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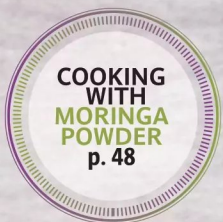
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September 2021 / Vol. 83 / No. 9



42
Make your
tummy happy
with Quinoa
Nourish Bowls.

features

30 5 Medicinal Mushrooms to Try Now

Used for thousands of years in cultures from Greece to China, these potent fungi offer a vast range of therapeutic benefits, including enhancing immunity, improving cardiovascular health, promoting detoxification, boosting mood, improving digestion, and stimulating memory.

34 Beat Depression & Anxiety with Food

It seems as though we're all overstressed these days, but something as simple as eating the right foods can have a profound affect on mood. Here, Dr. Drew Ramsey shares his dietary prescription for depression and anxiety, developed through years of clinical practice and dedicated research.

departments

6 NEWSBITES

What's New with Omega-3s
The latest on healthy fats.

10 PASSION BEHIND THE PRODUCT

Skin Salvation

The personal journey of cocokind founder Priscilla Tsai.

12 IN THE SPOTLIGHT

Feed Your True Self

How to nourish body and soul.

14 HOT BUYS

This Month's Obsessions

Standout natural products.

16 CHECK OUT

A Different Probiotic

The unsung benefits of *S. Boulardii*.

18 ASK THE NATUROPATHIC DOCTOR

The Natural Way to Prevent UTIs

Stop invasive bugs in their tracks.

20 HERBAL WELLNESS

Ginseng or Ashwagandha?

Which one should you take?

22 NATURAL REMEDY

Sam's Total Transformation

Harnessing the healing power of leptin.

26 NATURAL BEAUTY

Superstar Skin Cleansers

Products for a radiant complexion.

28 ALL THINGS

Go Organic with Fruits & Veggies

Celebrate Organic Harvest Month.

40 ASK THE NUTRITIONIST

7 Bold Rules for Healthy Aging

Advice from nutrition pioneer Ann Louise Gittleman.

42 EATING 4 HEALTH

Six Surprising Ways You're Hurting Your Gut

Your lifestyle may be upsetting your stomach.

44 HEALTHY DISH

Light Fall Scallops

A super bone-building recipe.

48 COOK WITH SUPPLEMENTS

Make it With Moringa

Try this energizing superfood side.

Click On This!

RESOURCES & REFERENCES

For links to studies cited in our articles and other helpful sites and books, visit betternutrition.com.

Spotlight on Organics

September is Organic Harvest Month, and we're celebrating with a selection of articles including:

How Eating Organic Benefits the Planet

*

A Toast to Organic Wines

*

Beyond Organic: Buy Regenerative

*

15 Budget-Friendly Organic Foods

Check out betternutrition.com for these articles and more—including exclusive web-only content.

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Good Mood Food

It's been a hard week for me. My beloved 19-year-old cat, Emily, passed away. I'm grateful that she lived a long, healthy life, but it's hard to say goodbye. You can guess what my moods have been lately.

This got me thinking about mood in general. There are so many things that affect our mood, from work and family to biochemical imbalances and hormonal shifts.

This month, we're putting the spotlight on mood, specifically the connection between food and mental health (see p. 34). For the article, Vera Tweed interviewed Drew Ramsey, MD, author of *Eat to Beat Depression and Anxiety: Nourish Your Way to Better Mental Health in Six Weeks*.

Ramsey has spent years studying the relationship between nutrients in food and their effect on how we feel mentally. I can say personally that boosting my folate and vitamin B₁₂ — two key mood vitamins, according to Ramsey — has really helped.

So next time you're feeling a little down, try looking in your fridge for a few of Ramsey's mood boosters.

Nicole

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NEWS*BITES

What's New with Omega-3s

BY VERA TWEED

A string of recent studies adds more evidence supporting the benefits of omega-3 fats EPA and DHA. Found in fish and fish oil supplements, these two omega-3s are also in vegan supplements made from algal oil.

Less Pain

A five-year research project led by the University of Texas Science Center at San Antonio identified a new way in which the balance of fats can either promote or reduce pain. In studies with animals and humans, researchers found that low levels of healthy omega-3 fats, along with high levels of unhealthy omega-6 fats, promote nerve pain as well as inflammation.

Omega-6 fats in our diets are mostly found in refined vegetable oils used in deep frying and making processed and fast foods, including chips and all types of commercial baked goods.

Their inflammatory qualities are well established, but the connection with nerve pain is new.

Diabetic neuropathy—pain in the extremities from damaged nerves—is a well-known complication of the disease. However, people without diabetes who eat a lot of omega-6 fats can also develop nerve pain. The same fat imbalance also contributes to pain from arthritis, trauma, and surgery, according to the researchers, but it can be reversed by eating more omega-3 fat and less omega-6 fat.

Fewer Migraines

Migraine sufferers can have more pain-free days and less severe attacks by reducing inflammatory omega-6 fats and increasing anti-inflammatory omega-3s, according to a recent study by the University of North Carolina School of Medicine in Chapel Hill. With this type of dietary change, some people

were able to reduce their migraine medication.

Better Mental Performance and Mood

A British study tested different types of omega-3 supplements on more than 300 adults between the ages of 25 and 49. It found that supplements rich in the EPA form of omega-3 were most effective in improving mental performance and memory. In other research that looked at diets and mood of nearly 1,200 American adults, higher levels of EPA, DHA, and plant-based omega-3s all correlated with lower odds of depression.

A Healthier Heart

An analysis of earlier studies with more than 149,000 people found that taking supplements of EPA reduced heart attacks, the need for heart surgeries, and deaths from heart disease. Although supplements of EPA and DHA could be helpful, EPA was the most beneficial.

A Longer Life

Higher levels of omega-3 fats predict a healthier life, according to recent results from the famous, decades-long Framingham Heart Study, on which many of today's heart-healthy guidelines are based. Researchers concluded that omega-3 blood levels are as important as blood pressure, cholesterol, smoking status, and presence or absence of diabetes in assessing health.

The Benefits!

For less pain, better mental function, a healthier heart, and a longer life:

- * Eat fewer foods with corn, cottonseed, soybean, and vegetable oils—sources of inflammatory omega-6 fats.
- * Eat more fish such as salmon, herring, sardines, and mackerel, or take omega-3 supplements with EPA and DHA from fish oil or vegan algal oil. Flaxseeds and walnuts are some top sources of plant omega-3s.

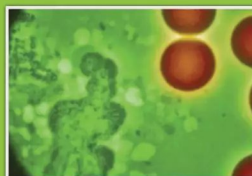


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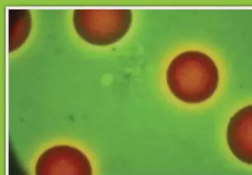
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Coffee Drinkers Have Less Liver Disease

People who drink any type of coffee—decaf, caffeinated, ground, or instant—are less likely to develop liver disease, according to a study of more than 494,000 people in the United Kingdom. And among those who already have liver disease, coffee can help to slow down its progression. The liver-protective effect was previously known, but this new study confirmed that all types of coffee are beneficial.



did you know ...

There are more than 500,000 people aged 100 or older in the world. And the United States has the most, with more than 97,000 centenarians.

years from a team of researchers in Europe, the United Kingdom, and Oregon State University in Corvallis.

By examining traits, ages, and health status of more than 116,000 people, the international group of scientists identified four key lifestyle factors:

- * A healthy weight with body mass index under 25
- * Never smoking
- * Physical activity
- * Moderate alcohol consumption

The research team estimated that a body mass index under 25 plus 2 of the other 3 characteristics can add 9.4 healthy years for women and 9.9 healthy years for men. In this sense, “healthy” means without chronic diseases such as type 2 diabetes, coronary heart disease, stroke, cancer, asthma, and chronic obstructive pulmonary disease.

Although the study did not analyze people’s diets, many of the healthy participants followed a Mediterranean diet. And the researchers recognized that a nutritious diet is the best way to achieve and maintain a healthy weight. Genes were not analyzed, as genetic profiles of participants were not available.



HOW TO GAIN A HEALTHY DECADE

The world’s oldest recorded person was a French woman who died in 1997 at the age of 122. But scientists at the University of Washington in Seattle are now predicting that humans may be able to live for up to 130 years at some point during this century.

As people live longer, it becomes more important to stay healthy. And there are clues as to how to create more healthy

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Skin Salvation

Priscilla Tsai suffered from severe acne and sensitive skin for years. When nothing else worked, she created cocokind, her own line of products with amazing results.

BY NEIL ZEVIK

As regular readers of this column will know, I've been writing (and enthusing) about various superfoods for quite some time. But perhaps because I'm a guy, and a chef, it never quite dawned on me that superfoods aren't just for eating! Their benefits extend well beyond the culinary sphere, and beauty products incorporating these nutrient powerhouses have proliferated in recent years. And with good reason—superfoods' efficacy and natural gentleness make them a welcome alternative to traditional chemical-laden products that can be harsh and ineffective.

Which brings us to Priscilla Tsai and cocokind. Tsai spent her teens and early 20s suffering from serious acne. "My skin was extremely sensitive, and the medications I was on were clearly the wrong dosage—leading to both skin sensitivity and gut-health issues. Finally I decided I would do my own research about ingredients and simplify my routine."

She started to create formulas from superfoods and slowly found what worked for her, and not just in the physical sense. "I realized that healthy skin is also a mental exercise—it means understanding that flaws and occasional breakouts are totally normal. The definition of healthy skin looks completely different for everyone."

Forging a Different Career Path

Leaving behind her Wall Street career, and with no prior experience in the beauty and startup worlds, Tsai founded cocokind to market a better breed of beauty product. "I created this brand to empower others to take control of their skin journey, like I had. We pride ourselves on being an anti-aspirational brand that is focused on helping our



"My skin was extremely sensitive, and the medications that I was on were clearly the wrong dosage—leading to both skin sensitivity and gut-health issues," says Priscilla Tsai on why she started cocokind.

Photo: cocokind

consumers nourish their skin, rather than aspiring to perfect or unattainable skin.”

From cleansers and toners to moisturizers and serums, Priscilla’s creations utilize what she calls “hero ingredients” to lavish the skin with tender care. Baobab seed oil, hibiscus flower acids, and blue sea kale extract are just a few of the naturally derived essences that may be found in her nourishing formulations.

A New Kind of Beauty Brand

But it’s not just the products that are revolutionary. “At cocokind, our goal is to build a better beauty brand—one that has higher standards not only around ingredients and formulations, but also around our impact on the environment and transparency with our consumers,” Tsai says.

So, unlike most conventional beauty companies, cocokind lists every single ingredient on its packaging—in a format that’s clear and easy to understand. Not only that, but a panel of sustainability facts for every product reveals the company’s commitment to transparency in every facet of its mission.

“We’re changing the status quo in the beauty industry,” Tsai says. “Whether it’s how we communicate, educate, or empower our consumer with information, or about how we create products, we are challenging beliefs and methods that no longer serve consumers.”

Unlike most traditional beauty brands, cocokind lists every single ingredient on its packaging—in a format that’s clear and easy to understand.



Leading Female Entrepreneurs to Success

Priscilla Tsai embarked upon her cocokind adventure with nothing but her convictions and a determination to share her discoveries and contribute to her world. Now she wants to offer assistance to others like herself, who have a dream and a mission but not a roadmap or ready resources.

So Tsai is literally “putting her money where her mouth is,” as the saying goes. She founded the Cocokind Impact Foundation, which provides financial grants to female-identifying entrepreneurs in the health, wellness, and sustainability industries, who are focused on creating social impact through business.

The business model must have a greater social mission at its core. This could be a financial commitment to a social cause, working directly or indirectly on an issue through the business, or partnering with various social impact groups.

In addition to a cash stipend, each grant recipient also receives a Cocokind Impact Mentor—drawn from cocokind’s network of successful founders and leaders in the wellness space—for one year after receiving the grant.

Tsai wants to enlist more visionaries to join her in changing the status quo and creating lasting impacts in the way we treat ourselves and our world. So her foundation is just the beginning. “We’re just getting started,” she says enthusiastically. And there’s no reason to doubt that even greater things are coming.

Feed Your True Self

Cyndi Dale and Dana Childs, authors of *Chakras, Food, and You: Tap Your Individual Energy System for Health, Healing, and Harmonious Weight*, teach readers to nourish their core beings.

BY CHRIS MANN

Fad diets—just like the 20 or so pounds they may momentarily eradicate—come and go. But a breakthrough approach to “feeding your true self” is poised to nourish our core beings in part by tailoring nutrition to our body’s subtle energy centers, or chakras, and helping us find our functional weight while giving new meaning to the phrase “soul food.”

Internationally renowned author and professor of energy medicine Cyndi Dale has spent decades helping clients identify their primary chakra type using her proprietary 12-chakra system. Now, she and fellow intuitive energy healer and coauthor Dana Childs are showing readers how to optimize health and happiness by identifying and feeding their key chakra types and their corresponding endocrine glands.

“Our endocrine glands are everything,” Dale says, pointing to the emerging science of endocrine nutrition. “They assist with metabolism, immune function, reproduction, cellular regulation, sleep, blood pressure, mood, and so much more. Each endocrine gland requires general and specific nutritional supports. Now let’s put that together with the age-old use of analyzing personality based on a primary chakra. Decades ago, I researched the work of Harish Johari, a now-deceased chakra expert. He suggested that each chakra links to an endocrine gland. This means that when you nourish that chakra with the foods related to its gland, you’re enhancing your soul and true personality. Isn’t happiness about being all of who you really are?”

“Each chakra links to an endocrine gland. This means that when you nourish that chakra with the foods related to its gland, you’re enhancing your soul and true personality,” says Cyndi Dale (below), who wrote *Chakras, Food, and You* with Dana Childs (right).



Energetic and physical transformation go hand in hand in *Chakras, Food, and You: Tap Your Individual Energy System for Health, Healing, and Harmonious Weight*. “The entire book is a healing book,” says Childs. “Most of all, we encourage readers to release the shame and toxic ‘should’ around

eating. Instead, embrace your true self and stop trying make eating choices on par with your neighbor or loved ones. Our theme is that every person is unique, and the processes in this book offer a path to identify and live from that place. When we let go of what we think we *should* be doing and do what is best for us, we reclaim power. And that’s the ultimate healing.

“To support the becoming-of-self, we offer practical, doable tips that allow for optimal relaxation and quality sleep, along with forms of exercise and spiritual practices that enable individuality. After all, how healing is it to know that you don’t have to meditate sitting in silence if it’s not your thing, or that you can eat carbs if going for the most suitable ones?”

BN: What's an example of a primary chakra and its endocrine-specific nutritional focus?

DC: Let's take a look at the sixth chakra, the Visualizer. This energy center is also called the Third Eye, and that exactly depicts the type. Pictorial, aesthetic, strategic, clairvoyant, and perceptive, this is the person who doesn't want the gravy getting unruly in their veggies. That's ugly! The related gland is the pituitary, which is the master hormone gland in the body. It pumps out lots of necessary hormones assisting the entire body. Optimizing that gland nutritionally means making lots of mineral-rich, healthy food choices; pairing a protein with a carb (and, by the way, a lot of lean proteins); hydration; and balanced blood sugar, among other choices. When the Visualizer feeds their pituitary, their self-image is self-loving and they'll express their inner nature.

BN: Why don't three square meals a day work for the Thinker type?

DC: Hello, pancreas! Rise and shine, blood sugar issues! The pancreas makes insulin. Individuals who don't feed their pancreas right are vulnerable to problems from diabetes to hypoglycemia. The latter means low blood sugar and it sets us up for cravings. Hit a low and open mouth. We'll instinctively reach for junk food like comfort carbs, sugar, bubbly sodas, and instant anything to get our blood sugar galloping—only to have it quickly plummet again. We'll feel depressed and bad about ourselves, but that won't keep the Thinker from reaching for more unhealthy foods. Eating the three squares leaves us with digestive juices working really hard, only to fall off. That yo-yo just sets us up for more blood sugar challenges and cravings. The solution, especially easy for the structured, organized, schedule-oriented Thinker?

Eat several small meals that combine healthy fats, proteins, and carbs. This will balance blood sugar and keep that Thinker thinking smartly.

BN: What is "harmonious weight"?

DC: The weight that allows your body to function as needed and allows you to feel peace and ease. Our point in this is that there is no perfect set weight—no specific goal to achieve other than health. We seek to take the shame away from those reading the book and instead encourage comfort in the body. I was profoundly moved by Mary Pipher's book *Reviving Ophelia*, in which she discusses adolescent girls' relationships with their bodies and that these relationships are healthier when girls focus on function over

aesthetic. So we make the point that what's important is how your body serves you, rather than how you look in the mirror or what the number on the scale reads.

BN: Which practical eating tips apply to all chakra types?

DC: The patterns that are clear are pretty obvious. It's best for every type to eat organic and hormone- and antibiotic-free. That's just being kind to your body. And the other more disappointing tip is that sugar just isn't great for you. Not the white stuff, nor the brown, nor the exotic. It creates far too much inflammation. All chakra types also benefit from mindful eating instead of fast eating—a little planning goes a long way for all types to create their healthiest meals. Know, too, that fats don't make you fat! It's important to eat healthy fats, though, not the kind in junk food.

BN: What are some subtle energy qualities of key vitamins and minerals?

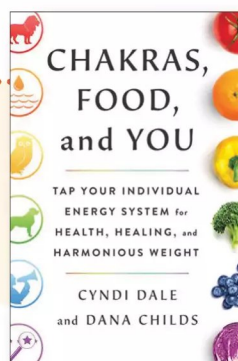
DC: I love focusing on subtle qualities, believing that using intention to energetically boost a vitamin or mineral can exponentially increase its benefit. For instance, I take a lot of vitamin C every day, which cleanses the physical body but also enhances relationships. I talk with clients and chat with friends all day long. The energy of the C sustains these interactions.

In a nutshell, these are the qualities inherent in vitamins and minerals. Take vitamin A to support your desire to perceive truth, and go for the Bs to keep your goals on track. Vitamin C? I shared already—intimacy! Vitamin D lets you embrace anything that occurs in your life—yup, bad with the good—while E is all about releasing old patterns and others' energies. (Come on, you don't need that stuff anyway.) Vitamin K, often partnered with calcium, decreases negative mental chatter and boosts your personal power.

Minerals, too, are imperative to every life function. Start with calcium, which gives you a framework for wellbeing, and then energetically use iron to push through stress—and get to the top of the mountain, no matter what "avalanches" are burying you. (Who isn't overwhelmed these days?) Magnesium is important physically and invites your Higher Power into your daily life, while potassium opens and shuts the doorway to the heavens. Sodium is perfectly paired with potassium, actually. While potassium opens the heavenly portals, sodium lets you reach for the stars.

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This Month's Obsessions

Zero-calorie salad dressings, Beyond Meat veggie frittatas, digestive gummies, and more.



1 Dress It Up!

Walden Farms, known for their zero calorie, zero net carbs, zero sugar, and zero fat salad dressings, condiments, marinades, and other foods, is getting a makeover, starting with its salad dressings. Now with natural flavors, the dressings' improved taste is paired with a new design. Everything is free from artificial flavors and dyes. Flavors include Ranch, Thousand Island, and Sesame Ginger.

2 Joint Effort

Bluebonnet's Targeted Choice Joint Strength vegetable capsules are designed to support a healthy inflammatory response from physical overexertion of the joints after intense exercise. Key ingredients include vitamin C, type II collagen with hyaluronic acid, glucosamine, chondroitin, OptiMSM, and wildcrafted herbal extracts such as turmeric root and white willow bark.

3 Veg Out

We found the perfect way to boost your veggie intake and get a serving of plant-based protein—Veggies Made Great's new **Sausage, Egg & Cheese Frittata with Beyond Meat** and **Sausage & Pepper Frittata with Beyond Meat**. Vegetables, including cauliflower, potatoes, and onions, are the first ingredient in these tasty muffins. One frittata has 80–90 calories and 4–5 grams of carbs.

4 Sweet Relief

Manuka Honey Digestive Gummies are crafted with New Zealand Manuka honey, one of nature's top superfoods. The **Berry Flavor Gummies** promote digestive health with DE111 *Bacillus subtilis* probiotic, elderberry juice, and vitamin C from amla. And the **Tropical Flavor** is a proprietary blend of prebiotics, probiotics, chamomile, and ginger to soothe and support optimal digestion.

5 Immune Elixir

Get ready for a tasty wellness and immune health tonic made with whole-food, non-GMO ingredients. **Gaia Herbs Black Elderberry Tonic** features organic black elderberries that are handpicked and fresh-pressed shortly after harvest, organic raw apple cider vinegar, and organic raw honey—no artificial preservatives or other sweeteners. Enjoy straight off the spoon or mixed into water.



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A Different Probiotic

You know all about the benefits of *L. acidophilus* and *Bifidobacterium*, but don't miss out on *Saccharomyces Boulardii*, the lesser-known beneficial gut bug.

BY VERA TWEED



Probiotics are often referred to as “beneficial bacteria,” but bacteria are not the only beneficial microorganisms in the digestive tract. *Saccharomyces boulardii*, or *S. boulardii* by its abbreviated name, is a yeast that can help to restore balance and function in the gut.

Yeast is naturally made up of microscopic living organisms. That’s why baker’s yeast can make bread rise. *S. boulardii* is related to baker’s yeast, but it has unique, beneficial qualities that were discovered more than 100 years ago.

In 1920, French microbiologist Henri Boulard was in Southeast Asia during an outbreak of cholera, a sometimes life-threatening diarrheal infection spread through contaminated water

or food. He noticed that people who avoided infection were drinking a special tea made by cooking the skins of lychee and mangosteen fruits that grew in the region.

Boulard began analyzing the local tea and found that a unique strain of yeast was the active ingredient protecting people against cholera. He named it *Saccharomyces boulardii*.

Since then, there have been hundreds of studies of *S. boulardii* as a treatment for diarrhea. But it has also been found to be more broadly beneficial for digestive health and immune function. In food, it has been identified in fermented products such as kombucha and kefir in addition to lychee and mangosteen.

Preventing and Treating Antibiotic-Associated Diarrhea

Although antibiotics are life-saving drugs, diarrhea is the most common side effect. Studies have estimated that diarrhea occurs in anywhere from 5 percent to 80 percent of children taking antibiotics, and in 5 percent to 70 percent of adults taking them. But it doesn’t always happen immediately.

Diarrhea can strike a few hours after taking an antibiotic or later—even months after the drug has been discontinued. It can be mild or severe, with pain and even fever. But taking *S. boulardii* can reduce the odds.

One research review analyzed 21 studies of *S. boulardii* with a total

of 4,780 participants who were taking antibiotics, including 1,653 children. Among adults taking the supplement, risk of diarrhea dropped from 18.7 percent to 8.5 percent, and among children, risk dropped from 20.9 percent to 8.8 percent.

Longer-Term Antibiotic-Related Problems

Antibiotics treat infections by either killing bacteria or inhibiting bacterial growth. But just as there can be unintended casualties among bystanders in any battle, the effects of antibiotics extend beyond their targeted infectious bacteria.

The drugs reduce the diversity of bacteria in the gut microbiome and disrupt its normal balance and function. This can result in an overgrowth of bacteria that are usually benign but cause health problems when their quantity becomes excessive, including reducing resistance to new infections. It can also interfere with the normal digestion of nutrients and fiber in the intestine.

In addition to the obvious side effect of diarrhea, the alterations triggered by antibiotics in the microbiome have been linked to obesity, asthma, allergies, and inflammatory bowel diseases.

How *S. Boulardii* Works

Researchers at the University of California, Los Angeles, identified numerous mechanisms by which *S. boulardii* helps to restore and maintain a healthy digestive tract and enhance immune function, including:

- ✱ It inhibits the growth of bacteria and parasites and reduces their ability to attach to cells in the digestive tract.
- ✱ It reduces the effects of toxins produced by infectious organisms.
- ✱ It helps to restore a balance of healthy organisms in the gut.
- ✱ It restores healthy function of cells in the gut lining.
- ✱ It stimulates the production of enzymes and other natural, beneficial substances.
- ✱ It strengthens the walls of the digestive tract and helps repair a leaky gut.

What to Look for on Labels

In supplement products, *Saccharomyces boulardii* is available by itself and in probiotic formulas. In the Supplement Facts, it may be listed in different ways, such as:

- ✱ *Saccharomyces boulardii*.
- ✱ *Saccharomyces boulardii* CNCM I-3799 or I-3799. This is a patented, tested form of the probiotic.
- ✱ *Saccharomyces cerevisiae* var. *boulardii*. Although it is a unique yeast, *Saccharomyces boulardii* is classified as part of the same family as baker's yeast—*Saccharomyces cerevisiae*—and may be described as a variant ("var.") of the *cerevisiae* yeast family.
- ✱ *Saccharomyces cerevisiae* var. *boulardii* I-3799.



There have been hundreds of studies of *S. boulardii* as a treatment for diarrhea. But it has also been found to be more broadly beneficial for digestive health and immune function.

- ✱ It enhances healthy immune responses without overstimulating the immune system.
- ✱ It reduces harmful inflammation.

S. boulardii thrives at 98.6 degrees, the normal temperature of the human body, and exerts its beneficial actions throughout the intestinal tract. Unlike other probiotics, *S. boulardii* is not killed off by stomach acid. And it's naturally resistant to antibiotics

Other Benefits

The UCLA researchers found that in addition to helping resolve antibiotic-induced diarrhea, *S. boulardii* is effective in treating traveler's diarrhea, other types of diarrhea, and *Clostridium difficile* and *Helicobacter pylori* infections.

Chronic diseases that may improve with *S. boulardii* supplementation include Crohn's disease, ulcerative colitis, irritable bowel syndrome, and parasitic infections.

How to Benefit

Studies have used between 1 and 10 billion colony forming units (CFUs) taken for 5–10 days for acute diarrhea. There is no standard dose for other conditions.

It takes about three days for *S. boulardii* to build up to optimal levels in the gut. To maintain a protective level during travel, start taking it about a week before you leave, keep taking it during the trip, and continue for at least five days afterward.



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Andrew
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Bio-Kult
S. Boulardii



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Life Primal
Defense Ultra
Ultimate
Probiotic
Formula

The Natural Way to Prevent UTIs

Don't let a bladder infection cramp your style—turn to herbal medicines, pelvic exercises, and organic foods to heal.

BY EMILY KANE, ND, LAC



Q: What can I do to stop chronic urinary tract infections (UTIs)?

A: Women are more prone to UTIs because a woman's bladder opening is closer to the rectum than in men. Hopefully, ladies, your moms taught you to wipe from front to back. Clean hands and clean bottoms, especially before sex, are essential for preventing UTIs.

E. coli, the most common UTI “bug,” is a natural part of the gut microbiome. It lives in the colon and helps with digestion. But it doesn't belong in the urinary tract. Here are some natural therapies to consider for UTI prevention:

D-Mannose: The “active ingredient” in cranberries, D-mannose works by binding to *E. coli* so the bug cannot attach to the bladder wall. Once the bugs are bound up, you will efficiently flush the *E. coli* out every time you urinate.

I prefer D-mannose in powder form, ½ tsp. every 4 waking hours at the first hint of burning and/or painful urination. Continue for up to 4 or 5 days max. If your UTI isn't resolved by then, seek medical care, as you may have a more serious infection.

Oregon Grapeweed & Goldenseal:

These sulfurous botanicals can help eliminate pathogenic bugs while still passing through the gut—thus preventing them from getting to the bladder.

Other bladder tonics include chima-philha (pipsissewa), uva ursi (bearberry), astragalus, and *Fouquieria splendens* (indigenous to the Sonoran Desert).

Kegel Exercises Can Help: I promote 50 Kegels daily for women, especially after childbirth. You can perform Kegels

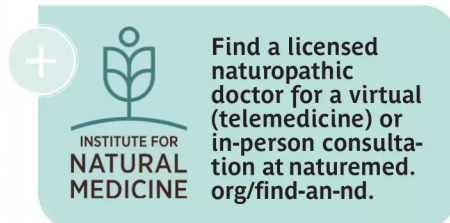
discreetly, anytime, anywhere. Perform the first 10 quickly—just a little flick, flick, flick up the vaginal vault. This is not clenching your anus. It's forward of that, as though you were trying to prevent a small egg from dropping out. Follow with 10 slow Kegels. Gently draw the very bottom of your pelvic floor (that tough skin between vaginal and rectal openings) up to about the “second floor” if you think of the vaginal vault as a 10-story building. Hold as long as feasible, then gently relax. Repeat 9 times. Then 10 more quick, 10 more slow, and finish with 10 more quick.

This isn't an instant fix for chronic bladder infections, but it will absolutely help over the long run.

Hot Dogs & Other Foods to Avoid:

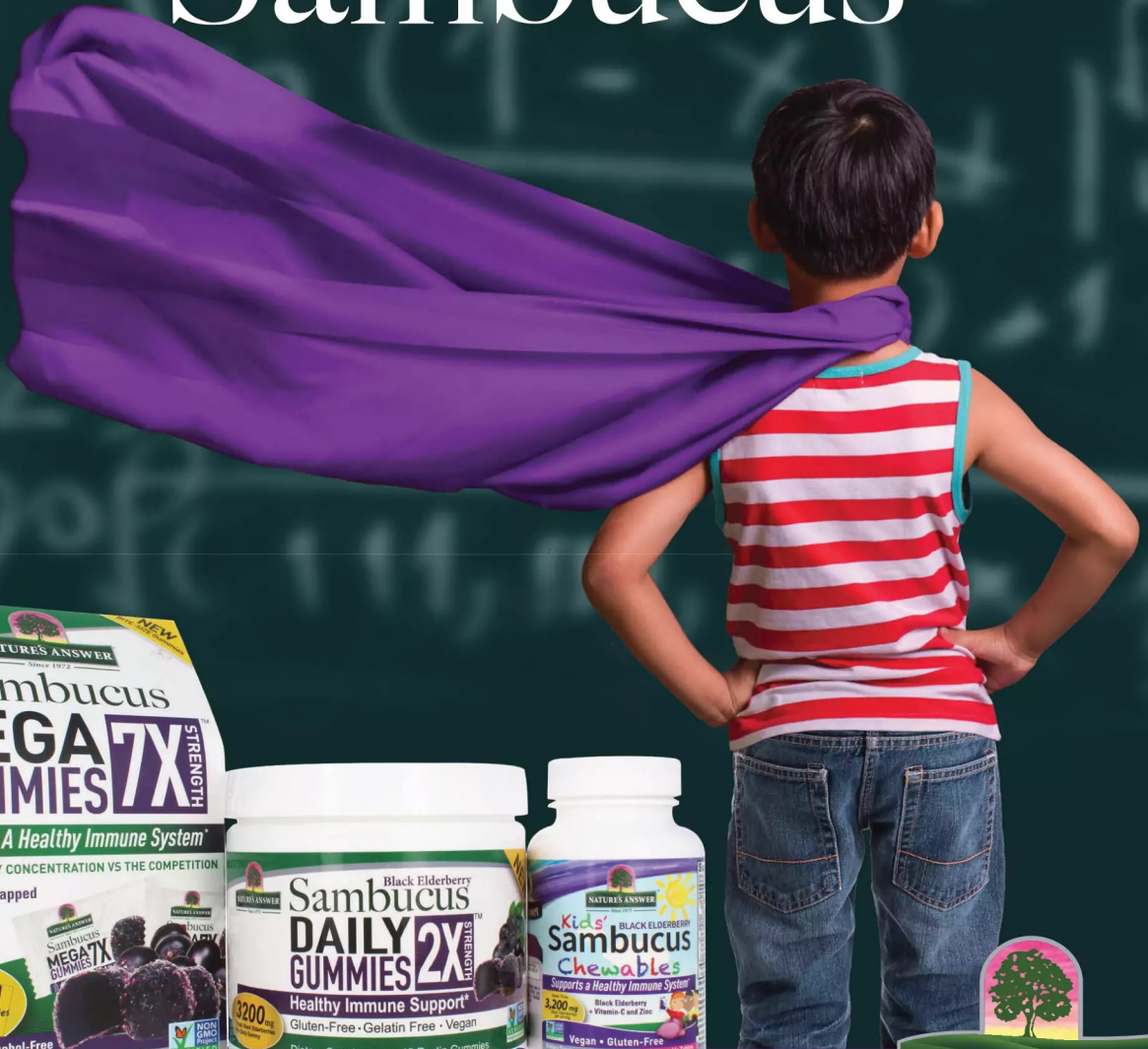
Bad bugs in bad food get into the colon, then leak into the bladder. So be choosy about what you put into your mouth.

Drink mostly clean water. (Kombucha, herbal teas, and unsweetened fruit or vegetable infusions are also fine.) Limit or eliminate alcohol. Choose organic foods whenever possible. Avoid processed carbs and processed factory meats (cold cuts, salami, hot dogs). Also, it's a great idea to add both cranberries and blueberries (fresh or frozen) to your diet on a regular basis.



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Ginseng or Ashwagandha?

Both of these popular herbs can help with a wide range of health concerns, so deciding between them isn't always easy.

BY KARTA PURKH SINGH KHALSA, DN-C, RH



Nutritive tonics are the heart of herbalism in Asia. Suitable for everyday use, they cover a wide territory and are broad builders and maintainers of health. Two of the most famous are ginseng and ashwagandha, which have similar roles in Chinese and Indian medicine, respectively.

Ginseng

Ask any person on the street to name the first herb that comes to mind, and it's likely to be ginseng, a botanical that is known the world over, yet shrouded in myth. Ginseng has been shown in human studies to mitigate the impacts of stress, improve physical and mental performance and reaction time, and enhance mood and memory. Ginseng increases physical working capacity in humans in many ways, including stimulating the central nervous system and balancing blood pressure and glucose levels.

In one study, a preparation of Asian ginseng, together with vitamins and minerals, was tested among 232 people who complained of daily fatigue. Those taking the supplement had improved energy, better concentration, and less anxiety. Another double-blind study tested

the effect of ginseng on reaction time during exercise. Fifteen 19-year-old soccer players performed an incremental bicycle exercise with intensity increasing every 3 minutes. Ginseng shortened their reaction time at rest and during exercise, and improved their psychomotor performance during exercise without affecting exercise capacity.

Scientists from Korea, the epicenter of ginseng culture, studied whether ginseng extract would influence exercise-induced muscle damage and inflammation responses. Eighteen male college students took ginseng or a placebo and then performed a high-intensity uphill treadmill run. Inflammation markers, plasma glucose, and insulin responses were significantly reduced among those who took ginseng. These results suggest that ginseng could reduce exercise-induced muscle damage and inflammatory responses, an all-around plus for athletes.

A 2021 study reported that the herb showed several mechanisms that fight fatigue, including detoxification of proteins and amino acids, and reduction of stress and inflammation. And a Chinese study found

that the active constituents in ginseng had significant benefit for erectile function in diabetics.

Ginseng is indicated for daily, consistent use in moderate doses. Do not use ginseng as a short-term stimulant, say Asian herbalists. A typical dose of moderate-quality ginseng powder in capsules is 4,000–6,000 mg per day.

Ashwagandha

Ashwagandha is the main tonic in the Ayurvedic pharmacopoeia, especially for men. Ayurveda considers this long-term building herb to be a *rasayana*, or particularly powerful rejuvenator. The name ashwagandha means “like a horse,” connoting its reputation as a premier sexual tonic.

And its sexual enhancement prowess isn't just an old wives' tale. One study showed that extracts of ashwagandha increased production of sex hormones and sperm, presumably by exerting a testosterone-like effect. In another double blind clinical trial, ashwagandha (3 grams/day for 1 year) was tested on 101 healthy men aged 50–59, who saw significant improvements in hemoglobin, red blood cells, hair pigment, and seated stature. Additionally, their serum cholesterol decreased, their nail calcium was preserved, and 71.4 percent of those



who received the herb reported improvement in sexual performance. A 2021 paper reported that the root enhanced physical capability in males and females.

Ashwagandha is one of the most promising herbs for building overall health. A scientific article published by Los Angeles researchers reviewed a host of confirmed benefits, including anti-inflammatory, antitumor, antistress, antioxidant, hemopoietic, immunomodulatory, and rejuvenating properties. The scientists say that ashwagandha also appears to exert a positive influence on the endocrine, cardiopulmonary, and central nervous systems.

A study was conducted to examine the effects of ashwagandha root extract on muscle mass and strength in healthy young men engaged in resistance training. The results indicated that

ashwagandha supplementation is associated with significant increases in muscle mass and strength, and may be useful in conjunction with a resistance training program.

While ashwagandha promotes stamina, it's also relaxing and helps regulate sleep rhythms. It will not help you sleep if taken at bedtime, but it has an overall anxiolytic property that promotes sleep. A 2021 study, published in the prestigious *Journal of Ethnopharmacology*, also found that ashwagandha can be a potent remedy for anxiety.

A typical dose of ashwagandha is about one gram per day, taken over long periods, as a rejuvenator. But, since ashwagandha is very safe, larger quantities are often used short-term in Ayurveda, say 1–10 grams per day for quick support.



Which Is Best for You?

Both tonics are great for long-term health, but they aren't interchangeable. Ginseng tends to be stimulating, and high doses can make some people feel agitated. It's better to use in modest doses over months or years for a consistent building effect.

The bottom line: In general, use ginseng for stimulating energy, and ashwagandha for relaxed energy. Either way, you really can't go wrong.

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Sam's Total Transformation

How this pickleball champion resurrected his health—and his smile—with leptin pioneer Kat James's Total Transformation program.

BY BETTER NUTRITION EDITORS



According to more than 25,000 studies, when the master hormone leptin is properly functioning, it regulates virtually all systems of the body. Yet the vast majority of people are leptin resistant. Wonder why you've barely heard about leptin? Well, no drug can fix leptin resistance, so your doctor may not even mention it. Only the right nutrients can correct this too-common condition.



Just ask 61-year-old pickleball champ Sam Middleton. On the day after Christmas 2020, he began a unique leptin-focused dietary protocol developed by bestselling author Kat James that he read about in this magazine. Although Sam was mainly interested in losing weight, he was in for some major surprises. We sat down with the newly transformed Sam just a few months after he began James's program.

BN: Did you have any hesitancy before starting Kat's protocol?

SAM: You always wonder if the success stories are too good to be true. I also wondered if I'd like the food or be able to cook it. But when I met Kat, it was clear she walks her talk. I like that she doesn't rely on calorie counting and exercise for weight loss. I was exercising all the time and still had weight issues, so I was definitely intrigued when she said there'd be no going hungry and that the food would be simple.

BN: So you did this primarily for weight loss. Did you have any other health issues?

I wanted to lose about 25 pounds, but I also had other issues that I never imagined would be affected by this program—thinning hair, increasing aches and pains, poor sleep, and major morning brain fog that only coffee could get me through. I bought a sleep monitor watch last year and never had a reading of more than 1½ hours of deep sleep per night until I started Kat's program. Then there was my crumbling teeth problem. A year ago, they had to remove a tooth that just basically fell apart, and another was cracked and my mouth was sensitive and painful.

BN: Were there challenges in the process of your transition into leptin sensitivity?

SAM: Yes, but Kat prepared me for them. After a couple days of cutting out sugars and increasing good fats, I had a couple days of mild nausea, low energy, and diarrhea. She said this was likely due to yeast die-off and the natural interruption of energy as the body switches from using sugar as its primary fuel to fat. But after a few days, I started to lose my desire for sugar or alcohol. The puffiness in my face and belly went down. Soon after, I started to have more muscle definition.

BN: This must have affected your pickleball game, right?

SAM: Yes. I noticed that I could play all day without my legs getting heavy, and this has improved my game to the point where I'm winning higher-level tourna-

ments. I can even play in top form in the morning—without coffee! In fact, my mornings have entirely changed. I wake up now with the kind of mental clarity I never had before. I used to have to wait until later in the day to think clearly.

Now I feel that way as soon as I open my eyes.

BN: There have been studies showing leptin's impact on everything from weight loss, sleep, and immunity to digestion, cognition, and bone. It sounds like you've experienced changes in every area of your life.

SAM: I had the appetite drop-off, but even though I expected it, it was shocking how little food started to make me feel full. I stopped craving and don't eat out as much because it's easy to throw together what I need. And the fat-rich food tastes great!

I lost weight steadily and rapidly—without trying—until I reached my goal. My sleep watch says I'm getting nearly four more hours of deep wave sleep than before. My energy level is consistent throughout the day. The only time I run out of energy is if my body needs more fuel. When I eat the right thing, I'm immediately ready to go again. No late-day slumps.

As for the unexpected things, I now need to shave every day, whereas before it might have been every third day. And my beard has started to get darker around the edges. The hair on the top of my head is starting to fill in. And my teeth have stopped hurting and crumbling. Even the cracked one stopped hurting. It's incredible.

Leptin, Xylitol, and Transforming Your Teeth

There are good explanations for Sam's transformed teeth. First off, when you're resensitized to leptin, the body starts burning fat, not sugar, as its primary fuel. When this happens, says clinical leptin authority Ron Rosedale, MD, the body will stop using sugar from the protein in bones to keep blood sugar stable during sleep. That means halted bone loss and stronger bones, as protein content is a major factor in resilient bones and teeth.

Another contributor to Sam's healthier teeth and reduced sensitivity is his use of oral care products made with xylitol, which can help remineralize tooth enamel, close small fissures, and make the mouth inhospitable to microbes that cause tooth decay and periodontal disease.

To help his dental issues, Sam has been using Spry toothpaste, mouthwash, and mints because of their high xylitol content.





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Korea Ginseng Corp: Ancient Roots Meet Modern Science

Long treasured for its potent immune-enhancing effects, ginseng does so much more—boosting energy, balancing mood, supporting everyday wellness, and helping the body adapt to ever-changing global conditions.



Korea Ginseng Corp just opened the Ginseng Museum Café by CheongKwanJang in Manhattan. Learn about ginseng's fascinating history, sample products, and more. kgcus.com

Korea Ginseng Corporation: Rooted In Tradition, Informed by Science

Founded in 1899 by the Empire of Korea, Korea Ginseng Corp was designated to manage the scientific cultivation of ginseng, Asia's most revered herb. More than a century later, Korea Ginseng Corp honors those timeless roots, combining traditional practices with cutting-edge technologies to produce the highest-quality, most potent ginseng available.

That's what made Korea Ginseng Corp's CheongKwanJang the No. 1 ginseng brand in the world—not only for supporting immune response, but also for fighting fatigue, enhancing energy, and other powerful benefits. CheongKwanJang uses the finest Korean Red Ginseng, cultivated to maximize the roots' healing compounds. You'll find CheongKwanJang ginseng in a variety of forms. And Korea Ginseng Corp's new condition-specific products, Koreselect, feature even more support.

Koreselect: History Meets Modern Living

Whereas CheongKwanJang is a traditional line of Asian herbal medicine, Koreselect is an Asian-Western modern line that blends Korean Red Ginseng with herbs in 5 formulas:

- **Koreselect Immune** harnesses the actions of immune-boosting Korean Red Ginseng and European black elderberry fruit juice for a double-dose of infection protection. Lightly sweetened and flavored with pear, the portable sticks are ideal for travel.
- **Koreselect Energy** infuses Korean Red Ginseng with honey for a caffeine- and jitter-free surge of lasting vitality. Mix it with water to amplify focus and concentration, increase alertness, and maximize productivity—with no crashes.
- **Koreselect Balance**, formulated for women, combines Korean Red Ginseng with a proprietary blend of peony root, bamboo leaf, and other traditional Korean herbs, to ease menopausal discomfort and restore balance. It helps combat fatigue and brain fog common during menopause, while also boosting mood, dampening inflammation, and improving metabolism and circulation.
- **Koreselect Wellness** blends Korean Red Ginseng with cacao bean extract for a stronger body and healthier mind. This daily maintenance formula, created for overall wellness, supports immunity and balance to reduce vulnerability to everyday stressors.

It's fitting that Korean Red Ginseng's scientific name is *Panax Ginseng*, with "Panax" meaning "all-healing" in Greek. Modern research and centuries of traditional use demonstrate ginseng's ability to:

- Strengthen and balance the body's own immune system, enhancing resistance.
- Amplify energy, fight fatigue, build stamina, and speed recovery.
- Improve blood flow and circulation.
- Stabilize mood, boost clarity, ease hot flashes, and promote menopausal health.
- Enhance concentration, focus, and alertness.

● **Koreselect Stamina**, made for fast-moving men, is a blend of male-centric herbs and extracts, including maca, L-arginine, zinc, and octacosanol. It helps improve circulation to increase stamina and strength, sustain energy, and support immunity, memory, and focus.



Superstar Skin Cleansers

Cleansing is the first step in your skin-care routine, so it's important to find a cleanser that works for you in order to set the rest of your products up for success.

BY SHERRIE STRAUSSFOGEL

A good scrub with a skin cleanser helps remove dirt, grime, sweat, excess oil, makeup, sunscreen, and dead skin cells. It refreshes your skin and lets it breathe. It also creates a clean foundation for you to apply serums, moisturizers, and makeup.

But squeaky clean skin can come with a price. Harsh sulfates, added fragrances, preservatives, and other ingredients formulated into many conventional face washes can damage the skin's microflora and strip its natural oils, making skin feel tight or irritated. This stripping

can also cause a pH imbalance, leading to breakouts.

Instead, choose natural cleansers that clean your face gently and have added benefits according to your skin type. For dry skin, look for a formula that balances a thorough clean with a healthy dose of hydration that locks in natural moisture. Hydrating ingredients include hyaluronic acid and ceramides.

Oily and acne-prone skin requires exfoliating ingredients, such as salicylic acid, glycolic acid, or alpha hydroxy acids. But don't wash too aggressively or for too long to avoid red, irritated, angry-looking skin. Sensitive skin needs calming ingredients such as aloe, cucumber, or clay in milky or creamy textures.

While using an oil to cleanse your skin may sound counterintuitive, cleansing oils remove dirt, makeup, sunscreen, and excess oil from the skin when they're rinsed off. Most importantly, cleansing oils don't sap the skin of moisture, and they often have few or no harsh cleansing agents, so they work well with all but the oiliest skin types. Don't just slap on cleansing oil and rinse. Rather, massage the oil into wet or dry skin to stimulate circulation and lymphatic drainage as you cleanse.

Whichever cleanser you choose, remember to wash your face twice a day. In the morning, cleanse to remove sweat and oil from overnight. And in the evening, cleanse your face again to remove any makeup, dirt, and sunscreen left over from the day.



Photo: Getty Images



1 Hydrate while thoroughly cleansing sensitive skin with **Acure Seriously Soothing Cleansing Cream**. Antioxidant and anti-inflammatory peony and chamomile make this sulfate-free formula ideal for reactive skin. Organic argan and coconut oils and sunflower amino acids in this creamy cleanser gently purify pores, leaving your face feeling clean and calm.

2 Dissolve every trace of makeup and impurities without disrupting the skin's protective barrier with **evanhealy Blue Lavender Cleansing Milk**. Dry and sensitive skin will drink up the vitalizing rose geranium hydrosol and steam-distilled essential oils of soothing lavender and blue chamomile. Lightly lathering yucca root, antioxidant gotu kola, and purifying kaolin clay refine pores, while coconut oil and shea butter balance hydration.

3 Cleanse and quench dry and combination skin with **Pacifica Wake Up Beautiful Dream Jelly Face Wash**. Quinoa promotes collagen production, mushroom extract moisturizes and reduces puffiness, and antioxidant rose oil and hyaluronic acid hydrate. This sulfate-free jelly cleanser builds into a rich lather that's powerful enough to remove makeup without over-stripping skin. Can be used morning as well as night.

4 Smooth dull skin and purify pores with **Sukí Exfoliate Foaming Cleanser**. Natural sugar and rice flour deeply cleanse, help even skin tone, reduce dry skin build-up and blemishes, lift ingrown hairs, and stimulate cellular renewal. Colloidal oatmeal and Atlantic kelp extract calm, lock in moisture, help restore pH level, and jumpstart collagen production. Oils of lemongrass, lime, and orange peel provide aromatherapy as you scrub.

5 Melt away makeup, sunscreen, and pollutants with **Badger Damascus Rose Cleansing Oil**. Dry or delicate skin will glow as organic castor and apricot oils lift impurities, while organic extra virgin olive, sunflower, and jojoba oils replenish essential vitamins, lipids, and fatty acids. Organic rose, lavender, and chamomile oils help even skin tone and leave your skin lightly scented.

Go Organic with Fruits & Veggies

Celebrate National Organic Harvest Month with this guide to the “Dirty Dozen” and “Clean 15” from the Environmental Working Group

BY LISA TURNER

Every year, the Environmental Working Group puts out its list of the best and worst fruits and vegetables based on pesticide content. While it's great to eat an exclusively all-organic diet, that's not realistic for many of us. Use this guide to make savvy purchases where it matters most.

Clean 15

These fruits and veggies tend to be lower in pesticides.

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papaya
6. Sweet peas (frozen)
7. Eggplant
8. Asparagus
9. Broccoli
10. Cabbage
11. Kiwi
12. Cauliflower
13. Mushrooms
14. Honeydew Melon
15. Cantaloupe



Photos: Getty Images

The Dirty Dozen

Always buy organic versions of these fruits and vegetables, including when used in food products. We included a few of our favorite organic treats incorporating Dirty Dozen ingredients.

1. Strawberries

Try:
Peaceful Fruits
Strawberry +
Açaí Drizzle



2. Spinach

3. Nectarines

4. Kale, Collard, & Mustard Greens

Try:
Suja Organic
Mighty Dozen
Greens Juice



5. Cherries

6. Apples

Try:
Eden Organic
Apple Butter



7. Peaches

8. Grapes

Try:
GoodPop
Concord
Grape Pops



9. Celery

10. Bell & Hot Peppers

Try:
Late July
Organic Salsa
Medium



11. Tomato

12. Pears



make it!

Gluten-Free Pear Clafouti

Serves 8

Organic pears shine in this not-too-sweet dessert, which also makes a great breakfast treat. We used grain-free almond flour here, but you can easily swap it out for regular or other gluten-free flours.

$\frac{3}{4}$ cup organic vanilla soy milk (or other nondairy milk)

$\frac{3}{4}$ cup organic 2 percent milk (or whole milk if desired)

4 large free-range organic eggs

$\frac{1}{4}$ cup organic blue agave nectar

$\frac{1}{2}$ tsp. vanilla extract

$\frac{1}{2}$ tsp. almond extract

$\frac{1}{2}$ cup organic almond flour

3 ripe organic Anjou pears, halved vertically and sliced thin crosswise

1. Preheat oven to 400°F. Lightly butter 9-inch, deep-dish glass pie pan.

2. Blend soy milk, 2 percent milk, eggs, agave nectar, and vanilla and almond extracts in blender until smooth. Add flour, and pulse to mix. Set aside.

3. Fan five pear halves in pie pan, stem ends pointing toward center of pan.

4. Pour batter over pears. Place pie pan on baking sheet, and bake 55–60 minutes, until the clafouti is puffed and slightly browned. Cool, and serve warm or at room temperature.


Per serving: 180 cal; 6g prot; 7g total fat (1.5g sat fat); 24g carb; 95mg chol; 60mg sod; 3g fiber; 16g sugar

5

MEDICINAL MUSHROOMS TO TRY NOW

Mushrooms offer a vast range of potentially therapeutic uses, including enhancing immunity, improving cardiovascular health, promoting detoxification, boosting mood, improving digestion, stimulating memory, and nourishing the body.

BY MICHELE BURKLUND, ND



Medicinal mushrooms have a profound healing power, and were used thousands of years ago by the Greeks, Egyptians, and Chinese as a means to promote longevity.

These beneficial fungi offer a vast range of potentially therapeutic uses including enhancing immunity, improving cardiovascular health, promoting detoxification, boosting mood, improving digestion, stimulating memory, and nourishing the body.

What makes these “magic” mushrooms so unique? For one thing, fungi and humans are actually more closely related biologically than fungi and plants.

Perhaps that’s why mushrooms make us feel so good! Here’s a quick guide to a few of our favorites:

I Shiitake

(*Lentinus edodes*): Rich in nutrients, protein, flavor, and medicinal properties, this mushroom has been a prized food in Asia for many years.

It has been studied for its ability to lower cholesterol, support immune function, fight viruses, and promote a healthy cardiovascular system. Shiitake mushrooms are also part of a proprietary Japanese mushroom extract called AHCC—or active

hexose correlated compound—which has been shown to enhance immunity and increase the activity of natural killer cells. Found in most grocery stores across North America, these tasty mushrooms can be added to a vegetable stir-fry or sautéed with garlic to enhance their rich, smoky flavor.

USE IT FOR: Supporting cardiovascular health; promoting overall immune function; enhancing healthy liver function.

WE LOVE: Mushroom Wisdom Mushroom Emperors



2 Chaga

(*Inonotus obliquus*): Often referred to as the “king of medicinal mushrooms,” chaga is hailed as a superfood because of its powerful ability to support the immune system with beneficial constituents such as beta glucans, melanin, betulinic acid, and superoxide dismutase. Chaga’s micronutrients have also been proven to exhibit anti-aging properties that offer cellular protection against DNA damage. This mushroom is



found growing on birch trees in forests in the northern hemisphere.

Infuse it into a tea with cinnamon and vanilla, or take it as a tincture or in capsule form.

USE IT FOR: Fighting colds and flu; supporting the immune system; managing stress; nourishing skin and hair; rejuvenating the body.

Looking for enhanced immune support? Combine chaga with turkey tail mushroom for a powerful synergistic response.

WE LOVE: Host Defense Chaga Powder



3 Cordyceps

(*Cordyceps sinensis*): For thousands of years, cordyceps has been used in Tibetan, Chinese, and Ayurvedic medicine to promote vitality. This hardy mushroom is found in the mountainous regions of the Himalayas, where it thrives in a low-oxygen environment. Its ability to flourish in even the



harshest conditions provides cordyceps with unique properties to support endurance training and enhance oxygen capacity. A pilot study published in the *Journal of Alternative and Complementary Medicine* found that cordyceps enhances exercise and contributes to overall wellness in healthy people between the ages of 50 and 75. Mix these tasty mushrooms into chicken soup, use them as a garnish for salads, or take in capsule form.

USE IT FOR: Enhancing athletic performance and endurance; supporting the body’s ability to uptake oxygen; boosting energy and vitality; supporting the liver and kidneys; promoting healthy sexual function.

WE LOVE: Gaia Herbs Cordyceps Mushroom



4 Turkey Tail

(*Trametes versicolor*): This is one of the most common mushrooms found in North America, and also the most studied for its impressive immune-stimulating properties. You won’t be able to miss these beauties where they sprout from dead trees. Their rich hues of brown, orange, maroon, green, and blue all resemble a turkey’s feathers.

A molecule called PSK is unique to this mushroom and provides much of its potent immune-stimulating properties. A recent study conducted by Bastyr University and the University



of Minnesota along with the NIH found that turkey tail dramatically boosted the overall immune function of women with stages I–III breast cancer. Make a delicious turkey tail tea, or take it as a capsule or tincture.

USE IT FOR: Optimizing immune function; fighting viral infections; reducing inflammation in the body.

WE LOVE: Om Mushroom

Superfood Immune Multi Boost with Vitamin C, Zinc, Vitamin D₃ & Manuka Honey



5 Lion’s Mane

(*Hericium erinaceus*): This mushroom is best known for its neuroprotective effects, which can help support memory, improve cognition, and balance mood. In fact, a 2009 double-blind, placebo-controlled study that was published in the *Journal of Phytotherapy Research* found that subjects who



took this mushroom performed significantly better than those given a placebo in cognitive function tests. It can be easily identified by its Latin name, which means “hedgehog” due to its white color and cascading teeth-like spines.

USE IT FOR: Nerve regeneration; mood support and balancing; improving memory; enhancing concentration.

WANT A SUPER BRAIN BOOST?

Combine brain-supporting herbs such as gotu kola, bacopa, and rosemary with lion’s mane mushrooms.

WE LOVE: Four Sigmatic Lion’s Mane Coffee Mix





make it!

Shiitake Pita Sandwiches

Serves 6

Mushroom powder can be added to many of your favorite recipes, including these earthy and satisfying pita sandwiches. Serve with a salad drizzled with balsamic vinaigrette for a perfect vegetarian meal. Recipe by Neil Zevnik.

- 2 Tbs. organic extra virgin olive oil
- 1 Tbs. organic unsalted butter
- 12 oz. fresh shiitake mushrooms, stems removed, sliced into ½-inch strips
- 3 medium shallots, peeled and thinly sliced
- 1 medium yellow bell pepper, ribs and seeds removed, sliced into thin vertical strips
- 1 clove garlic, minced (1 tsp.)
- 3 tsp. mushroom powder (e.g., Host Defense Chaga powder)
- 1 15-oz. can organic white beans, drained and rinsed
- 1 handful shredded fresh basil
- 7 oz. French feta cheese, crumbled (optional)
- 3 pita breads, cut in half to make 6 pockets

1. Heat olive oil and butter in large skillet over medium heat until butter melts. Add mushrooms, shallots, bell pepper, garlic, and mushroom powder. Cook until shallots and peppers soften, stirring often, about 5 minutes. Gently stir in beans, and cook until beans warm, about 2 minutes.
2. Remove from heat. Stir in basil and feta. Divide among pita pockets and serve.

Per serving: 260 cal; 10g prot; 7g total fat (2g sat fat); 40g carb; 5mg chol; 410mg sod; 6g fiber; 3g sugar



BEAT DEPRESSION & ANXIETY WITH FOOD

Looking at a menu or perusing the contents of your fridge, you probably don't wonder, "How will this affect my mood?" But maybe you should.

BY VERA TWEED

"Good nutrition is the foundation of good moods," says Drew Ramsey, MD, author of *Eat to Beat Depression and Anxiety*. As a clinician and researcher, he's worked tirelessly to identify the top vitamins and minerals for mental fitness—and the best foods to eat to make sure you're getting plenty of them.

"When we eat a lot of processed food, we don't feel as well, we don't feel as energized, we feel sleepier or more sad," says Ramsey. Studies that tracked over 20,000 people have found that those who eat the most fast food or other types of processed food are up to 40 percent more likely to develop depression, and more likely to feel anxious.

"With a healthier, more traditional type of diet, people tend to feel more energized, and to feel better and do better," says Ramsey. Not only can the right foods perk anyone up, but studies show that they can also relieve symptoms of clinical depression and anxiety.





12 Mood-Boosting Vitamins and Minerals

Ramsey's list of the top 12 nutrients for mental wellness looks like a multi-vitamin label:

vitamins A, B₁, B₆, B₁₂, and C, plus folate, iron, magnesium, potassium, zinc, selenium, and omega-3s. Probiotics are also essential for a healthy gut. But Ramsey emphasizes foods over supplements.

Nutrient-rich foods provide fiber and many other beneficial substances in addition to vitamins and minerals. And when you eat the right foods, you aren't eating things that depress mood and contribute to stress and anxiety.



Where to Start

Making and maintaining one small change at a time is a realistic way to gradually transform your diet. You might trade pasta, rice, or fries for pan-roasted vegetables or sautéed leafy ones. With olive oil and seasoning, they're tasty and satisfying. If greens seem bitter, try adding some berries.

For snacks, trade chips, pretzels, cookies, or candy bars for dark chocolate, nuts, seeds, dark chocolate-covered almonds, or a trail mix without candy or pretzels. Or try Ramsey's recipe for Chocolate Brain Truffles (p. 38).

If you enjoy burgers, try a salmon burger. And if smoothies are part of your lifestyle, try a mood-boosting recipe such as Ramsey's Kefir Berry Smoothie (p. 38).

Bottom line, food is the most basic way to enhance your mood and mental well-being. As Ramsey puts it: "There's no other intervention that we already engage in every day that can have such a profound effect."

What to Eat

The key, says Ramsey, is to look at food in terms of categories—seafood rather than one type of fish, for example—so that you can pick foods you like and enjoy variety. If you don't eat animal foods, take vitamin B₁₂ supplements and possibly omega-3s and iron. Here are the important food categories that Ramsey has mapped out:

✱ LEAFY VEGETABLES OF ALL COLORS:

For vitamins A and C, folate, fiber, and many phytonutrients. Eat 2–3 cups per day in salads, soups, stir fries, smoothies, or any other way you like.

✱ **SEAWEED:** For iron, zinc, fiber, and phytonutrients, and as a top source of iodine, which contributes to a good mood by supporting a healthy thyroid. Eat one small serving per week.

✱ **MULTICOLORED FRUITS AND VEGETABLES:** Tomatoes, avocados, bell peppers, broccoli, cauliflower, and berries are just a few. Eat at least 2–3 cups per day of a rainbow for a wide range of nutrients that enhance each other's benefits and taste profiles.

✱ **SEAFOOD:** For omega-3 fats and more. For example, sardines, oysters, mussels, salmon, and cod are also rich in B₁₂, selenium, iron, and zinc. Eat 2–4 servings per week.

✱ NUTS, BEANS, AND SEEDS:

For fiber, zinc, iron, other essential nutrients. Eat them as snacks, in smoothies and salads, or in other dishes. Try for at least ½–1 cup of nuts and/or beans, and 1 tablespoon of seeds per day.

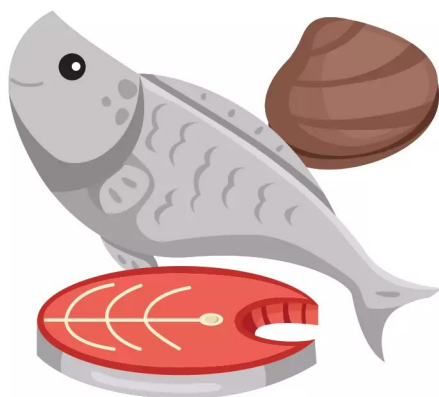
✱ **MEAT AND POULTRY:** For iron and vitamin B₁₂. Think grass-fed beef, lamb, goat, and chicken, preferably from local, pasture-raised animals for healthier fats and a sustainable planet. Although not favored by many, liver is extremely nutrient-dense. Try pâté, or add some liver to ground beef or other dishes. Eat 3 servings of meat or poultry per week.

✱ **EGGS:** For B vitamins and choline, a relative of the B vitamins that is essential for good brain function. Eat 5–7 eggs per week.



✱ **FERMENTED FOODS:** For beneficial gut bugs, unflavored kefir is the top dairy source; miso and sauerkraut are other good choices. Other fermented foods include plain yogurt, sourdough bread, kimchi, and kombucha. Eat 3–5 servings of fermented foods per week.

✱ **DARK CHOCOLATE:** It's beneficial enough to have its own category on Ramsey's list. Studies show that chocolate not only reduces depression and anxiety, but also improves concentration, memory, and thinking, and reduces brain fog, stress, and cortisol (the stress hormone). Eat a 3-ounce serving of dark chocolate with at least 70 percent cacao three times per week. Or use cacao beans, nibs, or real cocoa powder in smoothies or other dishes.



Top Antidepressant Foods

While fresh foods in general beat processed versions, some are especially rich in the nutrients that perk you up. Ramsey's research identified the richest food sources of the top 12 mood-boosting nutrients and ranked them on what he calls the Antidepressant Food Scale.



ANIMAL FOODS	PLANT FOODS
Oysters	Watercress
Liver and other organ meats	Spinach
Poultry giblets	Mustard, turnip, or beet greens
Clams	Red, green, or romaine lettuce
Mussels	Swiss chard
Octopus	Fresh herbs such as cilantro, basil, or parsley
Crab	Chicory greens
Goat	Pummelo
Tuna	Peppers—bell, serrano, or jalapeno
Smelt	Kale or collard greens
Fish roe	Pumpkin
Bluefish	Dandelion greens
Wolffish	Cauliflower
Pollock	Kohlrabi
Lobster	Red cabbage
Rainbow trout	Broccoli
Snail or whelk	Brussels sprouts
Spot fish	Acerola
Salmon	Butternut squash
Herring	Papaya
Emu	Lemon
Snapper	Strawberry



make it!

TOP

NUTRIENTS:

Magnesium, Zinc,
Iron, Potassium,
Selenium

Chocolate Brain Truffles

Makes 24 Truffles

Examining your relationship with dark chocolate is important for moving beyond treats and cheats as an eater. Dark chocolate is a power player for brain health, with flavanols, fiber, and minerals. Plus, these truffles add the brain-health benefits of nuts, seeds, and whole grains. You can use any combination of nut butter or seeds you like, such as almond butter and pistachios or peanut butter and pecans. If you have nut allergies, swap in sunflower butter for the nut butter.

- ½ cup rolled oats
- ½ cup unsweetened coconut flakes
- 2 Tbs. hemp seeds
- 2 Tbs. chia seeds
- ⅛ tsp. kosher salt
- 12 oz. (about 20) Medjool dates, pitted
- ¾ cup cashew butter
- 1 tsp. vanilla extract
- ¼ cup dark chocolate chunks
- ½ cup cacao nibs

1. Combine oats, coconut flakes, hemp seeds, chia seeds, and salt in food processor, and process until finely ground. Add dates, cashew butter, and vanilla, and process until mixture starts to clump into a ball.
2. Add chocolate chunks and cacao nibs, and pulse 15–20 times to chop up chocolate and incorporate it into dough. Remove dough from food
- processor, and roll into tablespoon-sized balls.
3. Place dough balls on parchment-lined baking sheet and freeze until hard, about 1 hour. Transfer to storage container and keep in refrigerator.
4. Let the truffles sit at room temperature for a couple minutes before enjoying.

Per serving: 140 cal; 2g prot; 8g total fat (3g sat fat); 17g carb; 0mg chol; 35mg sod; 3g fiber; 11g sugar



make it!

Kefir Berry Smoothie

Makes 1 Smoothie

Berries have a brain-food reputation for good reasons. These low-glycemic fruits are loaded with phytonutrients linked to improved brain health. And while berries get the headline, nuts and seeds are the secret all-stars in any brain food smoothie, offering fiber and slow-burning carbs to balance out the sugars of the fruit. Compared to yogurt, kefir contains more CFUs (colony-forming units) of the good bugs that are central to microbiome health, quelling inflammation and improving mental fitness.

TOP

NUTRIENTS:

Magnesium,
Vitamin A, Folate,
Potassium,
Vitamin C

- ¾ cup plain full-fat kefir
- ⅓ cup white beans
- ⅓ cup water
- 1½ cups frozen blueberries
- ½ large banana
- ½ cup chopped spinach
- 2 Tbs. raw, unsalted almonds
- 2 Tbs. raw, unsalted pepitas (pumpkin seeds)

Put kefir, beans, water, blueberries, banana, spinach, almonds, and pepitas into high-powered blender. Blend 30–45 seconds, until all ingredients are incorporated. Pour into glass, and drink immediately.

Per serving: 610 cal; 26g prot; 25g total fat (7g sat fat); 77g carb; 25mg chol; 430mg sod; 16g fiber; 34g sugar

From Eat to Beat Depression and Anxiety by Drew Ramsey, MD.





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7 Bold Rules for Healthy Aging

In her new book, nutrition pioneer Ann Louise Gittleman, now 72, offers a comprehensive plan for growing older with health, high function, and vitality.

BY MELISSA DIANE SMITH



Q: I just turned 70, and my husband is 75. We're generally healthy but have experienced mild signs of aging, such as stiffer joints, more wrinkles, and decreased desire for lovemaking. He is especially concerned about preventing Alzheimer's, which runs in his family, and I am concerned about heart disease, which runs in mine. How can we continue to enjoy vibrant health and prevent the diseases our parents had in these later years of our lives?

A: First, we need to change how we think about aging and realize that our genes are not our destiny. What we inherited from our parents shows potential for disease or health. But our environment—both inside our cells and outside our bodies—determines how those genes are expressed. We have the ability to change our environment and diet to address these issues and help our bodies age in good health.

Health visionary Ann Louise Gittleman, PhD, CNS, explains these messages in her new book *Radical Longevity*. Gittleman, who is now in her 70s, should know. The author of more than 35 books draws on more than four decades of experience and research in age-defying and restorative medicine to create a fundamentally different guide to reversing the symptoms of aging and overcoming the root causes.

To develop a plan for building a healthier, more vibrant body less prone to disease and premature aging, Gittleman recommends looking in detail at your individual symptoms and lifestyle risk factors so you can determine the areas you may want to target. With your personal issues in mind, follow the general rules below that Gittleman says work together to suspend or slow the aging process, help prevent degenerative diseases, and lead you to look and feel younger than your peers.

Gittleman's 7 New Rules for Radical Longevity

1 IMMUNITY IS EVERYTHING.

Our immune systems determine how we handle bacteria, mold, fungus, virus, parasites, heavy metals, and chemicals. For strong immunity, Gittleman says that the most important nutrients are vitamin D, vitamin C, quercetin, zinc, and, surprisingly, melatonin, which Gittleman calls "the immune warrior hormone." She also recommends using a humidifier to create an optimal humidity range of 40–60 percent to avoid dry air, which is a risk factor for developing respiratory infections.

2 TAKE ON TOXIC OVERLOAD.

We're exposed to a deluge of health-sapping chemicals in our modern lives, and our efforts to have vitality and a long life, in large part, rely on our ability to rid ourselves of toxins. The key is identifying which toxins you may have been exposed to—they could be heavy metals (aluminum, cadmium, fluoride, lead, mercury, or nickel); glyphosate, the active ingredient in Roundup weed killer;

mold; parasites; or electromagnetic fields (EMFs) from cell phones, Wi-Fi, and smart meters.

For each type of toxin, Gittleman offers targeted solutions. For example, to protect yourself against EMFs, she recommends keeping your cell phone on airplane mode or off when not in use, using the speakerphone function, and keeping conversations brief. She also suggests increasing magnesium intake because it acts as natural calcium channel blocker to offset the calcium dysregulation that's impacted by EMF exposure.

3 STOP AGES.

Advanced glycation endproducts (AGEs) are “sticky” molecules formed when proteins or fats become glycated (bonded) after exposure to sugars. The body interprets AGEs as irritants and reacts by ramping up inflammation. Common signs of AGE damage include stiff joints and muscles, “hardening of the arteries,” and wrinkles—symptoms many people consider “normal” signs of aging.

Gittleman's suggestions to hold down AGEs include emphasizing more plant-based foods; reducing consumption of cheese, butter, and bacon; and avoiding highly processed, dehydrated, and fried foods. Also, avoid grilling, roasting, baking, and air-frying. Instead, use low-heat, moist, slow cooking methods such as stewing, simmering, braising, or poaching.

4 FREE UP FASCIA FOR YOUTHFUL MOVEMENT.

Fascia, also known as connective tissue, is a band of tissue that provides structure and acts as a support between muscles and other internal organs. Fascia can be categorized as liquid (also known as lymph) or solid.

Liquid fascia solutions can be as simple as doing stretches or low-impact exercises and staying hydrated. Solid fascia solutions include emphasizing restorative nutrients, especially collagen, which is needed for proper fascia structure. Homemade bone broths are a superfood for collagen production.

5 ACTIVATE CELLULAR REJUVENATION.

Rejuvenation and repair start at the cellular level, specifically the at the membrane. The right dietary fats, especially omega-6 linoleic acid, make membranes more fluid and efficient, and prevent toxins from entering the cell.

To activate cellular rejuvenation, Gittleman recommends 1 Tbs. of hemp seed oil or 3 Tbs. of hemp hearts daily for their healthy omega-6 fats, then supplementing with resveratrol, a compound found in red wine. The latter can effectively mimic the anti-inflammatory activities of the leading player in our body's natural protective mechanisms, according to Gittleman.



6 MIND YOUR MINERALS.

Two nutritional imbalances that can age you are copper toxicity, which is linked to Alzheimer's, and iron overload, which is linked to cardiovascular disease, arthritis, cancer, fatty liver disease, and metabolic syndrome.

To protect against copper toxicity, remove copper-lined pots, pans, and other kitchen items, from your home; consider replacing any copper dental

components you may have; and balance your intake of copper-rich foods (avocado, soy, shellfish, chocolate, nuts, and seeds) with zinc-rich meat, eggs, and pumpkin seeds.

To defend against iron overload, get rid of that cast-iron cookware and avoid iron-fortified refined flour and rice. Also, drink tea and coffee to block iron absorption, and take vitamin C to optimize iron levels.

7 OPTIMIZE THE GUT-BRAIN CONNECTION.

Our gut microbiome is a key player in immune response, digestion, blood sugar regulation, hormone balance, stress-handling, and mood. The microbiome also impacts the body's production of enzymes, vitamins, hormones, and neurotransmitters, and communicates with the mitochondria, or energy-producing “power plant” of each cell in the body. The relationship between the gut microbiome and the brain is key to metabolism, the ability to convert the food into energy, according to Gittleman.

To improve the gut-brain connection, she recommends taking probiotics, especially *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, and *Bifidobacterium longum*. Also address negative emotions, such as grief or depression caused by loneliness. (Try Bach Rescue Remedy.)

And find ways to make connections with people, such as attending faith-based services, volunteering in your community, or joining a supportive online group.

The Longevity Diet

Gittleman recommends whole, unprocessed organic fresh fruits and vegetables,

pasture-raised protein, properly prepared legumes, and essential fats, especially from omega-6-rich sources such as hemp seeds. She also advises avoiding the most common foods that cause sensitivities—wheat, corn, yeast, sugar, peanuts, and nightshades (tomatoes, potatoes, bell and hot peppers, paprika, eggplant, goji berries, and ashwagandha).

Six Surprising Ways You're Hurting Your Gut

Sneaky lifestyle routines that may be upsetting your stomach and damaging your intestinal microbiome.

BY LISA TURNER

You take probiotic supplements, eat a healthy diet, and avoid gluten like the antichrist—but your belly's still not better? Check out these six surprising habits that might be harming your gut:

1 Your Type-A tendencies. Fast-paced, high-stress living can seriously impact your belly. Chronic tension and anxiety reduce blood flow to the gut and disrupt digestion. Plus, studies link ongoing stress with reductions in microbiota diversity, fewer beneficial bugs, and higher levels of potentially harmful bacteria.

Fueling your fast-paced lifestyle with a steady stream of triple lattes can make things even worse. Caffeine hampers digestion and boosts stomach acids, leading to heartburn or acid reflux. Too much coffee also interferes with sleep (which go-getters are probably lacking anyway), which is also bad for your belly. Lack of restful shut-eye increases the risk of gastrointestinal illnesses and impairs intestinal bacteria. Even two nights of sleep deprivation can impact the microbiome, decreasing beneficial bugs and promoting strains linked with weight gain, obesity, and diabetes.

2 Your couch potato proclivities. Rest and relaxation benefit your belly—but being too laid back can disrupt gut health.



Your digestive system needs regular physical activity and good muscle tone to move waste through the colon, and a sedentary lifestyle is linked with a higher likelihood of constipation, IBS, and other digestive issues. Some studies also suggest that physical activity supports the microbiome, increasing bacterial diversity and boosting beneficial bugs. Other research links changes in microbial diversity with improved metabolism and cardiorespiratory fitness, and lower insulin resistance. Plus, exercise lowers stress and improves sleep, both of which support your gut.

3 Your supplement regimen. That daily dose of vitamins, minerals, protein powders, and other supplements may

be impacting your gut. Some supplements contain FODMAPs—short-chain carbohydrates that aren't completely digested, leading to bloating, gas, and stomach pain in sensitive people. Sugar-free gummies, chewables, and liquids are often sweetened with sugar alcohols that can wreak havoc on your digestive system. Surprisingly, even some supplements targeted for digestive health contain these irritating ingredients.

And if you think your daily probiotic is making your belly worse, it

might not be your imagination. Some research suggests that probiotic supplements can evolve in the gut, damaging the lining of the intestines and interfering with the repopulation of the body's natural microbes. And probiotics with added prebiotics, especially FOS (fructo-oligosaccharides) or inulin, can cause bloating, gas, cramping, and pain.

4 Your speedy eating routine. If you gulp down lunch at your computer or approach dinner like it's a sprint to the finish line, you're hurting your gut. When you eat too fast, food isn't adequately broken down into smaller particles by chewing, and digestive enzymes in saliva don't have time to start their work. Inhaling meals also means



make it!

Quinoa Nourish Bowl

Serves 2

What you put on your fork not only improves your gut microbiome (and thereby, your gut issues), but it also makes your skin more radiant. So says Australian nutritionist Karen Fischer, author of *The Healthy Skin Diet*. “This skin-friendly meal offers a powerhouse of nutrients, fiber, and protein—and it tastes great too,” she says. Cooking and assembling the individual portions also helps you slow down and enjoy your food. Recipe excerpted from *The Healthy Skin Diet* by Karen Fischer, BHSc, Dip. Nut.

2–4 baby beets

1 can (14 oz.) organic chickpeas,
drained and rinsed

2 tsp. olive oil, divided

1 tsp. quality sea salt to taste

1 small sweet potato, peeled and sliced
into round discs

½ cup uncooked red or white quinoa

1 cup filtered or spring water

2 chicken thigh fillets, sliced (sub vegan
mozzarella for a no-meat version)

1 medium zucchini

½ cup finely sliced red cabbage

2 Tbs. fresh chives, finely chopped
to garnish

2 Tbs. salad dressing of your choice*

1. Preheat oven to 400°F. Line baking tray with silicon mat or parchment paper, and set aside.
2. Wash and scrub beets. Place beets onto tray and cover with 1 tsp. olive oil. Cook 45 minutes or until soft.
3. Place chickpeas into pot or container with lid, coat with 1 tsp. olive oil, sprinkle with salt and pepper, close lid, and shake lightly to evenly coat. Place chickpeas and sweet potato onto the baking tray with beets—these

ingredients will take 30 minutes to cook, so add them to beet tray 15 minutes after beets have been placed in oven.

4. To cook quinoa, rinse with water in fine sieve, and place into pot with 1 cup water. Cover and bring to a boil. Remove lid, and turn heat to low, which allows for a light simmer. Once water has reduced and the quinoa is cooked, turn off heat, cover with lid, and set aside 5 minutes to continue steaming.
5. Salt chicken and pan fry on medium-high heat until thoroughly cooked and nicely browned.
6. Rinse and cut off zucchini ends. Use spiralizer to make “noodles.” (If using vegan cheese, cut into 1/3-inch slices.) Thinly slice red cabbage and chop fresh chives.
7. Remove vegetables from oven and peel beets. Assemble all ingredients into two large, wide bowls. Top with chives and serve with dressing of your choice.

Per serving: 820 cal; 53g prot; 25g total fat (4g sat fat); 96g carb; 140mg chol; 1890mg sod; 20g fiber; 19g sugar

*Visit betternutrition.com for Karen Fischer's Cashew Cream dressing recipe.

you’re swallowing lots of air, leading to bloating, indigestion, heartburn, and stomach pains. And washing down that partly chewed food with soda or sparkling water introduces gas into the digestive tract, causing bloating, belching, and abdominal discomfort, especially in people with IBS.

5 Your laundry detergent. Common chemicals in laundry detergent, soaps, and other household cleaners can damage your microbiome. In a recent study, researchers linked higher blood levels of chemicals found in detergents, soap, shampoo, stain-repellent fabrics, nonstick pans, and other household products with lower numbers and diversity of beneficial bacteria. Other research shows that pesticides also adversely impact microbiota composition, and some studies suggest that disruptions to gut bacteria from chlorpyrifos, a widely used insecticide, can increase the risk for obesity and insulin resistance. And pain-relieving medicines such as NSAIDs and aspirin can cause bleeding, inflammation, and ulceration in the stomach and small intestine.

6 Your happy-hour habit. Alcohol irritates the stomach lining and interferes with digestion, and studies link excessive drinking with higher rates of gastroesophageal reflux disease (GERD), inflammation of the stomach lining, and other illnesses. Chronic alcohol consumption also disrupts the microbiome, decreasing beneficial bugs and increasing numbers of potentially harmful bacteria. Some research suggests that alcohol-induced changes in microbiota composition promote oxidative stress, inflammation, leaky gut, and a greater risk of liver disease and other diseases.

Liquor is the worst, but beer and sweet wines aren’t beyond reproach. They’re high in FODMAPs that further impact gut health. On a happier note, some studies suggest that red wine in moderation can boost beneficial bacteria and reduce numbers of potentially harmful bugs.

Light Fall Scallops

Build better bones with this calcium-rich salad.

BY JONNY BOWDEN, PHD, CNS, AND JEANNETTE BESSINGER, CHHC

One thing's for sure: you can't live the longevity lifestyle without strong bones. But everyone forgets that you can build bones very effectively without milk! There's more than 600 mg of calcium in this salad, not to mention bone-building vitamin K and anti-inflammatory omega-9 (heart-healthy monounsaturated fat), which is the main fat in both the macadamia nuts and the olive oil. (In fact, monounsaturated fat is one of the reasons olive oil is considered such a great health food.) And the taste! An unexpected treat from the unique mix of scallops with salty feta and the sweet tang of orange. A fresh, light dish perfect for an autumn dinner!

—Dr. Jonny



FEATURED INGREDIENT

Scallops

When properly and lovingly prepared, scallops might just be one of the most delicious, buttery-tasting seafoods on the planet. I love them for a million reasons, starting, of course with their taste. But you have to be careful. Scallops are really easy to overcook. An extra couple of minutes of cooking can almost instantly transform the “melt-in-your-mouth” experience into something akin to chewing on rubber bands, something I discovered myself the first time I made them.

Scallops are a nutritional gift from the sea. They're high in “clean” protein as long as you get them from clean waters. (Check out the reliably high-quality Vital Choice, where I personally get my seafood shipped to me in dry ice. Their scallops are particularly awesome.) A mere 3 ounces of scallops (or what I consider half a portion) provides anywhere from 10–17 grams of protein (depending

on where the scallops come from), for around 100 calories.

And it's not just protein. While no one is claiming that scallops are an omega-3 powerhouse, they do contain a bit of this important fat as well as small amounts of incredibly important nutrients like B₁₂ (for nerve transmission, mood, and energy), and the minerals zinc and selenium (both critically important for your immune system).

THE RAW AND THE COOKED

Can you eat scallops raw? According to the blog Food52, the answer is an emphatic “yes.” “Raw scallops are not just edible,” they write, “they're incredible.” However, I'd add two notes of caution to that rousing endorsement.

First, remember the allergy factor. Shellfish are a relatively common allergen affecting anywhere from 0.5–2.5 percent of people (children and adults), with some studies suggesting

even higher percentages. Technically, scallops are mollusks, not crustaceans (like shrimp), but that doesn't mean that scallops automatically get a green light. Though scallops are a little less likely to trigger a shellfish allergy than shrimp, that doesn't help you if you're the one who gets triggered! Check with your health practitioner before eating scallops if you have a known shellfish allergy.

Second, there's the “raw” factor. It's always important to know where your seafood comes from, but it's even more important if it's raw. In general, it's a good idea for pregnant people, older folks, and anyone who is immunocompromised to just avoid raw fish.

That said, for healthy people who aren't allergic to shellfish, scallops are one of the delights of the sea from both a nutritional and a culinary point of view. Enjoy this fantastic—and wonderfully nutritious—recipe!



make it!

Blood Orange Scallop Salad with Feta and Macadamia Oil

Serves 4

1 head sweet lettuce (butter or Bibb)
½ cup finely grated carrot
½ red bell pepper, julienne cut
4 oz. feta cheese, crumbled
Juice of two small blood oranges
2 tsp. blood orange zest
¼ cup champagne vinegar
1 small shallot, finely diced
1 small garlic clove, finely minced
2 tsp. raw honey
¼ cup olive oil
1½ Tbs. macadamia nut oil
(or grassfed butter)
1½ lbs. fresh sea scallops,
rinsed and well-drained

Salt and pepper, to taste

¼ cup crushed roasted macadamia nuts

1. In salad bowl, make bed of lettuce and scatter carrots, julienned peppers, and feta over top.
2. In small bowl, whisk together orange juice, orange peel, vinegar, shallot, garlic, and honey. Slowly drizzle in olive oil, whisking to emulsify. (Alternatively, use an immersion blender to blend dressing ingredients.)

3. Heat macadamia oil or butter in large sauté pan over medium-high heat. Add scallops, and sear tops and bottoms, cooking to desired doneness, about 1–2 minutes. Season lightly with salt and pepper.

4. Arrange cooked scallops over salad, and dress to taste. Sprinkle macadamia nuts over all to serve.

Per serving: 510 cal; 32g prot; 31g total fat (8g sat fat); 19g carb; 80mg chol; 520mg sod; 2g fiber; 14g sugar

Notes from the Clean Food Coach

Cooking sea scallops is a delicate business. To get lightly caramelized exteriors and butter-tender interiors, the easiest method is quick-searing. Make sure the pan and oil are hot, but not smoking, and add all the scallops at once, leaving space between them so they can sear and not steam. Let them stand on one side for 30–45 seconds until lightly browned, then quickly flip them over to repeat. Don't overcook them or they will get tough—you want them just cooked through, with a little pink in the centers.

Good Food Store in Missoula



The Good Food Store (GFS) has been serving Missoula, Mont., for 50 years. GFS opened in the early 1970s as Mr. Natural's, with the simple goal of providing the community with quality bulk foods and supporting local food producers. GFS has evolved in many ways over the years, but the store's mission has remained constant—to provide customers with a wide selection of organic food and natural products, conduct business ethically and responsibly, and donate to organizations in need.

The Good Food Store features one of the largest bulk departments in the Northwest, with more than 800 different items. “Locally Grown” is still a priority to the GFS produce department. The meat department, where customers select from a large selection of sustainably harvested seafood and naturally raised meats, was awarded organic certification in 2004 by the Montana Department of Agriculture. Artisan bread and cheese options also abound at the Good Food Store, delicious complements to its hand-picked selection of fine wines and craft beers.

Customers can select Grab & Go items for breakfast, lunch, and dinner in the GFS Deli, which features an array of house-prepared salads, sandwiches, and entrées, plus FireDeck pizzas and an assortment of deli meats and cheeses. Smoothies, fresh juices, yogurt bowls, and organic espresso drinks are available at the beverage bar.

As the organic market grew, GFS embraced that ideology, emphasizing foods produced without harsh chemicals, farmed in a way that protects the ecosystem, and delivered with minimal processing and packaging whenever possible.

The Good Food Store took the first big step toward reducing single-use packaging in 2012 when it introduced Eco•Takeouts, a reusable alternative to disposable to-go containers. Since the launch date, nearly 1,300 containers have been in circulation. The Good Food Store continued its deli packaging waste reduction efforts by transitioning almost all remaining single-use plastic packaging to compostable alternatives

and introducing glass recycling and compost collection in the deli seating area for dine-in customers. In February 2020, GFS launched a brand-new sustainability initiative focused on reusable glass jars. Select deli items are packaged in reusable, returnable glass jars instead of single-use disposables. The new program reduced more than 40,000 single-use packages in its first year.

The Good Food Store is Missoula's homegrown natural food store.



VISIT THE STORE

Good Food Store

1600 S. 3rd Street West

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PRODUCT SPOTLIGHTS



Floradix Iron + Herbs

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Life Extension Black Elderberry + Vitamin C

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KGC KORESELECT Energy

100% Premium Korean Red Ginseng Extract packed into a convenient stick pack for quick results via increased absorption. A perfect alternative to energy drinks and coffee, with the potential for improved clarity, healthier brain function, and faster fatigue recovery. Recommended for those with busy lifestyles, newcomers and experts alike.



Arthur Andrew Syntol AMD

When common ailments take a toll, or unwanted yeast grows out of control, turn to Syntol. Its unique combination of probiotics, prebiotics, and enzymes supports your immune defenses and balances healthy fungal levels without the uncomfortable “detox” symptoms commonly associated with other cleanses.



Hälsa Dairy Free Scandinavian Style Oatgurt Unsweetened

From Hälsa, maker of 100% clean, plant-based yogurts, comes Hälsa Plain Unsweetened Zero Sugar oatmilk yogurt. With no naturally occurring or added sugar, this great source of pre- and probiotics has only 90 calories per serving. This kitchen multi-tasker is great for smoothies, dips, dressings, and other plant-based recipes.



Host Defense CHAGA Powder

Host Defense introduces a brand-new mushroom mycelium-based powder to its line: CHAGA Powder! Chaga is highly valued for immune, antioxidant, and DNA support. Sustainably grown and organic, Host Defense CHAGA powder is highly bioavailable. It has a mild flavor and can be mixed in your favorite beverage or food recipe.

Make It with Moringa

This vitamin- and antioxidant-packed greenfoods powder makes a great addition to smoothies and shakes—and it adds a healthy boost of superfood nutrition to this hearty side dish.

RECIPE BY NEIL ZEVIK

Creamy Orecchiette with Garden Peas & Moringa

Serves 6

Fast and fresh, this is a perfect side dish for grilled or rotisserie chicken or pan-seared lamb chops.

1 lb. organic whole-grain orecchiette pasta

1 Tbs. olive oil

2 Tbs. minced shallots

¼ cup organic dry white wine

¼ cup organic heavy cream

2–3 tsp. moringa powder

1 cup cooked organic garden peas

½ cup chopped fresh Italian parsley

Freshly grated organic Parmesan cheese, to taste

1. Cook pasta according to package directions. Meanwhile, heat oil in small saucepan. Sauté shallots until translucent, about 3 minutes. Add wine, bring to a boil, and reduce by half. Add cream, return to a boil, then turn off heat. Add moringa powder, and mix well.

2. Drain pasta, reserving 2 Tbs. cooking water. Toss pasta with cream sauce, cooking water, peas, and parsley. Season to taste with salt and pepper, and Parmesan.

Per Serving: 350 cal; 11g prot; 7g total fat (2.5g sat fat); 60g carb; 15mg chol; 25mg sod; 2g fiber; 4g sugar



Organic India Moringa



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