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JUNE 2020 VOL. 35

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**THIS OFFER IS AVAILABLE ONLY TO REGISTERED {N}POWER MEMBERS. Offer valid June 12th through June 30th and is redeemable only for in-store purchases at participating Natural Grocers stores. Pricing subject to change without notice. Discount will be applied to the product's regular, non-discounted price. Quantity limited to stock on hand; no rain checks.





Dear Summertime,

Your sunshiny personality is precisely the thing we need right now, since as you may have heard, we had a falling out with your usually gracious sibling, Spring. We know things are going to be different with you too, but still, Summertime, we're so happy to see you!

Yes, we understand that you're not going to be about far-away vacations and big potluck gatherings this year, but thinking of your leisurely warmth still makes us grin. Our taste buds are tingling for the sweet treats you show up with, like that first bite of a perfectly ripe strawberry, or a firm, juicy cherry. As for cold watermelon, on an afternoon in June—we can't wait! Best of all, we'll take your fruity bounty organic, because we know that taking care of the planet makes you sweeter, Summertime. Plus, it's healthier for our kiddos and our neighbors, and we think it's more flavorful too!

We love your adventurous spirit and we don't have to go far to indulge your wandering whims. A backyard barbeque, a dig in the garden, an evening stroll—adventures await, whenever we feel inspired by your warm-weather charm. We're thinking about all sorts of culinary daring we can pull off on the grill—a cauliflower steak, or a bison burger, may just fit the bill. We love that sensation of bare toes in the soil, that moment of triumph after planting a seed, the magic of lying on our backs to watch the clouds floating by. And when the sun is about to lay down for the day, we hear you calling, telling us to grab the pup, grab the roomie, grab our nearest and dearest (who live under the same roof), and step outside to say goodnight.

Now we can't say goodbye, without a shout-out to the guy who has all the best (cheesy) jokes! Sometimes he's the grill master and sometimes a disaster, but we love him just the same. And, Summertime, he's a big reason we know how much fun you can be. Happy Dad's Day, everyone! We wish you all the positive vibes this June!

The Isely Family

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**NUTRITION
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OUR 5 FOUNDING PRINCIPLES

NUTRITION
EDUCATION

HIGHEST
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ALWAYS
AFFORDABLE™

COMMITMENT
TO OUR
COMMUNITY

COMMITMENT
TO OUR
good4u™ Crew

NATURAL GROCERS

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Hickory Smoked Uncured Bacon

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GRILLED SHRIMP-STUFFED PEPPERS

Tender, flavorful shrimp stuffed into a sweet little pepper, wrapped in bacon, and grilled to perfection. These flavorful little bites are great as a family dinner or as a crowd-pleasing appetizer. Best of all, you can prepare them up to 24 hours before serving! Just take them out 30 minutes before you plan to grill them.

INSTRUCTIONS

INGREDIENTS

6 organic garlic cloves

1 pound organic mini sweet peppers

2 tablespoons Natural Grocers Brand Organic Extra Virgin Olive Oil

1 pound frozen raw, peeled, and deveined shrimp, thawed

NATURAL GROCERS BRAND BULK SEASONINGS:

1 teaspoon Real Salt

1 teaspoon organic ground black pepper

1 teaspoon organic granulated garlic

1 teaspoon organic granulated onion

1½ teaspoons organic smoked paprika

Pinch or two of organic cayenne

2 tablespoons olive oil- or avocado oil-based mayonnaise

1 pound Natural Grocers Brand Hickory Smoked Uncured Bacon

TOTAL TIME: 60-65 MINUTES | MAKES 15-20 STUFFED PEPPERS

1. Finely mince the garlic. Cut the stem end of each pepper about halfway off (be sure to leave enough for it to remain connected). From that cut, cut a slit down one side of the pepper almost to the tip. Use your hands to carefully open the pepper and remove the seeds and inner membrane. Be gentle so the peppers stay mostly intact. Repeat with the remaining peppers.
2. Preheat the grill to medium-high. Pat the shrimp dry with a paper towel and remove their tails.
3. Heat a large sauté pan over medium heat. Once hot add the olive oil, swirl the pan to coat, and add the shrimp and garlic. Cook, stirring occasionally, until the shrimp are no longer pink and just cooked through, 4-5 minutes. Transfer the shrimp to a cutting board and chop. Return chopped shrimp to the pan and add all of the seasonings and mayonnaise. Stir well.
4. Stuff each pepper with a spoonful or two of the shrimp mixture; peppers should be full, but still able to almost close. Cut the bacon pieces in half widthwise. Place one pepper on one half piece of bacon and pull the bacon around to meet at the top. Secure with a toothpick. Repeat with the remaining peppers.
5. Transfer the peppers to the preheated grill. Cover and grill for about 10 minutes; after 10 minutes, turn the peppers every 5 minutes or so to ensure the bacon cooks on all sides. Once the bacon is cooked through and just crisp and the peppers are tender, remove them from the grill. Remove the toothpicks and serve immediately.

FOR THE LOVE OF ORGANICS: GARLIC

By Lindsay Wilson

A (stinking) rose by any other name is... garlic!

This good4usm kitchen staple is also a powerful ally of health. Packaged in each little clove of garlic are compounds that research has shown reduce inflammation and oxidative damage; fight viruses, bacteria, fungus, and parasites; helps keep the cardiovascular system healthy; and supports healthy detoxification.^{i,ii} The secret is in the smell. Crushing or chopping garlic releases enzymes that create allicin, one of the major biologically active components of garlic, which quickly breaks down into a variety of organosulfur compounds. These compounds are what give garlic its uniquely pungent smell, and its unique health benefits. Having garlic breath is actually a good thing!

Nature's original antibiotic. In 1858, Louis Pasteur wrote that garlic killed bacteria, but he only confirmed what thousands of years of history already knew. Garlic's use as a medicine goes back to the time of the ancient Sumerians (2600-2100 BC) and was an invaluable medicine for nearly every ancient civilization from China, India, and Tibet to Egypt, Rome, and Greece. It is purported that 18th century French gravediggers drank wine mixed with crushed garlic to protect themselves from the plague and garlic is said to have saved a thousand citizens in Marseille from the spread of plague. In the pre-antibiotic era of WWI, garlic paste was used in the battlefields as a wound dressing for injured soldiers.ⁱⁱⁱ

Protect your children and save the bees! In a twist of irony, garlic itself is registered with the EPA as a natural pesticide (it repels certain insects and birds) and does not "compromise human health or environmental safety."^{iv} Unfortunately, there are 50 synthetic pesticides that are commonly used on conventional garlic crops.^v Pyrethroid, glyphosate, and neonicotinoid are just three of the 50. Pyrethroid is an insecticide that has been linked to behavioral and neurodevelopmental issues in children,^{vi,vii} neonicotinoids are a family of insecticides implicated in colony collapse disorder in honeybees, and the herbicide glyphosate has been associated with a slew of human health problems, most recently coronary artery disease.^{viii} The best way to avoid these pesticides is to go organic.

Garlic loves your heart, like, a lot. The compounds in garlic have extensively been researched in relation to cardiovascular health, and the findings should make anyone's heart sing. The organosulfur compounds in garlic have been shown to increase nitric oxide production, improving endothelial function; reduce the risk of blood clots and atherosclerosis; decrease triglyceride levels and blood pressure; and provide antioxidant protection to the blood vessels.^{ix,xi,xii} Bring on the garlic breath for cardiovascular health!

References available upon request.



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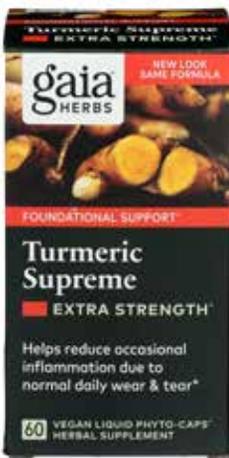
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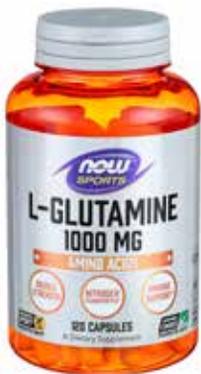
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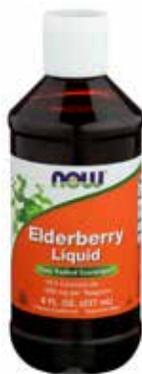


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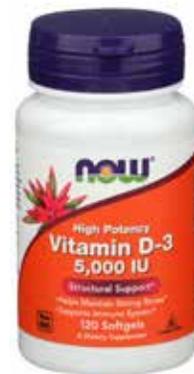


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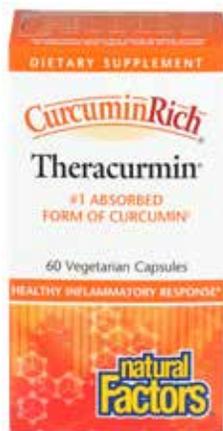
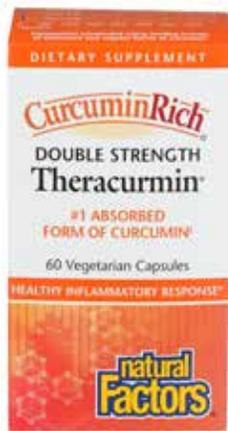


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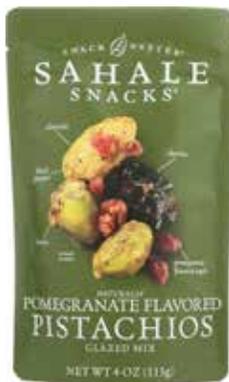
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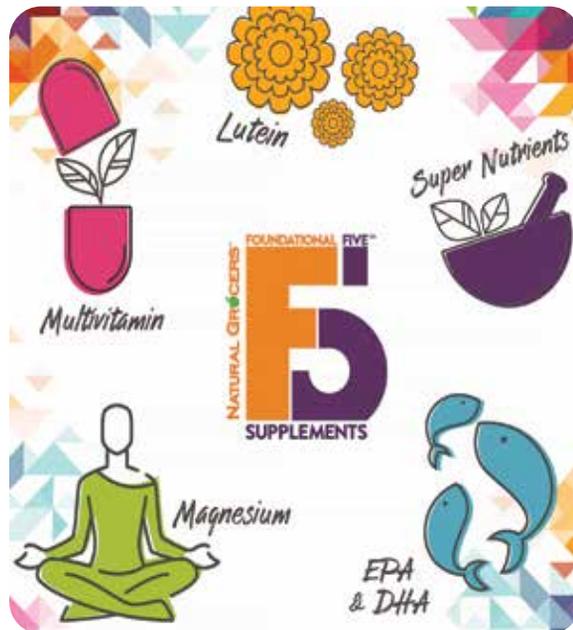
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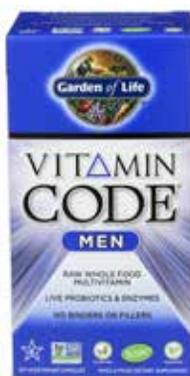
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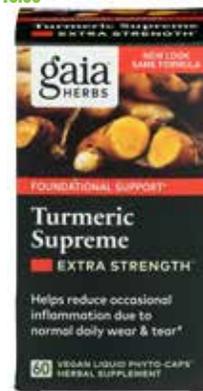
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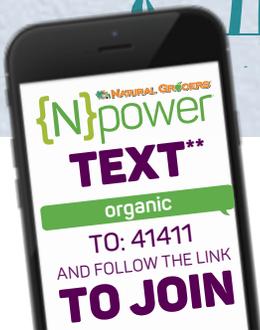
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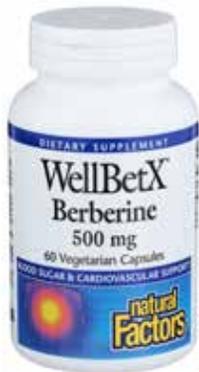
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FEEL-GOOD & MOOD-BOOSTING FOODS & SUPPLEMENTS

FOR A Happy Brain

By Lindsay Wilson

The focus of the last few months has been avoiding getting sick—social distancing measures and various stay-at-home orders around the country have been put into place to slow the spread of COVID-19, but one of the unanticipated outcomes is a decline in our overall mental health. Social isolation, anxiety about the future, financial insecurity, children at home 24/7, and a sudden loss of our go-to coping mechanisms has created the perfect storm for a mental health crisis, especially for those who were already struggling, and even for those who were not. According to a public health poll published on April 2nd, nearly half of American adults say the coronavirus pandemic has had a negative effect on their mental health.¹

We know that a well-nourished brain is a happy brain, and while it may be easy to get lost in the negative thoughts and lean hard into (unhealthy) comfort foods when you're feeling sad, anxious, lonely, or depressed, these are the times when it is most important to nourish your brain with healthy foods and supplements. This is the best kind of self-care.





FEEL-GOOD FOODS

What we eat matters for every aspect of our health, especially our mental health. An analysis of 21 studies published in 2017 in *Psychiatry Research* concluded that a diet rich in fruit, vegetables, whole grains, fish, olive oil, dairy, and antioxidants was associated with a decreased risk of depression, while a diet high in processed meat, refined grains, sweets, and low intakes of fruit and vegetables was associated with an increased risk of depression. In fact, one study found that people who eat a lot of junk food were 51 percent more likely to develop depression compared to those who rarely ate junk food. And studies that have compared traditional diets, such as the Mediterranean diet or traditional Japanese diet, to the standard American diet (that is high in sugar, trans fats, and processed grains, and falls woefully short in veggies) have found that the risk of depression is 25 to 35 percent lower in people who eat a more traditional diet.^{2,3,4}

EAT. YOUR. VEGGIES. Research investigating fruit and vegetable intake and depression risk has consistently found that lower intakes are related to a higher risk of depression.^{5,6,7} Chronic inflammation and oxidative stress are both drivers of major depressive disorder, and fruit and vegetables are chock-full of antioxidants that reduce oxidative damage and inflammation. Two recent studies, published in 2018 and 2019, respectively, reported that higher dietary intake of antioxidants was associated with lower prevalence of depressive symptoms.⁸ Fresh produce is also a wonderful source of fiber and prebiotics, which help maintain a healthy population of beneficial bacteria in the gut, and we know that gut health is directly related to mental health. For example, about 95 percent of our serotonin (a feel-good neurotransmitter) is produced in our guts and is strongly influenced by the types of bacteria there.⁹ Having a healthy gut makes you more resilient to mood disorders.

There is a simple joy to be found in eating fresh fruits and vegetables, especially organically grown ones. Biting into a juicy sweet strawberry or popping plump blueberries brings a smile of appreciation for how delicious they are, along with their bounty of good-for-you nutrients. A recent Australian study found that people who previously ate almost no fresh produce who began to eat fruit and vegetables daily reported an increase in life satisfaction and happiness equivalent to what an unemployed person feels after finding work.¹⁰ Another study from Germany found similar results, reporting that eating vegetables led to a higher level of happiness over time compared to junk foods. Among 14 different food categories, eating vegetables “contributed to the largest share of eating happiness.”¹¹

YOUR BRAIN THRIVES ON FAT. Our brains are 60 percent fat, and they need fat to thrive.¹² Indeed, research shows that low-fat diets significantly increase the risk of depression, irritability, and anger. For example, one long-term study that included more than 12,000 people assessed over a ten-year period found that women on a low-fat diet were 37 percent more likely to be depressed after one year than women who did not eat a low-fat diet. Our brains need fat, but they need the right kinds of fats. The omega-3 fats EPA and DHA found in cold-water fatty fish like salmon, sardines, and tuna (walnuts are another good source) are particularly important for mental health and are backed by a large body of research showing their benefits in depression and other mood disorders.¹³ Saturated and monounsaturated fats are other types of healthy fats; look for them in coconut oil, dairy from grass-fed animals, grass-fed beef or bison, pasture-raised eggs, nuts and seeds, avocados, and olive oil.



MOOD-BOOSTING SUPPLEMENTS

B-COMPLEX. The B vitamins are involved in healthy neurotransmitter production, a healthy stress response, and are necessary for normal central nervous system function. Low levels of thiamin (B1), folic acid, B6, and B12 have been implicated in an increased risk of depression. Sixty days of supplementation with a B-complex has been shown to significantly improve depression and anxiety symptoms and overall mental health in people with depression. Look for a high-potency B-complex formula, which should contain 50 mg of the major Bs as a guideline.^{14 15 16}

MAGNESIUM. Known as a calming mineral, much of the population consumes inadequate amounts of magnesium, and mental and emotional stresses quickly deplete levels. Sometimes called the original “chill pill,” magnesium plays important roles in the nervous system, including modulating the hypothalamic-pituitary-adrenal (HPA) axis, our central stress response system. A study published in 2017 found that supplementation with 248 mg of elemental magnesium for six weeks resulted in a “clinically significant” improvement in depression scores among 126 moderately depressed adults. The positive effects were observed within two weeks. The researchers used a patient health questionnaire that is commonly used to make a diagnosis of depression to measure scores of depression; after the six-week trial, depression scores dropped on average by six points, from moderately depressed to mildly or minimally depressed. Anxiety scores also improved.¹⁷ Try taking 400 mg of magnesium in divided doses daily.

EPA & DHA. Scores of studies have shown that EPA and DHA reduce the risk of depression, anxiety, impulsivity, and aggressiveness (all of which can be aggravated by stress). These fats help the transmission of neurotransmitters, reduce levels of the stress hormone cortisol, reduce inflammation, and have been found to be significantly lower in people with depression compared to those without depression. Cold-water fatty fish are the best

food sources of these important omega-3s, which means most of us don’t consume enough. Try taking 2 to 4 grams of combined EPA and DHA in fish oils daily.^{18 19 20 21 22 23 24 25 26}

ST. JOHN’S WORT (HYPERICUM PERFORATUM). This herb remains the treatment of choice in Europe for depression. In fact, study after study has shown that it works just as well, if not better, than the leading prescription drugs in lifting mild-to-moderate depression, with fewer side effects. An analysis of 29 studies found that St. John’s wort helps in the most severe type of depression, which is the most difficult to treat, even with drugs. Try 300 mg three times daily for mild-to-moderate depression. For major depression, take 600 mg three times daily.^{27 28 29 30 31} (Note: St. John’s wort accelerates the body’s breakdown of drugs, including oral contraceptives, and may reduce their effectiveness.)

SAME. “SAME” is short for S-adenosylmethionine, a natural compound involved in the body’s production of serotonin and other neurotransmitters. Studies have shown that SAME can work as well as some anti-depressant drugs, and it also boosts the activity of those meds.^{32 33 34 35 36} Try 800 to 1,600 mg daily.

FLOWER ESSENCES. Flower essences are infusions made from the flowering parts of plants and are used for their beneficial effects on mood and emotions. They are said to work on a subtle energetic level, but with profound results. One study including moderately anxious subjects who reported personality traits as anxious, impatient, irritable, nervous, and tense, found a 100 percent reduction in anxiety levels after treatment with a blend of impatiens, cherry plum, white chestnut, and beech flower essences. Other research including depressed patients found that an individualized blend of flower essences improved depression symptoms by about 50 percent. There are many flower essences for many emotional states; it is recommended that you create your own personalized blend from several flower essences for your specific emotional state.^{37 38}

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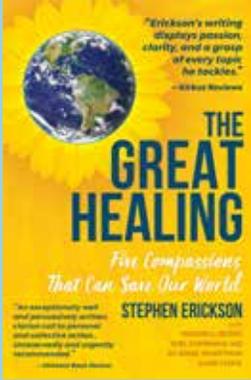
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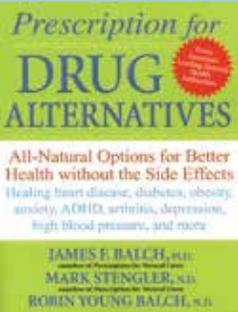
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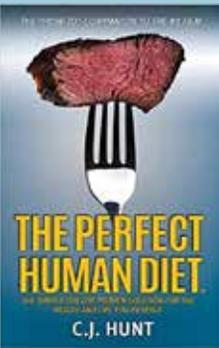
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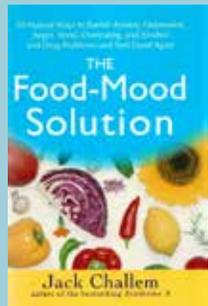
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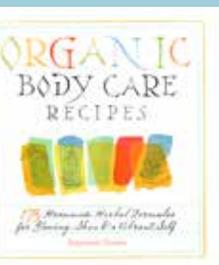
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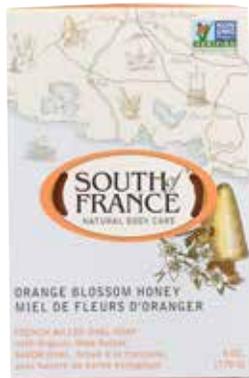
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INGREDIENTS **ORGANIC MIXED BERRY COMPOTE**

1 (16-ounce) package Natural Grocers Brand Organic Frozen Mixed Berries

3 tablespoons water

2 tablespoons Natural Grocers Brand Organic Grade A Dark Maple Syrup

Optional: A dash of organic lemon juice and lemon zest; organic ground cinnamon or organic ground ginger

Berry compote is simply a cooked, chunky fruit mixture that is made to serve immediately rather than jarred as preserves. This easy-to-make recipe uses frozen berries and is wonderful served warm as a topping for pancakes, waffles, or French toast, or refrigerated to add a delicious touch to yogurt, custard, oatmeal, granola, or ice cream.

INSTRUCTIONS **TOTAL TIME: 20 MINUTES | SERVES 4-6**

1. Place frozen berries and water in a small saucepan over medium-high heat, cover and cook for about 5 minutes, stirring every couple of minutes. Note: If berries are thawed, omit the water and reduce the total cook time by about half.
2. Remove the lid, reduce the heat to medium, stir well, and simmer (bubbling gently) for an additional 10 minutes, allowing the mixture to reduce by about a quarter. Adjust the temperature if needed to ensure the liquid reduces, but the compote is not boiling.
3. Add the maple syrup and any optional ingredients and use a wooden spoon to smash some of the berries. Reduce the heat to medium-low or low, and continue simmering gently for another 5 minutes, stirring every couple of minutes. If there is still more liquid than is preferred, cook until the mixture reduces to the preferred thickness, keeping in mind the compote will continue to thicken as it cools.
4. Remove from the heat and serve on top of pancakes, waffles, or French toast. Or transfer to a jar and refrigerate to use as a topping for yogurt, custard, oatmeal, granola, or ice cream.

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"I've enjoyed shopping at your store since it opened. It's always clean. The staff is knowledgeable and helpful. Now, the emails about what the corporate office is doing for the employees: amazing. It's a pleasure doing business with people who have integrity. Thank you!"

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"Thank you for being so kind to your employees. I love your store and the folks who work there. Stay safe during this trying time."

- Medford Customer



CAROTENOIDS TO THE RESCUE, ENJOY THE SUN AGAIN

**THIS SUMMER PROTECT YOUR SKIN FROM
THE INSIDE OUT WITH CAROTENOIDS
SO YOU CAN HAVE YOUR FUN IN THE SUN!**

By Lindsay Wilson

Humans have a sort of love-hate relationship with the sun. Who doesn't love to be outside on a sunny day, soaking up the warm rays? Not to mention it's those UVB rays that produce vitamin D in our skin. What we don't love so much are the wrinkles, sunspots, and potential cancer that come with excess UV exposure. The good news is that a group of antioxidants called carotenoids can protect your cells from UV-induced damage, potentially halting much of sun's negative effects.

Too much UV exposure generates harmful free radicals in the skin and cumulative exposure to these free radicals contributes to the breakdown of DNA, proteins—including collagen and elastin—and fats in skin cells. The consequence is that skin cells are damaged and cannot create healthy new cells, leading to wrinkles, sunspots, thin, and sagging skin. Excessive UV exposure also increases the risk of three different types of skin cancer: squamous cell carcinoma, basal cell carcinoma, and melanoma.

All of this may send you running for cover from the sun, but a growing body of research is showing that a class of plant nutrients called carotenoids has photoprotective properties, meaning they protect our cells from the damaging effects of UV radiation from the inside out. There are more than 600 different carotenoids, but the ones that provide the most protection from UV radiation are lycopene, lutein/zeaxanthin, and astaxanthin.

ANTIOXIDANT POWER TRIO

When it comes to protecting your skin, the antioxidant power of lycopene, lutein, and astaxanthin really shines. You see, when your skin is exposed to sunlight, free radicals are formed. These free radicals are believed to be largely responsible for skin aging, contributing to the breakdown of DNA, proteins, and fats in skin cells. The consequence is that skin cells are damaged and cannot create healthy new cells; this is often referred to as photo-oxidative damage and it is the process that can ultimately lead to skin cancer. Interestingly, one of the main functions of carotenoids in plants is to protect the chlorophyll from photodamage¹ and research is proving that carotenoids do the same in humans, in large part through their antioxidant activity.

Carotenoids are deposited in the skin and that's where they begin to really offer protection. It is thought that carotenoids protect against UV damage by their ability to act as antioxidants, as well as their anti-inflammatory and immuno-modulating properties,² and their ability to decrease DNA damage and stimulate DNA repair processes.³

ASTAXANTHIN seems to be particularly effective at protecting skin against photodamage. A recent study found that astaxanthin “exhibited a pronounced photoprotective effect” on human skin cells exposed to moderate UVA radiation. The astaxanthin prevented cell death, reduced levels of reactive oxygen species (ROS) and other damaging free radicals, and protected cell membranes. The cells were treated with astaxanthin 24 hours before exposure to the UVA radiation.⁴

LUTEIN has also shown promise in protecting skin from photodamage. An animal study found that a diet rich in lutein (fed for two weeks before exposure) efficiently reduced UVB-induced cell proliferation and cell death.⁵ Another human clinical trial showed that 10 mg of lutein (along with its partner zeaxanthin) daily increased skin hydration, elasticity, and skin lipid content, while reducing oxidation of those beneficial lipids by 55 percent.⁶

LYCOPENE, maybe better known for promoting prostate health, has also been shown to exert photoprotective benefits, reducing inflammatory responses, maintaining normal cell proliferation, and possibly preventing DNA damage following UVB exposure.⁷

It seems that amounts between 10 and 20 mg—the amounts typically used in studies—are sufficient to increase concentrations of these carotenoids in the skin to support skin health. It is important to note that it takes at least eight to 10 weeks of supplementing with these amounts to sufficiently protect your skin.

GET YOUR GLOW ON WITH VEGGIES!

If you're looking for a golden glow, forget about tanning, just eat lots of fruits and vegetables. A study published in the journal *Evolution and Human Behavior* suggests that eating a diet rich in foods containing carotenoids gives the skin a healthier glow than the sun.⁸ Carotenoids are a group of naturally-occurring plant pigments that are responsible for the red, yellow, and orange hues of fruits and vegetables like mangos, sweet potatoes, and tomatoes, and certain animals like shrimp, lobster, and salmon. They are also found in many dark green vegetables like spinach and kale but are masked by the large amounts of chlorophyll in these plants. The study, from the University of Nottingham, found that people who eat more portions of fruit and vegetables each day have a healthier skin color, thanks to the carotenoids in the fruit and vegetables. While this study focused on Caucasian faces, the paper also describes a study that suggests the effect may exist cross culturally.

In addition to their antioxidant activity, carotenoids also support immune and reproductive health and promote proper cellular communication and cell growth. Two carotenoids in particular are especially important for eye health. Lutein and zeaxanthin are found in high concentrations in the macula, where they absorb blue light. By preventing blue light from reaching the structures in the eyes involved in vision, lutein and zeaxanthin may protect against light-induced oxidative damage, which is thought to play a role in the development of age-related macular degeneration (AMD). Epidemiological studies provide some evidence that higher intakes of lutein and zeaxanthin are associated with lower risk of age-related macular degeneration.⁹

References available upon request.

BE SUNSCREEN SMART!

The nutrients discussed in this article are a wonderful choice for promoting long-term skin health and protecting yourself from UV rays from the inside out; however, they are not meant as a substitute for wearing sunscreen. This summer, when you're stocking up on essentials, be sunscreen smart and opt for mineral-based sunscreens such as zinc oxide and titanium dioxide. Avoid chemical ingredients like oxybenzone that are easily absorbed into the bloodstream and can act as endocrine disruptors in both humans and aquatic life.



NUTRITION BYTES

By Geoff Brokx and Aryn Doll

ESSENTIAL OILS MAY BE EFFECTIVE TOOLS AGAINST INFLUENZA & OTHER RESPIRATORY VIRUSES

Essential oils (EOs) have been used as traditional remedies throughout history, including inhaling the vapors to provide relief from colds and other respiratory infections. Now modern research is showing that they hold the potential to fight influenza viruses, and possibly other respiratory viruses. Influenza, also known as the flu, continues to pose annual threats worldwide as modern science struggles with therapies due to mutated viruses and drug resistance. A 2014 study examined the effect and safety of several EO vapors and their effects on the flu virus with promising results.

Researchers examined several different EOs which were added to test tubes and capped with lids containing dried virus particles. The test tubes were then maintained at 98.6° F for 10- and 30-minute time

frames before examining the oils' effect on the virus particles. After only 10 minutes, both citrus bergamot and eucalyptus oil vapors showed significant antiviral activity. After 30 minutes, the essential oil vapors from cinnamon, lemongrass, lavender, and geranium were able to completely inactivate the influenza virus.

As respiratory viruses continue to pose great threats throughout our nation and the world, it is necessary that we look to both new and old solutions. Based on this study, EOs from citrus bergamot, eucalyptus, cinnamon, lemongrass, lavender, and geranium hold the potential to be used in aromatherapy as another tool in the fight against respiratory viruses. Diffusers and essential oils are affordable and safe options that can be used in conjunction with other immune- supporting protocols.

**AFTER ONLY
10 MINUTES
BOTH CITRUS BERGAMOT
AND EUCALYPTUS
OIL VAPORS SHOWED
SIGNIFICANT ANTIVIRAL
ACTIVITY.**



BEYOND SLEEP: MELATONIN AND MENTAL HEALTH

Melatonin, a hormone produced in the pineal gland in the brain, is well known for regulating the biological rhythm of our sleep-wake cycle. However, recent research has shown that melatonin has therapeutic properties well beyond regulating sleep, including supporting mental health and wellbeing.

In a recent study that included women with fibromyalgia, 12-15 mg of melatonin taken at night for ten days resulted in significant improvements in quality of life, mood status, anxiety, and pain. Additionally, urinary cortisol levels were also significantly decreased, indicating that melatonin may benefit mood and mental health by counterbalancing our primary stress hormone.

**12-15 MG
OF MELATONIN TAKEN
AT NIGHT FOR TEN DAYS
RESULTED IN SIGNIFICANT
IMPROVEMENTS IN
QUALITY OF LIFE, MOOD
STATUS, ANXIETY, & PAIN.**

Similar results were also observed in two separate studies including diabetic patients undergoing dialysis and women with polycystic ovary syndrome (PCOS). When these individuals took 10 mg of

melatonin once per day, one hour before bedtime for 12 weeks, researchers saw significant improvements in not only sleep quality, but also in a reduction in the frequency of depression and anxiety. Other findings included improvements in metabolic health parameters, including helping to maintain glycemic control by improving insulin levels and markers of insulin resistance.

In summary, melatonin has numerous mechanisms in which it may positively impact mental health, including counterbalancing cortisol (acting as an anti-stress factor), improving sleep quality, maintaining glycemic control, and reducing the frequency of depression and anxiety.

References available upon request.

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Discover the finest golden organic corn for a rich flavor that is sure to please your palate!



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