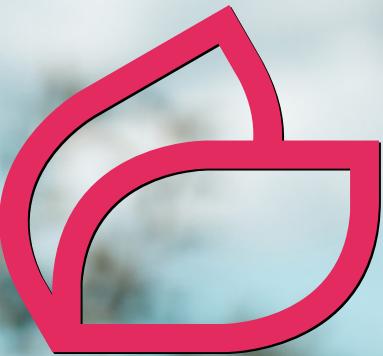


# Alternative Medicine



OCTOBER 2023

6

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## In the Know

Want to know everything that's hot this month? Well, look no further! Here is what you need to know as summer comes to an end.

## In the News

LACK OF SLEEP LESSENS COGNITIVE BENEFITS.

THE MANY HEALTH BENEFITS OF DANCING

DISEASE PREVENTION AND THE MEDITERRANEAN DIET.

9 WARNING SIGNS OF A HEART ATTACK FROM YOUR BODY

EXERCISE TIPS FOR TYPE 2 DIABETICS.

Read our latest news summaries by visiting **alternativemedicine.com** and click on latest news to read these features and more.



## Condition Spotlight: Adopt a heart-healthy lifestyle to manage high blood pressure.

You usually don't have symptoms from hypertension until it has caused serious health problems. About 1 in 3 U.S. adults with hypertension aren't even aware they have it and are not being treated to control their blood pressure. That is why it is important to have your blood pressure checked at least once a year. Visit **Alternativemedicine.com** and check out our "High Blood Pressure" page where you'll learn what you can do to manage your blood pressure naturally.

## More Online...

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### Healthy Plate: Garden Harvest

We are closing in on Fall, and for those with backyard gardens it is time to harvest from your garden. Visit **www.alternativemedicine.com** to learn more about what to do with all the veggies you have grown and download our special harvest recipe section featuring fresh veggies. Learn more about Apples - a favorite Fall treat featured on **page 14**.



# Alternative Medicine



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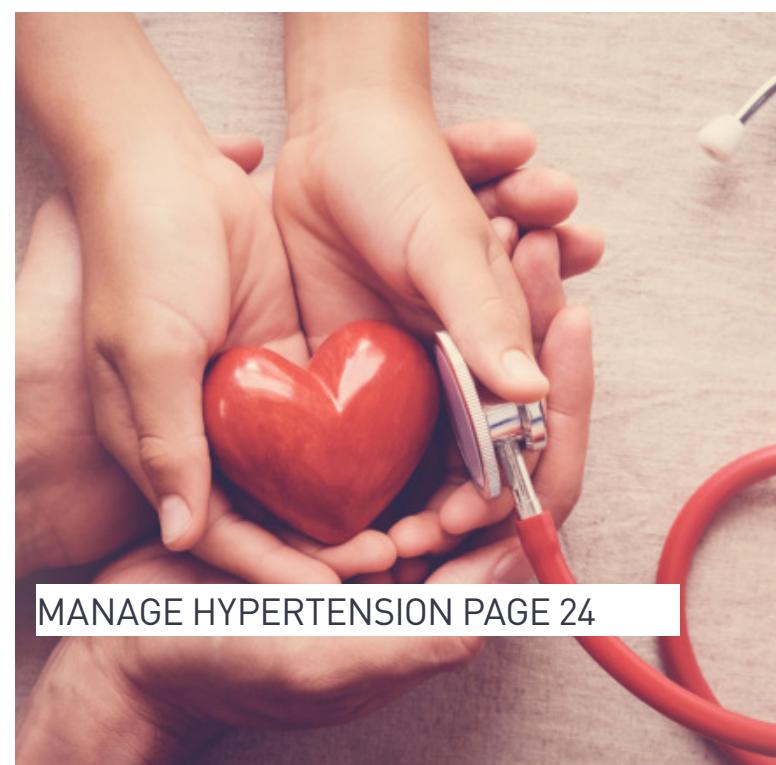
OCTOBER 2023

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## 6 ESSENTIAL TIPS

*for Maintaining a*

# *Healthy Lifestyle*

Achieving a healthy lifestyle is something that takes time and dedication, but the rewards are worth it. From improved moods to greater energy levels, staying healthy benefits not just your body but also your mind. Whether you want to begin making healthier life choices or simply tweak some of your existing habits for better results, here are six essential tips for maintaining a healthy lifestyle and achieving long-term wellness. Let's dive in!

## EAT A BALANCED DIET WITH PLENTY OF FRUITS, VEGETABLES, PROTEINS, AND WHOLE GRAINS

We all know the saying, "You are what you eat." And while it's not true, of course, it holds a lot of truth nonetheless. According to the Health Science Forum website, eating a balanced diet is essential for fueling your body with the nutrients it needs to function properly - besides, it may help you feel good too. So take care to include plenty of fruits, vegetables, lean proteins, and whole grains in your meals. These foods provide precious vitamins, essential minerals, and enough fiber to promote good health and help prevent chronic diseases.

## GET REGULAR EXERCISE - AIM FOR AT LEAST 30 MINUTES OF ACTIVITY EVERY DAY

Exercise doesn't have to be a daunting, mind-numbing task. If you're like me, you hate feeling like a hamster on a wheel, but an interesting podcast to listen to or some good music can make you feel better about it. A good rule of thumb is to engage in at least 30 minutes of physical activity every day. It could be as simple as taking a brisk walk, dancing to your favorite tunes, or playing a sport you enjoy. Needless to say, regular exercise helps maintain your weight, strengthens your muscles and bones, improves cardiovascular health, and last but not least - boosts your mood.

## DRINK PLENTY OF WATER TO STAY HYDRATED AND FLUSH OUT TOXINS FROM YOUR BODY

We tend to forget that water is a miraculous elixir that keeps our bodies 'well-oiled' by ensuring hydration and optimal functioning. So, make it a habit to drink plenty of water throughout the day, aiming for at least eight glasses (I recommend at least two more!). Keeping yourself well-hydrated helps regulate body temperature, aids digestion, lubricates joints, flushes out



toxins - and just feels good! If you're constantly out and about, or hitting the gym, it's wise to carry a water bottle with you wherever you go to make sipping water a breeze.

## PRACTICE MINDFUL MEDITATION TO REDUCE STRESS AND IMPROVE MENTAL CLARITY

In our fast-paced lives, stress can take a toll on our mental and physical well-being. One effective way to combat stress is through mindful meditation. Take a few minutes each day to sit quietly, focus on your breath, and be present in the moment. Trust me when I say that doing this will reduce your stress and add a little optimistic outlook to your days.

## GET ENOUGH SLEEP - AIM FOR 7-8 HOURS PER NIGHT

Sleep is often underestimated, but just like water, it plays a vital role in maintaining a healthy lifestyle. Ideally, you should aim for at least 7-8 hours of quality sleep each night. Science says that sufficient sleep repairs your body much faster than during waking time. Getting good sleep can also improve your mental clarity, boost your immunity, and promote emotional well-being. To establish a pleasant bedtime routine, you should aim at limiting screen time and creating a peaceful environment before you go to sleep.

## AVOID CIGARETTES, DRINKING ALCOHOL IN EXCESS, AND DRUGS

It's no secret that smoking, excessive alcohol, and heavy drug use can have severe detrimental effects on your health. Quitting smoking is one of the best things you can do for your well-being, while moderate alcohol consumption is acceptable but avoid drinking too much too often. It's also wise to stay away from recreational drugs for most of the time, as making a habit out of them can have negative consequences you may not intend. As the saying goes, "Everything in moderation!" As always, if you're struggling with addiction you'd rather free yourself from, seek healthier alternatives or professional support to end it. It can be done and your life can be turned around.

## CONCLUSION

Maintaining a healthy lifestyle is within reach for everyone - you just need to apply the right mindset to get there. By following these six essential and common-sense tips we've shared above, you can make a significant positive change in your life. Remember, it's not about being perfect, but about making conscious, consistent choices that prioritize your well-being. So embrace these tips, discover what works for you, and embark on the journey to a healthier and happier you! ☺



## HOW Dentists CAN HELP HEAL PERSISTENT Canker Sores

**M**any of us have experienced the discomfort of canker sores – those small, shallow ulcers that develop in the soft tissues of the mouth. While most heal naturally in a week or two, some people suffer from persistent or recurring canker sores, leading to constant pain and a diminished quality of life. Dentists are now stepping in with an arsenal of effective treatments to aid in the fight against these stubborn oral afflictions.

There's no definitive cure for canker sores, but that doesn't mean you have to suffer in silence. A variety of treatment options exist to help manage pain, speed up healing time, and potentially prevent recurrence.

One such approach is the use of topical products, like special mouth rinses or gels, to ease discomfort and reduce inflammation. These treatments can be a game-changer for patients who previously had to endure the pain of canker sores until they healed on their own.

For more severe or stubborn cases,

dentists may turn to laser treatment. This state-of-the-art solution uses a concentrated beam of light to minimize the pain and potentially accelerate the healing process of canker sores. Laser treatment can be done in a single office visit, with no anesthesia required. Patients generally find it comfortable and are relieved when their canker sores heal quicker than they would naturally.

It's not all about direct treatment, though. Dentists are also focusing on preventative measures. Identifying potential triggers, such as stress, certain foods, or underlying health conditions, and advising on lifestyle changes can be critical in reducing the frequency and severity of canker sores.

Canker sores may seem like a minor nuisance, but if they're a regular part of your life, it's essential to seek professional help. Persistent canker sores can be an indication of an underlying health issue, like nutritional deficiencies or immune system disorders.

The advent of these treatment and prevention strategies signals a significant shift in how dental medicine



approaches the management of canker sores. The focus is on delivering immediate relief and long-term solutions to patients. If you or someone you know is struggling with persistent canker sores, consider reaching out to a dental professional today. 

---

*DR. VINI BHANDARI, boasting over 30 years of experience, is a highly qualified dentist passionate about providing top-tier dental care. As an esteemed member of the Ontario Dental Association, he consistently keeps pace with the latest advances in dental treatment. He is deeply committed to offering the best solutions to his patients and improving their oral health.*

## Do beets

### HAVE A DOWNSIDE?

What makes beets such gems? It turns out that the same thing that makes these root vegetables so colorful also gives you plenty of nutrients. Beets get their jewel-like hue from betalains, a type of natural plant pigment that has antioxidant and anti-inflammatory properties.

Before you start beet-loading, a word of caution: Beets are rich in oxalates, which can contribute to kidney stones. If you have kidney stones, it's best to enjoy beetroots and beet greens in moderation. For most healthy people, though, oxalates aren't an issue. As part of a balanced, varied diet, you simply can't beat beets.

SARAH THOMSEN FERREIRA, RD

## Vitamin D supplements MAY CUT heart attack risk in elderly

Vitamin D supplementation can prevent elderly from cardiovascular problems including heart attack, says a new study. In one of the the largest trials of its kind till date, it has been discovered that Vitamin D supplementation may cut risk of cardiovascular events such as heart attacks in older adults. So far, the randomized controlled trials couldn't show any evidence of Vitamin D playing any role in preventing heart attacks. This particular trial involved around 21,000 people over 60 and were given a vitamin D supplement or placebo orally each month for up to five years; the findings have been published in journal BMJ.



### INCREASE IN SKIN, HAIR, AND NAIL SUPPLEMENT USE

New research published in the Journal of the American Academy of Dermatology found that use of hair, skin, and nail supplements has nearly doubled in recent years. Of the 40,959 study participants, the supplement users were more often younger (20-39 years-old) and female.

### CHAGA MUSHROOMS have witnessed A SURGE IN DEMAND

There are many health benefits associated with chaga mushrooms. Known for their antioxidant properties, immune-boosting effects, and potential anti-inflammatory properties, chaga mushrooms have gained popularity as a natural health supplement. Consumers are turning to chaga mushrooms as a part of their holistic approach to maintaining overall well-being.



### EAT LOWER ON THE SEAFOOD CHAIN FOR VITAL NUTRIENTS

More and more people are adding fish into their diets for the heart-healthy omega-3 fatty acids. But it may be time to skip the salmon and tuna, and reach for foods lower on the seafood chain like sardines and clams instead.



Shifting your seafood diet to incorporate mainly smaller fish and bivalves can up your intake of micronutrients that people are typically deficient in, including zinc, iron, vitamin B12 and omega-3 fatty acids.

CHRISTOPHER GOLDEN, Harvard T.H. Chan School of Public Health



## Here's How Water is Helping Heal A Common Problem for Many Men

**O**ne of the biggest health problems plaguing half of all men in the U.S. by the time they are 50 - enlarged prostates - also called benign prostatic hyperplasia.

The walnut-sized gland never stops growing but after a certain point, the symptoms of a prostate that has become too large, like the following, can be very disruptive:

- Sudden inability to urinate
- Urinary tract infections
- Urinary stones
- Damage to the kidneys
- Blood in the urine

An enlarged prostate puts pressure on the bladder causing urine retention. Traditional treatments, like certain medications and surgery can have undesirable side effects.

But now, urologists at Hackensack University Medical Center are offering an innovative treatment that uses

a high-intensity waterjet to destroy (ablate) excess prostate tissue that causes uncomfortable symptoms for many men. Called Aquablation®, the therapy is an option for men whose prostate enlargement cannot be effectively treated using prostate-shrinking medications. Aquablation is performed using a robotic surgical platform, guided by real-time imaging to deliver treatment with extraordinary precision.

Aquablation is indicated for any man whose prostate is causing an obstruction, and who cannot achieve relief with medication or do not want to take these drugs. Aquablation is as effective as these other treatments but with fewer side effects, including only a 10-15% risk of retrograde ejaculation. Because it is performed using the surgical robot with ultrasound guidance, it can be completed more rapidly, and with a level of precision that is reproducible from surgeon to surgeon. You can see where the prostate capsule ends and remove more excess tissue.

Here's how it works: The patient is

asleep under anesthesia. An ultrasound probe is inserted into the patient's rectum to produce clear real-time images of the prostate. The addition of ultrasound imaging enables the surgeon to map the parts of the prostate to remove and the parts to avoid. The Aquablation scope is inserted into the urethra. When ready to begin, the surgeon presses on a pedal and the Aquablation system advances to the prostate, delivering a heat-free waterjet so intense that it can remove the prostate tissue that has been mapped out.

Depending on the size of the prostate, the procedure may take as little as 15 minutes. The patient stays in the hospital overnight with a urinary catheter and may go home as soon as the next day. Patients report feeling a reduction in BPH symptoms right away and are able to go off their BPH medications. ☺

---

MICHAEL STIFELMAN, M.D.,  
chair of Urology Hackensack University  
Medical Center



## EATING NUTS REGULARLY may slow cognitive decline

Frequent nut consumption was linked to reduced cognitive decline for at-risk older adults, according to the results of research published in The American Journal of Clinical Nutrition. As nutrient-dense foods that are rich in neuroprotective components, peanuts and tree nuts could benefit cognitive health

according to the study. By 2050, dementia prevalence is estimated to triple, and currently, there are no effective curative treatments available which means diet and lifestyle can be important tools to prevent cognitive issues.

Jiaqi Ni, a PhD candidate in nutrition and metabolism

### SUFFERING FROM *male pattern hair loss?*

*It may be a result of what you drink. A recent study reports that frequent consumption of sugary drinks increased the likelihood of male pattern hair loss incidence by 3.36 times. Since the incidence of male pattern hair loss has been increasing in recent years while the age of onset continues to decrease, sugary drinks could be playing a role. The study also found that there are significant associations between sugary drinks intake frequency and anxiety disorder, and between anxiety disorder and male pattern hair loss. Ai Zhao, PhD*

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# Peanuts Pack A PUNCH AGAINST MEMORY LOSS

In the United States, Alzheimer's disease affects more than six million Americans and more than 11 million provide unpaid care for people with Alzheimer's or other dementias. There's now growing evidence that peanuts can help address this disease by supporting brain health. The Peanut Institute is sharing insight and research on why this mighty legume can deliver a difference.

Essentially, it boils down to the nutritional makeup of peanuts.

"Since food is something that we add to our bodies every day, it can truly be medicine," says Dr. Samara Sterling, a nutrition

scientist and research director for The Peanut Institute. "We're finding that eating a small amount of peanuts or peanut butter regularly can play an important part in the fight against Alzheimer's and dementia."

First, peanuts have high levels of niacin and are a good source of vitamin E – two nutrients that have long been known to protect against Alzheimer's disease and age-related cognitive decline. One study found that niacin intake from foods was associated with a slower annual rate of cognitive decline and a 70% lower risk of Alzheimer's.



Second, peanuts contain resveratrol, a bioactive that is believed to be beneficial in fighting against Alzheimer's and other nerve degenerating diseases. Lab tests in 2018 found resveratrol had the ability to reverse cognitive defects, as well as restore cognitive function in mice with neurological disorders.

Third, peanuts pack p-coumaric acid. A 2014 animal study found that p-coumaric acid helped reduce stress and anxiety. Researchers noted that the antioxidant could have similar stress-reducing effects as some of the leading anti-anxiety medications.

"Results from the study suggested that the improvement in memory function and stress response after consuming peanuts or peanut butter is related to the mental health effects of bioactive compounds found in peanuts, including resveratrol and p-coumaric acid," explains Sterling.

For older adults, a new study published in June 2023 showed that those age 55 to 75 years who consumed peanuts or tree nuts at least three times per week had more favorable changes in cognitive performance than those who ate nuts less than once per week. The authors concluded that regular nut consumption can help mitigate cognitive decline over a two-year period in at-risk older adults.

Finally, in addition to niacin, vitamin E, p-coumaric acid and resveratrol, peanuts and peanut butter have a unique combination of healthy fats, vitamins, minerals, fiber and protein that deliver both mind and body benefits.

"Peanuts are really quite amazing because just a small serving can have an impact. They're an energy dense food and studies conducted in the United States and around the world have found that eating peanuts regularly helps prevent disease, improves life expectancy and delivers positive effects throughout the body," adds Sterling. 

For more health news and recipe ideas that incorporate peanuts and peanut butter, visit [PeanutInstitute.com](https://PeanutInstitute.com).

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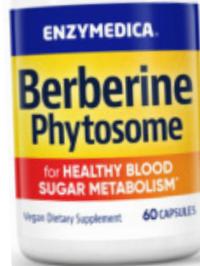


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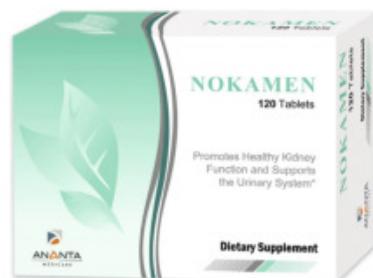
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IN SEASON

# Apples

Apples are one of the most popular fruits — and for good reason. They're an exceptionally healthy fruit with many research-backed benefits.

## APPLES ARE NUTRITIOUS

A medium apple — with a diameter of about 3 inches (7.6 centimeters) — equals 1.5 cups of fruit. Two cups of fruit daily are recommended on a 2,000-calorie diet. One medium apple — 6.4 ounces or 182 grams — offers the following nutrients:

- Calories: 95
- Carbs: 25 grams
- Fiber: 4 grams
- Vitamin C: 14% of the Reference Daily Intake (RDI)
- Potassium: 6% of the RDI
- Vitamin K: 5% of the RDI

What's more, the same serving provides 2–4% of the RDI for

manganese, copper, and the vitamins A, E, B1, B2, and B6. Apples are also a rich source of polyphenols. While nutrition labels don't list these plant compounds, they're likely responsible for many of the health benefits. To get the most out of apples, leave the skin on — it contains half of the fiber and many of the polyphenols.

## THEY PROMOTE GOOD GUT BACTERIA

Apples contain pectin, a type of fiber that acts as a prebiotic. This means it feeds the good bacteria in your gut. Your small intestine doesn't absorb fiber during digestion. Instead, it goes to your colon, where it can promote the growth of good bacteria. It also turns into other helpful compounds that circulate back through your body. New research suggests that this may be the reason behind some of the

protective effects of apples against obesity, type 2 diabetes, and heart disease.

## APPLES MAY BE GOOD FOR WEIGHT LOSS

Apples are high in fiber and water — two qualities that make them filling. In a recent study, people who ate apple slices before a meal felt fuller than those who consumed applesauce, apple juice, or no apple products.

In another 10-week study in 50 overweight women, participants who ate apples lost an average of 2 pounds and ate fewer calories overall, compared to those who ate oat cookies with a similar calorie and fiber content.

Researchers think that apples are more filling because they're less energy-dense, yet still deliver fiber and volume. Furthermore, some natural compounds in them may promote weight loss.



## Apple Cobbler

### INGREDIENTS:

- 7 to 8 large (9 cups) tart cooking apples, peeled, cored, sliced  $\frac{1}{4}$  inch
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  teaspoon ground cinnamon
- 2 cups all-purpose flour
- $\frac{3}{4}$  cup sugar
- 2 large Eggs
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- $\frac{3}{4}$  teaspoon salt
- $\frac{2}{3}$  cup Butter, melted

### INSTRUCTIONS

1. Heat oven to 350°F.
2. Place sliced apples into ungreased 13x9-inch baking dish.
3. Combine  $\frac{1}{4}$  cup sugar and  $\frac{1}{2}$  teaspoon cinnamon in bowl; sprinkle over apples.
4. Combine flour,  $\frac{3}{4}$  cup sugar, eggs, baking powder, 1 teaspoon cinnamon and salt in bowl; mix until mixture resembles coarse crumbs. Sprinkle over apples. Pour melted butter over topping. Bake 45-55 minutes or until lightly browned and apples are tender.
5. Serve warm or at room temperature with vanilla ice cream, if desired.



## Homemade Applesauce

### INGREDIENTS:

- 6 lb. apples, peeled, cored, and cut into 8 slices
- 1 c. apple juice or apple cider
- Juice of 1 lemon
- $\frac{1}{2}$  c. brown sugar, packed
- 1 tsp. cinnamon, more or less to taste

### DIRECTIONS

1. Combine all ingredients in a large pot and cook over medium heat, stirring occasionally, for 25 minutes.
2. Carefully puree in a food processor or blender (don't fill too full; split into two portions if needed) until smooth. Store in the fridge and serve by itself, over pork chops, over ice cream, over pancakes...or any place where applesauce is needed!



## Caramel Apple Dip

### INGREDIENTS:

- 6 tbsp. salted butter
- $\frac{3}{4}$  c. packed light brown sugar
- 3 tbsp. heavy cream
- 8 oz. cream cheese, at room temperature
- $\frac{1}{4}$  c. chopped roasted, salted peanuts
- 3 apples (assorted colors), sliced

### DIRECTIONS

1. Make the caramel: Melt the butter in a small saucepan over medium heat. Add the brown sugar and heavy cream and bring to a simmer, stirring. Reduce the heat to medium low and simmer gently until the sugar is dissolved and the caramel is bubbly, about 4 minutes. Remove from the heat and set aside to cool slightly, 15 to 20 minutes.
2. When the caramel is warm (not hot), beat the cream cheese in a large bowl with a mixer on medium speed until smooth and fluffy, about 2 minutes. Beat in three-quarters of the caramel until incorporated. Spoon into a serving bowl.
3. Microwave the remaining caramel until pourable, about 20 seconds, then pour over the dip. Sprinkle with the peanuts. Serve immediately with the sliced apples or refrigerate for up to 4 hours; let sit at room temperature 30 minutes before serving.



# "Superfoods"

## *To Consider at the Half Century Mark*

Whether you have been eating healthy your whole life or you have been kind of hit or miss nutrition-wise, once you have hit the age of 50 it's probably a good time to take a good and hard look at your dietary habits. At the half-century mark, most experts suggest that it pays to be more healthful in what you put into your body and ensure that you are getting enough bang for your buck nutritionally.

With age, there is a potential for developing a slower metabolism, and

you may want to keep in mind that you may need to compensate for the tendency of bones weakening, bowel function slowing, and your muscle mass declining which could decrease around 1% a year until the age of 65 when it could double. But you don't have to just accept this as being inevitable, nutrition can play a part in helping fight some of the effects of aging.

Consuming lots of fruits and vegetables, eating lean meats, chicken, and fish while avoiding processed foods like junk food and takeout, and added

sugars, as well as saturated fats, is always a good idea, but it is especially true with age because a healthful diet can help to keep blood pressure under control, decrease the risk of heart problems, and contribute to the prevention of other health issues like cancer, obesity, and diabetes.

Half-centenarians need to pay more attention to staying hydrated, especially when it is hot and humid or when sweating because as we get older we don't have as good of a thirst mechanism as we once did. Although it

is technically not food, drinking extra water can help to counteract the effects of bowel function declining with age. Additionally, quite often when we think we are hungry we are most likely just thirsty.

The over-50 crowd should take a look at berries, they are typically high in fiber, vitamin C, anti-inflammatories, and antioxidant flavonoids which may be why they are part of the MIND diet which focuses on foods that fight neurodegeneration. Fiber is great for digestion and weight and the potent antioxidants can help aging brains to maintain/improve motor skills as well as short-term memory. Wild blueberries are a great option, having 3-4 times the antioxidants as conventional blueberries. Flavonoids are natural substances found in plants, including fruits and vegetables such as pears, apples, berries, onions, and plant-based beverages like tea and wine. Flavonoids are associated with various health benefits, including reduced inflammation. Dark chocolate is another source of flavonoids.

Heart-friendly dark leafy greens such as broccoli, spinach, and kale are high in fiber and appear to help boost muscle function and promote regularity and healthy digestion. In addition to providing some of the calcium and phosphorus that our bones need as we age, they are also a potent source of antioxidants which might help us to be less likely to develop dementia.



Salmon, cod, tuna, and trout are lean sources of protein that can help older people to maintain or regain muscle. Studies suggest that older adults need to be more aware of their protein intake because their bodies are not as efficient in using protein as they once were. Fish is also rich in heart-friendly omega-3 fatty acids and vitamin B12 which is harder for the body to absorb with age.

While not all nuts are created equal, they are all good for you being great sources of fiber, protein, phosphorus, and healthy fats. Just a handful as a heart-friendly snack can help to improve artery health and lower the level of inflammation within the body while keeping you full and providing omega-3 fatty acids that may help to protect your brain. Some nuts may be high in calories, so remember that moderation is key, and try to choose unsalted or unsweetened varieties.

After the age of 35 we start to lose bone density, adding calcium and vitamin D to our diet can help with bone maintenance. Cottage cheese could be a good option, as the high-calcium curds are rich in calcium and vitamin D as well as being a great source of whey protein that helps to stimulate muscle protein synthesis.

Beans and legumes are low-calorie and they contain magnesium, iron, potassium, fiber, and protein while helping to reduce cholesterol. It is recommended to look for dried beans or low-sodium canned versions, if neither is available, draining and rinsing off the

regular beans can help to significantly reduce their sodium content. Garbanzo beans can be turned into hummus for a healthy snack option.

Avocados have been shown to help reduce the risk of cardiovascular disease. They are rich in fiber, vitamins, minerals, healthy fats, and protein. They provide nutrients that are essential for immune system health and several critical bodily functions like blood pressure regulation and nervous system function. Avocados are fairly flexible, you can put them on toast, throw them in a salad, put them in a smoothie, or turn them into guacamole to reap their health benefits.

Along with a changing body, taste also changes with age which can cause a person to reach for the salt shaker. Eating healthy does not have to be bland or boring, but rather than adding more salt why not reach for herbs and spices for that splash of flavor? Turmeric, garlic, oregano, black pepper, curry, cumin, basil, coriander, parsley, ginger, sage, rosemary, and cinnamon are just a few flavor-boosting examples that are not only tasty but also carry a nutritional punch. Some of the largest amounts of anti-aging antioxidants can be found in herbs and spices, pound per pound.

Paying more attention to what you put into your body not only affects you now, but studies show that it will also affect you in the future. If you are thinking about your longevity, prevention is better than cure, simply making more healthful choices could help to extend both your healthspan and lifespan. ☘





# ENCOURAGE HEALTHY EATING in school and at home

Many students have access to nutritious food through school meals programs. Encourage your child to try these healthy meals and eat healthy at home.

Parents, you may wonder what's included in federal school breakfasts and lunches. The meals served through these programs must meet specific nutrition requirements and include fruits, vegetables, whole grains, lean proteins, and milk. Research shows that students who participate in school meal programs eat more of these healthy foods during mealtimes and have a better overall diet than students who don't.<sup>1,2</sup> All students can participate in school meal programs, and some students are eligible for free or reduced-price meals.

Although these foods are healthy, some children may hesitate to try them because they aren't used to them or

they resist certain foods, like vegetables. Sound familiar? To help reduce wasted food, you can take steps to encourage your child to eat healthier in school so they can get the proper nutrition for their growing bodies. How?

## MODEL HEALTHY EATING AT HOME.

You can support healthy behaviors, both in and out of school. Try some of these tips to make it happen:

- **Review school menus with your kids and encourage them to try new food items. Use this as a chance to talk to your children about what's being offered, and the nutrients in different foods.**
- **Get your kids involved in meal planning at home and let them pick a new vegetable or fruit to try. This is a great way to have older children research different options for using a fruit or vegetable in a meal.**

- **Got a green thumb? Plant a garden at home, or volunteer to help with a community or school garden.**

## GET INVOLVED IN SCHOOL HEALTH ACTIVITIES.

Consider some of these ideas to help create a healthier school:

- **Join the school or district wellness committee.**
- **Eat school breakfast or lunch with your child.**
- **Offer to help with taste tests or other nutrition promotion activities in the school cafeteria.**

Talk with the school cafeteria manager about foods you would like to see served. If your child has special nutritional needs because of allergies, sensitivities, or medical restrictions, talk to your school's cafeteria manager about meal modifications for your child. ☺

## Oatmeal Sandwich Cookies

These fun treats put a sweet, fluffy filling between two chewy oatmeal cookies. The old-fashioned flavor is deliciously homey.

### INGREDIENTS:

- 1-½ cups shortening
- 2-⅔ cups packed brown sugar
- 4 large eggs, room temperature
- 2 teaspoons vanilla extract
- 2-¼ cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1-½ teaspoons baking soda
- 1 teaspoon salt
- ½ teaspoon ground nutmeg
- 4 cups old-fashioned oats

### Filling:

- ¾ cup shortening
- 3 cups confectioners' sugar
- 1 jar (7 ounces) marshmallow creme
- 1 to 3 tablespoons 2% milk

### INSTRUCTIONS

1. Preheat oven to 350°. Cream together shortening and brown sugar until light and fluffy, 5-7 minutes. Beat in eggs and vanilla. In another bowl, whisk the next 5 ingredients; gradually



beat into creamed mixture. Stir in oats.

2. Drop by rounded teaspoonfuls 2 in. apart onto lightly greased baking sheets. Bake until golden brown, 10-12 minutes. Remove to wire racks to cool.

3. For filling, cream shortening, confectioners' sugar and marshmallow creme. Add enough milk to achieve spreading consistency. Spread filling on the bottoms of half of the cookies; cover with remaining cookies.



## Sprinkle Fruit Dip

Making this creamy mixture especially festive are its bright candy sprinkles. An assortment of fresh fruit "dippers" adds even more goodness

### INGREDIENTS:

- 1-½ cups strawberry yogurt
- 1-½ cups whipped topping
- ¼ cup colored sprinkles, divided
- 4 large green apples, sliced
- 4 large red apples, sliced
- 2 pints fresh strawberries
- 4 cups red and/or green grapes

### INSTRUCTIONS

In a bowl, fold together yogurt, whipped topping and half of the sprinkles. Cover and refrigerate for 20 minutes. Just before serving, top with remaining sprinkles. Serve with fruit.

# Kid Treats





# Kid Friendly Lunches



## Pizza lunchbox muffins

Most kids love pizza so why not take that flavor and put it into a delicious smuffin to make a change for boring lunchtime sandwiches.

### INGREDIENTS:

- 2 medium eggs
- ½ cup milk
- ½ cup butter, melted
- 2 tbsp red pesto
- 2 cups grated cheddar cheese
- 1 & ½ cups cherry tomatoes, halved
- 2 & ½ oz pepperoni, chopped
- 2 spring onions, finely chopped
- 1 tsp dried oregano
- 2 cups self raising flour

### INSTRUCTIONS

1. Preheat the oven to 350f and line a muffin tray with 12 muffin cases.
2. Add the egg, milk and melted butter to a large bowl. Whisk gently with a fork.
3. Add the red pesto, grated cheese, cherry tomatoes, pepperoni, spring onion and oregano and mix again.
4. Finally add the flour and mix just enough until all the ingredients have combined.
5. Divide the mixture between the 12 muffin cases
6. Bake the muffins in the oven for 20-25 minutes until a skewer stuck in the middle comes out dry.  
NOTE- These muffins will keep in the fridge for up to 3 days. They can also be frozen and defrosted at room temperature



## Lunchbox Spanish Omelette

I know that an omelette may not seem like an obvious choice for a lunchbox but trust me, it works a treat! You could keep it warm in a thermos lunch container but I actually prefer it cold. It holds together much better when its cold making it the perfect finger food!

### INGREDIENTS:

- 4 large eggs
- 2 tbsp creme fraiche or heavy cream
- ½ cup grated cheddar cheese
- salt and pepper to taste
- 1 tbsp oil
- 8 cherry tomatoes, cut into quarters
- ½ green pepper, finely chopped
- ¼ cup frozen peas
- ¼ cup tinned sweetcorn
- 2 small cooked potatoes, sliced

3. Add the sliced potato and continue to cook for another 2 minutes, stirring regularly.

4. Pour the egg mixture on top and stir so that the vegetables are evenly dispersed. Leave to cook for approximately 5 minutes until the omelette has started to set and is coming away from the sides of the pan.

5. At this point you can continue to cook the omelette on the hob for another couple of minutes but I like to put it under the grill for 1 to 2 minutes to ensure the top is fully cooked through.

6. Allow the omelette to cool slightly before cutting into 8 triangles.

7. Serve immediately or allow to cool completely before storing in the fridge in an airtight container or bag. The omelette will keep in the fridge for up to 2 days.

### INSTRUCTIONS

1. Crack the eggs into a large bowl or jug. Add the creme fraiche or cream and whisk with a fork. Add the cheese, season with salt and pepper and mix well.
2. Heat the oil in a large frying pan. Add the cherry tomatoes, green pepper, peas and corn and fry gently for 2 to 3 minutes.



## Ham & Cheese Roll Ups

Delicious Ham & Cheese Roll Ups made with puff pastry. They make a lovely treat tea for the family or can even be eaten cold for lunch!

### INSTRUCTIONS:

1. Preheat the oven to 390f. Line a baking sheet with parchment paper.
2. Roll out the puff pastry sheet and spread it with the pizza sauce. Add the ham on top and then sprinkle on the grated cheese.
3. Roll the pastry back up as tightly and as compact as you can. Cut the roll into 8 slices approximately 1 inch thick each

### INGREDIENTS:

- 1 sheet puff pastry
- $\frac{1}{3}$  cup tomato or pizza sauce
- 6 slices cooked deli ham
- 1  $\frac{1}{2}$  cups grated cheddar cheese
- 1 egg, beaten
- $\frac{1}{2}$  tsp dried mixed herbs

and lay each one on the baking sheet lined with parchment paper.

4. Brush the outside of the roll ups with the beaten egg and sprinkle some dried herbs on top.
5. Bake for approximately 15 minutes or until the pastry is golden brown.
6. Serve immediately or allow to cool and store for 24 hours in an airtight container.



## Fruity Peanut Butter Pitas

Your kids will not notice that as good as these taste, they're also good for them!

### INGREDIENTS:

- $\frac{1}{4}$  cup peanut butter
- $\frac{1}{8}$  teaspoon each ground allspice, cinnamon and nutmeg
- 2 whole wheat pita pocket halves
- $\frac{1}{2}$  medium apple, thinly sliced
- $\frac{1}{2}$  medium firm banana, sliced

### INSTRUCTIONS:

In a small bowl, blend the peanut butter, allspice, cinnamon and nutmeg. Spread inside pita bread halves; fill with apple and banana slices.



## Turkey Ranch Wraps

A simple twist on the traditional turkey sandwich.

### INGREDIENTS:

- 8 thin slices cooked turkey
- 4 flour tortillas (6 inches), room temperature
- 1 large tomato, thinly sliced
- 1 medium green pepper, cut into thin strips
- 1 cup shredded lettuce
- 1 cup shredded cheddar cheese
- $\frac{1}{3}$  cup ranch salad dressing

### INSTRUCTIONS:

Place 2 slices of turkey on each tortilla. Layer with tomato, green pepper, lettuce and cheese. Drizzle with salad dressing. Roll up tightly.



## PBJ on a Stick

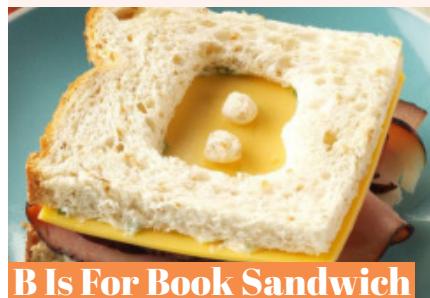
Take the classic peanut butter and jelly sandwich on the go with these skewers. They also make easy snacks.

### INGREDIENTS:

- 2 peanut butter and jelly sandwiches
- 1 cup seedless red or green grapes
- 1 small banana, sliced
- 4 wooden skewers (5 to 6 inches)

### INSTRUCTIONS:

Cut sandwiches into 1-in. squares. Alternately thread grapes, sandwich squares and banana slices onto each skewer.



## B Is For Book Sandwich

To fix this ham-and-cheese pleaser, just use a cutout of your child's initial.

### INGREDIENTS:

- 12 slices bread
- $\frac{1}{4}$  cup butter, softened
- $\frac{1}{2}$  teaspoon minced chives
- $\frac{1}{8}$  teaspoon onion salt
- 6 slices fully cooked ham
- 6 slices American cheese

### INSTRUCTIONS:

1. Cut each slice of bread into a  $3\frac{1}{2}\times 3\frac{1}{4}$ -in. rectangle, leaving one side with the crust on. Using a  $1\frac{1}{2}$ -in. letter cookie cutter, cut letters in half of the bread slices.

2. In a small bowl, stir the butter, chives and onion salt until blended. Spread on one side of each slice of bread. Top whole bread slices with ham and cheese; top with cutout bread.



# 12 WAYS TO MAKE your brain younger and *lower dementia risk*

**A** new Harvard study, COSMOS 2, published in the American Journal of Clinical Nutrition has shown that taking a multivitamin for one year was associated with improved memory and cognition equivalent to reversing age-related memory loss by three years.

The randomized clinical trial, which included 3,500 participants aged 60 and over, was the second COSMOS study to show that multivitamins significantly improved brain function—with the

“vitamin group” far surpassing the placebo group.

The benefits of taking a multivitamin were maintained throughout the three years of the study. Including nutritional supplementation as a complement to the standard American diet and standard medical therapies is an important key for maintaining good health. This study confirms numerous earlier studies showing that folate (simple folic acid) dramatically lowers dementia risk. In addition to

a daily multivitamin, I recommend supplementing with a good B complex, folate, vitamin D, and magnesium—all with proven efficacy.

My own landmark double-blind, placebo-controlled study published in the Journal of Chronic Fatigue Syndrome (8:2, 2001) showed profound benefits from nutrition as well as sleep, hormones, treating hidden infections/inflammation, and exercising as able.

The reason doctors have traditionally been slow to recommend multivitamins

is because their training has been pharmaceutical-focused and sorely deficient in nutritional education. This new COSMOS study is an important step towards setting the record straight—and represents a wakeup call to clinicians, researchers, and media that cover latest medical findings.

**Below are additional tips to help save your brain:**

**LIGHT UP YOUR LIFE:** Research published in *Brain and Behavior* has shown that simply increasing light exposure (which can be done with a lightbox or sunlight) markedly improved cognitive testing. The meta-analysis of 12 randomized studies with 766 dementia patients, showed that phototherapy with bright light, as is used for treating Seasonal Affective Disorder, significantly improved cognition. Lower dementia risk was also associated with other ways of getting vitamin D, a deficiency which has been associated with dementia.

**COME AGAIN?** Hearing aids are also a powerful tool for reducing dementia risk. According to a UK observational study, untreated hearing loss contributed to a 42 percent increase in dementia risk compared to peers who had no hearing troubles.

**PLEASE PASS THE OMELET:** A study covered in *Science Daily* found that people who ate diets rich in phosphatidylcholine, found in eggs and other foods, were 28 percent less likely to develop dementia.

**TAKE A HIKE:** No medication yet invented will reduce dementia risk by 50 percent. However, walking 10,000 steps a day might actually do the trick, according to a study in *JAMA Neurology*.

**SNORING ALERT:** Tackle sleep apnea, which research published in *Neurology* in May 2023 has correlated with loss of brain volume and accelerated Alzheimer's.

**GET ENOUGH ZZZZS:** Harvard research recommends getting at least 6 to 8 hours of sleep per night to reduce the risk of dementia and death.



**ELIMINATE UTIs:** From the *Journal of Alzheimer's Disease*, it's important to eliminate silent infections (e.g., UTIs), to prevent cognitive decline.

**CHOOSE PEPCID:** From *JAMA Neurology*, avoid PPI acid blockers, which can create as much as a 44 percent higher risk of dementia. Use Pepcid instead.

**HRT:** More than 2/3 of Alzheimer's patients are women, which likely correlates with reduced estrogen levels following menopause. Although controversial, female hormone replacement may help slow cognitive changes. A January 2023 study in *Alzheimer's Research and Therapy* suggests that hormone replacement therapy (HRT) could provide needed protection. Dr. Teitelbaum endorses bio-identical hormones instead of the pharmaceutical version.

**THE SPICE OF LIFE:** Curried foods containing turmeric (and the active



ingredient curcumin) are promising for reducing Alzheimer's risk, which is 70 percent lower in India than the U.S.!

**REDUCE CHRONIC PAIN:** Chronic pain is associated with eight years of excess brain aging. "Our published research shows that treating the root causes of pain can often make the pain go away," says Dr. Teitelbaum. "Just like putting oil in a car makes the oil light go off. And according to research published in the *Journal Proceedings of the National Academy of Sciences*, this unnecessary chronic pain is associated with eight years of excess brain aging. ☘

*JACOB TEITELBAUM, M.D., is one of the most frequently quoted integrative, pain and fibromyalgia medical authorities in the world. He is the author of the best-selling *From Fatigued to Fantastic!* (Penguin/Avery 2021), *Pain Free, 1,2,3!*, the Complete Guide to Beating Sugar Addiction, Real Cause Real Cure, *The Fatigue and Fibromyalgia Solution*, *Diabetes Is Optional* and the popular free Smart Phone app Cures A-Z. He is the lead author of 8 studies on effective treatment for fibromyalgia and chronic fatigue syndrome, and a study on effective treatment of autism using NAET. Dr. Teitelbaum appears often as a guest on news and talk shows nationwide including Good Morning America, The Dr. Oz Show, Oprah & Friends, CNN, and FoxNewsHealth.*

Learn more at [www.Vitality101.com](http://www.Vitality101.com).



A TINY ANTARCTIC CRUSTACEAN CAN HELP  
*relieve joint pain*  
**AS WE AGE**

**J**oint pain is unfortunately a natural part of aging. As the years go by, the fluids that lubricate our joints diminish and our ligaments grow more rigid, leading to stiffness, inflammation and often pain. For some, the end-result is osteoarthritis, which has become a major cause of disability in the U.S.

While scientists still haven't cracked the code to reverse the aging process, there are natural, preventative measures we can take to support joint health throughout our lifetimes. One of the most popular supplements for maintaining healthy joints is omega-3, which is also known for its brain, immune and heart health-boosting effects.

### ARE ALL OMEGA-3 SUPPLEMENTS EQUALLY EFFECTIVE?

Omega-3 fatty acids, including EPA and DHA, are not something the human body can produce on its own, but it is something our bodies need. We typically get these important fatty acids through a seafood-rich diet; however, it can be challenging to consume enough salmon or sardines to maintain consistent levels of omega-3 over time. As a result, store shelves are well-stocked with a variety of omega-3 supplements. Attempting to discern the difference between all these omega-3 types may be challenging, causing one to question whether all these various sources of omega-3 are equally effective.

There has been significant research and scientific study invested into one source of omega 3... Antarctic krill.

### THE KRILL "PHOSPHOLIPID EFFECT"

The oil derived from Antarctic krill is considered a highly unique source of omega-3 due to its "phospholipid effect". While omega-3s from fish oils are from triglycerides that need to be digested, emulsified, and then transformed into phospholipids to be taken up by your cells, krill oil omegas already come in phospholipid form and

are therefore more easily incorporated into cell membranes and absorbed by the cells.

"The krill phospholipid effect means that we get more impact out the omega-3 – more of it goes into our cells and tissues. This translates to a healthier level of inflammation in the body, which is key to keeping healthy and functional joints," explains Cashtyn Lovan, Marketing Director, Americas, Aker BioMarine.

### KRILL OIL, BACKED BY SCIENCE

A recent study, published in The American Journal of Clinical Nutrition, showed positive effects in reducing osteoarthritic pain in adults between 40 to 65 years of age (all participants experience mild to moderate knee pain due to their osteoarthritis).

Furthermore, additional human clinical studies have shown that krill oil is multi-nutrient that supports a wide range of joint health benefits. Working on a cellular level, krill oil phospholipids deliver omega-3s directly where they are needed to support a healthy level of inflammation.

Krill oil also happens to be a natural source of choline. Choline is an essential nutrient that is beneficial for muscle function and overall health, and healthy muscles are important for supporting and protecting the knee joint.

When you boost your cells with a daily dose of krill, the benefits are not only for your knees. Because of its phospholipid form, krill oil helps ensure more robust cells and a body that is better able to tackle the effects of aging, oxidative stress, inflammation and more. The scientific community has been testing the krill effect for decades, and it's shown through study after study to be beneficial for the heart, liver, muscles, and skin.

### KRILL OMEGA-3 GIVES YOUR BODY A CELLULAR BOOST

Whether are you looking for something that will boost your joint



health or simply seeking supplements to support healthy aging, it may be time to look more closely at the label on your omega-3 packaging. The source of that omega-3 can make a big difference in terms of how well the nutrients are transported, delivered, and absorbed into the cell membranes in all tissues of the body.

"There is no question that krill oil is a natural alternative that can help support joint health, and much more, throughout one's lifetime," adds Lovan. 



Control **HIGH BLOOD PRESSURE** Without Medication:

TIPS TO  
*Manage Hypertension  
Naturally*

High blood pressure, also known as hypertension, is one of the most common health conditions worldwide, affecting 1.28 billion adults across the globe. That includes almost 120 million Americans, or between 36 and 45 percent of the U.S. population, according to different sources. While there's no known cure, you can control high blood pressure without medication and live a long, healthy life. The first step is understanding what causes it in the first place.

## What causes high blood pressure?

Hypertension is a complex condition influenced by various factors, but extensive research has associated it with poor eating habits and other lifestyle choices. In some cases, it may instead be caused by an underlying health issue or medication.

No matter the cause of your hypertension, it's a serious health concern with far-reaching consequences. It can contribute to the development of cardiovascular and kidney diseases, among other potentially life-threatening conditions. So it's crucial to start taking proactive steps to manage your blood pressure right away.

## Is there a cure for high blood pressure?

There's no ultimate cure for hypertension. The conventional medical treatment typically involves daily medication combined with healthy lifestyle habits—which you'll likely need to stick with for the rest of your life.

However, relying on medication can cause unpleasant side effects, dependency, and additional complications. A recent study from the University of Virginia School of Medicine even found that long-term use of blood pressure medications may lead to kidney damage.

This is why there's a growing need for alternative, natural strategies. Fortunately, we have some—and they're quite effective.

## How to control high blood pressure without medication

Try these natural remedies to manage hypertension, and—if you can—track their impact on your blood pressure levels. You may be surprised by how well they work—and how much better you feel.

### Avoid trigger foods

Certain foods are known to contribute to high blood pressure. One of the biggest offenders is salt or sodium.

While we need some salt for optimal health, too much can trigger or worsen hypertension. Limit the amount of salt you use in cooking, and try to keep your total sodium intake around 1,500 mg or fewer per day.

Some studies suggest avoiding raw salt altogether, as it can cause an immediate spike in blood pressure. You can easily avoid this by not adding extra salt to your plate.

Excessive sugar intake is also linked to high blood pressure, as it can lead to obesity and weight gain—two of the biggest risk factors of the condition.

Limit or avoid high-sodium and high-sugar foods, such as:

- Processed and cured meats
- Bread
- Frozen meals and pizzas
- Canned soup
- Frozen or restaurant-purchased burritos or tacos
- Sugary drinks like sodas and teas

Making these dietary changes can be a positive step towards reducing your blood pressure naturally.

### Try the DASH Diet

The DASH Diet, short for Dietary Approaches to Stop Hypertension, is a healthy eating plan designed to prevent or lower high blood pressure. It emphasizes foods that are rich in potassium, calcium, and magnesium while limiting sodium, saturated fat, and added sugars.

While it may be an adjustment if you're used to eating a wider assortment of foods, there's still plenty of variety to enjoy. On the DASH Diet, you'll eat:

- Fresh vegetables and fruits
- Whole grains
- Low-fat dairy products
- Nuts and seeds
- Beans and legumes
- Poultry, fish, and other lean meats
- Monounsaturated fats like avocado and olive oil

In a recent study conducted at Johns Hopkins University School of Medicine, researchers compared the



effectiveness of the DASH Diet in combination with low sodium intake to that of commonly prescribed blood pressure medications.

Participants with a baseline systolic blood pressure (the first number in a blood pressure reading) of 150 or higher experienced an impressive average reduction of 21 mmHg (millimeters of mercury). This outshines the typical effects of hypertension medications, which generally lower systolic blood pressure by only 10-15 mmHg.

## Eat foods proven to lower blood pressure

Including certain foods in your diet can further help you manage your hypertension. Here are some examples of blood-pressure-lowering foods to enjoy:

- Leafy greens
- Berries
- Oatmeal
- Bananas
- Dark chocolate (opt for at least 70% cocoa)
- Prunes (eat about three per day)

These foods are particularly rich in flavonoids and polyphenols, which have been shown to have a positive effect on hypertension. Just make sure to enjoy your chocolate in moderation so you don't overdo it on sugar.

Studies have also shown that following the DASH Diet can reduce total cholesterol and LDL (bad) cholesterol. So it's truly a beneficial strategy for managing hypertension and boosting heart and artery health.

### Stay active

Excess weight is a major culprit behind high blood pressure. In fact, it's estimated that 65 to 78 percent of cases of primary hypertension (the kind without any other known cause, such as kidney disease or medication) are linked to obesity.

If you're carrying extra weight, it's crucial to prioritize getting active and shedding some pounds. Even a daily walk around your neighborhood or a nearby park can work wonders.

Aim for 30 minutes of physical activity each day.

### Reduce stress

While a direct, causal relationship between stress and hypertension hasn't been fully established, studies show

that stress can lead to temporary spikes in blood pressure and worsen existing hypertension.

Chronic stress can also have negative implications for heart and arterial health, exacerbating the issue. So it's crucial to reduce stress in your life to keep your blood pressure in check.

Try incorporating proven stress management techniques into your daily routine, such as:

- Meditation
- Mindfulness
- Yoga
- Massage therapy
- Reframing negative thoughts and experiences in a more positive, empowering way
- Spending more time in nature
- Connecting with loved ones

In addition to the above strategies, make time for any other activities you find enjoyable whenever you can, such as creating art or listening to music. Studies show that the calmer and happier you are, the lower your risk of hypertension.

By prioritizing peace and joy in your life, you'll not only improve your blood pressure but enhance your overall well-being.

### Find the cause of your hypertension and develop a customized approach

Identifying the specific factors that contribute to your high blood pressure allows you to address them directly. Aside from unhealthy eating or inactivity, if you have high cholesterol or take medication, these may also cause or exacerbate your hypertension.

In the case of high cholesterol, the buildup of plaque and calcium deposits in the arteries leads to their narrowing and rigidity. This forces the heart to exert greater effort to pump blood through these constricted passages, resulting in elevated blood pressure.

Additionally, certain medications can contribute to elevated blood pressure, including:

- Over-the-counter pain medications like ibuprofen

## How much exercise do you need?

You should try to get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of the two. Aim for at least 30 minutes of aerobic activity most days of the week. If you're not used to exercising, work slowly toward this goal. You can break your aerobic workout into three 10-minute sessions. This gives you the same benefit as one 30-minute session.

Any activity that increases the heart and breathing rates is considered aerobic activity. Some examples are:

- Active sports, such as basketball or tennis
- Bicycling
- Climbing stairs
- Dancing
- Gardening, including mowing the lawn and raking leaves
- Jogging
- Swimming
- Walking

A combination of aerobic and weight training seems to provide the most heart-healthy benefits. An inactive — also called sedentary — lifestyle is linked to many chronic health conditions, including high blood pressure. To get some movement into your day, try taking a quick walk or just going to the kitchen or break room to get a drink of water. Setting a reminder on your phone or computer may be helpful.



- Decongestants like pseudoephedrine
- Some antidepressants
- Immunosuppressants
- Hormonal birth control pills

You can combat both high cholesterol and hypertension through dietary interventions, such as avoiding fried foods, following the DASH Diet, and adopting additional healthy lifestyle habits.

But if you're taking one of the above medications or are still unsure what's causing your hypertension, consult with your healthcare provider.

This is especially important because hypertension can be indicative of a serious underlying condition like kidney failure.

### **Try alternative medicine treatments**

In addition to healthy lifestyle habits, alternative treatment options such as ozone treatment may help you control high blood pressure without medication.

While research on ozone's benefits are limited, some animal studies show it can reduce blood pressure and effectively slow down the progression of hypertensive disease. This is because ozone acts as an anti-vasoconstrictor, preventing the narrowing of blood vessels and promoting better blood flow.

High blood pressure is a widespread health concern with serious implications. But you don't have to resort to pharmaceuticals that can come with unwanted side effects and long-term risks.

By adopting healthy lifestyle habits like the ones mentioned above, you can control your blood pressure without medication and protect your heart health for years to come. These strategies offer a natural, safe way to boost your health and overall well-being. ↗

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CARRIE SOLOMON is a freelance health writer, copywriter, and passionate wellness enthusiast. She's on a mission to help wellness-focused companies educate, engage, and inspire their audiences to make the world a healthier, happier place. Learn more about her at [copybycarrie.com](http://copybycarrie.com) or on LinkedIn.



## **DASH diet: Suggested servings**

The DASH diet provides daily and weekly nutritional goals. The number of servings depends on daily calorie needs. Here's a look at the recommended servings from each food group for a 2,000-calorie-a-day DASH diet:

- GRAINS: 6 to 8 servings a day. One serving may be  $\frac{1}{2}$  cup of cooked cereal, rice or pasta, 1 slice of bread or 1 ounce dry cereal.
- VEGETABLES: 4 to 5 servings a day. One serving is 1 cup raw leafy green vegetable,  $\frac{1}{2}$  cup cut-up raw or cooked vegetables, or  $\frac{1}{2}$  cup vegetable juice.
- FRUITS: 4 to 5 servings a day. One serving is one medium fruit,  $\frac{1}{2}$  cup fresh, frozen or canned fruit, or  $\frac{1}{2}$  cup fruit juice.
- FAT-FREE OR LOW-FAT DAIRY PRODUCTS: 2 to 3 servings a day. One serving is 1 cup milk or yogurt, or  $1\frac{1}{2}$  ounces cheese.
- LEAN MEATS, POULTRY AND FISH: six 1-ounce servings or fewer a day. One serving is 1 ounce of cooked meat, poultry or fish, or 1 egg.
- NUTS, SEEDS, OR DRY BEANS AND PEAS: 4 to 5 servings a week. One serving is  $\frac{1}{3}$  cup nuts, 2 tablespoons peanut butter, 2 tablespoons seeds, or  $\frac{1}{2}$  cup cooked dried beans or peas, also called legumes.
- FATS AND OILS: 2 to 3 servings a day. One serving is 1 teaspoon soft margarine, 1 teaspoon vegetable oil, 1 tablespoon mayonnaise or 2 tablespoons salad dressing.
- SWEETS AND ADDED SUGARS: 5 servings or fewer a week. One serving is 1 tablespoon sugar, jelly or jam,  $\frac{1}{2}$  cup sorbet or 1 cup lemonade.



**WHY ARE AMERICANS SO BAD AT**

# Getting Old?

From the 80-year-old Frenchmen who put on ties and blazers to walk their dogs to groups of silver-haired Vietnamese women in silky pants doing tai chi at dawn, it seems like other cultures do aging a lot better than we Americans do. I have spent a lot of my career researching cultural mindsets around aging and its impact on longevity.

My new book, *Breaking the Age Code*, explores deeply embedded age belief systems across cultures and how those differences can inform life spans and health spans.



## H<sub>ere</sub> are some lessons we've learned from my research:

### 1. TREAT YOUR ELDERS LIKE ROCK STARS RATHER THAN BURDENS

We have a lot to learn from the Japanese and other Asian and South Asian cultures, which, unlike Americans and certain Northern European cultures, celebrate their elders rather than put them out to pasture.

When I was in graduate school, I had the opportunity to travel to Japan on a National Science Foundation fellowship. What I witnessed there is how differently the culture treats its oldest members. I noticed that in many ways, aging was celebrated and honored—from the national holiday that honors the aged to the reality shows on TV that treat centenarians and supercentenarians (those 110 and older) like rock stars. Considering that Japan had the longest life span in the world at the time, it made me wonder if the way a culture treats its oldest

members could impact our life span. This sparked my interest in conducting scientific studies to see if cultural beliefs about aging impact our health and longevity. It set me on a course to explore this in a deeper way.

### 2. A POSITIVE OUTLOOK ON AGING CAN ADD YEARS TO YOUR LIFE, REGARDLESS OF GENDER, RACE, CLASS, AND SOCIOECONOMIC AND CULTURAL DIFFERENCES

A study called the Ohio Longitudinal Study of Aging and Retirement, done in Oxford, Ohio, between 1977 to 1995, famously tracked beliefs around aging among 433 participants. That study [provided] a great baseline for age beliefs. The original investigator reached out to everyone in the town of Oxford who was 50 and older and asked them about their age beliefs. It is one of the richest perspectives on aging in America, but it didn't have longevity information. When I heard about this study, I worked with the investigator to add mortality data collected from the National Death Index to the participants' age beliefs. I was able to

determine that those participants who had taken in more positive views of aging from their culture were living, on average, seven and a half years longer than those who had taken in more negative views of aging—beyond the influence of gender, race, socioeconomic status, age, loneliness, and health. Positive age beliefs across all types of people conferred a better survival advantage or longer longevity on average than low cholesterol, low blood pressure, low body mass index, and avoiding smoking.”

### 3. IT'S NOT ALL DOWNHILL WHEN IT COMES TO BRAIN HEALTH

We tend to think of our brains as a diminishing asset and aging as a race against the cognitive clock. In fact, there are certain parts of the brain that don't just decline but actually get better with age. Functionality, such as abstract thinking or pattern matching—this thing we anecdotally call wisdom—has a neurological signature and actually strengthens in midlife.

In our studies we have found that those with more positive age beliefs



also performed better physically and cognitively. In fact, lots of types of cognition improve with age. Metacognition, or thinking about thinking, is one of them, and positive age beliefs can reinforce that even more. My team also found that positive age beliefs helped people recover from injuries and periods of depression. We also saw that people born with the APOE4 gene, which is the risky gene for Alzheimer's disease, were 47 percent less likely to develop dementia if they had taken in more positive age beliefs from their culture.

#### 4. AGEISM IN THE U.S. IS LITERALLY KILLING US

In the U.S., we have such heavy strains of ageism not just in the workplace but in the culture at large. We are now coming to understand that systemic ageism and the loss of relevance, purpose, and community impact physical health as well as mental health. The good news is, you can change your attitude at any age.

There is no question that we

have deep structural ageism or discrimination and negative stereotyping against older persons. It's everywhere—in advertisements, in social media, in the anti-aging industry, and even in some of our educational institutions and books read to young children. The World Health Organization identifies ageism as one of the most prevalent and accepted forms of prejudice in the world. Ideally, we will be able to confront and overcome this ageism with such actions as promoting positive aging in our educational systems. Until this happens, it is important to develop skills to overcome negative age beliefs. Fortunately, I have found that people at any age can strengthen their positive age beliefs.

#### 5. CHANGE IN ATTITUDE STARTS WITH AWARENESS

In order to begin to address ageism in our culture, we have

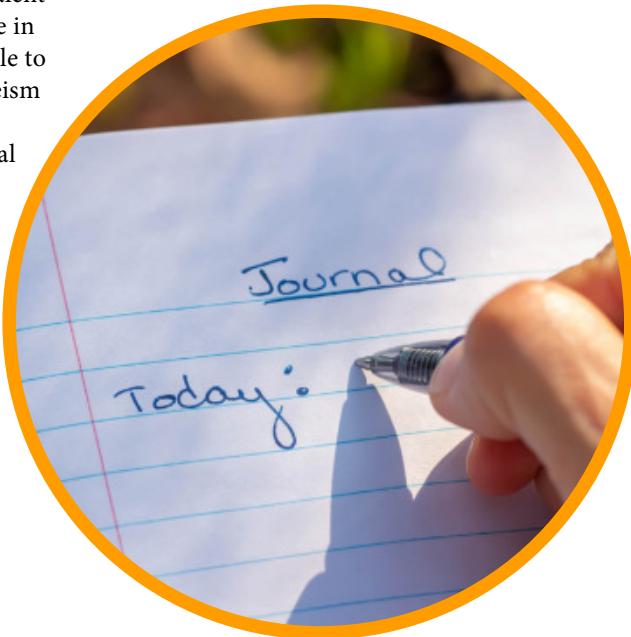
to start with acknowledging how pervasive it is.

I developed the ABC method to bolster positive age beliefs, which are evidence-based, health-promoting age belief tools. The A stands for increasing our awareness of the ageism around us and our own age belief that we have taken in from our culture. The B stands for blame or placing blame where blame is due, which involves recognizing when structural factors we can change, like ageism, may be impacting health, rather than aging itself. And the C stands for challenging ageism. Ageism operates in both subtle ways and overt ways with job opportunities, housing, voting rights, and more. We need to put a spotlight on the many dimensions of ageism and promote positive aging to improve health and create a more age just society.

#### 6. STARTING A JOURNAL CAN INCREASE YOUR AWARENESS ABOUT YOUR OWN ATTITUDES AROUND AGING.

Taking note of all the cultural cues can help you understand how you absorb these messages, both consciously and unconsciously.

Spend one week keeping an age belief journal. Write down all the age-related messages you take in, from





everyday conversations to advertising on social media. At the end of the week, write down whether the messages depict negative images of aging or positive images of aging. For the negative images, try to think about

whether a more positive image of aging could have been presented. Also note the absence of messaging about older people. If you watch a movie and all the characters are under the age of 25, write that down, because we

know that the absence of members of a group can lead to marginalization. We have found that this process can increase our awareness of both the negative age beliefs and positive age beliefs around us, which is the first step to strengthening our own positive age beliefs.

## 7. NOT ALL PEOPLE AGE EQUALLY.

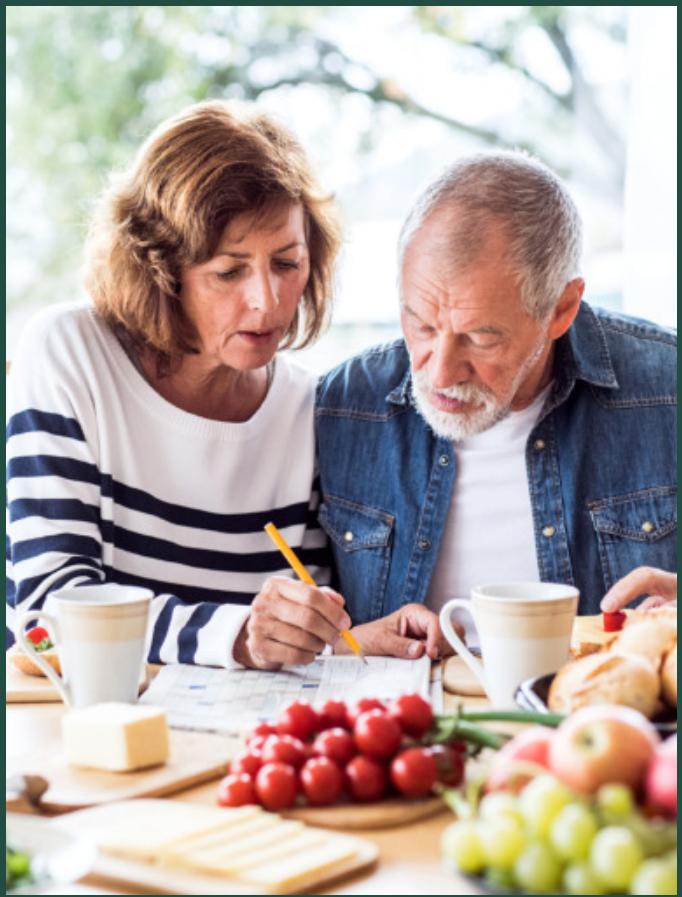
Identifying your older role models can inspire a change in mindset around aging. Keep a portfolio of diverse positive role models in your life, as well as in the media, history, literature. Who are the people who had dynamic older lives you have admired and see as influences on your own thinking about aging.

In my own life, I have developed a portfolio that includes my grandparents and my parents, who continue to inspire me. My mother is a passionate immunologist who ran

## Keeping Your Brain Sharp

**Forget IQ.** The hot new concept in business circles is LQ (learnability quotient)—your desire and ability to keep picking up new skills. This is not only crucial in workplaces, where Web3 and ChatGPT nip at the heels, but also for what longevity experts recommend for staying sharp as words start sticking on the tip of your tongue and absorbing new information takes a few extra beats. There's nothing wrong with crossword puzzles (or sudoku and brain training apps), experts say, but you only get better at doing those games. It's much more effective to lean in to your LQ. Take up the banjo, learn to read recipes in Italian, and go on more vacations—travel is a great way to perk up those synapses, especially if you do the trip planning.

Also at the top of the list: Move your body. Research shows that exercise sparks neurogenesis and rebuilds myelin, the brain's insulation that helps transmit messages along the nerve cells, which starts to wear away as we age. Even getting up for 10 minutes and dancing your heart out in your living room can give you a spritz of mental clarity, says Dotson. So will getting your z's. During sleep, the brain appears to go through a rinse cycle where cerebrospinal fluid washes out toxins—the kind that have been shown to attack memory in Alzheimer's patients.



an innovative medical research lab and heads a chapter of Grandmothers for a Brighter Future, a group that organizes Get Out the Vote campaigns. My dad is a sociologist whose research with Vietnam veterans laid the groundwork for identifying PTSD, and who now works tirelessly as an adviser to younger researchers, including me. I also have a number of positive role models that I write about in my book, including the grandmothers in Zimbabwe who strengthen their communities' positive age beliefs and promote mental health by listening and offering talk therapy with the Friendship Bench service to individuals of all ages in their community.

## 8. WE HAVE THE ABILITY TO GROW AND CHANGE AT EVERY STAGE OF LIFE.

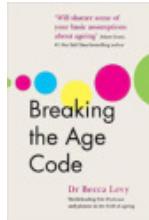
Neuroplasticity refers to the brain and the nervous system's capacity to rewire itself—to create new neural pathways—in response to new inputs and learnings.

Research is beginning to show that the neurons of older brains can succeed in making new connections. I have found in my research that older persons who have taken in more positive age beliefs show several advantages in brain measures, including lower levels of the Alzheimer's disease biomarkers of plaques and tangles. If we care for and

nourish our brain like other organs, we can each enhance our biological code as we age. 

BECCA LEVY, PhD, is a professor of epidemiology at Yale School of Public Health and professor of psychology at Yale University who has spent a lot of her career researching cultural

mindsets around aging and its impact on longevity. Her new book, *Breaking the Age Code*, explores deeply embedded age belief systems across cultures and how those differences can inform life spans and health spans.



## IS SIXTY IS THE NEW 40?

A study found people currently viewed as “old” when they hit 65 but predicted that by 2050 people in their 60s will be considered “middle-aged”.

Sixty is the new 40, according to scientists who say longer, healthier lives mean people now hit middle-age later. What we think of as old has changed over time, and it will need to continue changing in the future as people live longer, healthier lives. Someone who is 60

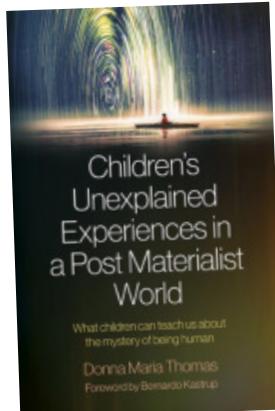
years old today, is middle-aged – but 200 years ago, a 60-year-old would be a very old person.

As life expectancy extends and the Boomer population ages, plenty of sixty-somethings are starting again – dating after divorce, remarrying, launching new projects and businesses, and fitting time with the grandchildren (if they have them) in between travel and trips. Maybe your sixties will be like your parent’s forties!



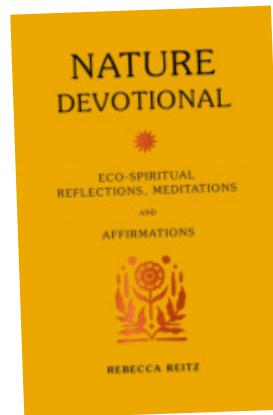
## Children's Unexplained Experiences in a Post-Materialist World

In Children's Unexplained Experiences in a Post-Materialist World, Donna Thomas shares research that she and other scholars have conducted with children and young people worldwide. By placing children's unexplained experiences and views about reality in the contexts of culture, consciousness and the nature of self, this book offers a middle way for explaining these childhood experiences within post-materialist science and philosophy.



## Nature Devotional

Truly stunning illustrations and a beautiful design accompany the insightful teachings and meditations throughout this book, making it an object to treasure as well as an invaluable guide in the journey toward inner peace through nature.



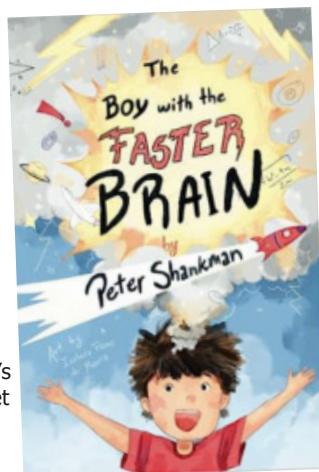
## Self-Love Potions

This is a beautiful book filled with stunning illustrations, rituals and potions to help you boost wellbeing and fall in love with yourself through the power of magick! Self-Love Potions is bursting with glorious herbal recipes and rituals to help you make the most of your me time. You deserve it! Beautiful illustrations can be found throughout this sumptuous title, which is packed with ideas from talented moon witch Valeria Kapusta (@cosmicvaleria) to help you mindfully explore your craft. With recipes ranging from teas, tinctures, oils and tonics, to bath mixes and fragrances, it is the perfect gift to give, either to yourself or a loved one!

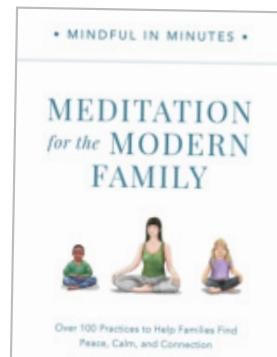
## The Boy with the Faster Brain

### Your child isn't broken!

Transform your child's ADHD into a superpower that will turbocharge how they learn, think, and grow! Peter Shankman realized a long time ago that his ADHD was responsible for most, if not all of his success. Peter decided it was time to write a book that focused on children—one that would teach them that ADHD, and all forms of neurodiversity, can be gifts, and not a curse—as long as they understand how to use them. That's what this book is about. Come meet Peter, his mom and dad, and Dr. Lisa, and understand why having a faster brain is the best thing that a child could ask for.



## TAKE A LOOK AT OUR LATEST READING LIST!

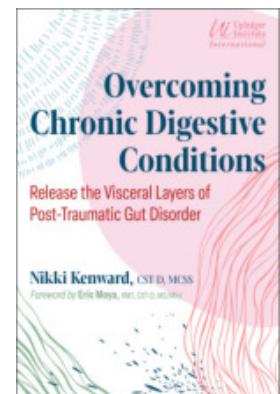


## Mindful In Minutes: Meditation For The Modern Family

As a certified yoga teacher, meditation teacher, and host of the chart-topping podcast Mindful in Minutes, Kelly Smith is no stranger to the wide-ranging health benefits of meditation. And she discovered she needed them more than ever when she became a mom for the first time. Kelly found solace in the same thing she always had: her daily meditation practice. In doing so, she discovered how meditation could help not only moms cope with common family challenges, but every other member of the family as well.

## Overcoming Chronic Digestive Conditions

Nikki Kenward explains how past challenges and traumas are held in the enteric nervous system embedded in our digestive system. Exploring in depth what she calls "the Post-Traumatic Gut," she shares a hands-on process of listening to the gut layer by layer to help heal gut issues, renew the microbiome, and release intergenerational trauma.



# BEST DREAMS EVER

## GETTING A

# Good Night's Sleep

For many of us sleep is part of our lifestyle we do not pay much attention to. Getting quality sleep – and getting enough of it is as essential to our health as food and water. Your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake. Investing in products that help to improve your sleep is a key investment in maintaining a healthy lifestyle- check out some of these ideas.



### Start with a supportive mattress

**Many people believe their mattress is the most important piece of furniture in their lives.** Afterall for most of us we spend about a third of our time in bed. In addition a combination of environmental consciousness, health concerns, and a pursuit of the ultimate sleep experience are all reasons to consider Essentia Mattress, a company that is disrupting the sleep category by patenting the revolutionary Beyond Latex™ technology. Essentia's certified organic performance mattresses feature new organic latex foam formulas to help you experience truly rejuvenating sleep. Essentia believes there is nothing more powerful than the body's own ability to heal itself physically and mentally, these performance mattresses are proven to help you do just that! These performance mattresses feature our new activated quartz organic foam for enhanced Active Cooling up to 9 degrees at night, as well as the option to upgrade your foam to include Essentia's EMF Protection. Learn more at [www.myessentia.com](http://www.myessentia.com).

### 2 Critical Steps For A Good Night's Sleep

**Knowing you need to sleep, yet not being able to, is a very frustrating experience.**

If slumber escapes you, the good news is there's a two-step formula for a good night's sleep.

**STEP 1:** Regulate your sleep-wake

cycle, so your body is ready to transition from waking to sleeping.

**STEP 2:** Unwind your mind, so you can put your worries aside and drift off peacefully.

Put Me To Sleep Naturally helps with both. Put Me To Sleep Naturally chewable tablets allow the ingredients in the formula to reach your bloodstream and take effect quickly. Equally important to the delivery method is the forms of nutrients we use.

We carefully selected the most absorbable types of vitamin B6 (pyridoxine HCl and pyridoxal-5-phosphate) and magnesium (magnesium glycinate and malate), because you can't use what you don't absorb. [www.brainmd.com](http://www.brainmd.com).





### Create a healthy sleeping environment with temperature regulating sleepwear

We spend money investing in our daily clothes that

**we wear to work**, to school, to run errands, and even for sports. If we spend almost 1/3 of our life in bed, why don't we also invest in our sleepwear? Dagsmejan sleepwear uses the finest natural fibres combined with the latest textile technologies to create a comfortable sleeping environment and to solve individual sleep needs.

Sustainably and ethically made in Europe, our sleepwear keeps you in the ideal sleeping temperature so we can sleep deeper and longer. Help set the mood for sleep with our three collections of sweat wicking pajamas.

[www.dagsmejan.com](http://www.dagsmejan.com)



### A relaxing pillow

There's a short list of things that suck that just about everyone can agree on, and waking up sweaty because your pillow is collecting your body heat has to be one of them. Gel pillows use cooling gel to regulate temperature and reduce heat build-up on the surface of the pillow. They may use different designs to accomplish this, including gel pods, laminated gel layers, and gel infusions in the pillow material. Gel is most often used in memory foam pillows, which are known for their heat retention. If you're struggling to maintain a neutral temperature while sleeping, a gel pillow may be the answer.

Our choice is from SweetNight, they bring you the Cooling Gel Memory Foam that contains hundreds of Icy Particles. Keep you cooling all night. The pillow is supportive but soft, and closely conforms to your neck and head. It is suitable for side sleepers, back, and stomach sleepers and a great alternative to relieve neck pains and shoulder pains. Visit [www.sweetnight.com](http://www.sweetnight.com) to learn more.

### Need help calming down?

Often, it's a spinning mind that keeps you awake, so calm the mind, and the body will follow. Sleepy Nights is a proprietary blend of classic calming, non-sedative herbs to help with occasional sleeplessness, enabling you to have both a sleepy night and a fresh morning.

- Supports a deep, restful and easy sleep cycle.
- Non-sedative, no morning grogginess.
- No Melatonin, Kava or Valerian, on purpose!
- Use before bed or upon unwanted wakefulness.
- Gluten-free, Vegan & Non-GMO.

Available in our unique and convenient pump top bottle. Sleepy Nights is for ages 12+. Do not use if you're pregnant or nursing. Visit [www.wishgardenherbs.com](http://www.wishgardenherbs.com) to learn more.



### Cool down your Sleep with Honeydew Sheets

Choosing the right bedding & getting a good night's sleep relies on three key points: Comfort, Temperature control & Value for money. Most people are likely sleeping in cotton, flannel, or polyester bed sheets which are a popular choice because of the price or lack of knowledge.

Bamboo bed sheets are a relatively new product that has started gaining popularity because of their superior benefits. These ultra-soft sheets are crafted from renewable organic bamboo, making them strong, durable, and breathable all night long.

#### Honeydew Sheets Highlights:

- Crafted with 100% Organic Bamboo
  - Incredibly soft and silky feeling
- Wicks away moisture to help you sleep cooler
  - Specially designed corner straps keep your fitted sheet neat and secure
  - Available in Queen, King, California King, Split King, and Split California King

Honeydew Sheets will transform the way you sleep. Never before has your bed been so beckoning. The magical fabric elevates your bed into your sanctuary, with an incredibly soft touch that feels like heaven against your skin.



BY TINA CHADDA, MD

# MIND THE MAINSTREAM

## The scientific benefits of MEDITATION and EMOTION

Scientific research has helped to bring mindfulness and meditation into mainstream culture, medicine, and psychology. Your doctor can officially prescribe ‘meditation’ as a treatment for depression or stress because it is now regarded as evidence-based. How did this come about? Let’s briefly review the science of meditation over the last several decades to understand this evolution.

**T**oday, everyone seems to know that meditation can improve physical and mental health and there is ample research to support this. It's common knowledge that meditation can decrease depression and anxiety, increase resilience, and increase

empathy and compassion. The earliest scientific research on meditation revolved around physical functions. In recent years, as technologies to study the brain developed and become more refined, scientists have also been able to study the effect of meditation on emotion and mood. Specifically, we are

able to look at the relationship between meditation and the mood continuum, from clinical depression to everyday happiness and well-being.

Scientists first studied meditation in the 1930s. The research of the time showed that meditation affected breathing patterns, heartbeat, and

oxygen consumption. As instruments became increasingly sophisticated, so did the findings. By the 1960s, brain waves, respiratory rates, and pulse rates could be studied. Researchers found that meditators demonstrated an orderly progression from beta to alpha brain waves which are associated with a state of calm and relaxation and what we now term mindful attention. Advanced meditators demonstrated theta waves which are associated with very deep relaxation and calm, dream states, and creative and spiritual states.

One of the most fascinating studies from the 1960s involved Japanese scientists attaching electrodes to the heads of Zen meditators and observing brain patterns as the meditators listened to a ticking clock. It was found that the Zen meditator's brain listened in a different way than the ordinary way which is to quickly get desensitized to the tick-tick of the clock. The Zen meditator's brain perceived each tick as though it were the first tick. Thus, the notion of the present moment. This translates into a sense of freshness and newness.

In the 1970s Herbert Benson, MD, a Harvard cardiologist and founder of the Mind Body Medical Institute at Massachusetts General Hospital, travelled to the Himalayas to investigate Western relaxation techniques and meditation. His work showed that there are four common elements to all forms of relaxation:

- 1) a calm environment;**
- 2) physiologic relaxation of muscles;**
- 3) letting go; and**
- 4) the use of an object as a point of focus—the breath, a flame, a physical sensation, a thought, or a word.**

Doctor Benson's important research marked the beginning of medicine's interest in meditation as a technique to help patients with a variety of symptoms. He coined the term 'relaxation response.' His well-known medical work revolved around using transcendental meditation to help cardiac patients control and lower blood pressure.



Then around 1980, Jon Kabat-Zinn, PhD, created a program called Mindfulness-Based Stress Reduction (MBSR). It combines the meditative elements of hatha yoga, vipassana, and Zen. Kabat-Zinn defines mindfulness as paying attention in the present moment in a particular, nonjudgmental way. The moment to moment nonjudgmental awareness is central to the MBSR teachings. This program is now offered in hospitals and clinics all over the world as a treatment method for stress. Kabat-Zinn's work, along with a few other researchers, served to bring meditation and mindfulness not only into mainstream medicine, but mainstream culture as well. The use of social media and digital technologies has also helped to spread knowledge and make it accessible to people looking to improve their lives.

MBSR was originally developed to treat stress, but its therapeutic uses quickly expanded and now physicians and therapists commonly use mindfulness techniques with patients and clients, either as a treatment or adjunctive to another treatment modality. For example, an internist might prescribe a blood-pressure lowering medication and recommend yoga to a patient with hypertension. Practitioners and health care providers from all fields themselves are increasingly using mindfulness and meditation to enhance and maintain their own health.

After MBSR came on the scene, psychologists began to study meditation and clinical depression. Of note, are three researchers Zindel Segal, Mark Williams, and John Teasdale. They effectively incorporated mindfulness with cognitive behavioral therapy (CBT), an already standardized

and extremely popular short-term treatment for depression. They developed what is called Mindfulness-Based Cognitive Therapy (MBCT). This program has been shown to reduce the risk of relapse by nearly 50 percent in chronic, recurrent depression. As a result of this significant research finding, MBCT quickly became very popular and is offered worldwide now.

In the midst of MBSR and MBCT, there are mindfulness-based interventions (MBI), mindfulness-informed techniques and interventions, mindfully-informed cognitive behavior therapy, and more. It's easy to get confused. Working with your physician or health care provider is the best way to determine how to incorporate mindfulness and meditation into your mood and well-being continuum. 

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TINA CHADDA, MD, is the founder of Akasha Meditation and a practicing psychiatrist, coach, and author based in Toronto. Tina is a founding member of the Institute of Coaching Professional Association, a Harvard Medical School affiliate and is the author of books such as *The Heart that Heals Itself: Discovering Emotional Riches Through Meditations and Reflections*.

The Akasha Meditation app is all about using your inner strength to achieve your goals or improve how you feel. Akasha provides a combination of meditation, mindfulness, and positive practices that can accelerate your personal development. Each content-rich session is based on curated, psychologically-informed concepts and is presented in easy to understand language. // [akashameditation.com](http://akashameditation.com)





BY SUSAN BOWERMAN, MS, RD, CSSD, CSOWM, FAND  
Sr. Director, Worldwide Nutrition Education and Training, Herbalife

## THE CONNECTION BETWEEN **SLEEP AND NUTRITION:**

# *Making the Right Food Choices* for a Better *Night's Rest*

**A**mericans have a long history of being concerned about their weight, prompting a tremendous and continuous interest in healthy eating. But how

many Americans understand the relationship between diet and sleep? While eating healthier and exercising more continue to top the resolutions lists at the start of each year, according

to the Centers for Disease Control and Prevention, one-third of US adults report that they usually get less than the recommended amount of sleep. Insufficient sleep - sleeping less than

seven hours per day - is linked to many chronic conditions – including type 2 diabetes, heart disease, obesity, and depression - that threaten our nation's health.

Lack of sleep can have a significant impact on appetite and weight. Your brain regenerates its energy every night as you sleep and as you cycle through the various sleep stages. The deepest stage is called rapid eye movement or REM sleep. According to research, spending around 90 minutes in REM sleep each night is considered optimal for most adults, since a lack of REM sleep can lead to difficulty concentrating during the day, excessive daytime sleepiness, and forgetfulness or poor memory. When inadequate sleep is obtained, the 24-hour cycle is disturbed, which can lead to shifts in the levels of two of the body's hunger hormones - leptin, and ghrelin. As a result, lack of sleep can lead to increased appetite coupled with fatigue which, in turn, may increase the risk for overweight or obesity, as well as the health risks that are associated with excess body weight.

Leptin is a hormone secreted by fat cells, and one of its jobs is to signal your brain to tell you that you're full. When you don't get enough sleep, your leptin levels plummet, so lack of sleep can increase hunger. If that weren't enough, sleep deprivation also boosts an appetite-stimulating hormone



called ghrelin. This explains why sleep-deprived people tend to snack more, seeking out midnight snacks and highly palatable foods - like those high in fat and sugar - to keep energy levels up. Unfortunately, these food choices could interfere with the ability to get a good night's rest, resulting in a vicious cycle. For example, unless your snack is small, light, and easy to digest, lying down soon after you eat a sizable snack is a recipe for heartburn – and possibly a disrupted night's sleep.

What you eat and when you eat can significantly impact the quality and length of your sleep. Here are several simple tips to help you get a good night's sleep:

Be mindful of dinner portions. Going to bed with a full stomach can be uncomfortable and even lead to indigestion, disrupting sleep. On the other hand, if your dinner meal is too skimpy, you might be awakened by hunger pangs.

Don't overdo the fats and proteins at dinner. Fatty meals take a long time to digest, and protein foods stimulate the production of chemicals in your brain that helps you feel more alert. But low-fat meals are digested more quickly, and healthy carbohydrates help stimulate the production of the brain chemicals that help you relax and get to sleep. So rather than centering your evening meal around a large portion of protein, focus on healthy carbs like

veggies, fruits, whole grains, and beans and pair them with a small serving of protein.

Omega-3s may help you sleep. Omega-3 fatty acids, found in fish, nuts, and seeds, assist in regulating the body's internal clock, partly through effects on the release of melatonin. This hormone regulates the sleep cycle.

Watch your intake of caffeine and alcohol. If you're a regular caffeine drinker, you may be able to fall asleep just fine – even if you have a cup of coffee after dinner. But caffeine and alcohol can disrupt normal sleep patterns. So, you may be able to fall asleep, but you may not stay asleep. And that makes it harder to reach the deepest and most restful stage of sleep.

Don't overdo the fluids in the evening. If a full bladder interferes with a good night's sleep, try to curb your fluid intake after dinner. Aim to drink more of your liquids during the day rather than trying to "catch up" at night.

While there are many lifestyle changes that you can make to get a better night's sleep, those related to the food choices you make throughout your day can quickly put you on track and, in turn, create a lasting impact on your health. 

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WHERE TO TURN WHEN

# Lyme and Long Covid

## CHANGES YOUR DIRECTION

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BY: DANIELLE PASHKO, HOLISTIC NUTRITIONIST

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If you would have met me in my 20s you would have described me as “the picture of health.” I was extremely fit and disciplined with my diet. I was teaching yoga, working as a massage therapist and yoga instructor, and collaborating with some of the top New York City physicians to teach their patients about optimal nutrition and dietary supplementation. When it came to being healthy, I thought I had the formula figured out.

Then in my 30s I was tossed a curveball and diagnosed with thyroid cancer. After surgery and radiation, I eventually made a full recovery. I learned first-hand that no matter how well we take care of ourselves, sometimes we’re just unlucky. I even wrote a book about my experience and the healing power of gratitude called,

“Smile At Your Challenges.”

Just when I thought I had conquered it all, another frightening event took my health in a more complicated direction.

### A SURGE OF STRANGE SYMPTOMS

In my late 30s I began feeling so terribly sick that I was certain that my cancer had returned. I had a surge of strange symptoms including blurry vision, light sensitivity, nausea and exhaustion.

After going to nearly a dozen doctors the best diagnosis any of them could come up with was that my symptoms were psychosomatic. Being told these strange symptoms were the result of stress or anxiety felt both insulting and discouraging. While many people might have accepted this diagnosis, I kept

pushing and asking for more testing to find a better explanation for what was happening to me. It took months before I received an actual diagnosis and discovered I was suffering from Lyme disease.

### BATTLING LYME WHEN IT'S TOO LATE

I was both frightened and relieved to finally have a diagnosis that explained the strange myriad of symptoms I was experiencing. I was able to trace the start of my symptoms to a particular weekend at the beach, where I recall walking through brush to get to the sand. I suspect that was when I was bitten by a nymph tick too tiny to see. In my case there was no bullseye rash to warn me about what was to come and by the time of my Lyme diagnosis, I was

already a year out from my tick bite. It was too late for a round of antibiotics, so I turned to alternative therapies to fight back.

I threw myself into what many would consider an extreme health regimen, some of which can be found in this article.

Within a year and a half, I was almost fully recovered. I regained my energy and felt "normal" -- unless I strayed from my health routine, didn't get a full night's sleep, or indulged in too much sugar or alcohol.

## REACTIVATION THROUGH COVID-19

Then the unthinkable happened to all of us. Although COVID-19 affected us all, it affected each of us in different ways. We are now learning that COVID-19 stays with some of us for months or years and it may reactivate old viruses and conditions that have been dormant or in remission. We see this occurring with other illnesses like the Epstein-Barr virus, herpes, asthma, and Lyme disease. From my perspective, this is the scariest aspect of the virus that causes COVID-19 and it's what many people are now referring to as long COVID.

I had a fairly mild case of COVID-19. I was healthy and my Lyme disease was under control. I assumed once I got through it that I'd be back to normal again. However, I soon started experiencing physical symptoms unlike those of COVID-19 and more like those of Lyme disease. I endured blurry vision, brain fog, light sensitivity, fatigue, rapid heart rate and sensitivity to heat. I went to see a few doctors who passed it off as transient and told me it would get better with a little time. However, my experience with Lyme disease taught me not to dismiss the symptoms. Once again, I took control of my health by going to my original Lyme-literate doctor. We found that I was suffering from long COVID-19 and it had reactivated my Lyme disease. We worked together until we found the right combination of alternative healing

therapies that alleviated the severity of my symptoms.

## MANAGING LYME & LONG

Managing both Lyme disease and long COVID-19 has not made the path to wellness easy. It has reinforced the importance of living mindfully. The brain affects healing just as much as nutrition and our mindset can make a huge impact. I've always been extremely disciplined with diet and exercise, and I find that consistent daily routines, practiced over time, help these strategies produce measurable results:

### ● COMPRESSION THERAPY

can have many benefits for those with chronic illness. I start my days by wearing compression therapy boots to improve circulation. Compression therapy can also alleviate pain, help prevent blood clots and improve orthostatic intolerance. You can easily find compression therapy boots online. While there are a range of prices, even the less expensive boots work very well.



### ● MUSHROOM

**SUPPLEMENTATION** is very popular right now and known to help optimize your immune system through immunomodulation, which optimizes the immune system to help the body fight infections and other diseases. I use a specific mushroom supplement called AHCC because it is the most researched mushroom supplement with more than 30 human clinical studies and has been studied on both Lyme disease and COVID. A recent study published in Pathogens shows AHCC supplementation enhances resistance against mild and severe COVID-19 infection mainly by promoting innate and adaptive T-cell immune responses. There is also a human clinical trial underway at the World Health Organization (WHO) studying the possible impact of AHCC on long COVID-19 infection.



### ● ANTI-INFLAMMATORY

**DIET** is a good idea for anyone who is suffering with a chronic illness that carries significant inflammation. Common inflammatory triggers such as fried foods, sugar, wheat, gluten and dairy can make symptoms even worse and slow down healing. It's recommended to eat a diet low in processed foods and rich in organic colorful fruits and vegetables, wild fish, and healthy fats like olive oil and avocado, as well as small amounts of grass-fed meat and poultry. Homemade broths, fresh green juices and certain spices may also ease inflammation.



● **ACUPUNCTURE** can help with numerous conditions. Aside from providing an overall feeling of relaxation and wellness, it can help ease pain, alleviate migraines, relieve digestive discomfort, help depression and anxiety and promote better sleep.



● **YOGA** is a wonderful practice for not only strength and flexibility, but for the nervous system. The breath work involved in yoga practice is an effective way to calm the nervous system and the mind.



● **MEDITATION AND PRAYER** are both helpful in removing yourself from everyday chaos and distractions, while you focus on healing. Meditation helps to quiet the mind and keeps you from focusing on negative or stressful thoughts by drawing attention to your breath instead. Some meditations can incorporate visualization as a way to imagine health, strength and healing. Prayer, faith and positive belief systems can all help to rewire the brain to create a sense of trust around the healing process. Even if you don't believe in a higher power, having gratitude and believing that the universe is working to bring you health, success and joy will change your mental state into a more positive, hopeful one. A positive mindset is a must to heal and accomplish our health goals.



When traditional western medicine didn't have all the answers or treatments to address my challenges, I followed my own professional experience and found an integrative physician who helped me to develop alternative healing strategies.

Through all of my health obstacles, the greatest challenge has been to control my mindset. I know the importance of channeling my thoughts towards positivity and healing. My

hope is that you will find inspiration in my story, while staying vigilant of warning signs, symptoms, and red flags that your body sends you when something is off, so you can act as your own health coach, working every strategy with a combination of medical and holistic health experts until you find the answers and strategy that works best for you. 

#### DANIELLE PASHKO

*is an author, holistic nutrition expert, certified health coach and former yoga instructor. She earned her bachelor of science degree in holistic nutrition from The College of Natural Health and was certified as a health coach from the Institute of Integrative Nutrition. Pashko develops weight loss and detoxification programs, as well as customized nutraceutical products, for prestigious doctors throughout New York City. She also provides nutrition consulting for healthy menu development at established restaurants and children's schools. Her expertise in nutrition and wellness has been quoted in major media publications including: the New York Post, FOX News and USA Today. Pashko is the author of "Breaking Your Fat Girl Habits" and "Smile at Your Challenges." She has taught and worked with clients at The Sports Club/LA, Reebok Sports Club/NY, Equinox Fitness, Exhale Spa and The Peninsula Spa and is currently working with world-renowned health expert, Oz Garcia at his Upper West Side clinic in New York City.*

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## TIPS FOR AFFORDABLE Snacking on the Go

With back to school and Fall activities we tend to snack more. Only this year is a little different because people are also mindful of the rising costs and are making some adjustments accordingly. In fact, Bankrate reports that 80% of Americans are changing travel plans due to inflation. Those on the go are looking for ways to make their travels more affordable, and one way they can do it is when it comes to snacking.

One way you can save money is when it comes to food. Not only are there things you can buy that are easy and healthy, but that will help keep the costs down. Dining out

has become increasingly burdensome on most families' pocketbooks, making easy and healthy snacking and meals on the go a great option.

Here are some tips for keeping snacking on the go easy, healthy, and affordable:

- **Keep easy, healthy snacks available at all times.** These include fresh-cut veggies, fruit, dips, unsweetened applesauce cups, watermelon slices, and hummus.

Also, have wraps available so that a quick wrap can be made, adding hummus and veggies.

- **Have a dry snack bin that will**



**not need to be refrigerated.** These items can be taken along and consumed whenever needed. Things to add to the bin include small containers of trail mix, nuts, pumpkin seeds, dried fruit, healthy granola bars, and jerky.

- **Save money on drinks on the go by keeping refillable drink containers that can be used.** Opt for water or unsweetened teas to keep them healthy and affordable.



- **Remember that eating healthier during the day,** including meals and snacks, will help keep everyone from being so hungry. Healthy food contains more fiber and nutrients, so it's more likely to satiate everyone, which will help keep the costs down.

Making a goal to incorporate these things will go a long way toward helping to make it more affordable, healthier, and fill you with energy. 

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JENNIFER SCHERER, a registered dietitian nutritionist and owner of Fredericksburg Fitness Studio



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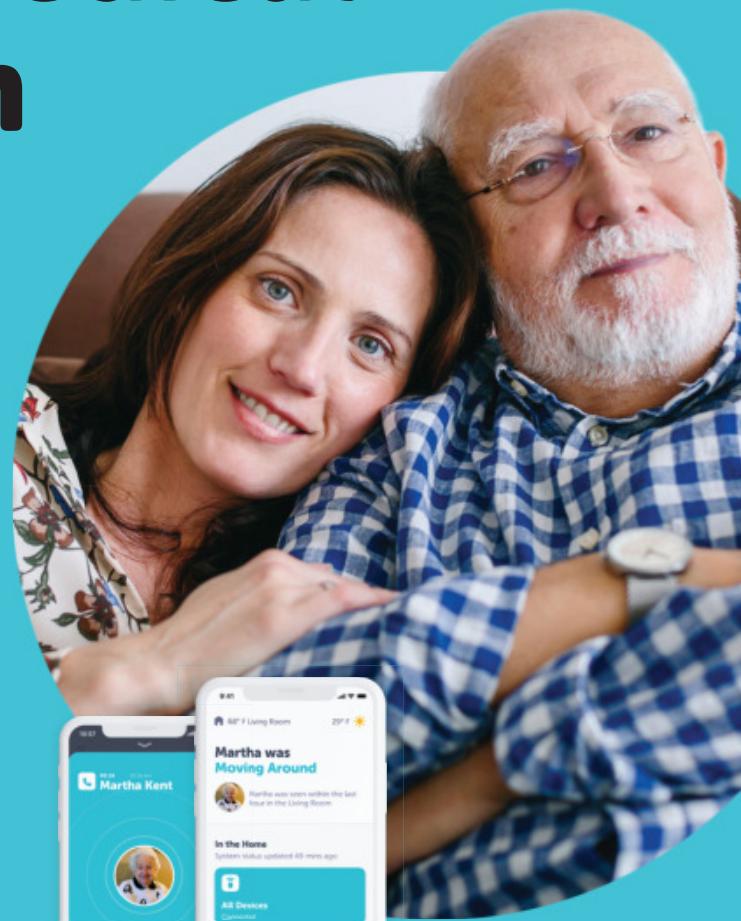


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