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# 4 Immune Supplements for Fall Wellness

Fall is right around the bend, which means cooler weather, colorful leaves, and the wonderful fun the season brings. It's also the time of year when our immune systems get tested. Once kids are back in school and everyone's spending more time indoors, immune challenges tend to make the rounds — and before long, the whole family is under the weather.

**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 fall.**

- **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.<sup>1,2</sup> 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.<sup>3,4,5</sup> Bonus: Elderberry boosts the activity of other immune-supporting nutrients, such as vitamin C, zinc, and vitamin D.<sup>6,7</sup>
- **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.<sup>8,9</sup> 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.<sup>10,11</sup>

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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## Abby's Magazine

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### Mission Statement:

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

### EDITORS:

Victor Karydis  
Peter Kaye Karydis

### DESIGN:

Infoswell Media, Inc.

### EDITORIAL ASSISTANTS:

Stacy Karydis, Janet Landry

### WRITERS:

Natural Factors, Vital Planet, New Chapter, Emerald Labs, Just Thrive Health, TNYMB, Dustin Strong CHN ACN / True Grace, Daniel Powers MS, Terry Lemerond / Europharma, Samantha Foster, dr. David / Megafood, The New You Miracle Band, Oregon's Wild Harvest, Paradise Herbs, UTZY, Europharma, MegaFood, YouTheory, Chris Wark, Lisa V., Luz Negrette, Susan Bastajian, Ted Snider.

### PHOTOGRAPHY & ILLUSTRATION:

Natural Factors, Just Thrive, Life Extension, CV Sciences, Europharma, Body Health, Biochem, Country Life, UTZY, MegaFood, Vital Planet, Emerald Labs, True Grace, Samantha Foster, Oregon's Wild Harvest, The New You Miracle Band, Jeff Nursey, Dr. Health, Café Eden, New Chapter, Carlson Labs, Nordic Naturals, Life Seasons, Paradise Herbs. The following images are courtesy of Dreamstime.com © and the following photographers: Beat Cancer © Insidestudio.

### DIGITAL EDITOR:

Peter Kaye Karydis

### WEB DESIGN & HOSTING:

Infoswell Media

### ASSOCIATE DIGITAL EDITORS

Kaylee Ryan, Anna Duckett

Publication: #71 - Volume 13 Issue 5

Since 2013

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

### AbbysHealthFood.com

Tel: 813-444-3634 / 760-793-4463

Via e-mail: PeterK@AbbysHealthFood.com

Send All Magazine Mail Correspondence:

2406 Cypress Glen Drive #101

Wesley Chapel FL 33544

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# Pesticides & Non-GMO Foods

What is the relationship between pesticides and non-GMO foods? Can food be non-GMO and still contain pesticides? Let's dive into the difference between non-GMO, pesticide-free, and organic.

If you've been trying to make healthier food choices for your family, you've probably come across labels like "Non-GMO" and "Pesticide-free." But what do they really mean? And are non-GMO foods automatically free from pesticides? Let's clear up the confusion.

What Does "Non-GMO" Mean? Non-GMO means the food was not made with genetically modified organisms — plants or animals whose DNA has been altered in a lab for traits like faster growth or resistance to pests. But here's the catch, Non-GMO doesn't automatically mean pesticide-free. A crop can be non-GMO and still be treated

with synthetic pesticides, herbicides, or fungicides.

What Are Pesticides, Herbicides, and Fungicides? Pesticides are chemicals used to kill insects that can harm crops. Herbicides kill weeds while fungicides kill fungus. While they help farmers grow more food, there's growing concern about how these chemicals affect human health, especially in children, who are more vulnerable to exposure.

While "non-GMO" can sound healthier, it's not the whole story regarding pesticides, herbicides, and fungicides. The "organic" label offers more protection for families aiming to reduce exposure — but don't worry if you can't go fully organic — every little step towards whole, fresh, minimally processed food counts.\* ■



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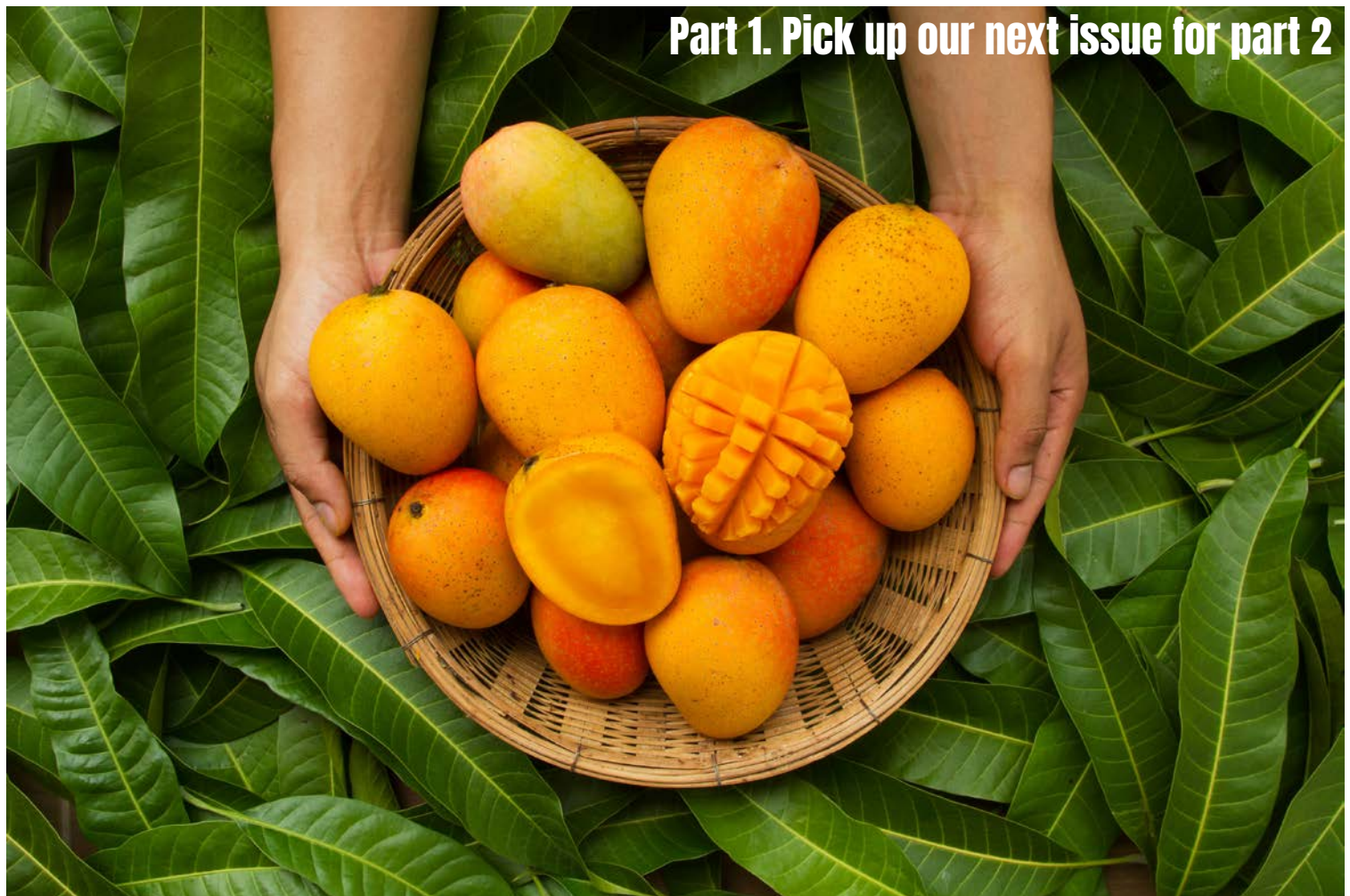
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# Liquid Multivitamins Are Here: Everything You Need to Know



When choosing the right multivitamin for you, there's a lot to consider. Do you prefer a gummy you can chew instead of a pill you swallow? Do you want one multivitamin daily instead of multiple smaller pills or gummies? Or would you enjoy a multivitamin in liquid that you can drink straight or add to your morning juice? If the last option sounds promising, you should check out our NEW Liquid Multivitamins—available in two delicious flavors! Liquid multivitamin and liquid mineral supplements are making a splash in the vitamin market. Let's dive into this convenient, highly absorbable form and learn more about why a liquid vitamin might be right for you and your family!

## What is a liquid multivitamin?

Liquid multivitamins are a dietary supplement that includes a blend of vitamins, minerals, and other ingredients in liquid form. They include nutrients such as Vitamins A, B12, C, D3, and K as

well as choline, methylfolate, and zinc. Liquid multivitamins can be taken on their own or mixed into a drink! This makes them easy to incorporate into your morning routine. In a rush? Just drink it straight using a dropper, small medicine, cup, spoon, or shot glass. Check the label for full dosing instructions. While our bodies absorb some vitamins and nutrients from dietary sources (food), it can be hard to make sure we're getting everything our bodies need every day. Our busy lives can make it hard to eat nutrient-dense, balanced meals throughout the day. If you've got picky eaters, it can be a challenge to make sure they're getting all the nutrients they need (most kids go through at least one "no vegetables!" stage). Multivitamin supplements help fill gaps from your dietary sources to make sure that you are supporting your body! With liquid multivitamins, one serving helps support your active lifestyle—how convenient!



## Who can take liquid multivitamins?

Liquid vitamins are good for the whole family: kids ages 2+, teens, and adults! They are often flavored, making them a tasty option for taking your daily multivitamin. The fun flavors can also make it easier to persuade children to take them. Children and adults who can't swallow pills may find multivitamins in liquid form easier to take. Did you know around 40% of American adults have difficulty swallowing pills? Whether that difficulty is physical or psychological, that shouldn't prevent people from being able to take a multivitamin. Multivitamins can be a strong foundation to support your overall wellness. If you can't comfortably swallow a pill, you could be missing out on a reliable daily source of nutrients. When you're deciding on the best type of multivitamin for your family, the convenience and flexibility of multivitamins in liquid form may be a good choice for families with members of varied ages. Taking multivitamins in liquid form also makes it easy to adjust the dosing to give children a different dose than adults. Just check the label for dosing information for different age groups. Say goodbye to buying one liquid multivitamin for adults and one for children. With New Chapter®, just buy one bottle for the entire family to share! Check with your healthcare provider for any questions you may have about family nutrition.



## What is a liquid multivitamin good for?

Liquid vitamins are made for foundational wellness support, just like other multivitamins. Our pioneering, nature-inspired liquid multivitamin specifically provides:

- Heart health support\*
- Bone health support\*
- Brain health support\*
- Cellular energy support\*
- Immune function support\*
- Hair, skin, & nails support\*
- Digestive health support\*

Our liquid multivitamins use the right nutrients, as nature intended, to give you whole-body benefits!

## What to look for in a liquid multivitamin?

If you take an exceptional quality liquid multivitamin like New Chapter's, you get more in every pour. Why's that? Our multivitamins in liquid are ready to absorb faster†, filling nutrient gaps to support your foundational wellness. Plus, it's gentle enough to take on an empty stomach! With 2 flavors, our liquid multivitamins are a delicious way to fuel your day. While some liquid multivitamins don't taste super great, ours is 100% delicious thanks to the hard work of our expert flavor scientists. ■

†Liquid form is more easily available for your body than tablet form. ‡Based on number of nutrients (17) in the adult serving size delivering an excellent source (20% or more daily value).



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¹45% more number of nutrients than leading liquid multivitamin based on Total XAOC \$ sales in the latest 52 weeks through 9/28/2024. Certified Organic by Where Food Comes From Organic, Castle Rock, CO, USA. ©2025 NEW CHAPTER, INC.

# Is Your Heart Getting Enough of This Overlooked Nutrient?



Despite huge advances in medicine, heart disease is still America's #1 killer. But new research shows you may have more control than you think—starting with what's on your plate and in your supplement routine.



Some research suggests people with higher K2 intake may have a



lower risk of heart-related events.

## The Surprising Role of Vitamin K2

Most people know about vitamin K1 for blood clotting. But vitamin K2? That's the heart-helper that too many miss. Unlike K1, which is found in leafy greens, K2 is rare in most modern diets. It's mostly in aged cheese, egg yolks, and fermented foods—things most of us don't eat much of.

Vitamin K2 (especially the MK-7 form) helps keep calcium out of your arteries—where it can harden and cause trouble—and puts it back in your bones, where you need it. This simple shift is key for a healthy, flexible cardiovascular system.

## The "Calcium Paradox": Are Your Arteries at Risk?

Calcium is vital for strong bones and a beating heart. But when calcium goes to the wrong places—like your arteries instead of your bones—it can cause stiff, narrowed blood vessels and raise your risk of heart problems. As we age, or if we don't get enough K2, calcium is more likely to leave the bones and settle in arteries, where it can cause trouble.

Vitamin K2 acts like traffic control for calcium. Studies have shown that people low in K2 are more likely to develop hardened arteries. In fact, large clinical studies have found K2 can help keep arteries clear and flexible.



**K2 to the rescue! K2 helps keep arteries healthy and flexible.**

## K2 Supports Healthy Arteries & A Strong Heart

Vitamin K2 helps activate a key protein (MGP) that keeps calcium out of arteries and supports flexible, healthy blood vessels. Clinical trials show that K2-7 supplementation can help improve artery flexibility and support healthy circulation.\* Maintaining healthy vitamin K2 levels is associated with better overall cardiovascular health.\*

*In one published eight-week clinical trial, adults who took vitamin K2-7 daily showed measurable improvements in blood vessel flexibility and heart function.*

## Are You Missing K2?

Most diets are low in vitamin K2. That's why many experts suggest paying closer attention to this overlooked nutrient, especially for heart and artery health.

## The Takeaway: Don't Leave Your Heart Health to Chance

Diet and exercise matter. But so does making sure you're getting enough K2—something most people miss. Support your heart and arteries the smart way with Just Thrive Vitamin K2-7, formulated with MenaquinGold™. ■





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## This Vitamin Helps Your Heart **Work Smarter** (Not Harder)

A study at the University of North Texas had 26 athletes add a highly specialized form of vitamin K2 to their daily regimen. Just 8 weeks later, their hearts pushed **12% more blood with every beat.** That's 63 extra quarts of oxygen-rich blood flowing every hour.

You don't have to push harder. You just need to give your heart what works.



## Support your best heart health with Just Thrive Vitamin K2-7.



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

Reference: McFarlin BK, Henning AL, Venable AS. Oral Consumption of Vitamin K<sub>2</sub> for 8 Weeks Associated With Increased Maximal Cardiac Output During Exercise. *Alternative Therapies*. Jul/Aug 2017;23(4):32.

[JustThriveHealth.com](https://www.JustThriveHealth.com)

# FROM PAIN TO POWER: ONE WOMAN'S GIFT THAT CHANGED EVERYTHING



They told Jeff Nursey he'd never walk without help again. After a devastating cycling accident left him with shattered bones and daily agony, Jeff spent years in and out of surgery, relying on strong painkillers and trying every alternative therapy he could find. Nothing helped. At 48, he was declared 100% disabled.

Then, just before Christmas 2009, a friend gave him a gift that changed his life — The New You Miracle Band.

*"I thought it was a gimmick," Jeff admits. "But two days after wearing it, the pain disappeared."*

That experience launched a personal mission to help others find relief — especially women — who struggle with:

- chronic pain
- hormonal issues
- balance problems
- migraines
- arthritis



Each Miracle Band contains a decorative metal disc made from a proprietary blend of polarized metals, charged to match the body's natural electrical frequency. When worn on the wrist or ankle, it helps restore energetic balance and calm inflammation — all without drugs or side effects.

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## Real women. Real results.

**"Life Saver — for that time of the month!!!** The New You Miracle Band helped me greatly with my monthly cycle. Kind of personal... 10 days of misery, but this has been so debilitating in my life, and I finally have relief. Added bonus: being protected from EMF pollution :) Thank you!!!" — Lisa V., Tampa

**"My new go-to accessory!"** I used to suffer from intense sciatic pain, but relief came within hours of wearing the Miracle Band. My husband uses it for anxiety — no more meds. I bought one for everyone in my family. I tell everyone about it!" — Luz Negrete

**"The New You Miracle Band is amazing!** After wearing it a couple weeks, all my back pain from scoliosis went away and also the pain from the two herniated discs. **I highly recommend it to anyone having any type of pain.**" — Susan Bastajian

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# LIVING CLEAN



## Why Choosing Organic Could Be The Healthiest Decision You Make

### IN TODAY'S FAST-PACED WORLD,

making informed choices about what we put in—and on—our bodies has never been more important. As people seek better ways to nourish themselves and live more consciously, organic foods, supplements, and personal care products have emerged as powerful tools for promoting holistic health.

But is the organic label really worth the extra investment? Experts and health-conscious consumers alike say yes—and here's why.

### CLEAN EATING STARTS WITH CLEAN GROWING

Organic farming prohibits the use of synthetic pesticides, herbicides, and genetically modified organisms (GMOs). That means fewer toxins in the food we eat, and a lower burden on the liver and immune system. Over time, this can translate to better energy levels, improved hormonal balance, and a reduced risk of chronic disease.



says holistic nutritionist Sarah Kim. “When you fuel it with organic, whole foods, you’re minimizing chemical exposure and supporting natural detox pathways.”

### MORE THAN JUST CALORIES: NUTRIENT DENSITY MATTERS

Emerging research suggests that organic produce may contain higher concentrations of antioxidants, polyphenols, and certain vitamins. Organic supplements—especially those derived from whole foods—are often more bioavailable, meaning your body can absorb and use the nutrients more effectively.

For those with specific health goals or deficiencies, this difference can be significant.

### A GUT-FRIENDLY APPROACH

Artificial additives, preservatives, and chemical residues can wreak havoc on gut health. Since the gut is closely linked to immunity, mood regulation, and even skin clarity, avoiding these irritants can lead to noticeable improvements in overall well-being.

Organic products naturally sidestep many of these common triggers, making them a smarter choice for sensitive systems.

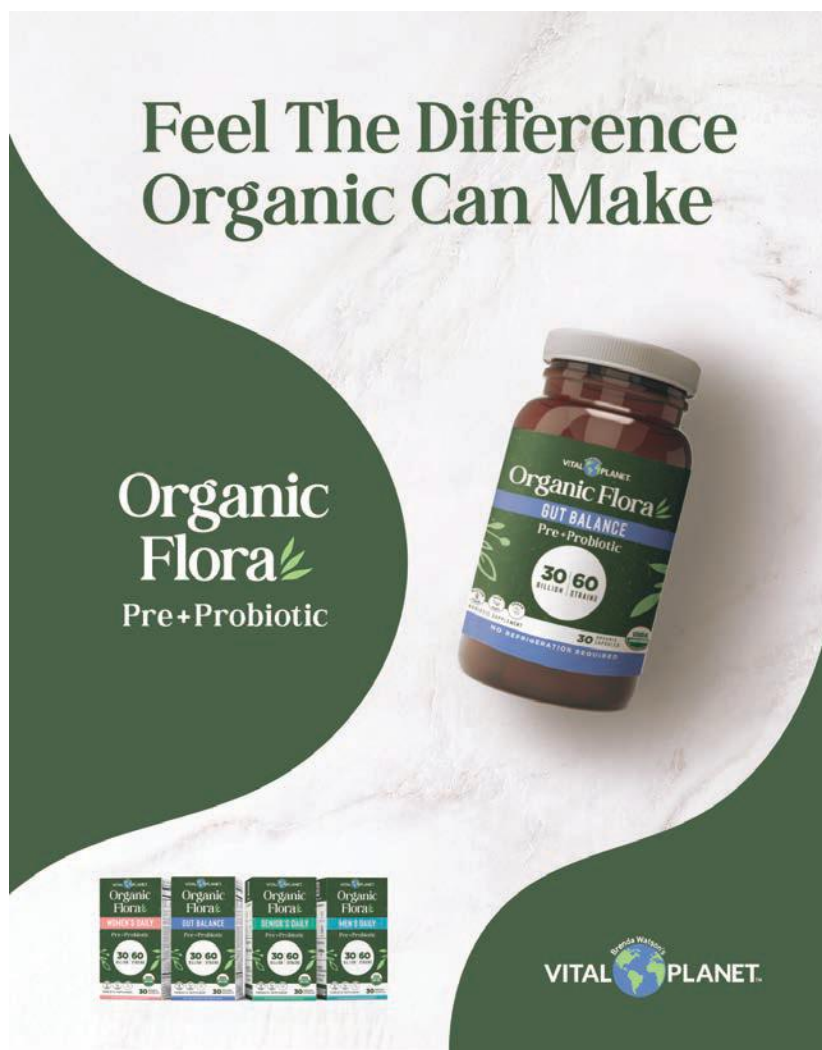
### BETTER FOR YOU—AND THE PLANET

Choosing organic isn't just good for personal health—it's a vote for a healthier planet. Organic farming practices protect soil quality, reduce water contamination, and support biodiversity. Many organic brands also lead the way in ethical sourcing, cruelty-free testing, and sustainable packaging.

### THE BOTTOM LINE

Opting for organic isn't about being perfect—it's about making better choices more often. Whether you're upgrading your produce, switching to clean supplements, or choosing organic skincare, every step brings you closer to a healthier, more vibrant lifestyle.

In a world full of synthetic shortcuts, going organic is a return to nature—and to yourself. ■



# Can Tomatoes & Lycopene Protect You Against Cancer?

Lycopene is a powerful antioxidant found in tomatoes. This massive new study set out to see if tomatoes and lycopene could protect you from cancer. Lycopene is a powerful antioxidant found in red fruits and vegetables, including watermelon, pink grapefruit and apricots. But over 80% of our lycopene come from tomatoes. This new systematic review, which included 119 studies of over 2.6 million people, looked at the protective role of tomato and lycopene in cancer. The study did not find that eating tomato reduced your risk of cancer. But it did find that the people who ate the most tomato had a significant 11% lower risk of dying from cancer.


When it came to lycopene in the diet, the study found getting more lycopene in your diet did significantly reduce the risk of cancer by 5%. When it came to cancer mortality, the risk was reduced by a significant 16%. The most accurate way of measuring lycopene intake is by analyzing blood levels. People with the highest blood levels of lycopene had a significant 11% lower risk of cancer and a significant 24% lower risk of dying from it.

This study suggests that eating more tomatoes and, especially, getting more lycopene can protect against cancer. ■



*Front. Nutr. 2025;12:1516048.*

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# Saw Palmetto Improves Quality of Life for Men with Enlarged Prostate

By Ted Snider



Benign prostatic hyperplasia, or enlarged prostate, will affect the quality of life of more than half of all men by the time they're in their forties. 90% of men over 85 suffer through it. But there is a safe, effective answer that not only improves symptoms, but improves your quality of life. 45 men with benign prostatic hyperplasia (BPH) were given 320mg of standardized saw palmetto berry extract for 12 weeks. The saw palmetto extract significantly improved the men's score on the International Prostate Symptom Score (IPSS). All 45 men in the study reported improved quality of life.

The study also found that saw palmetto helps more when symptoms are worse, and that the herb can be safely added to drugs for BPH. This is not the first study to show that saw palmetto can safely improve quality of life in men with BPH. Another recent study that showed improvement on the IPSS also found greater improvement in quality of life compared to a watchful waiting group (J Clin Med. 2022 Feb;11(4) 967 ■

Can J Urol 2024;31(6):12053-12059.



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# How GlyNAC May Help To Support Healthspan:

By Daniel Powers, MS

Cellular health is at the heart of long-term vitality. As we age, our cells face increased stress from environmental toxins, oxidative damage, and the natural decline of key biological functions. Fortunately, research is uncovering how specific nutrients can help support healthy aging—starting at the cellular level.

One promising combination is GlyNAC, a blend of glycine and N-acetylcysteine (NAC). Together, these two amino acids provide the building blocks for glutathione, the body's most important antioxidant. Supporting glutathione production can help cells maintain their natural detoxification processes, energy metabolism, and resistance to oxidative stress.\*

Let's take a closer look at how GlyNAC works—and why it's gaining attention in the wellness world.

## 1. Glutathione Support

Glycine and NAC are precursors to glutathione, a tripeptide that plays a central role in defending the body against free radicals. Glutathione is naturally produced in the body, but levels tend to decline with age, stress, poor diet, and toxin exposure. By supplying the raw materials needed for glutathione synthesis, GlyNAC can help the body maintain optimal antioxidant status. This, in turn, may support cellular resilience and healthy mitochondrial function—both of which are crucial for aging well.\*

## 2. Cellular Detoxification

Your cells work nonstop to clear out toxins—from pollutants to everyday metabolic waste. Glutathione plays a key role in this process, especially in supporting liver detoxification. Glycine and NAC help your body make glutathione, giving your cells the tools they need to stay clean and resilient—especially important in today's toxin-filled world.\*

## 3. Metabolic & Mitochondrial Health

Beyond its antioxidant role, glutathione is essential for healthy mitochondria—the energy-producing structures inside cells. Emerging research suggests that maintaining mitochondrial efficiency may support energy, cognition, and overall metabolic health as we age.\*

## Conclusion:

At Utzy Naturals, GlyNAC+ delivers a balanced 1:1 ratio of glycine and NAC, plus vitamin B2 to support glutathione production. This easy-to-take formula helps power your body's natural antioxidant defenses, supports detox pathways, and promotes healthy aging—starting at the cellular level.\* ■

### References:

Kumar, P., Liu, C., Suliburk, J., Hsu, J. W., Muthupillai, R., Jahoor, F., Minard, C. G., Taffet, G. E., & Sekhar, R. V. (2023). Supplementing Glycine and N-Acetylcysteine (GlyNAC) in Older Adults Improves Glutathione Deficiency, Oxidative Stress, Mitochondrial Dysfunction, Inflammation, Physical Function, and Aging Hallmarks: A Randomized Clinical Trial. *The journals of gerontology. Series A, Biological sciences and medical sciences*, 78(1), 75–89. Sun, N., Youle,

**GlyNAC+ is available now at Abby's.**

*As always, speak with your healthcare provider before starting any new supplement routine.*



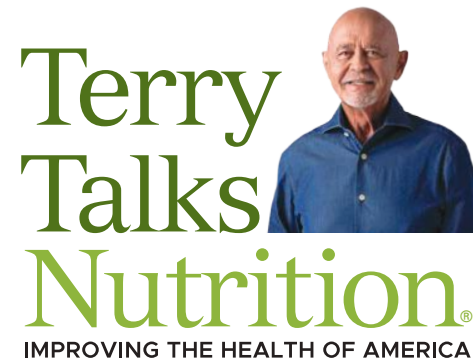
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\*These statements have not been evaluated by the Food and Drug Administration. Products not intended to diagnose, treat, cure, or prevent any disease.

# 6 GROUNDBREAKING CANCER STUDIES

## ON FRENCH GRAPE SEED EXTRACT (OPCs)



### FRENCH GRAPE SEED EXTRACT: On the Front Line of Cancer Research

You may have heard about grape seed extracts as being especially valuable for preventing or treating heart-related conditions. But a specific French grape seed extract containing only small, absorbable oligomeric proanthocyanidins (OPCs) has shown an amazing capacity even beyond protecting cardiovascular health, as critical as that is.

Researchers have found that this botanical extract fights cancer through a multitude of pathways, shrinking tumors, stopping its spread, and even killing cancer cells outright—all without harming healthy cells along the way. In fact, these studies show that this French grape seed extract may be the next breakthrough in fighting—and possibly reversing—cancer.

### WHY GRAPE SEEDS? What Makes Them So Valuable?

We've known for a long time that grapes provide a wide range of health-enhancing benefits. The wine-friendly French diet is a case in point, with its intake of anthocyanin compounds from the skins and fruits of grapes used in a variety of vintages, from Chablis to Merlot. But the truth is, incredible nutrient riches are found in the seeds of grapes, too.

The study of grape seed oligomeric proanthocyanidins (OPCs) developed in a roundabout way. A French professor, Jacques Masquelier, was fascinated by the history of explorer Jacques Cartier's crew making a tea of pine bark that saved them from scurvy. And pine bark and grape seeds have one thing in common: both contain OPCs. So, using a locally-available source while working in the wine-rich region of Bordeaux, Masquelier pioneered extracting OPCs from grape seeds. And these OPCs have proven to be incredibly valuable.

As antioxidant compounds, grape seed OPCs are better free radical scavengers and inhibitors of oxidative tissue damage than vitamin C, vitamin E, or beta carotene. Additionally, they have anti-inflammatory properties, can help preserve healthy arteries and blood vessels, and as seen in the research highlighted here, are astoundingly strong cancer fighters.

"Few things get me as excited as proven research on the power of plants and botanicals to improve health. These six studies on a unique grape seed extract are just too amazing to keep to myself. Read on to learn how researchers are learning more about how French grape seed extract fights cancer. This information may save your life, or the life of someone you love. Read it and pass it on!"





# 6 GROUNDBREAKING CANCER STUDIES

## ON FRENCH GRAPE SEED EXTRACT (OPCs)

1

### French Grape Seed Extract (OPCs) and Berberine Work Synergistically to Stop Cancer Cells from Colonizing, Migrating, and Proliferating

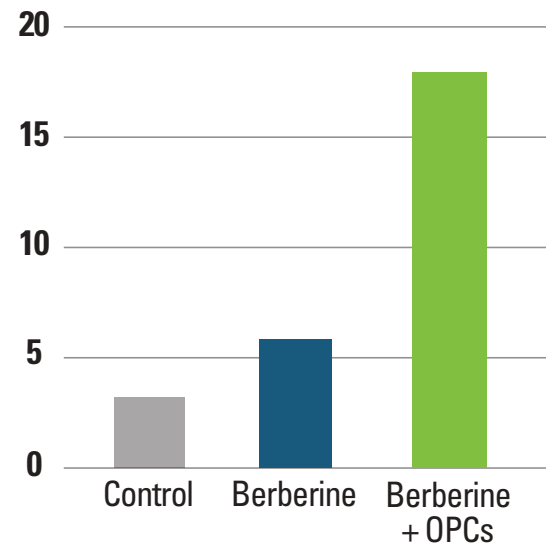
Okunu K, Garg R, Yuan YC, Tokunaga M, Kinugasa Y, Goel A. Berberine and oligomeric proanthocyanidins exhibit synergistic efficacy through regulation of PI3K-Akt signaling pathway in colorectal cancer. *Front Oncol.* 2022;12:855860

Berberine is an alkaloid compound found in many plant sources, including Indian barberry (*Berberis aristata*). Berberine research is often on diabetes and heart disease, with excellent benefits noted for metabolic syndrome. However, researchers are now investigating its ability to fight cancer and tumor formation.

That's because berberine has strong anti-inflammatory action that inhibits the tumor-formation process and also works through pathways in the body that reduce cancer cell growth. It turns out that French grape seed extract OPCs also work through those same pathways, in this case the PI3K-Akt signaling pathway. While each botanical was effective in stopping the ability of colon cancer cells to clone, form colonies, and migrate, **the combination of both were up to 4.8 times more effective than either one on their own.**

Grape seed OPCs combined with berberine work together through unique pathways that dramatically stop cancer growth and spread.

#### INHIBITION OF RKO CANCER CELLS



On their own, berberine and OPCs each inhibited cancer cell activity. But when combined, the ingredients were even more effective.

2

### French Grape Seed Extract (OPCs) and Andrographis Shrinks Tumors, May Stop Chemo-Resistance

Shimura T, Sharma P, Sharma GG, Banwait JK, Goel A. *Sci Rep.* 2021 Apr 6;11(1):7548.

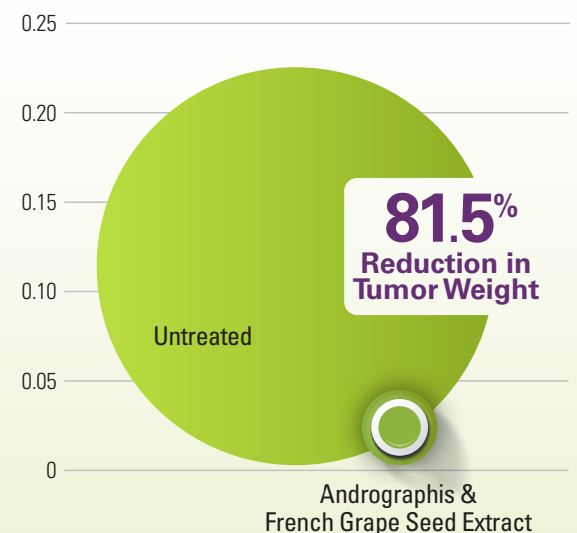
Like French grape seed extract, andrographis also shows strong anti-cancer activity. The andrographis used in this study (EP80) is standardized to 20% (80 mg) andrographolides, key compounds of this Ayurvedic herb. This extract has previously been shown to enhance the effectiveness of conventional chemotherapy drugs.

Both French grape seed OPCs and andrographis stopped cancer cells and reduced tumor size individually. However, when combined, they were incredibly effective.

Compared to untreated colon cancer cells, **the two botanicals literally shrink away the weight of the tumor by an astonishing 81.5 percent!** Additionally, both French grape seed extract and andrographis make the conventional chemotherapy drug, 5-fluorouracil (5-FU), more effective. Colorectal cancer is the third most common cancer worldwide, and conventional treatment often becomes ineffective as the cancer cells develop resistance to chemotherapy, sometimes called "chemoresistance." Fortunately, these two tumor-stopping botanicals may provide an answer. That's because they work along a multitude of pathways compared to standard drugs, stopping tumor growth and spread, and making conventional chemotherapy drugs more effective at the same time.

In other words, **THIS COMBO STOPS CANCER!**

#### TUMOR WEIGHT



#### Untreated Tumor Cells Versus the Combination of Andrographis and OPCs

In just 7 days, the impact of andrographis and French grape seed extract OPCs dramatically reduced tumor weight.

Combining OPCs with andrographis greatly enhances each botanical's tumor-shrinking effects.

## 3

### French Grape Seed Extract (OPCs) and Curcumin Blended With Turmeric Essential Oils Stopped Cancer Cells From Replicating

Ravindranathan P, et al. A combination of curcumin and oligomeric proanthocyanidins offer superior anti-tumorigenic properties in colorectal cancer. *Sci Rep.* 2018 Sep 14;8(1):13869.

OPCs travel through many paths in the body to stop tumors. While they are powerful on their own, they work extremely well with clinically studied curcumin.

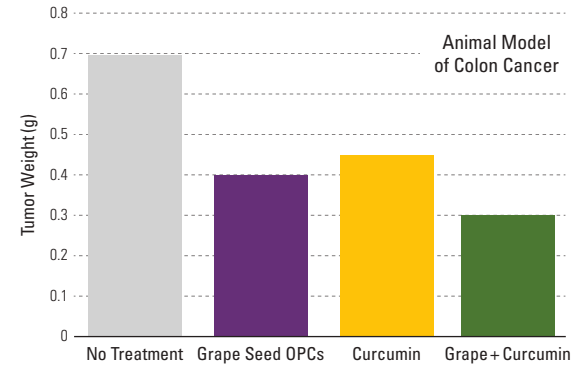
In this scientific study using a model of colon cancer, French grape seed extract (VX1) and curcumin blended with turmeric essential oil (BCM-95) were paired and tested against cancer cells. **They did incredible work together**, significantly reducing tumor size.



When OPCs are combined with curcumin, the anti-cancer effects are even stronger!

#### CURCUMIN AND GRAPE SEED AGAINST CANCER

Combining curcumin and OPCs from grape seed shrank tumors more effectively than either nutrient on their own.



## 4

### French Grape Seed Extract (OPCs) Demonstrated a 90% Tumor Suppression in 14 Days

Toden S, Ravindranathan P, Gu J, Cardenas J, Yuchang M, Goel A. Oligomeric proanthocyanidins (OPCs) target cancer stem-like cells and suppress tumor organoid formation in colorectal cancer. *Sci Rep.* 2018;8(1):3335.

A specific pathway in the body, called "Hippo-YAP," needs to be down-regulated in order to stop cancer cells from regenerating. It is a challenging pathway to block. Fortunately, OPCs from a tannin-free, French grape seed extract are strong enough to do it.

TEST GROUP		DAY 1	DAY 14	
French Grape Seed Extract	50-100 mg/300-600 mg Animal and Human Equivalent Dosage			<b>90% Reduction</b>

**A cell study showed that these OPCs reduced viable cancer stem cells by 71%. An animal model found that these OPCs suppressed tumor growth by 90% in 14 days with 50-100 mg daily of tannin-free, French grape seed extract (OPCs).**

Tannin-free OPCs from French grape seed extract are successful in the process of stopping cancer cells from regenerating.

## 5

### French Grape Seed Extract (OPCs) More Effective Against Cancer Than Standard Grape Seed

Ravindranathan P, Pasham D, Balaji U, Cardenas J, Gu J, Toden S, Goel A. Mechanistic insights into anticancer properties of oligomeric proanthocyanidins from grape seeds in colorectal cancer. *Carcinogenesis.* 2018 May 28;39(6):767-777.

**Our bodies can only use what we absorb.** If a compound from a natural medicine like grape seed extract can't be absorbed, it can't do any good. In an animal model of cancer, a study comparing tannin-free OPCs against a plain, "unfractionated" grape seed extract shows the dramatic difference. **IN JUST 13 DAYS...**

- **OPCs from French grape seed extract reduced tumor size by 65%.**
- By contrast, the plain grape seed extract reduced tumor size by only 13% and 8%, at full and half doses respectively.

OPCs from French grape seed extract have greater efficacy in treating cancer than plain grape seed extract.

FRENCH GRAPE SEED EXTRACT (OPCs) shown to reduce tumor size by up to <b>65% in 13 DAYS</b> compared to regular Grape Seed Extract				
TEST GROUPS		TUMOR SIZES day 1	day 13	AVERAGE PERCENTAGE REDUCTION (over 13 days)
REGULAR Grape Seed Extract (GSE)	50 mg			<b>8%</b>
REGULAR Grape Seed Extract (GSE)	100 mg			<b>13%</b>
French Grape Seed Extract (OPCs)	50 mg			<b>40%</b>
French Grape Seed Extract (OPCs)	100 mg			<b>65%</b>



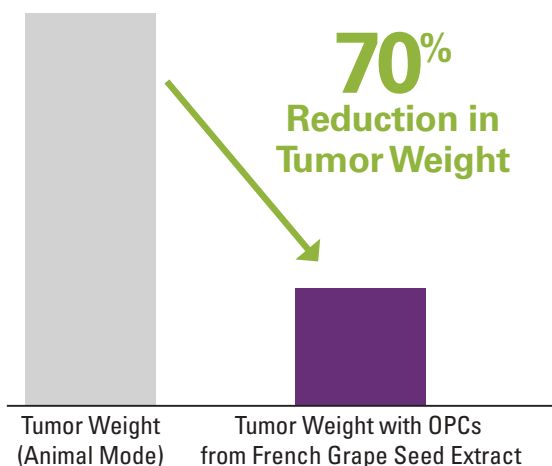
### 6

## French Grape Seed Extract (OPCs) Slowed the Growth of Chemoresistant Cells

*Ravindranathan P, Pasham D, Goel A. Oligomeric proanthocyanidins (OPCs) from grape seed extract suppress the activity of ABC transporters in overcoming chemoresistance in colorectal cancer cells. Carcinogenesis. 29 Dec 2018.*

**Conventional chemotherapy doesn't always finish off cancer cells.** That's why cancer can recur and spread throughout the body. When cancer cells become resistant, simply giving more chemotherapy doesn't work. Additionally, chemotherapy drugs may not be an option. Chemotherapy drugs can make people sick and weak, and damage healthy cells in the body in the process.

### TUMOR REDUCTION CHART



Ultimately, this means that OPCs could make chemotherapy drugs more effective at lower dosages.

But OPCs can help. They slow the growth of chemoresistant cells and inhibit proteins that otherwise help cancer cells thrive. When OPCs from French grape seed extract were combined with chemotherapy in treatment of resistant colon cancer (animal model), the result was a **70% REDUCTION IN TUMOR WEIGHT**.

## Is Your Grape Seed Extract For Real?

Grape seed extract is one of the world's most valuable botanical nutrients—provided it is authentic. Unfortunately, not all grape seed extracts can claim that title. After evaluating 21 commercially available products, an investigation published in the journal *Food Chemistry* found some alarming results:

- Each sample of these products—all labeled "grape seed extract" was assessed to determine if it was, in fact, real grape seed extract, and for potency (the amount of proanthocyanidins).
- Result: **50 percent were sub potent extracts or contained no grape seed at all.**

**SIX** were acceptable grape seed extracts

**NINE** were very low potency—barely any OPCs, potentially grape seed mixed with peanut skin

**SIX** had **NO grape seed extract** but were entirely peanut skin extract. (This could be harmful for those with allergies)

- While higher-quality supplements can be more expensive, in this case price was no guide—**the products with no grape seed at all were the same price or even more expensive** than authentic grape seed extracts!

This is why purchasing extracts from trustworthy sources is so important. You want an authentic grape seed extract that is tested and verified, and that provides tannin-free OPCs that are readily absorbed and used by the body.

**Your health deserves no less!**

Source: Villani TS, Reichert W, Ferruzzi MG, Pasinetti GM, Simon JE, Wu Q. Chemical investigation of commercial grape seed derived products to assess quality and detect adulteration. *Food Chem*. 2015 Mar 1;170:271–80.

## To Be Truly Effective, OPCs from Grape Seeds Must Be Tannin-Free

One major barrier to the effectiveness of any natural medicine is absorption. Unfortunately, many extracts only deliver large molecular weight tannins, which, due to their size, cannot be effectively absorbed, even though they are technically OPCs.

That's why I prefer a tannin-free French grape seed extract that is standardized to provide only OPCs that are small enough to guarantee absorption, with a high level of polyphenols, including catechin, epicatechin, epicatechin gallate, dimers, trimers, and tetramers.

Because supplement labels sometimes count all OPCs as the same, whether they are small and absorbable or large and ineffective, it pays to check the label to ensure the product contains a verified source of the beneficial, absorbable OPCs. ■

# Ergothioneine: A Key to Longevity? Exploring the Latest Research

By Dustin Strong, CHN, ACN



## What is Ergothioneine?

Ergothioneine is a unique antioxidant found primarily in mushrooms, certain meats, and other specific foods. Unlike many other antioxidants that the body can synthesize or acquire from various sources, ergothioneine is only obtainable through diet, making it relatively rare. It's also distinct in how it operates: ergothioneine is actively transported into cells via the ETT (ergothioneine transporter) protein, which suggests that the body has a specific and potentially essential need for it.

## Research Has Shown

Ergothioneine has a strong ability to counter oxidative stress to support heart health, neurological health, as well as vitality and longevity. It has also been linked to supporting mitochondrial health, which is crucial for energy production and cellular resilience. Johns Hopkins researchers have been investigating the role of ergothioneine in promoting longevity and protecting against age-related health conditions. In a recent study, the researchers evaluated how ergothioneine affects various biological pathways associated with aging. Their findings highlighted that individuals with higher dietary intakes of ergothioneine had fewer markers of oxidative stress and inflammation in their systems. The researchers believe that this compound helps protect cells, especially in the brain and heart, from cumulative damage over time. Ergothioneine also appeared to enhance mitochondrial function, helping cells maintain energy and resilience, which is essential for healthy aging. The Johns Hopkins team has emphasized the importance of understanding ergothioneine as a potential "longevity vitamin," a term that suggests it might be essential for healthy aging and potentially reducing risks of issues typically associated with aging. ■

Complementing the Johns Hopkins research, a Swedish longitudinal study recently examined ergothioneine levels in a large cohort of middle-aged and older adults. The study aimed to track health outcomes in individuals with varying levels of dietary ergothioneine intake, seeking correlations with disease incidence and longevity.

The Swedish researchers found that participants with higher ergothioneine levels had a significantly reduced risk of developing neurodegenerative diseases, such as Alzheimer's and Parkinson's, as well as other chronic conditions, including cardiovascular disease and type 2 diabetes. These findings strongly suggest that ergothioneine might play a role in healthier aging.

## What This Could Mean for Wellness and Aging

Together, these studies open exciting possibilities for harnessing ergothioneine's potential benefits. Here's how it could transform wellness and aging:

### Reduced Risk of Age-Related Health Conditions:

Ergothioneine's unique ability to mitigate oxidative stress makes it a promising ally in supporting neurological health, cardiovascular health, and even cellular health.

### Enhanced Brain Health:

Oxidative stress in the brain is a significant contributor to cognitive decline. Ergothioneine's presence in the brain appears to protect neurons from damage, potentially supporting cognitive health.

### Improved Mitochondrial Health:

The compound's protective effects on mitochondria support cellular energy production, muscle health, and vitality.

### Longevity Potential:

These benefits combined suggest that ergothioneine may support overall longevity, allowing individuals to maintain their health and vitality well into older age.



Written by:  
Dustin Strong, CHN, ACN

Founder and Chief Clinician,  
STRONG ON HEALTH

Smith E, Ottosson F, Hellstrand S, et al. (2020) Ergothioneine is associated with reduced mortality and decreased risk of cardiovascular disease. *Heart* 106, 691–697. [DOI] [PMC free article] [PubMed] [Google Scholar]  
Beelman RB, Kalaras MD, Phillips AT, Richie JP Jr. Is ergothioneine a 'longevity vitamin' limited in the American diet? *J Nutr Sci*. 2020 Nov 11;9:e52. doi: 10.1017/jns.2020.44. PMID: 33244403; PMCID: PMC7681161





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# How to Choose a Men's Multivitamin

WITH MEGAFOOD'S DR. DAVID

Choosing the right multivitamin is one of the easiest, most impactful ways men can support their health—whether you're pushing hard in your career, training for a marathon, or entering a new chapter of life. But not all multis are created equal. As a nutrition scientist, I often get asked: "What's the best multivitamin for men?" My answer? It depends on your age, lifestyle, and specific nutrient needs. Here's what to look for in a high-quality men's multi—and what other supplements may be worth adding to your daily stack.



## Age: Your Nutritional Needs Evolve

Your nutrient needs change with every life stage, and a smart multivitamin should change with you.

### Under 40: Build a Strong Foundation

In your 20s and 30s, you're likely balancing a busy lifestyle—career, workouts, maybe even fatherhood. Your body needs steady support for energy production, immune health, and reproductive function.

Look for a multi with:

- B vitamins for energy metabolism
- Vitamin D3 for immune and muscle support
- Zinc and selenium to support male reproductive health

**Try:** Men's One Daily — a convenient, once-daily formula made with real food + added nutrients.

### 40s: Manage Stress & Maintain Performance

In your 40s, stress levels may rise while natural testosterone and energy production may start to decline. This is a pivotal decade to protect your heart, brain, and vitality.

Prioritize:

- Antioxidants to help counter oxidative stress
- Vitamin D3 and zinc for healthy prostate support
- Methylated B12 and folate for cognitive and cardiovascular function

**Try:** Men's 40+ One Daily — if you prefer a compact routine, or pair with Omega-3s and CoQ10 for more targeted support.

### 55+: Focus on Healthy Aging

After 55, the focus shifts to preserving cognitive health, supporting the heart, and maintaining energy and mobility. Nutrient absorption can also decline with age, so it's important to choose highly bioavailable forms of key nutrients.

Look for a multi with:

- Methylated B12 and folate for brain and nerve health
- Vitamin D3 and K2 for bone and cardiovascular support
- Zinc, selenium, and vitamin E for prostate and immune health

**Try:** Men's 55+ One Daily — expertly formulated for the unique needs of aging men.

### Convenience: A Multivitamin That Fits Your Life

If a supplement isn't easy to take, it probably won't become part of your routine. That's why I recommend a once-daily formula, especially for guys who want results without the hassle. Look for a formula made with real food that your body can recognize, and that works on an empty stomach, so you can take it whenever and wherever. MegaFood's One Daily line of multis are just one tablet a day, made with real food + added nutrients. Simple, effective, and easy to stay consistent with.







## Other Supplements to Consider for Men's Health

Your multivitamin lays the foundation, but targeted supplements can help support your specific health goals, especially as you age.

### Omega-3 Fatty Acids

Omega-3s are critical for heart health, brain function, and joint mobility. They provide EPA and DHA - essential fatty acids that most men don't get enough of through diet alone.

Try:

- Omega Fish Oil — sustainably sourced, concentrated, and designed for cardiovascular and cognitive support.†
- Coenzyme Q10 (CoQ10) - Naturally produced by the body, CoQ10 plays a key role in cellular energy and heart health—but levels decline with age and can be depleted by certain medications.

**Try:** CoQ10 with BioPerine — a potent antioxidant that supports energy, exercise performance, and heart function, and is formulated for absorption.† ■



## Final Thought

The best men's multivitamin is the one that fits your life, your age, and your goals. Choose one with meaningful doses, bioavailable forms, and real food roots—and consider adding in omega-3s or CoQ10 for extra support where you need it most.



## Premium Multivitamins for the Entire Family

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\*Based on our thoughtfully chosen ingredients and formulations

# RECLAIMING WELLNESS

## from the Inside Out

By Samatha Foster, Founder of Venus Mastermind

Wellness isn't a product on a shelf. It's not the trendiest smoothie or the most rigorous morning routine. It's a frequency—a feeling of coming home to yourself. And right now, there's a quiet uprising of women across the world remembering this truth.

We are no longer chasing someone else's idea of perfection. We are choosing presence over pressure. Nervous system safety over nonstop performance. We are reclaiming our rhythms, our healing, and our power.

This is the heartbeat of the Venus Mastermind.

Venus Mastermind was born from a sacred ache—the longing for a place where women could stop pretending, start feeling, and lead from within. Not with more doing, fixing, or proving... but with deep, embodied knowing. The kind of knowing that can't be Googled. The kind of knowing that comes from healing your relationship with your body, your emotions, and your inner voice.

Let's be honest: many of us were raised in environments that taught us to abandon ourselves. We were praised for being "nice," "quiet," "helpful," and "pretty"—but not necessarily for being wise, wild, intuitive, or powerful.

We learned to perform in order to belong. We learned to sparkle on the outside while dissociating on the inside.

And while this may have helped us survive, it often came at the cost of our nervous systems, our boundaries, and our authenticity.

At Venus Mastermind, we don't shame those survival strategies—we thank them. Then we begin the sacred work of gently outgrowing them.

### Healing Isn't Linear—It's Lunar

Our approach to wellness honors the feminine: cyclical, intuitive, and deeply emotional. We recognize that growth doesn't always look like forward motion. Sometimes it looks like resting. Sometimes it looks like grieving. Sometimes it looks like letting go of the mask you've worn for decades.

The nervous system is at the center of this work. Not because it's trendy—but because safety is the foundation of all

transformation. When you begin to feel safe in your body, everything changes: your relationships, your leadership, your creativity, and your capacity to receive.

In Venus Mastermind, we use tools like:

**NLP (Neuro-Linguistic Programming)** to rewire old thought loops and install new emotional truths.

**Hypnotherapy** to guide the subconscious into deep restoration and rewiring.

**Vedic Astrology** to illuminate your soul's blueprint and give language to the path you've already walked.

**Embodiment & Inner Child Healing** to bring the mind back into partnership with the body.

This isn't about fixing you—it's about **remembering who you are beneath the noise.**



**Samantha Foster**  
LEADERSHIP COACH

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

## You Are Not Broken. You Are Becoming.



Too many women come to me thinking they're broken because they're tired, overwhelmed, or disconnected. But that's not brokenness. That's the body's *honest cry* for change.

You are not weak because you're sensitive. You're not behind because you're still healing. You're not too much—you've just been told to shrink.

The truth is, your body has always known what you needed. The problem is, no one taught you how to listen. Venus Mastermind changes that. We create space for women to come back into deep, loving dialogue with their bodies and emotions—not just for personal healing, but for leadership, motherhood, artistry, and everything else they're here to create.

### Your Wellness Is a Revolution

In a world that profits from your disconnection, choosing to slow down, nourish yourself, and say no to self-abandonment is radical.

We are no longer outsourcing our power to experts who don't know our stories. We are turning inward. We are remembering that health is not just about green juice and supplements—it's about *safety, sovereignty, and soul*.

**Feminine wellness is about allowing yourself to be fully human. It's about rewriting what success looks like on your terms. And it's about leading not from adrenaline, but from alignment.**



### The Venus Mastermind Woman

She's not perfect. She's powerful. She's not trying to "keep it together"—she's learning how to be real.

She doesn't need to have all the answers—she's learning how to trust her body's wisdom again.

She's shedding guilt. She's healing shame. She's clearing generational patterns of silence, sacrifice, and self-doubt.

And in doing so, she's not only transforming her own life—she's changing the world her children will inherit.

### Final Thoughts: The Softest Way Is Sometimes the Strongest

There is no "right" way to be well. But there is *your way*. And that way starts when you stop trying to be everything to everyone... and start being everything to yourself.

Venus Mastermind is more than a program—it's a portal. It's where women come to rise gently, lead boldly, and remember who they were before the world told them who to be.

In Abby's Health and Wellness Magazine, we honor every woman on this journey—the seekers, the feelers, the ones still learning how to rest. Because healing isn't just personal. It's planetary.

Let this be your permission slip: you are allowed to be well *your way*.

And you are never, ever too late to begin. ■



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*Recommended by Abby's*

## Garlic Reduces the Risk of Gastrointestinal Cancers



Gastric cancer is the fifth most common cancer in the world and fourth most common cause of cancer death. Colorectal cancer is the third most common cancer in the world and the second leading cause of cancer death. That's a lot, so any help is important. Help could come from garlic.

This systematic review and meta-analysis included 20 studies of garlic intake and colorectal cancer. 11 of the studies were on gastric cancer, and 9 were on colorectal cancer. Garlic intake was associated with a significant 35% reduction in the risk of gastric cancer and a significant 25% reduction in the risk of colorectal cancer.

This study suggests that one way to reduce your risk of gastrointestinal cancers is to increase your intake of garlic.

*Oncol Lett. April 2022;23(4):125.*



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

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

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

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

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

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

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

- Supports immunity, energy production, and bone strength

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

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

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

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### About Dr. Louis Aronne

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





# A HEALTHY IMMUNE SYSTEM

## Healthy Immune Support

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

## Long-Term Immune Support

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



## Long-Acting Vitamin C

Vitamin C is always a valued supplement for supporting healthy immunity. High doses are not always needed, but a form that stays in the bloodstream longer has excellent benefits. Emerald Laboratories PureWay-C has been shown in research to remain in the bloodstream at a maximum of 12 hours compared to the typical 4 hours of regular vitamin C. One capsule each morning and evening provides 500 mg that is active in the body for 24 hours. In addition, the formula contains R-Alpha Lipoic acid, another antioxidant that helps recycle vitamin C in the body.

## Excellent Elderberry

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



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# The Hidden Dangers of Glyphosate & How to Protect Yourself

By Chris Wark



When I was diagnosed with stage III colon cancer in 2003, my entire world was turned upside down. I thought I was healthy, but turns out I didn't know anything about health. I quickly learned that making radical changes to my diet and lifestyle could help me heal. One of the first steps I took was eliminating conventionally-grown produce, processed food fast food and junk food, and adopting an all organic, whole food, plant-based diet. I took massive action and that played a crucial role in my healing. Through this process I learned how highly toxic chemicals like glyphosate had infiltrated our food supply.

## What is glyphosate?

Glyphosate is the active ingredient in Roundup, the most widely used herbicide (weed killer) in the world. Glyphosate was introduced by Monsanto in 1974. Today, it's sprayed on millions of acres of genetically modified (GMO) crops like corn, soy, canola, alfalfa, papaya, sugar beets, and zucchini, which are engineered to survive being repeatedly soaked in this weed-killing chemical. Glyphosate use increased significantly after the introduction of Roundup Ready crops like corn, soy and canola in 1996. Usage in the United States increased from 12 million pounds sprayed on crops in 1995 to 250 million pounds in 2014. Today, approximately 280 million pounds of glyphosate is sprayed on U.S. crops per year. (egg.org/news)]

Unfortunately, it's not just sprayed on GMO crops. Farmers also spray glyphosate on conventionally-grown, non-GMO grains and legumes (like wheat, oats, barley, rye, millet, buckwheat, lentils, beans, and peas) to dry them out before harvest. This process is called desiccation. When you eat those foods above, you are ingesting glyphosate and other toxic herbicide, pesticide and fungicide residues. This is why "Non-GMO" label is little more than a gimmick and doesn't offer much protection from toxic agrochemicals. A Certified Organic label gives you the highest level of protection from exposure to these harmful residues.

  
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### Countries that have full or partial bans on glyphosate

**include:** Austria, Belgium, Bermuda, Canada, Colombia, France, Germany, India, Luxembourg, the Netherlands, Portugal, Sri Lanka and Vietnam.

**Why is glyphosate a problem?** New research raises concerns across several areas of health and safety that affects millions of people worldwide.

**Potential carcinogen:** In 2015, the World Health Organization's International Agency for Research on Cancer classified glyphosate as "probably carcinogenic to humans." While this doesn't prove it causes cancer, it indicates evidence for concern. A meta-analysis of 44 studies found that glyphosate exposure might double the risk of non-Hodgkin's lymphoma by disrupting white blood cell function and weakening the immune system. Evidence of these claims have also shown up in the courtroom: a Georgia jury awarded \$2.1 billion to a man who claimed Roundup caused his cancer. I consulted with a lymphoma patient, who was a former professional landscaper who sprayed thousands of gallons of Roundup in yards and flowerbeds over many years. Roughly 165,000 Roundup lawsuits have been filed as of January 2024 and Bayer has already paid out nearly \$11 billion in settlements, with more lawsuits pending. (SimmonsFirm.com)

**Hormonal disruption:** Research also suggests that glyphosate can interfere with hormone function, potentially acting as a xenoestrogen. Studies have found that trace amounts (as low as 0.5 ppm) can act as endocrine disruptors, and at 5 ppm, it can be toxic to the liver (Toxicology, 2009). Glyphosate may also promote hormone-dependent cancers, including breast cancer.

**Gut health impact:** A 2013 study published in Interdisciplinary Toxicology linked glyphosate to the rise in gluten intolerance, celiac disease, IBS, and other digestive disorders. Glyphosate is essentially an antibiotic that damages beneficial gut bacteria while allowing harmful bacteria to thrive, leading to chronic digestive problems.

**Detoxification interference:** Researchers found that glyphosate may inhibit important detoxification enzymes, making it harder for the body to process other environmental toxins. This weakened detoxification process could lead to chronic inflammatory diseases and cancers. A peer-reviewed study published in the Journal of Organic Systems highlights a sharp rise in over 20 chronic diseases, including obesity, diabetes, Alzheimer's, autism, kidney failure, and several types of cancer, since glyphosate and GMO crops became widespread. This research shows a strong link between the increased use of glyphosate and the alarming decline in public health across the U.S. A recent long-term study exposed 1,000 rats to varying doses of glyphosate over several years. The results were deeply concerning. Some animals developed leukemia and others cancers, while no cancers were seen in the control group. Dutch scientists called these results "groundbreaking and alarming," prompting renewed calls to reassess glyphosate's safety.

### The corporate cover-up

While evidence of harm continues to grow, powerful interests work to silence the truth. Several states, like North Dakota and Georgia, have passed "Cancer Gag Acts" that shield pesticide manufacturers from lawsuits, essentially declaring that EPA approval absolves companies of responsibility for any harm caused. These laws, pushed through by industry lobbyists, make it nearly impossible for victims to seek justice.

### New Roundup formula is more toxic

Bayer bought Monsanto in 2018 and is now the producer of Roundup. Bayer recently reformulated Roundup and removed glyphosate from the home-use version. Unbeknownst to most consumers, they replaced glyphosate with four chemicals that are 45 times more toxic: diquat dibromide, fluazifop-P-butyl, triclopyr, and imazapic. All four chemicals pose greater risk of long-term and/or reproductive health problems than glyphosate, based on the EPA's evaluation of safety studies. These chemicals have been linked to a variety of harms to human health, including birth and developmental abnormalities; reproductive dysfunction; kidney or liver damage; and irritation, inflammation, or allergic reactions affecting the skin, eyes, and respiratory system. The worst offender is diquat dibromide, found in the new Roundup formulation. Diquat alone is 200 times more chronically toxic than glyphosate. It classified as a highly hazardous pesticide, and is banned in the European Union. (foe.org/news)

## Editor's Healthy Tips

### Prostate Problems: When the Drugs Just Aren't Enough.

When the drug you are given for your enlarged prostate, or benign prostatic hyperplasia, just isn't doing the trick, your doctor must add a second drug. Or does she? This 6-month study of men with moderate-to-severe benign prostatic hyperplasia (BPH) added a 5-alpha-reductase inhibitor 320mg of saw palmetto berry extract to the drug they were already on: tamsulosin.

International Prostate Symptom Scores improved by 6.7 points in the saw palmetto group and by 7.7 points in the drug group. That difference was not significant, meaning adding the herb worked just as well as adding the drug. But here's the real difference: 26.5% of the drug group experienced an adverse event versus only 10.3% who added the herb. The most common side effects in the drug + drug group were erectile dysfunction, reduced libido and inability to ejaculate.

Saw palmetto berry extract is a well-established treatment for BPH. This study adds the new use that saw palmetto is just as effective and safer as an add on to tamsulosin.

Glyphosate and other weed killers are a serious threat to our health, and they are being protected by the agrochemical industry and politicians who take money from that industry. I'm hopeful that regulations will change soon for the better, but in the meantime, you can significantly reduce your exposure to near zero with a few simple changes.

### Practical ways to reduce exposure to glyphosate and other agro-chemical toxins:

#### Prioritize organic purchases

- Grains (wheat, oats, quinoa, bread, pasta, cereal)
- Legumes (beans, lentils, chickpeas)
- Corn and soy products
- Avoid conventionally grown produce known as The Dirty Dozen: spinach, strawberries, kale, grapes, peaches, cherries, nectarines, pears, apples, blackberries, blueberries, potatoes. Definitely buy them organic.

#### Non-organic safer options

The Clean 15 is a list of conventionally grown produce that has low pesticide residue: pineapple, sweet corn, avocado, papaya, onion, sweet peas, asparagus, cabbage, watermelon, cauliflower, bananas, mangoes, carrots, mushrooms, kiwi. If money is tight, focus your organic dollars on the higher-risk Dirty Dozen items above.

**Reducing processed foods** Most packaged snacks, frozen meals, and fast food contains corn, soy, or canola ingredients that likely carry glyphosate residues.

**Better washing** A 10% salt water solution (1 part salt to 9 parts water) has been proven to remove more pesticide residues than plain water and "veggie washes."

**Sweaty exercise** Exercise moves your lymphatic system and produces sweat which are key to help your body detox harmful pollutants. Saunas are great for detoxifying as well.

**The good news?** Every organic purchase, every home-cooked meal, and every processed food product you skip reduces your toxic exposure and moves you in a healthier direction. I made these dietary changes when I was diagnosed with cancer, and they became part of my lifestyle for over two decades. You don't need a health crisis to start making better choices. Small changes add up to significant results over time!

**The goal is positive progress, not perfection.** Focus on the changes that fit your budget and lifestyle, be consistent and build from there. ■



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## Fresh, Organic Meals Made Daily

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

### Organic Food, Made Fresh

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

### Catering

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

### Personalized Meals

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

### Custom Cakes & Cupcakes

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

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