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**HEART
HEALTH**

NOURISHING HEART - BENEFITS OF MAGNESIUM - CHOOSING THE RIGHT OMEGA-3 OIL

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This is the vision that created the greatest multivitamins ever.



What's a **Whole-Food Multivitamin**, and **Should You Take One?**



It's hard to get all the nutrients you need from diet alone, so many people turn to multivitamins to fill the gaps. If you've ever shopped for one, you've likely noticed a wide range of options. On one end are basic formulas with synthetic vitamins and inorganic minerals; on the other are high-end whole-food multivitamins made with nutrients from real food sources. But are whole-food multivitamins worth the higher price tag?

3 Benefits of Whole Food Multivitamins

1. More Comprehensive Nutrition

Nutrients don't work alone in nature. For example, vitamin C in oranges comes with over 170 phytonutrients, antioxidants, and enzymes that work in synergy. Synthetic multivitamins strip away these co-nutrients, leaving an incomplete nutritional profile. Whole-food multivitamins, however, start with real fruits, vegetables, and herbs, delivering the "whole package" of nutrients found in food.

2. Enhanced Absorption

Your body is built to get nutrients from food, not synthetic isolates. Vitamins are better absorbed when paired with their "helper nutrients," like bioflavonoids that boost vitamin C absorption. Whole-food multivitamins replicate this natural balance, improving absorption and utilization.

3. Gentler on Digestion

Synthetic vitamins can irritate the stomach, often requiring food to prevent nausea. Since whole-food multivitamins contain nutrients in a natural food matrix, they're less likely to cause digestive discomfort, even on an empty stomach.

With their superior nutrition, absorption, and gentleness, whole-food multivitamins are a worthwhile investment in your health.

Whole Earth & Sea Pure Food Multivitamins from Natural Factors

Whole Earth & Sea Pure Food multivitamins by Natural Factors take whole-food multivitamins to a new level.

Home Grown: The process begins with fresh vegetables, fruits, and herbs grown from heirloom seeds on Natural Factors regenerative, certified organic farm in the pristine Okanagan Valley of British Columbia. The non-GMO crops are cultivated using regenerative agricultural practices and handpicked once they've reached peak ripeness.

Plant Forward: The produce is then blended with organic sea vegetables as well as vitamins and minerals, most of which are also sourced from plants. For example, the vitamin C comes from organic amla fruit and the calcium from organic algae.

Raw: Next, the entire mixture is raw processed to preserve the active constituents and is cultured with natural enzymes, probiotics, and prebiotics to optimize its natural vitality.

Formulas Supporting Different Life Stages

Pick the Whole Earth & Sea Pure Food Multivitamin that's right for you:

- **Women's Multivitamin & Mineral:** Specially designed to support the nutritional needs of healthy younger women.
- **Men's Multivitamin & Mineral:** Specially designed to support the nutritional needs of healthy younger men.
- **Women's 50+ Multivitamin & Mineral:** Formulated to support the health concerns of more mature women.
- **Men's 50+ Multivitamin & Mineral:** Formulated to support the health concerns of more mature men. ■



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

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

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CHOOSING THE RIGHT OMEGA-3 OIL:

EXPERT TIPS FROM BRENDA WATSON



**BRENDA WATSON, AUTHOR
HEART OF PERFECT HEALTH**

1. Choosing The Best Form of Omega-3s for Maximum Absorption

Not all Omega-3 fish oils are the same and they come from different types of fish in various locations around the world. The quality and purity of a fish oil effects how well the Omega-3 is absorbed in your blood. **The triglyceride form of omega-3s are better absorbed** than the widely-available ethyl ester form found in many mass advertised brands. Triglycerides are the form naturally present in fish and are well-absorbed by the body whereas ethyl esters are a processed form and harder for the body to efficiently absorb.

Higher quality fish oils are **sourced from small, wild-caught, cold water fish**. Small, cold water fish provide a good balance of high Omega-3 content and low contamination risk. Always check the packaging for the IFOS (International Fish Oil Standards) ratings to ensure five star quality and purity. Some brands like Vital Planet's Vital Omega include a QR code on every box so you can check IFOS test results of every batch.

2. How to Tailor the Perfect Dose

This will vary by individual and is influenced by body size, fat vs. muscle mass, sex, hormonal status, age, individual absorptive capacity, and other factors. Most health organizations recommend a minimum of 250-500 mg combined EPA and DHA each day for healthy adults. The American Heart Association (AHA) recommends that people with coronary heart disease or heart failure take at least 1,000 mg per day.

Recent studies suggest **taking a higher potency of Omega-3s of at least 800 mg will better ensure you're getting the heart, joint and brain support Omega-3s are known for.** The RBC Omega-3 Index is an inexpensive, at-home test that is ideal for determining the level of Omega-3 in your body. This test can be ordered on Amazon or on Vitalplanet.com. The ideal RBC Omega-3 Index level for an individual is considered to be between 8% and 12%, based on clinical research.

3. How to Avoid Common Fish Oil Side Effects

Burping and gas are common complaints for some people taking fish oil supplements, often caused by the capsule dissolving in the stomach. This issue can be exacerbated by poor-quality or rancid fish oil. To minimize these side effects, choose a fish oil made with **enteric-coated capsules**. These specialized capsules are designed to withstand stomach acid, allowing them to bypass the stomach and dissolve in the small intestine, where they are absorbed without causing burps or gas. ■



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Nourishing the Heart

Question:

Is it true that food alone is sufficient to nourish the body? For instance, for heart health?

Answer:

Let's start with the simple answer. Nutritious, healthy food has sustained our ancestors for thousands of years. One of their biggest challenges was not having enough food before humans became farmers (agrarian), and even then, hunger was a reality. Most but not all of the westernized world's dietary challenges come down to the quality and quantity of the food we eat. We became a fast food nation with quick, convenient meals that are often void of vital nutrients, taking center stage. Indeed, we are an overfed and undernourished society.*

A health-promoting diet is like the tiles on a kitchen counter. They are the center of wellness. Taking supplements is like the grout, filling in the spaces and completing the counter. Medicinal herbs add phytonutrients that are difficult to get from our everyday diet.*

The more complicated answer is that even the most health aware and motivated people do not either have access or the time to prepare perfect "wellness meals." Spicing up our meals with botanicals like Garlic, Cayenne and Turmeric and supplementing when we fall short of our health-supportive aspirations with high quality, organic supplements is vital in gleanng essential phytonutrients and phytochemical activity.*

Heart-healthy medicinal herbs such as Ginkgo and Hawthorn are not typically found in one's diet, thus supplementing with the input of a trained and skilled healthcare provider can allow for the strategic and individualized application to support one's goals.* ■



NOURISH YOUR BODY *with* HERBAL GOODNESS

Three bottles of Oregon's Wild Harvest Organic Herbal Supplements are displayed. The bottles are dark brown with white labels and purple caps. The labels feature the Wild Harvest logo and the following text: Hawthorn (Heart Support, 90 organic vegan capsules), Turmeric (Supports a Healthy Inflammation Response After Exercise, 120 organic vegan capsules), and Garlic (Cardiovascular Health Support, 90 organic vegan capsules). The bottles are set against a light purple background.

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CAN SUNGLASSES BLOCK BLUE LIGHT?

Here's What
You Need
to Know

By Peepers

The question of whether sunglasses block blue light is a common one, especially with all the buzz around blue light filtering lenses. Let's dive into the details to clear up the confusion!

What Exactly is Blue Light?

Blue light is a high-energy wavelength found naturally in sunlight but also emitted in large amounts by digital screens. Natural **blue light** helps regulate our sleep cycles and boost alertness, but overexposure from screen use can cause digital eye strain, headaches, and disrupted sleep patterns.

Do Sunglasses Block Blue Light?

Most standard sunglasses are designed to protect against **ultraviolet (UV) rays** but don't filter blue light. UV rays are more immediately harmful to your eyes, causing long-term damage like cataracts and macular degeneration. Regular sunglasses excel at blocking UV light, but they typically do little to reduce the blue light coming from screens.

For sunglasses to block blue light, they would need specialized lenses designed for this purpose, which is not common in typical outdoor sunglasses.

What About Peepers Sunglasses?

Peepers offers a range of trendy and protective polarized sunglasses. It is important to note that these sunglasses do not provide blue light protection. Polarized lenses reduce glare from reflective surfaces like water or roads and block harmful UV rays, but they aren't designed to filter blue light. If you're looking for blue light protection, Peepers has you covered with their Blue Light Focus™ Lenses, but these are specifically for indoor use when looking at screens. These lenses are available in many of their stylish reading glasses and help filter out high-energy blue light.

Should You Worry About Blue Light Outdoors?

While blue light from the sun is naturally present, it's not as concentrated as the blue light emitted from your screens. If you're primarily concerned about digital eye strain, focus on blue light filtering lenses for when you're indoors working on your computer

or watching TV. When you're outside, protecting your eyes from UV rays is the top priority. Peepers has you covered!

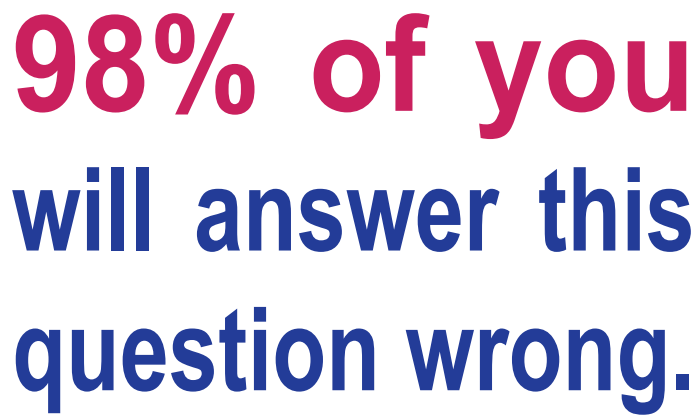
The Bottom Line: Stick to Sunglasses for Sun, Blue Light Glasses for Screens!

So, while your favorite shades will protect you from UV rays, they're not your go-to for blue light protection. For screen-heavy days, grab Peepers' stylish **Blue Light Focus™ glasses**, and when you're out in the sun, their **polarized sunglasses** have you covered for UV defense. Each pair has its place, and now you can rock them both—indoors and out! ■



**A Pair for
Every Occasion**

- Blue light filtering readers
- Polarized sunglasses
- Crafted from eco-friendly materials
- Featuring anti-scratch and anti-reflective coating



**98% of you
will answer this
question wrong.**

Which of the following herbs or vitamins can help treat the common cold or flu quicker? Vitamin C, Vitamin D, Mushrooms (Chaga, Reishi, Cordyceps) or Probiotics?

Answer: None of them.

I already know what you are thinking. "That's not true" or "that's not been my experience." Experience aside, as there are too many variables that can alter an outcome of an illness, what truly helps drive good decisions is good clinical data. And sorry to say, none of those herbs, vitamins or even probiotics have any good clinical data to show it will have any effect on your cold or flu once you are ill.

Now, that is not to be confused with supporting your immune system when you are not ill. That's different. In that scenario, I would say any of those herbs or vitamins are a good choice. There are plenty of studies that show both **Vitamin C and D** can have a significant impact on the number of colds you will experience in any given year. The same can be said for probiotics and their ability to restore gut microbiome which has been linked to a stronger immune system overall.

However, when the question is about treatment, those options differ significantly once you are infected with a virus, and develop cold or flu symptoms. Those supplements mentioned earlier are not going to help. Thankfully there are several

herbs that can help. But out of all the herbs I have studied, there is only one herb that is considered King of them all. Yes, just one and it is not even close. This herb is called Andrographis.

King of Bitters

Andrographis is called the "King of Bitters" due to its extremely bitter taste, which is one of its most notable characteristics. The plant, *Andrographis paniculata*, has been used for centuries in traditional medicine, particularly in Ayurveda and Traditional Chinese Medicine. Its bitterness is attributed to its high content of andrographolides, which are bioactive compounds believed to offer various health benefits, including anti-inflammatory, antiviral, and immune-boosting properties. The term "King" emphasizes its strong potency and widespread use for promoting health

What makes Andrographis particularly noteworthy is that it has both a longstanding historic and clinical use against many infections. One of the most notable uses of Andrographis was its recorded use in the treatment of the Spanish Flu pandemic of 1918. The Spanish flu pandemic was one of the deadliest in history, infecting one-third of the global population and killing an estimated 50 million people.

History aside, Andrographis continues to be studied to this day for its powerful antiviral and immune modulating abilities.

When it comes to modern day viral illness, there are *three main viruses* we need to concern ourselves with: rhinovirus (common cold), influenza A/B (Flu) and COVID 19. Multiple studies have been published on Andrographis demonstrating anti-viral and immune modulating properties against all three viruses.

Here's a brief summary of the top clinical trials involving **Andrographis paniculata**, focusing on its effects against several viruses.

COVID-19 Treatment: Several trials, such as one from Thailand, investigated Andrographis in treating mild COVID-19. The results were mixed; while some studies suggested the extract reduced pneumonia incidence and improved viral clearance. (1)

Upper Respiratory Infections: Andrographis has been shown to effectively reduce symptoms of upper respiratory infections. A trial with 223 patients found that a proprietary extract significantly reduced symptoms like cough, nasal discharge, and sore throat within 5 days, compared to placebo (2)

Pharyngotonsillitis: In a Thai study, Andrographis was evaluated for its effectiveness in treating pharyngotonsillitis (throat inflammation). It was found to be beneficial in reducing symptoms. (3)

Influenza: Randomized, double-blind trial on Andrographis for flu symptoms: In a clinical trial, Andrographis extract was shown to significantly improve flu symptoms in patients when compared to a placebo. Symptoms such as cough, fever, headache, and nasal congestion were alleviated more quickly with Andrographis treatment. (4)

Flu Symptom Relief: A study published in Phytotherapy Research in 2003 tested a standardized extract of Andrographis, on patients with cold and flu symptoms. This randomized trial found that standardized Andrographis provided significant symptom relief, reducing fever, nasal congestion, and sore throat. (5)

Immunomodulatory Effects: Studies have also examined the immune-boosting properties of Andrographis, showing it can stimulate immune responses by increasing lymphocyte proliferation and antibody production, making it potentially useful in various infectious diseases. (2)

Skip to the good part
While I could list many more trials, in all of my years of study on hundreds of herbs, I still recommend Andrographis as my first choice of natural ingredients for combating a viral challenge. However, there are three important caveats to consider when choosing an Andrographis product.

Standardized: Always use Andrographis that *is standardized* to Andrographolide. It is the Andrographolide part of the plant that yields the therapeutic benefit.

Potency: Use a high potency Andrographolide. The higher the potency Andrographolide the better. Depending on the manufacturer, this will range from a low as 4% up to 50% Andrographolide.

Combination: While Andrographis is an impressive herb on its own, it does work better with other herbs. Combination herbs will almost always work better than a single herb.

About the Author

Dr. DuBois is a registered clinical pharmacist, educator and Founder of Hybrid Remedies, a natural supplement research and development



the lead clinical pharmacist for the world-renowned Mayo Clinic in Northeast Florida specializing in immunology and solid organ transplantation. During his tenure, Dr. DuBois designed numerous clinical trials, immune protocols and has been a contributing author on several published articles. With over 25 years of pharmacy experience, Dr. DuBois uses his clinical expertise and knowledge of Eastern and Western medicine to help patients safely integrate natural supplements, prescription, and over the counter medications together.

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Andrographis was its recorded use in the treatment of the Spanish Flu pandemic of 1918.

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company. Dr. DuBois formulated multiple award-winning natural remedies such as HybridCR Rapid Immune Defense. He is a graduate of the University of Florida with a Doctorate degree in Pharmacy. Prior to starting Hybrid Remedies, Dr. DuBois was

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Hypnotherapy:

Unlocking the Power of the Subconscious Mind



Hypnotherapy is a powerful and effective tool that can help individuals overcome a wide range of challenges, many of them rooted in subconscious beliefs established during childhood. By accessing the subconscious mind, hypnotherapy can introduce new thought patterns, behaviors, and emotions, leading to personal growth and development.

Understanding Hypnosis and Hypnotism

Hypnosis refers to a state of focused attention and heightened suggestibility; hypnotism is the practice or techniques used to induce this state. While under hypnosis, the individual enters a trance-like state wherein they become more open to suggestions, allowing for the introduction of positive changes.

Personal Experience

I have personally experienced hypnotherapy, and I discovered that this technique leads to faster and more holistic transformation. By combining hypnotherapy with traditional therapy and coaching, I gained clarity, confidence, courage, and energy, transforming my beliefs and aligning my thoughts and actions in ways I never thought possible.

The Process of Hypnotherapy

A professional hypnotherapist is trained to induce a deep state of relaxation in their client, which leads to heightened awareness and greater focus. In this state the individual becomes more receptive to suggestion, which makes it more possible to change unwanted behavior or thought patterns.

Types of Hypnotherapies

There are several types of hypnotherapies, each with its unique approach:

- **Ericksonian Hypnotherapy:** This type of hypnotherapy focuses on indirect suggestions and

metaphors to help the individual achieve their goals. It is widely used in coaching programs.

- **Cognitive Hypnotherapy:** Combining hypnotherapy with Cognitive Behavioral Therapy, this approach helps individuals change negative thought patterns.

- **Regression Hypnotherapy:** Aimed at uncovering and resolving repressed memories or trauma, this type is commonly used by licensed therapists.

Benefits of Hypnotherapy

Hypnotherapy offers numerous benefits, including:

- **Reducing Stress and Anxiety:** By changing negative thought patterns and promoting relaxation, hypnotherapy can significantly reduce stress and anxiety levels.
- **Managing Chronic Pain:** Hypnotherapy can alter the perception of pain and promote relaxation, improving overall wellbeing and sleep quality.
- **Overcoming Addiction:** Hypnotherapy can help individuals overcome addiction by addressing the root causes and introducing positive behaviors.
- **Improving Self-Esteem:**

By accessing the subconscious mind, hypnotherapy can help individuals overcome self-imposed limitations and unlock their full potential.

Hypnotherapy in Coaching

Hypnotherapy can be a valuable tool in coaching, allowing access to a client's subconscious mind to address underlying beliefs and patterns that may hinder progress. Best used in conjunction with other coaching tools and strategies, such a comprehensive approach can be effective in treating a variety of conditions by changing the way the individual perceives their self and the world. This approach



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can lead to deeper and more lasting changes compared to traditional coaching techniques alone, making it particularly useful for tackling ingrained habits, fears, and self-limiting beliefs.

Key Benefits of Hypnotherapy in Coaching

1. Access to the Subconscious: Hypnosis enables the coach to tap into their client's subconscious mind where limiting beliefs and patterns often reside.

2. Enhanced Personal Transformation: By addressing subconscious issues, hypnotherapy can facilitate significant personal growth and transformation for the client.

3. Addressing Deep-Rooted Issues: Hypnotherapy can be particularly effective in addressing the root causes of such challenges as performance anxiety, phobias, or negative self-esteem.

4. Faster Results: Some clients may experience faster progress with hypnotherapy due to the ability to directly work on subconscious patterns.

5. Behavior Change: Hypnotherapy can help clients gain control over behaviors they want to change, such as quitting negative habits like smoking, drinking, or harmful eating habits.

6. Spiritual Healing: Hypnosis can help clients tap into a spiritual state of mind to heal and cope with stress.

Conclusion

Hypnotherapy is indeed a powerful tool for addressing ingrained habits, fears, and self-limiting beliefs. By inducing a shift in consciousness, hypnosis allows clients to access their core thoughts, emotions, perceptions, and beliefs. This deeper level of awareness can be instrumental in identifying and altering negative patterns. Overall, hypnotherapy is a versatile tool that can be integrated with other coaching techniques to create a comprehensive approach to personal development and well-being.

Unlock Your Potential with Hypnotherapy

Are you ready to explore the transformative power of hypnotherapy? Don't wait any longer. Schedule a consultation with my office today and take the first step toward unlocking your full potential for a healthier, more fulfilling life. ■

*By accessing the subconscious mind, **hypnotherapy** can introduce new thought patterns, behaviors, and emotions, leading to personal growth and development.*



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The Benefits of MAGNESIUM

MegaFood®

By the MegaFood team with Lauren Manaker

Lauren Manaker is an award-winning registered dietitian-nutritionist, with a Master of Science in Clinical Nutrition. Magnesium is garnering increasing attention, particularly in the world of supplements, as its potential benefits become more widely recognized. This essential mineral plays a vital role in supporting numerous bodily functions, ranging from nerve function and muscle contraction to bone health and cellular energy metabolism. Personally, as a registered dietitian with a family history of osteoporosis, I prioritize my magnesium intake to support optimal bone density. Additionally, I have found that taking magnesium daily has provided me with valuable sleep support, as quality sleep is crucial for overall health and well-being. While we will explore the myriad benefits and specific roles magnesium may play in greater detail, it is worth noting the growing popularity and interest surrounding this mineral. From its potential effects on muscle function to its importance in supporting cardiovascular health, magnesium has become a key player in the realm of nutrition and wellness. Join us as we delve deeper into the fascinating world of magnesium and uncover its potential to enhance various aspects of our health and daily lives.

Benefits of Magnesium

Magnesium plays a vital role in supporting various aspects of our health, impacting multiple bodily functions. Here are some key benefits associated with magnesium supplementation:

Stress Management

Magnesium plays a role in supporting a healthy stress response

by supporting the function of the hypothalamic-pituitary-adrenal (HPA) axis (1). Adequate magnesium levels may contribute to a greater sense of calmness and relaxation.

Normal Sleep Cycles

Magnesium can also aid in promoting quality sleep. It helps regulate melatonin, a hormone that regulates sleep-wake cycles (2). By supporting healthy sleep patterns, magnesium may improve the overall quality of sleep.

Muscle Function

Magnesium plays a crucial role in muscle function and relaxation (3). It helps maintain proper muscle contractions and supports muscle recovery after physical activity.

Heart Health

Magnesium is involved in maintaining normal heart function and supporting cardiovascular health (4). It helps relax blood vessels, promoting healthy blood flow and blood pressure levels. It helps relax blood vessels, promoting healthy blood flow and supporting healthy blood pressure already within normal range.

Bone Health

Magnesium is essential for maintaining strong and healthy bones (5). It works synergistically with other minerals like calcium and vitamin D to support bone density and strength.

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BENEFITS YOUR BODY
& OUR PLANET***



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What is Magnesium Glycinate?

Magnesium is a mineral that plays numerous roles in the body. While magnesium can be obtained through a balanced diet that includes foods like nuts, seeds, legumes, and green leafy vegetables, some individuals may benefit from magnesium supplements to meet their daily needs. Magnesium supplements are available in various forms, each offering unique characteristics and benefits. These different forms of magnesium include magnesium citrate, magnesium oxide, and magnesium malate, among others. Each form varies in terms of bioavailability, absorption rate, and potential side effects. One popular form of magnesium supplement is magnesium glycinate. Glycinate is a form of magnesium that is bound to glycine. (6) This unique combination allows for better absorption and bioavailability. Magnesium glycinate is often favored by individuals seeking to supplement their magnesium intake without experiencing the potential digestive discomfort associated with other forms, such as magnesium oxide. It is also considered to have a gentle and soothing effect on the body, making it a popular choice for promoting relaxation and supporting a healthy sleep cycle.

How to Pick a Magnesium Supplement

When selecting a magnesium supplement, it's important to consider factors such as bioavailability, absorption rate, and potential side effects. MegaFood has an extensive range of Magnesium products, which you can find [here](#). As always, discuss with your healthcare professional to determine if Magnesium is the right choice for you.

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From its potential effects on muscle function to its importance in supporting cardiovascular health, magnesium has become a key player in the realm of nutrition and wellness.

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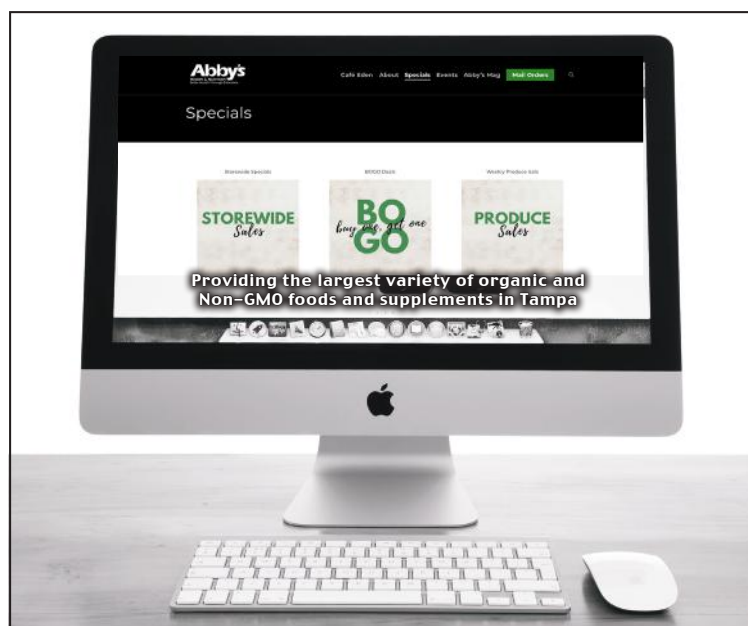
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3

Herbs for Blood Pressure Support



By Utzy Naturals

Maintaining healthy blood pressure is a key goal for many individuals aiming to support their overall wellness. While a balanced lifestyle plays a central role, certain herbs have been studied for their potential to support heart health. Here, we explore three key herbs—olive leaf extract, hibiscus, and lemon balm—and how they may support healthy blood flow and pressure levels.

1 Olive Leaf Extract

Olive leaf extract, known for its rich concentration of a compound called oleuropein, has been shown to support cardiovascular health and promote healthy blood flow. Studies suggest that consistent use of olive leaf extract may help maintain systolic and diastolic pressure levels within a normal range. Research also highlights additional benefits, including supporting healthy triglyceride levels.



2 Hibiscus

Hibiscus, often enjoyed as a tea, is a tropical plant celebrated for its vibrant flowers and wellness benefits. Research indicates that hibiscus may help support healthy blood flow and contribute to the maintenance of normal pressure levels. Individuals drinking hibiscus tea, or taking it as a supplement, regularly have reported improved cardiovascular markers, suggesting it can be a helpful addition to daily routines.



3 Lemon Balm

A calming member of the mint family, lemon balm is known for its relaxing and soothing properties. Research suggests that lemon balm may help the body maintain healthy blood pressure by supporting overall relaxation and stress management. Regular use has been associated with promoting balance in cardiovascular health.



Conclusion

Olive leaf extract, hibiscus, and lemon balm can work together synergistically to support cardiovascular health and promote relaxation. Olive leaf and hibiscus help maintain healthy blood pressure and improve blood flow, while lemon balm reduces stress, supporting overall heart and wellness benefits.

Incorporating these herbs into your routine can be a natural way to support healthy blood pressure levels. Combined with balanced nutrition and regular activity, these natural herbs offer an accessible approach to promoting overall wellness and heart health.* ■

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11 WAYS TO MAKE OUR DIET MORE HEART HEALTHY

By Carlson Labs

The heart is an amazing muscle. The average heart pumps about 2,000 gallons of blood each day. February is National Heart Month – a great reminder that we need to protect those magnificent hearts of ours as much as possible. Heart disease is the number one cause of death in the United States for both men and women. It includes coronary artery disease, atherosclerosis, hypertension, atrial fibrillation, arrhythmias, angina, myocardial infarction and others. Certain lifestyle factors can increase our risk for heart disease, including smoking, alcohol consumption, limited exercise, being overweight, medications, pollutants, and diet. The *Mediterranean-style diet* has been touted for many years as a very heart-healthy diet. People living in the Mediterranean region consume copious amounts of fruits, vegetables, whole grains, beans, olive oil, seafood and lean meats.

Mediterranean Diet Health Benefits

1. SEAFOOD

Eating fewer refined grains and plenty of seafood can provide heart health benefits. The beneficial omega-3s EPA and DHA can be found in cold-water fish, like cod and salmon. Omega-3s promote a healthy, stable heart; healthy blood vessels and circulation; and arterial wall elasticity.



2. MONOUNSATURATED FATS

Typically found in olive oil, avocados, nuts, and seeds, monounsaturated fats are beneficial heart-healthy oils and are a much better option than trans fats, which we should avoid altogether. Nuts such as walnuts and almonds contain a type of fat, called linolenic acid, which has cardiovascular benefits.

3. COMPLEX CARBS & FIBER

The Mediterranean Diet includes complex carbohydrates and high fiber whole grains. The soluble fiber, found in foods like oats, legumes, fruits, and vegetables, has been found to promote healthy cholesterol levels.

4. PLANT STEROLS

Plant sterols are found naturally in foods like olive oil, almonds, beans, bananas, apples, and tomatoes and offer many heart-healthy properties.

5. SPICES

Certain spices, including cayenne, ginger, and turmeric, promote healthy inflammation balance. Garlic can also support heart health.

6. NON-GMO, FERMENTED SOY

Non-GMO, fermented soy from miso, tempeh, and natto can have cholesterol benefits.

7. ANTIOXIDANTS

Antioxidant foods, like pomegranate, avocado, blueberries, asparagus, cabbage, ginger, and green tea are beneficial to heart health. Vitamin E is a powerful antioxidant that helps protect our body from free radical damage and promotes a healthy heart.

8. VITAMIN D3

Vitamin D3 is important for promoting a healthy heart. Foods higher in vitamin D3 include wild-caught fish, beef, egg yolks, shiitake mushrooms, and fortified foods.

9. VITAMIN K

Vitamin K is an important nutrient for both adults and kids. It promotes healthy cardiovascular function and supports healthy blood flow. Vitamin K1-rich foods include green leafy vegetables, and vitamin K2 is found in meat, dairy, and natto.

10. MAGNESIUM

Foods like avocados, black beans, and almonds are magnesium rich. Magnesium is an important mineral that oversees more than 350 enzymatic processes in our body.

11. CALCIUM

Like the other muscles in our body, the heart requires calcium for healthy contraction. Calcium-rich foods include cheese, tofu, sardines, almonds, kale, and black-eyed peas. Calcium, magnesium, vitamin D3, and vitamins K1 and K2 work together to promote cardiovascular system health.

It's easy to add all of these heart-healthy foods into our diet. Get creative and have fun spicing up your meals.

NOTE: Certain oils and spices can be mildly blood thinning and foods plentiful in vitamin K can be mildly coagulating, so be sure to check with your practitioner if you are on blood thinning medications.



AVAILABLE

THE MANY HEART HEALTH BENEFITS OF OMEGA-3S

By Jolie Root, LPN, LNC



I can't think of a single food or supplement that is more important for heart health than omega-3s from fish. That is saying a lot – considering my 34 (and counting) years working in nutrition education. But I stand by my statement. Fish oils are the most important supplement you can take to support a healthy heart.

How Omega-3s Promote Cardiovascular Health

1. Keeping the beat. It is sometimes romantic to say “my heart skipped a beat” when referring to the first time you met your sweetheart for example. But it is not good for the heart to be skipping beats. We want a good steady, stable, healthy heart rhythm and that is something that fish oils support.
2. Going with the flow. Blood flow that is. The heart pumps blood, carrying oxygen and nutrients to and through every cell in the body. To do that you need healthy flexible, relaxed blood vessels and fluid. The omega-3s EPA and DHA support flexible, elastic blood vessels and promote healthy platelet function so your blood flows nicely to all of your cells. Relaxed blood vessels mean healthy, normal blood pressure levels.
3. Fighting fats with fats. Blood fats called triglycerides can be elevated due to an unhealthy diet of too much sugar, too many



trans fats or too many calories. Elevated triglyceride levels translate to higher heart risk. EPA and DHA – either from the suggested two fatty fish meals per week, or from a supplement that delivers 2,000 to 4,000 mg of EPA and DHA daily – support healthy triglyceride levels already within the normal range.

4. Quenching the fires of inflammation. A diet low in omega-3 is suspected to contribute to a background level of systemic inflammation. Boosting omega-3 intake is thought to bring about inflammation balance promoting the health of the heart and circulation as well as many other body functions.
5. Slow and steady wins the race. For longevity that is. You want your heart rate to be more like the tortoise and less like the hare. A good steady and slow heart rate is a sign of healthy aging. Exercise helps the heart rate. So do omega-3s.

When you think about being heart smart, consider this. We observe healthier hearts in cultures that eat more fish. When those people move to the United States and adopt our diet, their hearts typically become less healthy. Boosting omega-3 intake is a gift that keeps on giving. Your precious heart deserves the very best. Bless it every day with Carlson omega-3s, providing EPA and DHA. ■

“I CAN'T THINK OF A SINGLE FOOD OR SUPPLEMENT THAT IS MORE IMPORTANT FOR HEART HEALTH THAN OMEGA-3S FROM FISH.”



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Step 2: Using your fist, put pressure directly downward into the palm of their hand, while you are pulling downward with your hand gripped around his/her arm, until the person loses his/her balance; making sure you don't knock him/her over.

Step 3: Repeat steps 1 and 2, this time while the person wears a New You Miracle Band. If performed correctly, both you and your test partner will notice a significant increase in the partner's strength and balance.

Personal Testimonies

I purchased a band due to pain in my back, and arthritis in my hands. I also had a tumor removed from my hand a few years ago and that hand had stiffness from underuse. Within that same day, my back pain went away, and I would equate the pain relief to the same relief as taking a Tylenol... such a difference! I have had it two weeks and I

hope to never go without it!! I feel 10 years younger, and I can work lifting and bending, and I am not stiff or sore the next day! Incredible! I even pick up my granddaughter now! Thank you so much, what a blessing! I can use my hands like I had never had a problem!

— Drew

"My name is Linda Wilson I am 79 years old, and I reside in Montgomery, Alabama six years ago I started having lots of pain in my right shoulder. When the pain got so bad that I had trouble sleeping, I saw an orthopedic surgeon who determined that there was a small tear in my rotator cuff, but the arthritis was so bad that I needed a new shoulder. I knew I couldn't handle shoulder replacement and recovery while caring for my husband who had Alzheimer's. I learned about Miracle Band and have worn one ever since with no shoulder problem. I've been wearing the band for six solid years"

— Linda Wilson, Montgomery Alabama



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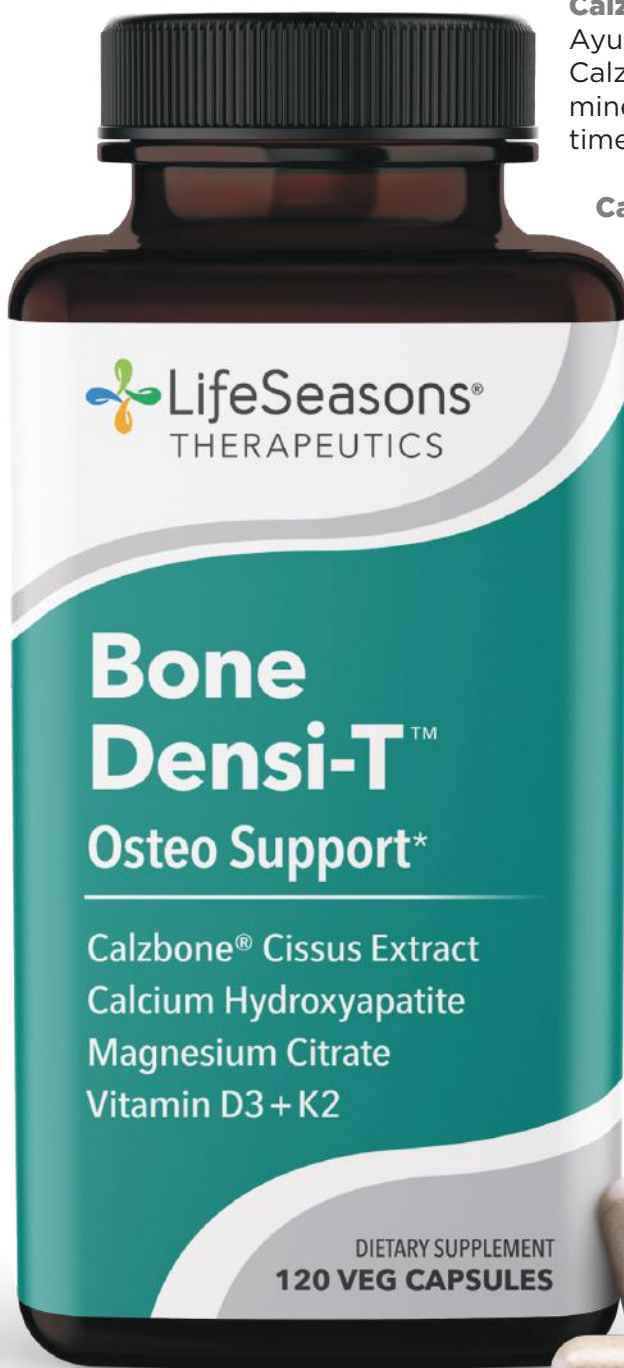
Product Overview

- Promotes bone and skeletal integrity
- Provides nutrients that encourage calcium absorption and metabolism
- Supports bone mineral density, pliability, and healing
- Facilitates bone tissue production and maintenance

Common Supplement Results

When Bone Densi-T™ is taken daily with food or immediately after a meal, customers report an overall improvement in bone wellness, without any negative side effects or digestion issues. With continued use, you may notice a reduced risk of bone loss.

Everyone is different, and results will vary from person to person.



Bone Densi-T™

Key Ingredients

Calzbone® An extract from an Ayurvedic herb, *Cissus quadrangularis*, Calzbone® is clinically shown to support mineralization, improve fracture healing time, and promote overall bone health.

Calcium Hydroxyapatite Calcium hydroxyapatite makes up the majority of the body's skeletal structure. It is a bioavailable form of calcium that supports the production of bone tissue and tooth enamel.

Magnesium Citrate Magnesium citrate is an easy-to-absorb blend of citric acid and magnesium. It plays a role in bone formation by regulating calcium and vitamin D levels.

Vitamin D3 The body makes vitamin D3 after sun exposure—but not always enough. Vitamin D3 is key for calcium absorption, respiratory function, neuromuscular and bone health, cell growth modulation, and emotional wellbeing.

Vitamin K2 Vitamin K2 helps regulate calcium metabolism, promotes bone calcification, inhibits the calcification of blood vessels and kidneys, and supports blood clotting. ■

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



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

Q: What is the best thing for hair growth?

A: Iodine and silica are my favorites. Iodine speeds growth and fills in areas that are not growing. Silica strengthens the hair and prevents breakage. Also, iron, a multivitamin, saw palmetto, and biotin are helpful as well. Of course, we have topical leave-ins, shampoos, and conditioners too. Herbal Glo and Vive Naturals are good for those products. Thank you.

Q: What do you think of the carnivore diet? Are plants trying to kill me?

A: The carnivore diet is an extreme diet. Extremes are not sustainable. On the carnivore diet, you will be deficient in potassium, other alkaline minerals, fiber, and the majority of medicine found in food. You will also be starving your microbiome (the beneficial microbes in your gut). Your microbiome is responsible for 70% of your immune system, 90% of your serotonin production, proper bowel movements, and many other functions. Without any fiber in the diet, you will not have healthy bowel movements. You will have either hard stools that you strain to get out, causing problems, or you will have hard stools that are lubed up with loose, undigested oils and fats. The argument people make is that vegetables and other plant foods have all kinds of "antinutrients" in them that are "not good for you". The term "antinutrient" is a misleading term that reductionist, specialist humans have come up with who really have no ability to think holistically, and who are trapped in an extreme way of thinking due to desperation. You may see some specific, minor symptom improvements on the carnivore diet, but at great cost. It will cause other major issues in the long run and it's not the best diet if you seek to live long. Human beings are omnivores or frugivore-omnivores, we are not carnivores. That's the short version, but this is a complex topic that needs to be elaborated on. Be well.

Q: Do you recommend probiotic supplements or is it best to just get it from food?

A: If I had to choose between fermented foods or probiotic capsules, then I would recommend fermented foods. In South Korea, they eat fermented foods with every single meal in the form of kimchi, and South Korea has the 10th longest living population in the world. But it's not an either/or thing. It's a both thing. I recommend both probiotic supplements and fermented foods, which contain probiotics. One of the keys with probiotics, as regards the health of your microbiome, is getting a variety of strains and species. Doing both probiotic supplements and probiotic-rich foods gives you more variety of strains and species. Hope that helps. Thanks for your inquiry.

Q: Does Abby's sell ivermectin? Somebody recommended that I buy it.

A: In the United States of America, ivermectin can only be obtained through prescription or at a feed store for animals. So, unfortunately, Abby's does not carry ivermectin. Holistic doctors can prescribe it to you. Check Abby's website for a list of practitioners in the area and give them a call.

HEART HEALTH

By Dr. Stengler, For Emerald Labs

Cardiovascular disease continues to be the leading cause of death in the United States. This is mainly a disease of underlying imbalances with diet and lifestyle. Fortunately, people can proactively reduce their disease risk by eating healthy foods, exercising, and reducing stress. Moreover, the selective use of supplemental nutrients is often recommended to improve cardiovascular health.

In addition, improving circulation and supporting the health of one's arteries and veins is a wise approach. A dietary supplement known as Heart Artery & Vein Health by Emerald Labs provides additional support for the cardiovascular system. This synergistic blend of nutrients and herbal extracts addresses heart and blood vessel health in several ways to optimize it. European Hawthorn Berry extract improves blood flow through the heart arteries and helps maintain normal blood pressure. Several studies have demonstrated that hawthorn extract improves the heart's pumping action.

Pomegranate juice powder and green tea extract protect LDL cholesterol from becoming damaged, which is known to initiate plaque formation. Research has also shown that pomegranate juice has anti-atherosclerosis properties.

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Cayenne powder assists in blood flow through the vessels of the body through vasodilation.

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Vitamin K2 supports the body's role in directing calcium to the bones, not the artery walls.

Turmeric provides potent anti-inflammatory benefits to the cardiovascular system.

In conclusion, many people are choosing a program that addresses diet and lifestyle factors, along with evidence-based nutritional supplements, to optimize cardiovascular health. ■

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COQ10 AND OMEGA-3S: A Heart Health Powerhouse



A mom I know just had a heart transplant. Yes, you read that right. Transplant. Right now, she's the only person I know who's not taking this hard-working organ for granted. The rest of us go about our daily routines without giving a second thought to the fist-sized muscle in our chests that's constantly pumping life-giving blood throughout our bodies. Beating **an average of 80 times per minute**, 115,200 times per day, more than 42 million times a year. Of course, we all know our bodies wouldn't function if our hearts stopped working. But what we might not know is how critically important nutrition is to support healthy heart function.* There are two nutrients that are particularly vital to heart health—Coenzyme Q10 (a.k.a. CoQ10) and omega-3 fatty acids.* You may already know a good deal about the importance of omega-3s, so let's start with CoQ10.

WHAT'S COQ10?

CoQ10 is a vitamin-like nutrient that helps your cells generate energy—in a form known as adenosine triphosphate (ATP)—needed to carry out some of your body's most critical functions.* If you think of your cells' mitochondria as a tiny engine, you can think of CoQ10 as the fuel that powers them. CoQ10 is most highly concentrated in your heart, brain, kidneys, and liver—organs with high-energy requirements.¹ CoQ10 also acts as an **antioxidant**, helping to neutralize the free radicals that can damage cells.*

Our bodies make CoQ10, which is a good thing because function without it. However, as we get older our bodies make **less and less** of it. You can also get small amounts of CoQ10 from foods such as beef, fish, organ meats, olive oil, soybeans, broccoli, and avocados. But according to the **National Institutes of Health**, these food sources are not enough to significantly boost the CoQ10 levels in your body. For this reason, many people—particularly those concerned about heart health—decide to take **CoQ10 supplements**. As a supplement, CoQ10 comes in two forms: ubiquinol and ubiquinone. Both forms occur naturally in the body and are part of the same energy-making cycle inside your cells. Ubiquinone is the oxidized form of CoQ10, and when your cells use it to make energy, it is transformed into ubiquinol, the reduced form of CoQ10. Your body strives to maintain a **controlled balance** between the two forms, converting ubiquinone



to ubiquinol as needed.² Some people—athletes and older adults, in particular—prefer supplementing with the (more expensive) ubiquinol form of CoQ10 because it needs no conversion once it is absorbed. Either form, however, will increase your body's stores of this vital nutrient.*

OMEGA-3S AND YOUR HEART

We could all probably do a better job of keeping our hearts healthy over the long term. One way to do that is to make sure we're getting the right amount of healthy fats in our diet. Healthy fats are so important to heart health, the American Heart Association recommends eating at least two servings of fatty fish (rich in omega-3 fats EPA and DHA) each week. For people with a documented history of heart disease, the **American Heart Association recommends** consuming 1000 mg omega-3s EPA and DHA daily, and 2,000–4,000 mg omega-3s EPA and DHA for those with other known risk factors such as high triglyceride levels.*

Why are omega-3s so important for heart health? To start with, structurally, the omega-3 fats EPA and DHA make up part of our cell membranes, playing a key role in helping each and every one of our cells remain flexible and fluid enough to effectively absorb nutrients and expel wastes.*⁴

The omega-3 fatty acids EPA and DHA have also been **clinically shown** to help modulate both systolic and diastolic (upper and lower numbers) blood pressure.*⁵ Numerous other studies have found that omega-3s EPA and DHA help to lower triglyceride levels, and support healthy cell signaling (omega-3 fats make up 40% of fats in the central nervous system) and heart rhythms.*⁶ The bottom line? Omega-3s EPA and DHA are essential for helping maintain optimal heart function. So, make sure your diet contains enough of these healthy fats.

FEED YOUR HEART WELL

Do your heart a favor and don't take it for granted. Show it the care it deserves by eating a healthy, balanced diet, exercising regularly, maintaining a healthy weight, and supplementing with CoQ10 and omega-3s to fill in any nutritional gaps. Your heart will love you back for a lifetime. ■

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Eat Like a Dietitian:

Foods to Avoid for Heart Health

By Emily Hirsch, MS, RD



Your heart is quite possibly the hardest working muscle in your body. It beats an impressive 100,000 times each day and a staggering 2.5 billion times during an average lifetime. As the centerpiece of your cardiovascular system, your heart plays a key role in pumping life-sustaining, nutrient-rich blood throughout your body. Therefore, it may come as no surprise that supporting the health of your heart is one of the best ways to support your overall health and well-being. Your diet strongly influences the health of your heart. While certain foods may support your heart health, others may damage it. Let's explore some of the foods to steer clear of, along with heart-healthy swaps to keep your heart happy and healthy for years to come.



Processed Meats

Processed meats including bacon, hotdogs, sausage, and deli meats are loaded with salt, unhealthy fats, nitrites, and other chemical preservatives that can wreak havoc on your heart health. One recent study examined the link between different types of meat and health outcomes in various regions of the world. Researchers found that processed meat had a more significant negative impact on the health of your heart than either unprocessed red meat or poultry. Rather than load your cart with bacon or sausage, consider natural turkey bacon or give vegetarian sausages a try. Also, try replacing deli meats with heart-friendly options like hummus, tofu, or meat alternatives like seitan. When selecting meat alternatives look for products that are made with whole food ingredients like beans, legumes, and whole grains rather than more processed ingredients and additives.

Fried Foods

While the occasional French fry or potato chip is fine, regularly eating fried foods can negatively impact your heart health. Fried foods including fried chicken, French fries, onion rings, potato chips, and donuts are high in unhealthy saturated fats. An excess of saturated fat can damage the walls of your arteries by promoting plaque buildup. Plaque buildup within your artery walls can narrow the artery, making it more difficult to pump blood. Over time, this narrowing can set the stage for various heart issues. One recent meta-analysis of 19 studies found a strong association between eating fried foods and coronary artery disease.

If you're not ready to completely ditch fried foods, you can use the following techniques to help make them healthier:

- Try frying foods in healthier, unsaturated fats like olive oil or avocado oil
- After pan-frying, place foods on paper towels to help remove excess oil

- Invest in an air fryer that can mimic the texture of traditionally fried foods without using as much oil.



Sugary Drinks

Believe it or not, for many Americans the largest source of added sugar may not come from food but may actually come from sugary drinks. Presweetened coffee drinks, sports drinks, energy drinks, and sodas are brimming with excess sugar which, when consumed regularly, can take a toll on your heart health. According to one large observational study, drinking 12 ounces of sugary drinks more than once a day may lower HDL cholesterol (good cholesterol) and increase triglycerides, fat in the blood that can lead to heart disease. Excess sugar can also contribute to inflammation throughout your body. Research has found that daily exposure to sugary drinks can lead to chronic inflammation which can place stress on your blood vessels and heart, increasing your risk of heart problems over time. Looking for a healthy alternative to sugary beverages that may be more exciting than plain water? Try seltzer, herbal teas, kombucha, or water with fresh lemon or cucumber.

Baked Goods

Baked goods, especially those that are commercially produced, are not only chock full of sugar but are often made with unhealthy fats. This combination of ingredients can send your triglyceride levels sky-high, placing additional stress on your heart. When looking through the baked goods section of the grocery store, it's best to read the ingredient label to ensure you're steering clear of potentially harmful ingredients. For example, look for products with 5% Daily Value (DV) or less of saturated fat per serving. Better yet, if you have the time, try baking your cakes, cookies, muffins, and scones at home. This will allow you to swap out unhealthy ingredients for healthier ones. For example, you can swap out vegetable oil for applesauce, swap out butter for avocado, and swap out refined white flour for almond flour, or whole wheat flour.

The Bottom Line

Maintaining the health of your heart starts with a healthy diet. To optimize your heart health consider limiting foods high in saturated fat, cholesterol, trans fat, sodium, and sugar. And remember, you don't have to completely avoid these unhealthy foods as the occasional hotdog or brownie won't impact your heart health long term. It's all about moderation and showing your heart some love by including heart healthy foods into your diet every day. ■

Café Eden RECIPES

Wild-Caught Almond Crusted Cod - 6 Servings



6 Cod fillets

MARINADE:

1 tablespoon organic minced garlic
2 tablespoons organic lemon juice
2 tablespoons organic extra virgin olive oil
1 teaspoon organic oregano
¼ teaspoon pink Himalayan salt
1 teaspoon organic Cajun spices

COATING:

2 tablespoons organic Parmesan Cheese
4 tablespoons organic ground almonds

LEMON BUTTER SAUCE:

4 tablespoons organic butter
2 tablespoons organic, gluten-free flour
½ tablespoon organic minced garlic
2 tablespoons organic lemon juice
8 tablespoons organic chicken broth

Add all six ingredients for the marinade in a bowl and mix well. Marinate the cod fillets for at least two hours in the refrigerator.

Mix the ground almonds and Parmesan cheese together. Once the cod fillets have been marinated, remove from the marinade and coat with the almond and Parmesan mixture. Place the breaded fillets in a baking dish and bake for approximately 15 minutes (to reach 145°) at 350°F.

Prepare the lemon butter sauce while the cod is baking. Put the butter in a pan and cook until melted. Add the garlic and the rest of the ingredients for the sauce. Stir until thoroughly mixed.

Before serving, place the fillets in a serving dish and cover with the sauce. Garnish with sliced almonds. Serve and enjoy!

Organic Quinoa Burger - 6 Servings



1 cup organic quinoa, cooked
1 cup organic oats
1 cup organic yellow onion, chopped
8 ounces organic cilantro, chopped
1 cup organic black beans

¼ teaspoon pink Himalayan salt
¼ teaspoon organic ground pepper
¼ ounce organic sunflower oil
1 tablespoon organic Seafood seasoning or Cajun seasoning
¼ ounce organic flax seed

Roughly mash the black beans with a fork leaving some whole black beans. This should form a paste-like mixture. Add the quinoa and all remaining ingredients. Form the mixture into 6 patties. Bake the patties in the oven at 350°F for 10-12 minutes. Serve and enjoy!

Sweet Thai Basil Organic Chicken - 6 Servings



6 organic chicken breasts
2 tablespoons organic safflower oil
3 tablespoons San-J Sweet and Tangy Sauce
1 tablespoon dried organic basil
½ teaspoon pink Himalayan salt
¼ teaspoon organic black pepper

Mix all ingredients (except the chicken) in a bowl to create a marinade. Marinate the chicken for 1 hour. Place chicken in a baking pan. Bake in the oven at 350°F for 12-15 minutes (until internal temperature reaches 165°F). Serve and enjoy!



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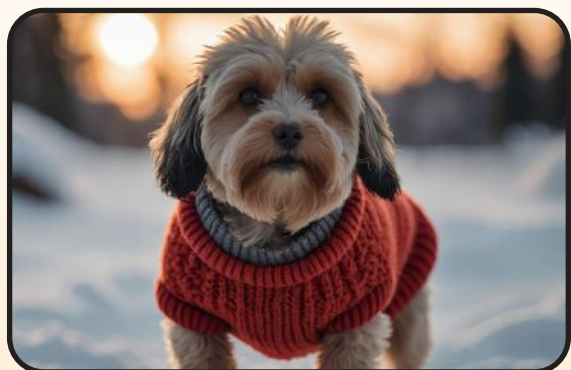


PETS AND HEART HEALTH

The Benefits of Pets on Your Heart's Health

By Dignity Health

In 1964, a child psychologist named Boris Levinson coined the term “pet therapy” after he realized that his dog, Jingles, was instrumental in getting his patients to feel more comfortable in speaking to him. The children would interact with Jingles



directly, allowing the doctor to make a connection. But Dr. Levinson wasn't the first to use dogs to help people recover from illnesses. That

distinction may belong to Florence Nightingale, the renowned nurse, who used pets with wounded soldiers in the early 19th century to help speed the healing process. Today, it's been shown that heart attack patients recover faster and live longer when they have pets at home. Even petting your dog can help lower your blood pressure. The latter can be attributed to the release of oxytocin, known best as the cuddle hormone.

The Cuddle Hormone and Cuddling Your Dog or Cat

Oxytocin, the cuddle hormone, is so named because of the role it plays in moms bonding with their new babies. An animal behaviorist at Azabu University in Japan wondered if the same might be true for humans bonding with canines. Kikusui studied 30 people and their pets, watching for mutual gazing – that wondrous feeling you get from just looking into your dog's or cat's eyes – and found that it had a profound effect. Both male and female dog owners experienced a 300 percent increase in the hormone. Even male and female dogs experienced a 130 percent rise. Dogs especially have a calming effect. Some research even suggests that people with dogs are less likely to experience an increased heart rate or blood pressure elevations in times of stress, and that both are more likely to return to normal levels quickly. This reduces the overall levels of stress on the body and helps the heart stay healthy.

Pets and Your Heart

The American Heart Association says that owning a pet is associated with reducing your risk of heart disease and, helps

lowering unhealthy cholesterol and triglyceride levels. A pet can even help you to survive a heart attack, should you experience one. This might be attributed to the fact that people who have pets tend to be a bit more active. People with dogs especially tend to walk more – not that you should have a dog just to reduce your risk of heart disease.

Pets and Your Mental Health

There are also psychological benefits to having a pet, including less loneliness, anxiety, and depression. This can largely be attributed to the idea of living in the moment. If you have a dog or a cat, you can probably relate to occasionally stopping the madness of your daily life and just watching them. They live completely in the now. There's a lesson there for all of us.

Slow Down. You Move too Fast.

Simon & Garfunkel recorded a song in 1966 called *Feeling Groovy*. The lyrics were decidedly not profound and yet gain tremendous meaning when you stop and think about them. “Slow down, you move too fast. You got to make the morning last.” Take time to enjoy your life, improve your health and thus your heart.



According to the Humane Society of the US, in 2022, Americans owned 78.4 million dogs and 86.4 million cats. If you're lucky enough to have a dog or a cat or multiples of each or both, you know about feeling groovy.

Pets can:

- Make you happier, lessen depression, and improve your outlook on life
- Decrease loneliness and isolation by giving you a companion
- Reduce boredom
- Reduce anxiety because of its calming effects
- Improve the relationship between you and your doctor. No really.

All this and they're good for your heart. What's not to love? ■

The Sidekick You Need on Your GLP-1 Weight Loss Journey

If you're using a GLP-1 medication or simply cutting calories to lose weight, you may face common hurdles like low energy, nausea, indigestion, or an overall feeling of weakness. Matthew Taylor—Sr. Director, Insights, Innovation & Marketing Capabilities at youtheory®—states, "The resulting calorie deficit can come with real challenges like fatigue, muscle loss, and digestive upset."

To address these issues, youtheory® joined forces with Dr. Louis Aronne, a leading expert in weight management and GLP-1 therapies, to create the Dr. Formulated GLP-1 Support line.

This specialized nutrition system helps fill nutritional gaps and keeps you feeling strong, energized, and confident—no matter where you are on your weight loss journey.

Cut Calories, Not Nutrients with GLP-1 Support High Potency Multi

Calorie reduction can also mean fewer essential vitamins and minerals. Our High Potency Multi helps ensure you stay well-nourished with:

- Methylated Vitamins & Chelated Minerals for optimal bioavailability.*
- Extra Vitamin D, B, and Iron to address common deficiencies.*
- Oxide-Free, Delayed-Release Formula for comfortable digestion and absorption.*

Cut Calories, Not Digestive Comfort with GLP-1 Support 2X Action Probiotic

Maintaining gut balance is key when adjusting your diet or taking a GLP-1 medication. Our 2X Action Probiotic targets nausea and digestive upset with:

- Clinically Studied LactoSpore® (2 billion CFUs) to support gut health and regularity.*
- High-Potency Ginger® Ginger Extract to help ease occasional nausea.*
- Prebiotic Fructo-Oligosaccharides (FOS) to nourish beneficial gut bacteria.*

Cut Calories, Not Strength with GLP-1 Support Muscle Guard Protein

Safeguard your muscle and bone health with



this unique 4-in-1 formula that features:

- Clinically Studied HMB (3g/Serving) to defend against muscle loss.*
- 20g of High-Quality Whey Protein to fuel muscle recovery.*
- Calcium & Vitamin D for bone density support.*
- 7.5g of Fibersol® Prebiotic Fiber to aid digestion.*

Discover a smarter way to achieve your weight loss goals without sacrificing your well-

being. Let youtheory® Dr. Formulated GLP-1 Support help you stay nourished, vibrant and strong—every step of the way.*

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





Why is Wellness Important?

— Part 2 of 2 —

NEW
CHAPTER
WELLNESS, WELL DONE.

By New Chapter®

In today's world, we continually experience new challenges that affect our physical, mental, and social well-being. Many of us have felt tired and stressed, which is why wellness and self-care are more important than ever. Your wellness journey is an ongoing one, and YOU are in the driver's seat! We're sharing some curated ideas to care for your many dimensions of wellness, so you can nurture your mind and nourish your body. Here are 24 health and wellness tips that you can use to support your wellness journey in 2025!

Pick up our previous issue #67 for part 1 of 2 off this article or go to AbbysMagazine.com

24 HEALTH AND WELLNESS TIPS FOR 2025 (13-24)

13. Fix Your Posture

Good posture can support good form when exercising, helping you to avoid injuries while active. But what does good posture look like? According to Harvard health experts, good posture means having your shoulders and hips even, chin parallel to the floor, and weight evenly distributed on both feet. If you're feeling a little out of balance, simple exercises can help to improve your posture. Focus specifically on stretches and activities that build muscle strength and improve your balance. Check in on your posture throughout the day. Ask your healthcare professional for help if needed.

14. Take a Daily Probiotic

A healthy gut means a healthy you! Keep your body and biome balanced by taking a daily probiotic supplement. Probiotics (the friendly kind of bacteria and yeasts) are what help us digest food, produce vitamins, eliminate toxins, and more. Much of our immune system is based in the gut, so good digestive health means good holistic health. Our All-Flora™ Probiotic is crafted to replenish the good bacteria in your gut while reducing the bad, helping to promote probiotic activity and boost gut health.* Capsules not your thing? New Chapter also has 100% delicious Probiotic + Prebiotic Gummies.

15. Minimize Your Sugar Intake

Cutting back on sugar in your diet can help you manage weight and improve your overall nutrition. It seems simple enough, but do you know what to look for? Sugar comes in a lot of different forms; some you may recognize and some you may not. Check the nutrition label on packaging for ingredients such as sucrose, glucose, fructose, corn syrup, or hydrolyzed starch. All of these are sugars! A simple way to cut back on sugar is to make healthier choices in the store. Reach for fresh, organic produce instead of processed foods. Choose unsweetened oatmeal over that sugary cereal. Consider replacing sweetened juice cocktails with 100% fruit juice (with no added sugar or flavors). Swap your sweetened yogurt for plain yogurt; sweeten it yourself with fresh fruit. Cut back on sugar in cooking or baking recipes (you probably won't even miss it!)

Check your supplements. Many gummy vitamins, even organic ones, are loaded with sugar. New Chapter nutrient-packed gummies are different—they're sweetened with organic blue agave fiber instead of unnecessary extra sugar. We know you want more vitamins, NOT more sugar!

16. Meditate

Give your being a break by meditating! Anyone can practice meditation, just about anywhere and at any time. Meditation is considered a mind-body practice, meaning it has beneficial effects on both your physical and mental well-being. That makes it a great tool in your toolkit for reducing the stress and anxiety that come along with everyday life. According to the Mayo Clinic, meditating can keep you calmer throughout the day and help you better manage some existing medical conditions (especially ones worsened by stress). Try a mini stress-break: close your eyes and take 3 long, slow, deep breaths while concentrating on each inhale and exhale.

17. Listen to Music

If you begin to feel overwhelmed by the stresses of the day, try listening to music. Research conducted by Johns Hopkins found that music has many positive health benefits, including reducing anxiety, lowering blood pressure, and improving sleep quality. Did you know that listening to a familiar song can even help with memory recall? Listen to music while working or before going to bed at night to tap into its calming effects.

18. Spend Time with Friends and Family

Human beings are social animals. Connection and community are a critical part of maintaining our wellness. So, reach out to your family, friends, and neighbors. If you are unable to spend time in person, try connecting over a phone call, video call, text, or email. Consider reaching out to and getting involved in your local community as well! Attend a local event such as a dinner, festival, or town hall. Introduce yourself to new people; you might even make some new friends. Remember, everybody needs a little extra connection sometimes.

19. Put Down Electronics

Sometimes it feels like no matter where you are, your phone, laptop, or tablet is just an arm's length away. While technology has many proven benefits, it can also be a strain on your well-being. Give your mind and eyes a break by putting down your cellphone and closing your laptop. Encourage your family to join you and have a technology-free family night! Try screen-free alternatives like board games, lawn games, or reading.

20. Boost Your Minerals

Certain minerals are indispensable for human health, particularly Calcium and Magnesium. These two compounds are essential for strong bones and teeth, proper heartbeat, muscle health, nerve function, and much more. However, many Americans may lack these vitalizing earth

items you don't need. You can donate stuff you don't use. Then, move to another part of your home and take it from there. Tidiness can become a habit. Try to maintain a clean and organized space by putting things back where they belong, avoiding impulse purchases, making your bed every day, and regularly reviewing your belongings.

23. Floss, Floss, Floss

Flossing every day helps your teeth and gums stay healthy, which is a good thing. But did you know regular flossing is also linked to other areas of health? Research shows flossing helps reduce gum inflammation, and that in turn may reduce heart health risks. So, this one small, regular habit can support bonus benefits. Make sure you also brush your teeth regularly and get recommended dental checkups.



24. Follow Daily Routines

Get methodical! Developing a daily routine is a simple way to care for your well-being. Having an established, repetitive schedule can help remove stress and anxiety from your day. By following a routine, it is easy to establish healthy habits like exercising. To create your daily routine, try doing activities like chores and taking vitamins at the same time every day. Meal-prep or plan to remove additional decisions throughout the week. Don't forget to schedule time for self-care! ■

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Can Gardening Save Your Life?



By Todd Heft and David Housefield



In 2015 I wrote an article for the Abby's Magazine entitled "Abby's Farm... a heart healthy hobby". The article was primarily a clinical look at all of the specific cardiovascular health benefits associated with the rigors of being outside and doing farm work. That certainly hasn't changed but what we've learned in our ten years from experience and the experience of our many volunteers, is there is way more to it than that. We now know that the health benefits include not only the physical aspect, but also the mind (mental health), emotional well-being and our spiritual life. Below is an article by Todd Heft that includes studies that were conducted regarding the health benefits of gardening. This is wonderful information if you're considering gardening versus the more traditional thoughts about exercise.

Can Gardening Save Your Life?

BBOG Big Blog of Gardening By Todd Heft

A group of scientists in Japan and the U.K. conducted a meta-analysis of studies on the health benefits of gardening to see if there was any validity to the benefits gardeners report. Their paper, *Gardening is beneficial for health: A meta-analysis*, concluded that there is a wide range of benefits from gardening.

Study results demonstrate gardening's positive impact on physical and mental health

- Even short-time (several hours) exercise in gardens can provide an immediate beneficial influence on mental health through reductions in depression and anxiety symptoms. It is unknown how long these positive outcomes last after gardening.
- 12 studies focused on horticultural therapy and investigated changes in people's health over several weeks or months. One study showed that improvement of patients' depression severity, life satisfaction, and

cognitive function persisted at 3-months' follow up after the therapy, indicating that gardening has a lasting influence on health.

- 7 studies focused on daily gardening and found that participants had better health than non-gardeners, such as reductions in stress and BMI, as well as increases in general health and life satisfaction.
- There was no significant difference in the characteristics or socio-economic status of gardeners and non-gardeners. Repeated short-term exercise in gardens has a cumulative effect on health.

Given the robust evidence, the authors concluded that gardening has both immediate and long-term effects on health:

With an increasing demand for reduction of health care costs worldwide, our findings have important policy implications. The results presented here suggest that gardening can improve physical, psychological, and social health, which can, from a long-term perspective, alleviate and prevent various health issues facing today's society. We therefore suggest that government and health organizations should consider gardening as a beneficial health intervention and encourage people to participate in regular exercise in gardens. Policy makers need to increase people's opportunity and motivation to engage with gardening activities. The former requires enough spaces where people can enjoy gardening, and the latter needs the various advantages of gardening to be made apparent to a broad audience. Because gardens are accessible spaces for all kinds of people, including children, elderly people, and those with a disability, and relatively easily and quickly implemented in urban areas as a "land-sharing" strategy, we believe that such actions and policies would at the same time contribute greatly to redressing health inequalities.

Gardening is beneficial for health: A meta-analysis ■

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EDITORS HEALTHY TIPS

White sugar is sweet, delicious, good tasting, and a dangerous, concentrated sweetener.

White sugar is a refined carbohydrate and technically classified as a drug. It takes four pancreases to process white sugar. Humans have one pancreas. White sugar stresses the pancreas, kidneys, liver, starves the brain of oxygen, and often causes adrenal weakness, baldness, attention deficit, blindness, tooth decay, high blood pressure, allergies, bone loss, infertility, cataracts, glaucoma, nerve damage (i.e., Multiple Sclerosis), brain damage (Alzheimer's), senility, kidney failure, diabetes, mood swings, hyperglycemia, hyperactivity, and arthritis. It causes cellular waste to congest the soft tissue and bones, requires large amount of water to flush it out of the system, and it is one of the most addictive and harmful foods.

These claims have not been evaluated by the FDA.



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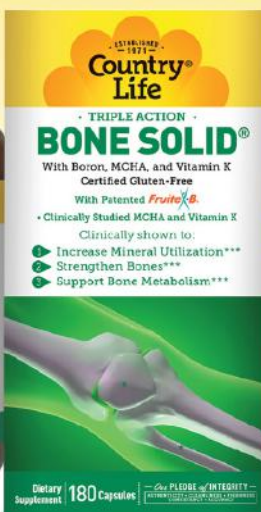
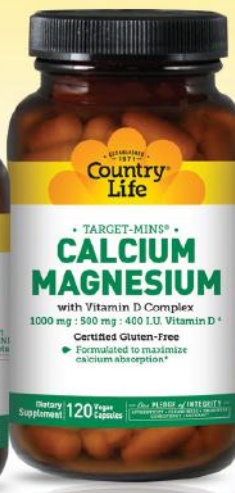
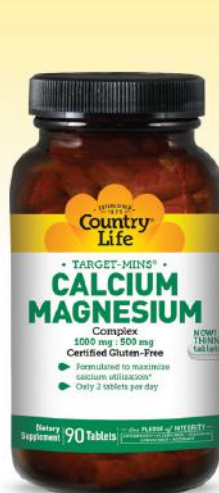


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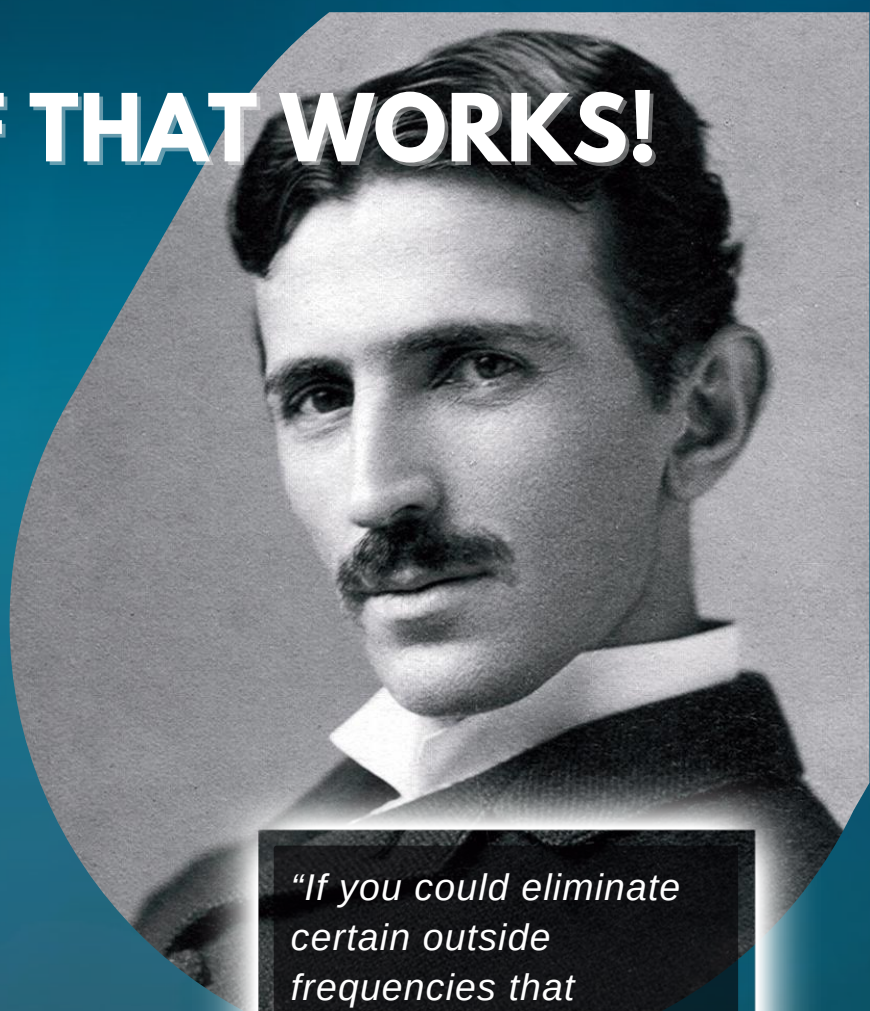
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CHANGE YOUR LIFE



**ALLEVIATE PAIN FROM ARTHRITIS,
FIBROMYALGIA, CARPAL TUNNEL,
AND OTHER JOINT AND BODY
ACHES**

**ALLEVIATE SEASICKNESS
IMPROVES YOUR STRENGTH AND
BALANCE**



*"If you could eliminate
certain outside
frequencies that
interfered in our body,
we would have greater
resistance toward
disease."*

NIKOLA TESLA


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