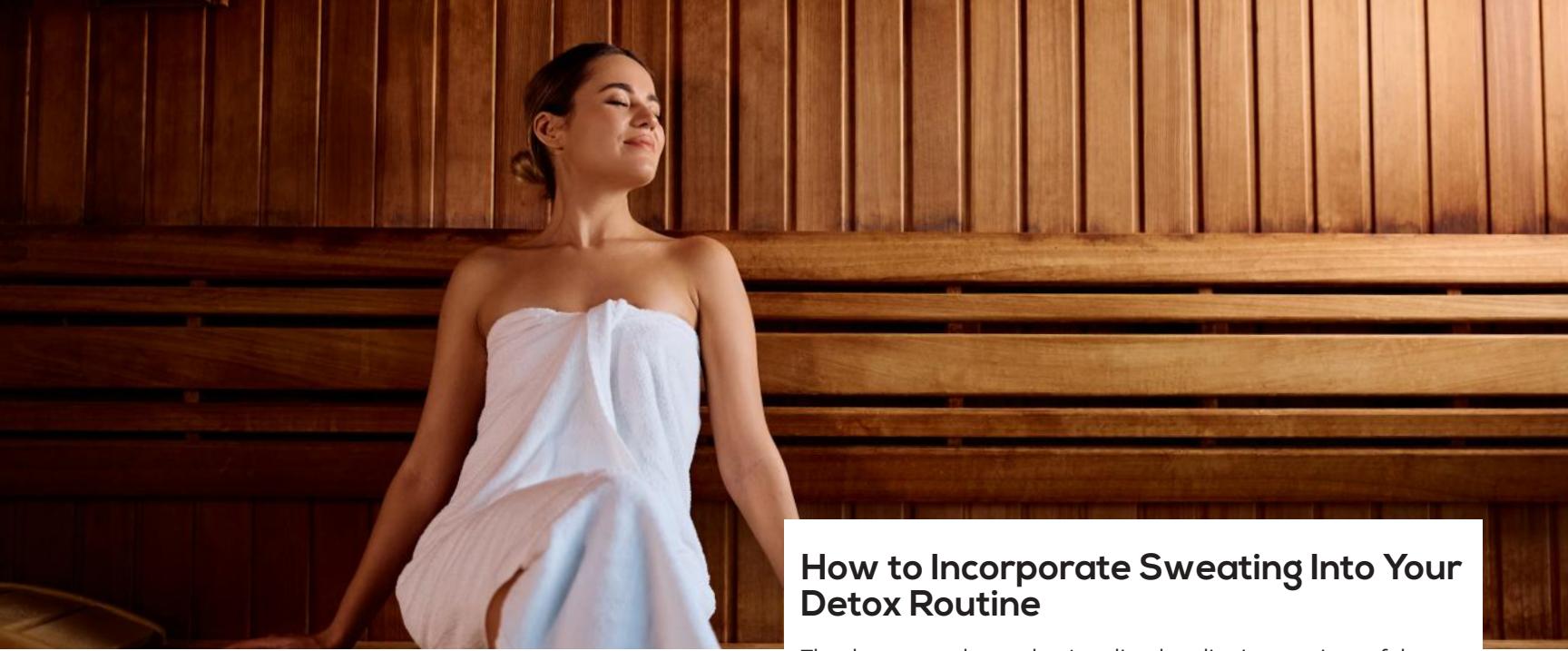
- 1. Cleanse and clear your gastrointestinal (GI) tract** — I recommend you use charcoal to bind endotoxins, as well as calcium bentonite clay to capture aflatoxins. Ideally, you'll want to use a combination of all to cover all your bases. Make sure to support your kidneys and liver, as these are crucial detox organs — herbs like dandelion and burdock work well in this regard.
- 2. Optimize your glutathione levels** — Glutathione is your body's front-line defender and primary detoxifier, especially when it comes to clearing mercury and other heavy metals from tissues. Boosting your glutathione production helps your body neutralize and eliminate these toxins more effectively. When everything is running smoothly, it's usually better to support your body's own glutathione production by taking precursors like N-acetylcysteine (NAC). But in cases where your body needs more direct support — or you're dealing with elevated toxic burden — supplementing with glutathione itself can be a powerful strategy. Most standard oral glutathione supplements fall short because your body breaks them down before they can be absorbed. That's where advanced delivery systems come in.
- 3. Nanoliposomal glutathione is taken under the tongue for rapid, high-impact support** — This sublingual route bypasses your digestive tract entirely, sending glutathione straight into your bloodstream. Clinical studies show it delivers up to three times more glutathione into circulation compared to regular oral forms. You'll feel the difference quickly, making this option ideal when you need a fast antioxidant boost — like during acute detox, illness, or high-stress periods.



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- 4. For steady, long-term support, liposomal oral glutathione is a strong choice** — Liposomal encapsulation protects glutathione from being destroyed in your gut, increasing how much actually gets into your system. While its absorption isn't as fast as sublingual forms, it's a practical daily tool to maintain healthy levels over time and support immune health, mitochondrial function, and detox resilience. Whichever form you choose, the goal is the same: give your body the glutathione it needs to clean house, fight oxidative stress, and keep you running strong.
- 5. Upregulate Nrf2 levels** — Nrf2 is a transcription factor that turns on genes that help your cells fight against toxins and oxidative stress, making it an important part of a heavy metal detox plan. To upregulate it, use R-lipoic acid (also called R-alpha-lipoic acid), polyphenols, and sulfur-based compounds found in cruciferous vegetables and alliums. Haritaki, an Ayurvedic herb, is also helpful, as well as sulforaphane and allicin from garlic. If you've implemented this three-step detox plan and you're not feeling well, that means you need to remove more toxins out of your GI tract and blood. But before you do it, pull back on upregulating Nrf2 and take more GI binders as well as herbs that support your liver and kidneys. Don't forget to drink plenty of water, and when you're feeling better again, restart your Nrf2 upregulators. Finally, remember that detoxing is a marathon and not a sprint. Start with low doses and work your way up. The entire process will take anywhere from three to 12 months, and sometimes it takes longer. Shade also recommends pulsing your detox or else it will lose its effectiveness.



Exercise and Sauna – Effective Adjuncts for Heavy Metal Detoxification

Regular exercise is one of the healthiest habits you can adopt. It's been shown to help improve sleep quality and sleep disorders, improve cancer survival, and boost brain health. Now, a study published in the *Journal of Thermal Biology* shows that sweating is a natural and effective way to detox your body from heavy metals. The researchers selected 29 men who were divided into two groups — test and control. The test group went through nine sessions of high-heat temperature combined with exercise, mimicking scenarios where individuals will use saunas or engage in exercise enhance detoxification.

Sweating significantly boosted lead excretion — Compared to the control group, the test group showed that sweating effectively detoxes heavy metals through your skin. When the group was also subjected to sauna baths, urinary cadmium levels rose.

The most efficient detox route is sweating — A supporting study noted that the human body eliminates heavy metals via different pathways, and that sweating produced higher concentrations of heavy metals like chromium, zinc, and lead compared to urine.

Repeated heat exposure enhances the excretion process — After completing nine sessions, the test group participants were able to remove lead and cadmium better from their bodies. This finding shows the importance of committing to a regular exercise regimen along with sauna sessions to boost your overall health. The great thing about sweating is that it goes beyond heavy metal detoxification. For example, sweating boosts skin health, body temperature regulation, and cardiovascular function. So, don't be afraid to get sweaty every now and then — it's good for you in many ways.

How to Incorporate Sweating Into Your Detox Routine

The three-step detox plan I outlined earlier is one piece of the puzzle. According to published research, sweating through regular exercise and sauna sessions is an effective "chelator" of heavy metals, so to speak. Not to mention, your overall health improves when you work up a sweat. But, like detoxing, exercise must be done in a methodological way to maximize your results. Here are my recommendations:

- 1. Incorporate small amounts of high-intensity training**
— While I have espoused the importance of moderate-intensity exercise for overall health, engaging in high-intensity exercise for up to 75 minutes a week is effective for removing heavy metals. I don't recommend going beyond 75 minutes, as you will begin to lose the longevity benefits and harm your health further.
- 2. Support exercise with sauna** — Like exercise, saunas are great for detoxing heavy metals because of the amount of sweat you produce. If you haven't been to a sauna, I recommend keeping your sessions to 20 to 30 minutes to prevent your body from overheating and becoming dehydrated. In addition, make sure to drink enough water before entering the sauna, and rehydrate when stepping out. Don't forget to add electrolytes to your water as well.
- 3. Combine exercise with sauna for maximum benefits** — Both exercise and sauna are good for your health in their own ways. But combined, the results will synergize and amplify your body's ability to detox toxins because you're constantly sweating. I recommend you alternate between sweat-inducing exercise and sauna sessions throughout the week. Alternatively, you can do a quick sauna session right after exercising to maximize your body's detox capabilities. Make sure to drink enough water and replenish lost electrolytes.
- 4. Monitor your body and adjust the process as needed**
— Pay attention to your body's response once you've started exercising and going into a sauna. Most importantly, remember the signs of dehydration — dizziness, excessive fatigue. ■



Kale Salad

4-6 Servings



1 bunch organic kale

½ cup organic carrot, shredded

½ organic red onion, sliced

½ teaspoon organic lemon juice

2 ounces organic safflower oil or olive oil

1 teaspoon Bragg's Liquid Aminos

Mix all liquids to make marinade. Wash, clean and dry the kale. Add the shredded carrot and sliced red onion. Toss with the marinade.



Fresh Spring Rolls

12 Servings



12 sheets of rice paper

½ organic avocado

½ organic cucumber

1 cup organic carrot, shredded

1 cup organic Alfalfa or any organic sprout

Slice the avocado and cucumber into 12 sections, set aside. Dip the rice paper in warm water for about 3-4 seconds, lay out each piece on your work surface. Allow rice paper to soak up water and become pliable and soft. Fill each rice paper with 1 section of avocado and cucumber, add a small amount of sprouts and carrot. Slowly start to roll away from you, "tuck" in your filling toward you to keep the roll tight. For dipping, we recommend Amy's Organic Salsa.



Portobello Stacks

6 Servings



6 organic Portobello mushrooms

1 teaspoon organic Rosemary, chopped

2 teaspoons organic balsamic vinegar

1 organic garlic clove, minced

1 ounce of Abby's Organic Extra Virgin Olive Oil

½ teaspoon Himalayan sea salt

8 ounces organic baby spinach

Plain organic hummus, optional

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



gluten free



egg free



sugar free



dairy free



vegan



nut free



raw



vegetarian





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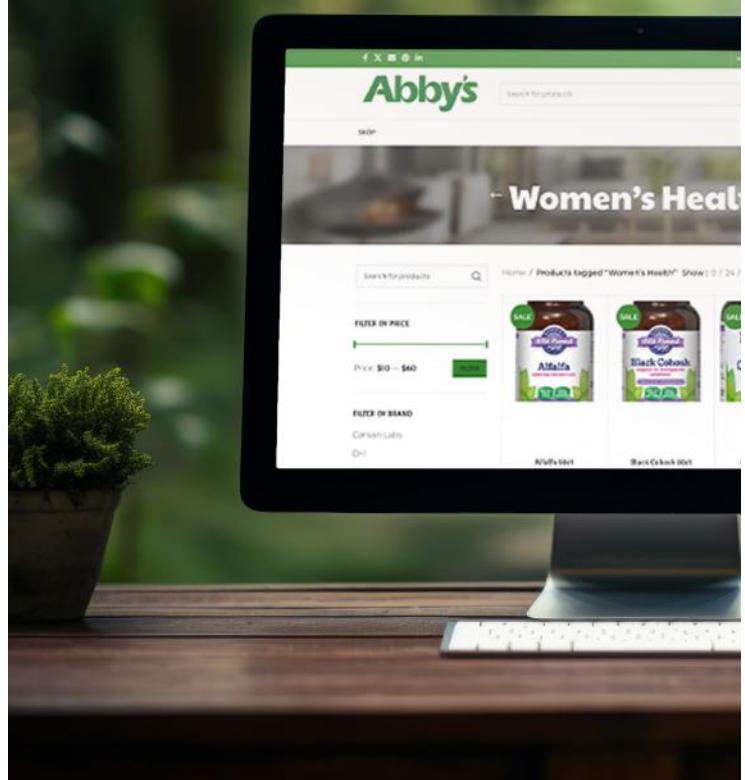
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