

IN THIS ISSUE:

- > Forget about New Years' resolutions. Get healthy NOW! (pg. 6)
- > A surprising solution for GERD (pg. 10)
- > Discover your favorite new holiday food traditions! (pg. 20)



November/December
2015

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We Only Sell
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ORGANIC
5 lb. Bag Russet Potatoes

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\$2³⁹ each

ORGANIC
Jewel & Garnet Yams

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\$1⁴⁹ per lb.

Horizon®
Organic Butters

USDA ORGANIC

Organic Butters

\$5³⁹ 16 oz.
EDAP \$6.49

Applegate®
Natural Breakfast Sausage Links

USDA ORGANIC

Natural Breakfast Sausage Links

\$3⁴⁹ 7 oz.
EDAP \$4.49

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Shady Maple Farms®
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Organic Grade B Maple Syrup

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A great source of omega-3 fatty acids, protein and fiber right out of the bag.

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Turmeric 300 mg

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Turmeric 300 mg

\$14⁸⁹ 120 cap
EDAP \$21.89

SAVE \$7

Turmeric is one of the most effective natural compounds to support a healthy inflammatory response.*

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HEALTH HOTLINE®

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PRODUCE

ORGANIC
5 lb. Bag Russet Potatoes

USDA ORGANIC

\$2.39 each

ORGANIC
Jewel & Garnet Yams

USDA ORGANIC

\$1.49 per lb.

Horizon® Organic Butters



Organic Butters

\$5.39 16 oz.

EDAP \$6.49

Applegate® Natural Breakfast Sausage Links



Natural Breakfast Sausage Links

\$3.49 7 oz.

SAVE \$1

EDAP \$4.49

Shady Maple Farms®

Organic Grade B
Maple Syrup



Organic Grade B
Maple Syrup

\$9.99 12.7 oz.

EDAP \$12.79



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Bulk DEPARTMENT Walnut Combo Halves and Pieces

A great source of omega-3 fatty acids, protein and fiber right out of the bag.



Walnut Combo Halves and Pieces

\$5.49 1 lb. bag

Solaray®

Turmeric 300 mg



Turmeric is one of the most effective natural compounds to support a healthy inflammatory response.*

\$14.89 120 cap

SAVE \$7

EDAP \$21.89

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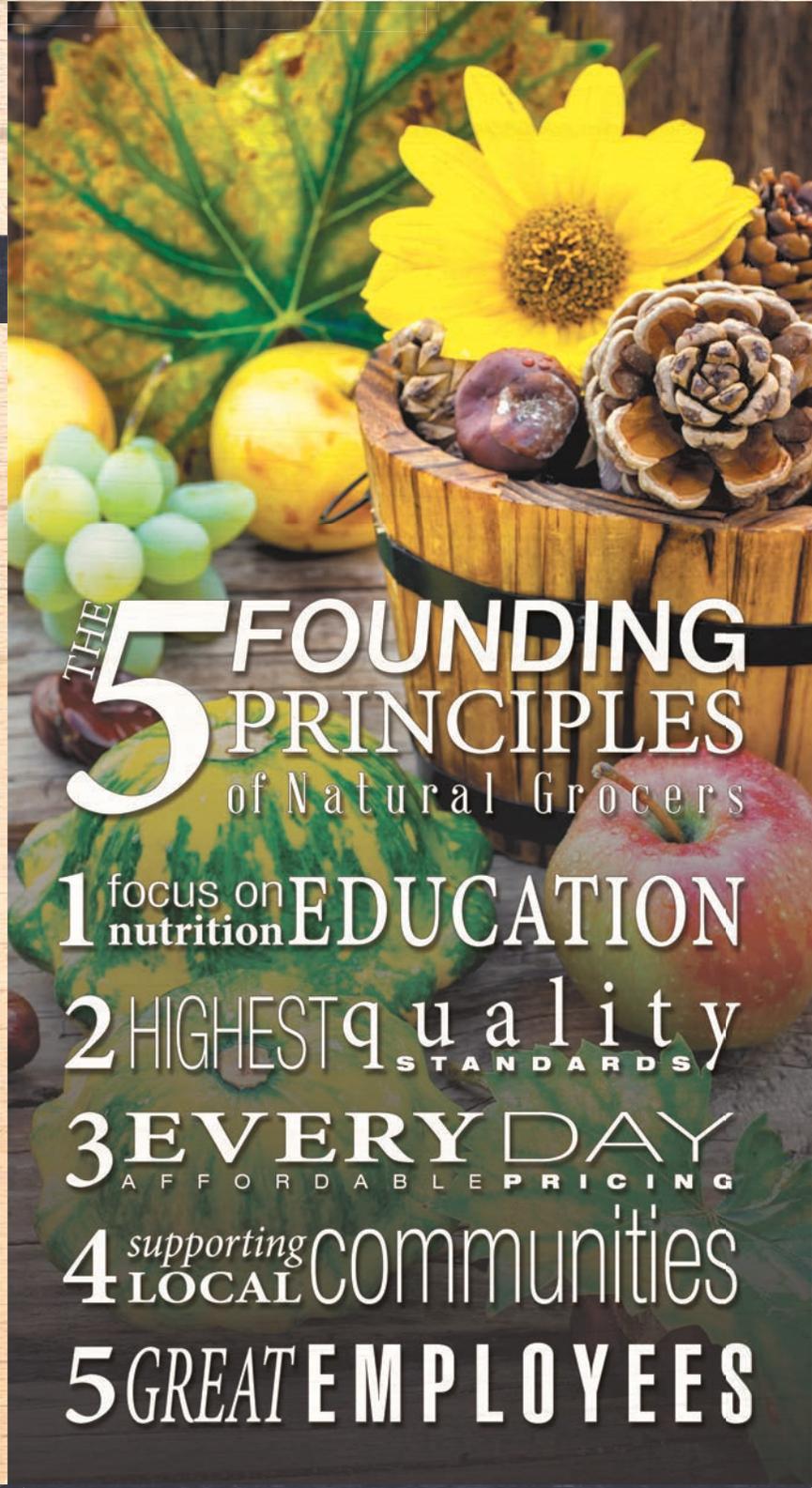
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2 HIGHEST quality STANDARDS

3 EVERY DAY AFFORDABLE PRICING

4 supporting LOCAL communities

5 GREAT EMPLOYEES

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THE **ULTIMATE** HOLIDAY SURVIVAL KIT

Love them or not, it's hard to escape the hectic planning, going, and doing that comes with the holidays. Sure, it is a joyous time of year when friends and family celebrate together, but with that may come stress, anxiety, fatigue, and a weakened immune system. This year, consider creating a little "holiday prep kit" so you have a few essentials on hand to prepare your mind and body so you can take whatever the season throws at you!



Stressed Out?



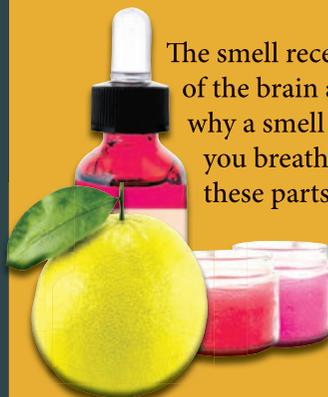
Adaptogenic herbs like *ginseng*, *ashwaganda*, and *rhodiola* improve the body's ability to cope with stress and help to maintain a state of balance in the body. They also have the unique ability to calm while also boosting energy, helping you make it through those long hours of gift shopping or baking marathons. Bonus: many adaptogens also provide immune support. Look for individual

adaptogens or try a combination.

Planning large meals for a crowd, navigating the airport at the height of holiday travel, or spending hours upon hours with family—any of these could send your stress meter off the charts, and did you know that high levels of stress can shrink your brain?! If you think you're going to experience higher levels of stress this season, start taking *phosphatidylserine* (PS), a phospholipid that protects the brain from the negative effects of stress.

Is just the thought of holiday crowds anxiety-inducing? Or do you feel like you might implode if you hear one more of Uncle Al's bad jokes? If you're looking for immediate calm, something to take the edge off, try *GABA*, an amino acid that increases relaxing alpha waves in the brain. It also improves concentration and focus. Keep chewables on hand for quick relief.

Sniff Your Troubles Away



The smell receptors in our noses directly communicate with areas of the brain associated with emotions and memories—this is why a smell can so strongly trigger a specific memory. When you breathe in essential oils, it is believed that they stimulate these parts of the brain, influencing emotional health and wellbeing. Try making a personalized blend to suit your needs: Simply add several drops each of three or four oils in a small mister bottle with distilled water. Shake and spray. Or use a diffuser to infuse a room with the scent.

Calming: lavender, orange, bergamot, ylang ylang, sandalwood

Invigorating/uplifting: lemon, orange, jasmine, rosemary, peppermint

Germ-fighting: lemon, tea tree, eucalyptus, peppermint, clove

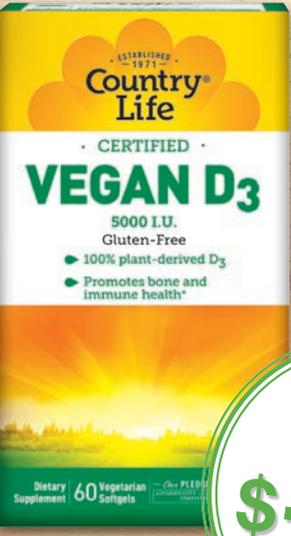
Feeling Sick?



Nobody wants to get sick during the holidays, but sometimes the extra stress and exposure to more germs makes it inevitable. There are certain supplements that are more effective at keeping you well when taken long term, such as *vitamin D*, *NAC*, and *probiotics* (*L. rhamnosus* and *B. animalis* have been found to be particularly helpful). If you're not already, start taking them now and continue through the cold and flu season to best support healthy immunity. Others, like *elderberry*, *zinc*, and *echinacea* can shorten the duration of a cold or flu if you've already caught a bug. The key is to start taking them at the very first signs of illness.

Country Life®
Vegan D3
5000 IU

Vitamin D levels drop dramatically through the winter months. This 5,000 IU supplement will ensure that you maintain healthy levels.*

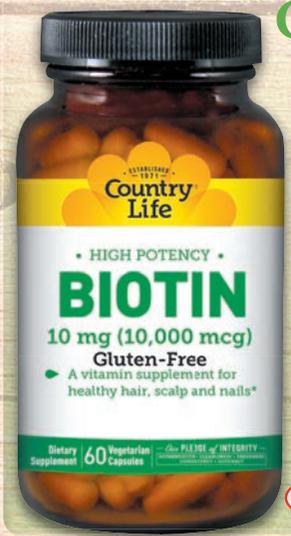


Vegan D3
5000 IU
\$17.89
60 sg
EDAP \$21.09

Quality Supplements

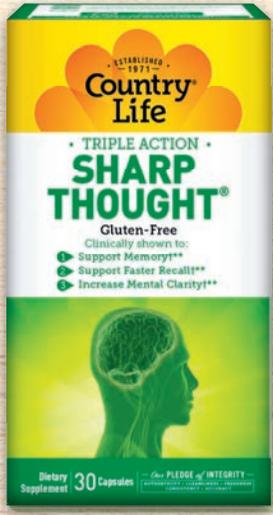
from brands you can trust!

Country Life®
High Potency Biotin
10 mg



High Potency
Biotin 10 mg
\$10.99
60 vcap
SAVE \$2 EDAP \$12.99

Country Life®
Sharp Thought

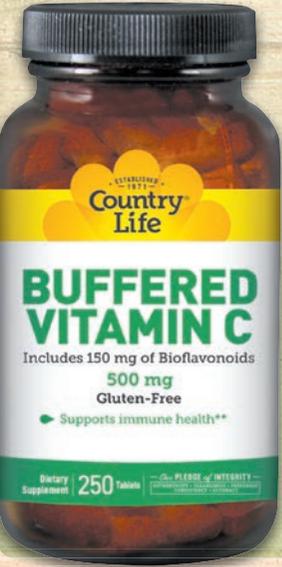


This formula contains a special conjugated complex of phosphatidylserine (PS) and the omega-3 DHA to support optimal brain health and function.*

\$18.29
30 cap
EDAP \$19.99

Country Life®
Buffered Vitamin C
500 mg

Vitamin C supports immunity, but did you know that it's also necessary for normal collagen production, promoting healthy skin and connective tissue?*



\$12.59
250 tab
EDAP \$14.99

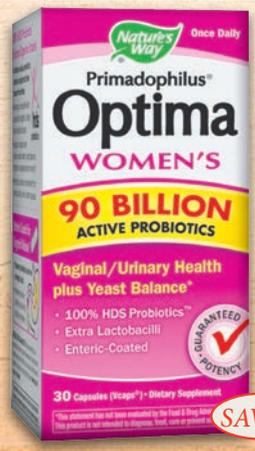
*Echinacea
Goldenseal*

Echinacea and goldenseal have a long traditional use in supporting an optimal immune response.*

Nature's Way®



\$18.59
180 cap
EDAP \$21.49



*Primadophilus
Optima Women's*

A probiotic formulated with 10 specific strains beneficial to women's health.*

\$24.99
30 vcap
SAVE \$2 EDAP \$26.99

Nature's Way®

Umcka Elderberry

A non-drowsy, multi-action homeopathic blend in a base of delicious elderberry.*



Your Choice
\$11.39
4 oz.
EDAP \$12.49

Organic Sambucus Syrup



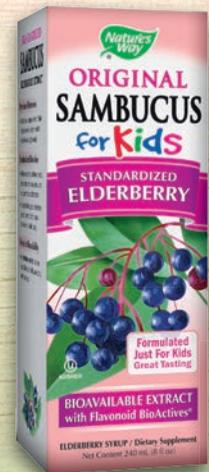
Organic Sambucus Kids Syrup



Nature's Way®

Original Sambucus for Kids Elderberry

A standardized, bioavailable black elderberry extract formulated especially for kids.*



\$19.49
8 oz.
EDAP \$21.85

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DGL Ultra

Soothes the digestive tract, in delicious-tasting German chocolate!*

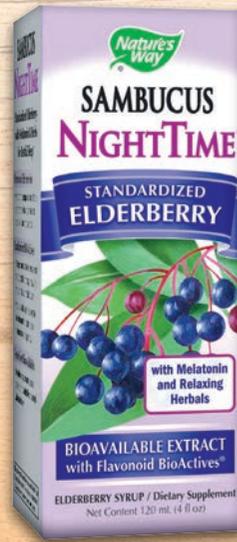


DGL Ultra
\$9.29
90 chew
EDAP \$10.89

Nature's Way®

Sambucus
NightTime
Standardized

All the benefits of elderberry plus melatonin, lemon balm, and passionflower to support healthy sleep.*



\$14.49
4 oz.
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Natural Factors®

Melatonin
3 mg

Melatonin promotes a normal sleep-wake cycle, in addition to playing a key role in maintaining the mucosal lining of the gut.*



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EDAP \$5.99

Natural Factors® Turmeric & Bromelain



Support healthy digestion and a normal inflammatory response with this combination of standardized extracts.*

\$23.79
90 cap
EDAP \$25.59

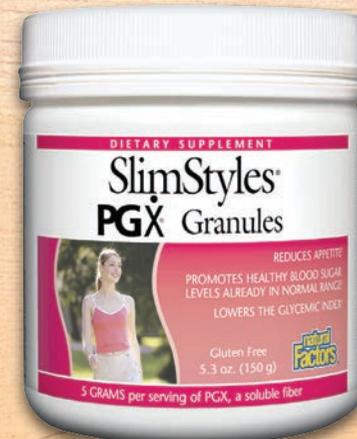
Natural Factors® Apple Cider Vinegar



Apple cider vinegar has long been used for digestive support. Don't like the taste of the vinegar? Try these capsules!*

\$11.29
180 cap
EDAP \$11.99

Natural Factors® SlimStyles PGX Granules



This proprietary fiber blend supports healthy blood sugar balance and helps maintain healthy weight.*

\$18.29
5.3 oz.
EDAP \$19.49

Natural Factors®

Olive Leaf Extract

Give your immune system a boost with standardized olive leaf extract.*



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Organic Oil of Oregano
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see store for details.

Vegan Iron
25 mg

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100 tab
EDAP \$6.15



Peaceful Planet Plant Protein Toddler Supreme

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14 oz.
EDAP \$16.59

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I LOVE Your Gut!

Don't let the overindulgence of the holiday season make you miserable

By Lindsay Wilson



Starting in the late fall and continuing through early winter, we are inundated with candy and sweet treats, celebratory meals, and hors d'oeuvre spreads that are too good to pass up. But with all of the shared feasts and seemingly always available treats and munchies, it is all too easy to overindulge, setting off all forms of digestive discomfort. Add to that disrupted routines, travel, and stress, this busy time of year can throw an otherwise healthy gut for a loop.

Rather than reaching for OTC antacids or other meds with negative side effects, consider trying some of these effective dietary supplements first. Everyone is a little different, so experiment a little to find out what works best for you and your specific symptoms.

GENERAL SUPPORT & MAINTENANCE

There are some supplements that provide general support no matter what your specific digestive upset may be. Even if you rarely experience gastrointestinal distress, they are beneficial in maintaining good gut health; they are especially important if you frequently experience GI upset.

Probiotics. Our guts are home to approximately 100 trillion microbes which heavily influence not only digestive health, but our overall health as well. Unfortunately, our modern lives directly contribute to unhealthy gut flora—antibiotics and other medications, poor diets, stress, and illness can cause dysbiosis, or imbalance, in gut bacteria, compromising digestion and eventually, overall health. A probiotic supplement is essential for promoting a healthy balance of bacteria in our guts. Look for one with a variety of strains that may include *B. bifidum*, *L. casei*, *L. acidophilus*, *L. bulgaricus*, *L. rhamnosus*, and *B. coagulans*. Follow label instructions.

Digestive enzymes. Our digestive systems don't absorb food—they absorb nutrients. But in order to absorb nutrients, the food we eat has to be completely broken down. In perfect health, our bodies produce different types of digestive enzymes to break down specific types of food (protease to breakdown protein; amylase to break down carbs; and lipase to break down fats, etc.), but a number of factors—chronic illness, age, low stomach acid, stress—can reduce the body's natural production of these enzymes. Digestive enzyme supplements ensure that food is fully broken down, promoting normal digestion and nutrient absorption. Try a full-spectrum enzyme that contains protease, amylase, and lipase. Follow label instructions.

L-Glutamine. Optimal digestion occurs when there is a balance between the secretion of stomach acid and a healthy mucosal lining. The amino acid glutamine is one of the most effective natural compounds to maintain the structural integrity of the intestinal mucosal lining, in part by acting as a major source of fuel for the cells that make up the mucosa, keeping them healthy and functioning properly. Supplementation has been shown to accelerate mucosal healing and decrease gut permeability. Try 3 to 5 grams of glutamine powder in water twice daily.

A WORLD OF DIGESTIVE HURT (AND HOW TO STOP IT)

Digestive discomfort can hit you in a myriad of ways—heartburn and indigestion, needling gas pains, uncomfortable bloating, and constipation. Each is terrible in its own right, but all are typically traced back to some common root causes: the wrong kinds of foods, eating too quickly, eating too much, drinking large amounts of alcohol or caffeine, stress, anxiety. Common sense goes a long way—slow down when you eat, eat smaller portions, avoid drinking too much alcohol, and take steps to manage your stress. But when this doesn't work, and you feel the hurt coming on, having a “digestive stress kit” with a few select supplements on hand can really help.

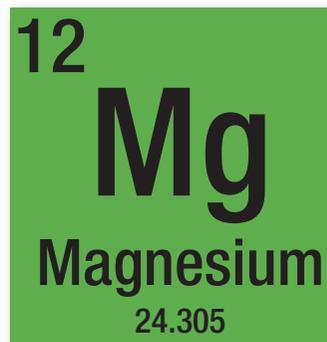
Deglycyrrhizinated licorice (DGL) is a demulcent, that is, it soothes irritated and inflamed mucous membranes and can increase mucous production in the gut. It is used to relieve pain and discomfort caused by indigestion, heartburn, and stomach ulcers. It can often bring quick relief if you are suffering from heartburn or indigestion. Try 300–500 mg of the standardized extract daily, or try the chewable DGL tablets for rapid relief.

Although it may seem counterintuitive, indigestion, heartburn, and excessive gas and burping may be symptoms of too *little* stomach acid. In one doctor's practice, 90 percent of patients tested had low stomach acid. If you don't have sufficient stomach acid, you will not properly digest your food, leading to all sorts of digestive ills.

For gentle support, try **digestive bitters** that naturally stimulate normal stomach acid and enzyme production, supporting

normal digestion. Follow label instructions. **Betaine HCL** and **pepsin** provide stronger support to rebalance stomach acid production. Follow label instructions. Note: If you are taking any anti-inflammatory drugs, including corticosteroids or NSAIDs (aspirin, ibuprofen, etc.), do not take betaine HCL due to an increased risk of gastrointestinal bleeding and ulcers.

Fennel is a carminative (others include **peppermint**, **anise**, and **caraway**)—a compound that expels gas and reduces cramps by relaxing the smooth muscle lining of the digestive tract. Carminatives are traditionally used for gas, bloating, and indigestion, and in fact, at the turn of the 20th century, fennel was an official drug used to treat indigestion in the U.S. Try an herbal tincture (follow label instructions) or a tea that contains carminative herbs following a meal.



One of the number one digestive complaints in the U.S. is constipation. **Magnesium** has a gentle laxative effect by drawing water into the intestines, making stools softer and easier to pass. It is also essential for muscle relaxation and can help to relax intestinal muscles, promoting

motility, or movement, of digested food through the digestive tract. Magnesium deficiencies are rampant in this country, and low magnesium has been associated with a higher prevalence of constipation. Try an effervescent powder or 200–400 mg of magnesium citrate twice daily.

Probiotics (*Bifidobacterium lactis* in particular) have been shown to increase the frequency of bowel movements, improve stool consistency, and reduce bloating in adults with constipation. Look for a multi-strain formula that contains *B. lactis*.

During this season of parties, celebrations, and overindulgence, be prepared with a few select supplements so you can enjoy the festivities without being sidelined with digestive distress. 🍀

References available upon request.

The Dark Side of Proton Pump Inhibitors

Millions of Americans rely on proton pump inhibitors (PPIs) to control acid reflux, and although they aren't meant to be taken long term, many people do. But long-term use of PPIs comes with serious side effects including an increased risk of bone fractures and infection with the bacteria *Clostridium difficile*. The drugs also reduce the absorption of important nutrients, including magnesium, calcium, iron, and vitamin B12.

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60 cap
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see store for details.

Magnesium
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Magnesium glycinate provides one of the highest levels of absorption of this important mineral.*



Magnesium
Glycinate
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120 veg
EDAP \$14.35

Oil of Oregano
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60 sg
EDAP \$8.19



Oil of
Oregano

Most commonly known as a culinary herb, oregano also provides nutritive support to the respiratory system.*

KAL®

Lithium
Orotate
5 mg

Support a positive outlook and promote focus with the trace mineral lithium.*

\$3.99
60 vcap
EDAP \$5.49



Support normal sleep-wake cycles with these easy-to-take drops.*

Melatonin
Dropins
3 mg

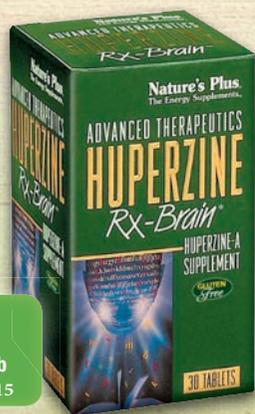
\$7.89
1.85 oz.
EDAP \$8.99



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Source of Life
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Not just a liquid multivitamin... this elixir packs a nutritional punch with antioxidants, trace elements, enzymes, and energy-promoting superfoods.*

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60 vcap
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Sleep Thru

This unique blend of herbs supports restful sleep and healthy adrenal function.*



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NOW® Black Currant Oil



A concentrated source of the fatty acid GLA, which helps promote a healthy inflammatory response.*

\$9.69 100 sg
EDAP \$12.85

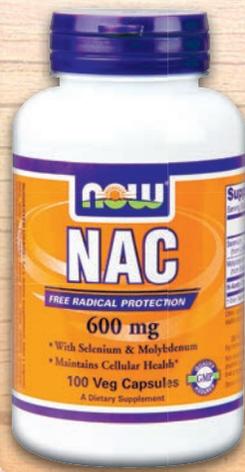
NOW® L-Theanine



An amino acid found in green tea, L-theanine promotes relaxation without drowsiness.*

\$13.59 90 veg
EDAP \$16.59 **SAVE \$3**

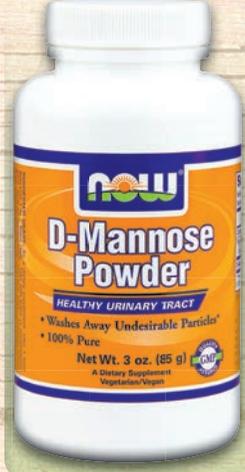
NOW® NAC 600 mg



This amino acid is essential for the body's natural production of the "master" antioxidant glutathione.*

\$11.89 100 veg
EDAP \$15.09

NOW® D-Mannose Powder



D-mannose is a simple sugar that promotes optimal bladder and urinary tract health.*

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EDAP \$27.69

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EDAP \$9.85

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Vitamin D-3 2000 IU

Ensure you maintain optimal levels of vitamin D through the winter months.*

\$13.49 365 sg
EDAP \$15.29



Mini 1 Daily

Fill in nutrient gaps with this easy-to-take mini multi!*

\$8.29 90 tab
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Senior Deluxe

Formulated for seniors and their specific nutritional needs.*

\$9.99 60 tab
EDAP \$11.25



Vitamin B Complex 50

Formulated to provide the recommended daily amounts of the most important B vitamins.*

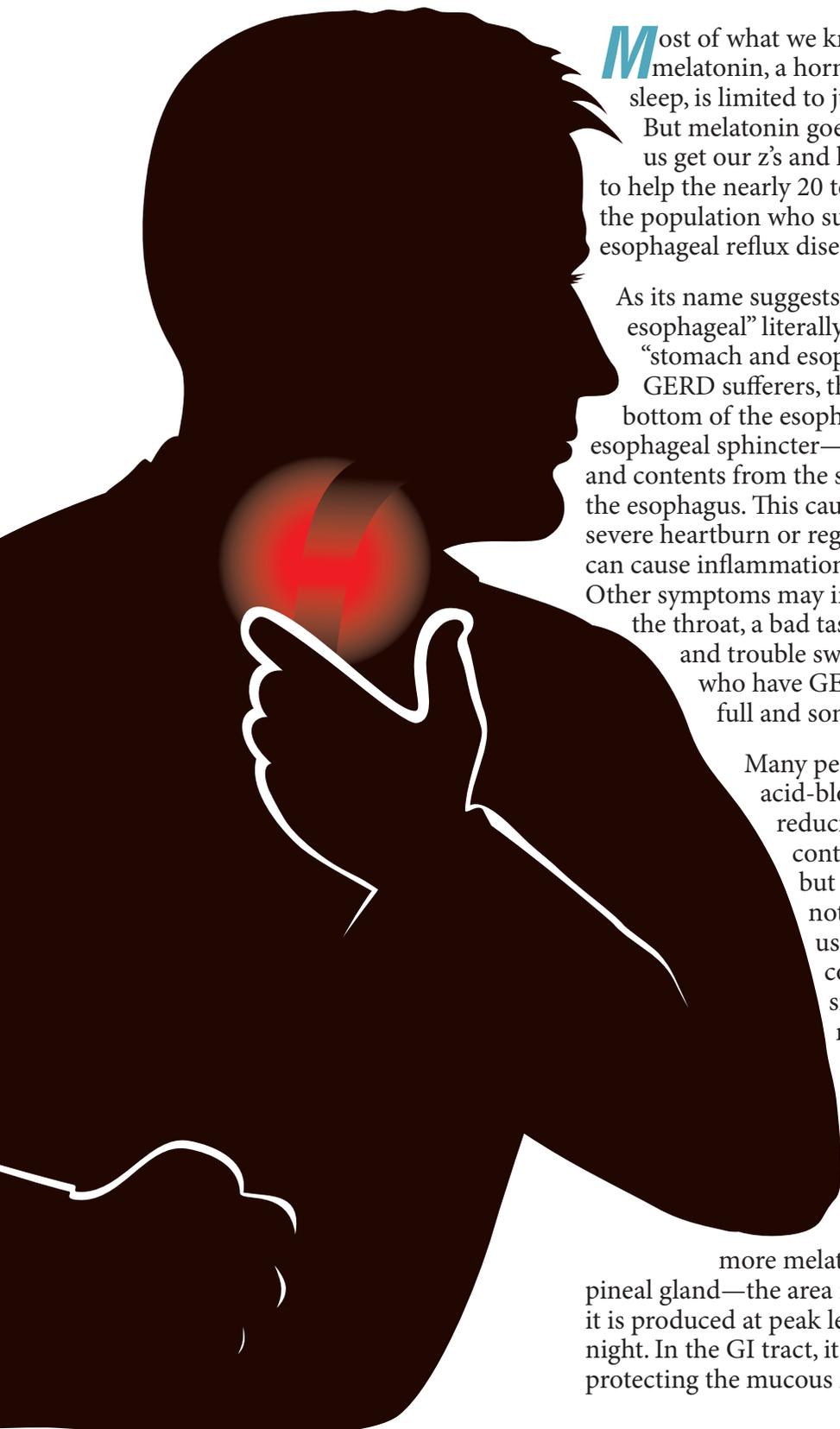
\$5.99 50 cap
EDAP \$6.85

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Melatonin for GERD

Effective help from an unlikely source

By Liz Mueller



Most of what we know about melatonin, a hormone that initiates sleep, is limited to just that—sleep.

But melatonin goes beyond helping us get our z's and has the capacity to help the nearly 20 to 30 percent of the population who suffer from gastroesophageal reflux disease, or GERD.

As its name suggests, “gastroesophageal” literally means “stomach and esophagus,” and in GERD sufferers, the muscle at the bottom of the esophagus—the lower esophageal sphincter—relaxes too much and contents from the stomach leak into the esophagus. This causes frequent, severe heartburn or regurgitation, and can cause inflammation of the esophagus. Other symptoms may include burning in the throat, a bad taste in the mouth, and trouble swallowing. People who have GERD often feel very full and sometimes nauseous.

Many people rely on acid-blocking and acid-reducing drugs to control symptoms, but these drugs are not meant to be used long-term and come with serious side effects. Enter melatonin.

It has been calculated that the gastrointestinal tract contains at least 400 times

more melatonin than the pineal gland—the area in the brain where it is produced at peak levels during the night. In the GI tract, it plays a key role in protecting the mucous membrane layer

of the stomach—the gastric mucosa—from damage. More importantly for GERD sufferers, melatonin has an inhibitory effect on gastric acid secretion, namely hydrochloric acid (HCL) and pepsin, an enzyme that is the principal digestive component of gastric juice. It also inhibits nitric oxide production, a compound that relaxes the lower esophageal sphincter, leading to reflux in those with GERD.

When taking melatonin for GERD, consider this: studies show that the recommended dosage, ranging from 3mg to 6mg, is actually duration dependent. For example, those treated with melatonin for just four weeks showed incomplete improvement of GERD symptoms, while patients treated with melatonin for eight weeks had *complete* improvement of GERD symptoms. Even at 40 days, one study reported that participants taking a combination supplement containing melatonin (along with several B vitamins and betaine) had complete regression of GERD symptoms, without significant side effects—compared to only 66 percent in the group receiving a commonly prescribed acid-suppressing medication.

Of the nearly 60 percent of the adult population who will experience some form of GERD symptoms within a 12 month period, 80 percent say they have a reduced enjoyment of food, 60 percent report sleep problems, and 40 percent have concentration difficulties during an attack. But suffering with GERD doesn't have to be a lifelong battle! Taking melatonin alone or in combination with lifestyle and dietary changes, is a natural approach that may just make this debilitating digestive disorder a thing of the past. 🍓

MRM®

CoQ10
100 mg

CoQ10 is essential for energy production in the muscles, including the heart muscle. Levels decrease with age.*



\$10⁹⁹
60 sg
EDAP \$12.99

SAVE 2

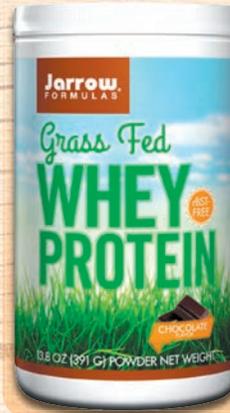
Boiron®
Oscillococcinum



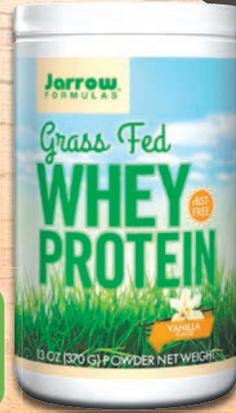
\$9⁹⁹
6 each
EDAP \$10.99

Jarrow Formulas®

Grass Fed
Whey Protein
All Flavors



\$21⁴⁹
13 oz. - 13.8 oz.
EDAP \$27.09 - \$28.89



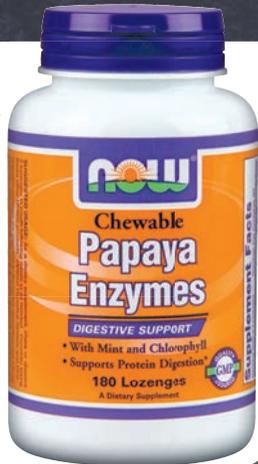
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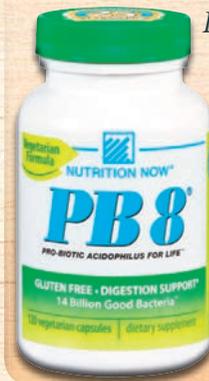
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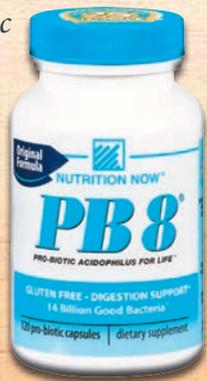
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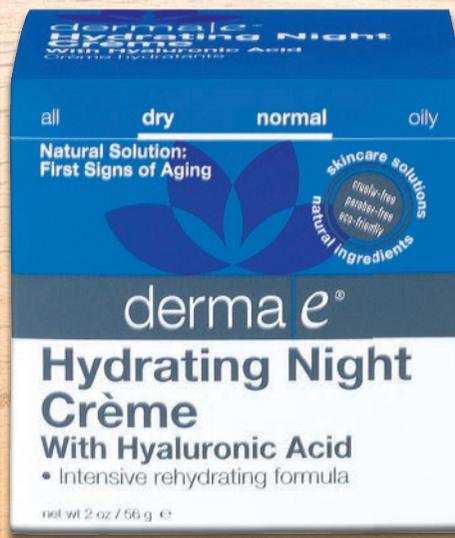
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Antibiotics and Obesity

Antibiotics have saved millions of lives over the past 70 or so years, but like the vast majority of drugs, their use is not without side effects, which warrants some caution.

Oral antibiotics disrupt the beneficial bacteria that inhabit our guts, leading to diarrhea and other digestive issues. They interfere with the absorption of some B vitamins. And a 2013 study found that some antibiotics damaged normal cells.

I have long suspected that antibiotics also play a role in the obesity epidemic, an effect that may be amplified with the consumption of junk foods.

In the 1940s and 1950s, scientists discovered that antibiotics increased weight gain in farm animals, including chickens, cattle, and hogs. This finding spurred the addition of antibiotics to their feed. Bigger animals meant—and still mean—bigger profits.

“But what if that meat is us?” asked the writer of a recent *New York Times* article titled “The Fat Drug.” At least three studies conducted in the 1950s—studies that probably could not be ethically done today—found that children and adults did gain more weight when they took antibiotics.

My hunch is that the effects of antibiotics on growth and weight are more pronounced when the drugs are given to infants and children. It could be that the alteration of gut bacteria changes metabolism for life. Recent animal studies seem to support my thinking. We certainly have plenty of reasons to be concerned and to be more judicious in our use of antibiotics. —JC

Chemotherapy Appears to Reduce Vitamin D Levels

Cancer patients tend to have low vitamin D levels, and chemotherapy may further reduce levels of the vitamin.

Rizwan B. Qureshi, MBBS, of Pakistan's National Institute of Blood Disease and Bone Marrow Transplantation, Karachi, and his colleagues reported their findings of 86 patients who underwent treatment for acute myeloid leukemia (AML) or acute lymphoblastic leukemia (ALL).

The patients ranged from 1 to 60 with an average of 24 years of age. More than 90 percent of the patients were deficient in vitamin D before treatment, with the severity of deficiency being great in ALL patients.

After chemotherapy, vitamin D levels in the patients declined even further.

Editor's note: This is a significant study that likely is relevant to patients receiving chemotherapy for other types of cancer. It is not clear, however, what specifically caused the decline in vitamin D levels. It could be related to the chemotherapy, or it could be a lack of appetite or outdoor activity with chemo-related side effects.

Reference: Naz A, Qureshi RN. Vitamin D levels in patients of acute leukemia before and after remission-induction therapy. *Pakistan Journal of Medical Sciences*, 2013;29:10-14.

An analysis of five studies has found that women with higher blood levels of vitamin D live much longer after treatment for breast cancer, compared with those who had low levels of the vitamin.

Cedric F. Garland, DrPH, of the University of California, San Diego, and his colleagues conducted a statistical analysis of data from the five studies, which included 4,443 patients.

Women who had an average vitamin D blood level of 30 ng/ml were classified as having a “high” level of the vitamin, whereas women who averaged 17 ng/ml were classified as having a low level.

In the statistical analysis, Garland divided the women into five groups, depending on their level of vitamin D. Women who had the highest concentrations of vitamin D had half the death rate of those with the lowest levels of the vitamin.

Garland noted that a 2007 study found that people taking 1,000 IU of vitamin D, plus calcium, had a 77 percent lower incidence of any type of invasive cancer, including breast cancer.

Editor's note: A vitamin D blood level of 30 ng/ml is not “high” by any stretch of the imagination. Although it is better than 17 ng/ml, it is still marginally deficient. The minimum optimal level of vitamin D is 45 ng/ml, which is needed to activate the biochemical processes dependent on the vitamin. Most people will need 4,000 to 5,000 IU of vitamin D daily to achieve a blood level of 45 to 50 ng/ml. Cancer patients may very well need higher levels of the vitamin

Reference: Mohr S, Gorham ED, Kim J, et al. Meta-analysis of vitamin D sufficiencies for improving survival of patients with breast cancer. *Anticancer Research*, 2014;34:1163-1166



AFTER chemotherapy, VITAMIN D LEVELS in the patients DECLINED

Omega-3 Fish Oils HELP RELIEVE Patient's Dry Eye Syndrome

An estimated 5 million American men and women suffer from dry eye syndrome in the United States. The most common treatment is artificial tears, but they provide incomplete and only temporary relief.

Because inflammation of the eye's surface plays a role in the disorder, Rahul Bhargava, MD, of the Santosh Medical College and Hospital, India, and his colleagues conducted a study using omega-3 fish oils as the treatment.

Bhargava asked 264 patients with dry eye to take either omega-3 capsules or placebos twice daily

for three months. Each capsule contained 325 mg of eicosapentaenoic acid (EPA) and 175 mg of docosahexaenoic acid (DHA), adding up to 650 mg of EPA and 350 mg of DHA daily.

Patients underwent four eye exams during the study. After three months, 65 percent of the patients taking omega-3s had significant improvements in dry eye symptoms, compared with only 33 percent of those taking placebos.

“Omega-3 fatty acids modulate the inflammatory process in the body and nutritional supplementation may have a promising role to play in dry eye. Dietary intervention with omega-3 fatty acid not only causes symptomatic improvement but betters clinical markers of dry eye...” wrote Bhargava and his colleagues.

Reference: Bhargava R, Kumar P, Kumar M, et al. A randomized controlled trial of omega-3 fatty acids in dry eye syndrome. *International Journal of Ophthalmology*, 2013;6:811-816.

N-acetylcysteine Improves Breathing in People with COPD



N-acetylcysteine (NAC) is one of the most versatile antioxidants. It's a precursor to glutathione, the body's own powerful antioxidant and it has been shown to significantly reduce flu symptoms. NAC is also used in hospitals to treat acetaminophen overdose and to break up mucus in the lungs.

Previous research has shown that NAC can also benefit people with chronic obstructive lung disease (COPD), which is a combination of chronic bronchitis and emphysema. A new year-long study shows that those benefits can be sustained over the long term.

Hoi Nam Tse, MBChB, along with colleagues at the Kwong Wah Hospital in Hong Kong, analyzed data from a study that included 120 people with stable COPD. The patients were mostly men with an average age of 70 years.

They took 600 mg of NAC or placebos twice daily for one year. A battery of tests at the beginning and end of the study measured their lung function.

Patients taking NAC benefited from a 25 to 75 percent improvement in “forced expiratory flow,” a measure of lung function. They also had a 44 percent decrease in the average number of exacerbations in COPD symptoms.

Reference: Tse HN, Raiteri L, Wong KY, et al. High-dose N-acetylcysteine in stable COPD: the 1-year, double-blind, randomized, placebo-controlled HIACE study. *Chest*, 2013;144:106-118.

Liver Disease Responds to Probiotic Supplements

Nonalcoholic fatty liver disease is the most common type of chronic liver disease, and it can set the stage for cirrhosis and liver cancer. But a new study has found that the disease may be treated with probiotic supplements.

Hossein Poustchi, PhD, of the Tehran University of Medical Sciences, Iran, and his colleagues treated 52 patients with the disease, giving them either two probiotic or placebo capsules daily for 28 weeks. The probiotics contained seven common strains of friendly *Lactobacillus*, *Bifidobacteria*, and *Streptococcus* bacteria.

Levels of the liver enzyme alanine aminotransferase (ALT) decreased in both the probiotic and placebo groups, but the reduction in ALT levels decreased far more in the probiotic group. In addition, levels of aspartate aminotransferase (AST) also decreased far more in the probiotic group compared with the placebo group. These decreases in ALT and AST reflected improved liver function.

In addition, levels of C-reactive protein, tumor necrosis factor alpha, and nuclear factor kappa beta also declined in the probiotic group—signs of less liver inflammation.

Other recent research suggests that intestinal bacteria can influence liver health.

Reference: Eslamparast T, Poustchi H, Zamani F, et al. Synbiotic supplementation in nonalcoholic fatty liver disease: a randomized, double-blind, placebo-controlled pilot study. *American Journal of Clinical Nutrition*, 2014;99:535-542.

Analysis of Studies Finds that OMEGA-3's REDUCE Blood Pressure

Taking omega-3 supplements or consuming ample dietary levels of the nutrient can lead to reductions in blood pressure.

Paige E. Miller, PhD, of the Center for Epidemiology, Biostatistic, and Computational Biology at the consulting firm Exponent, Inc., Chicago, and her colleagues analyzed 70 published studies, some of which involved supplements and others that simply looked at dietary levels of the omega-3s.

Overall, Miller found that omega-3s reduced systolic blood pressure by an average of 1.52

mm Hg and diastolic pressure by 0.99 mm Hg. However, people not treated with drugs benefited the most, with an average 4.51 decrease in systolic blood pressure and a 2.83 reduction in diastolic pressure.

Miller and her colleagues wrote that omega-3s lower systolic blood pressure, but only amounts greater than 2 grams daily reduced diastolic pressure.

Reference: Miller PE, van Elsland M, Alexander DD. Long-chain omega-3 fatty acids eicosapentaenoic acid and docosahexaenoic acid and blood pressure: a meta-analysis of randomized controlled trials. *American Journal of Hypertension*, 2014; doi: 10.1093/ajh/hpu024.

Quick Reviews of Recent Research

Curcumin helpful in rheumatoid arthritis

Physicians at the Normala Medical Center, India, treated 45 patients with rheumatoid arthritis. They were given 50 mg of diclofenac sodium (an anti-inflammatory drug), 500 mg of curcumin, or a combination of both. All three patient groups improved, but the curcumin group showed the greatest improvement in two tests to assess the severity of rheumatoid arthritis.

Chandran B. *Phytotherapy Research*, 2012;26:1719-1725.

Vitamin D may reduce mortality

Researchers at Guangdong Medical College, China, analyzed 42 controlled studies of people taking vitamin D supplements. Vitamin D reduced the risk of death by 6 percent, but only in people who took vitamin D supplements for three or more years. Many other studies have shown that high vitamin D levels are associated with a lower risk of cancer and heart disease, which would reduce mortality.

Zheng Y. *PLoS One*, 2013; doi: 10.1371/journal.pone.0082109.



Breakfast linked to physical activity in kids

Eating breakfast is related to increased physical activity, according to a study of 860 adolescent boys and girls. Researchers from Cambridge University and other institutions tracked moderate and vigorous physical activity in the adolescents. Participants who engaged in more physical activity were more likely to have eaten breakfast. Adolescents who did not always eat breakfast had higher levels of physical activity on the days they did eat breakfast.

Corder K. *American Journal of Clinical Nutrition*, 2014;99:361-368.

Vitamin D Levels May IMPROVE BREAST CANCER SURVIVAL

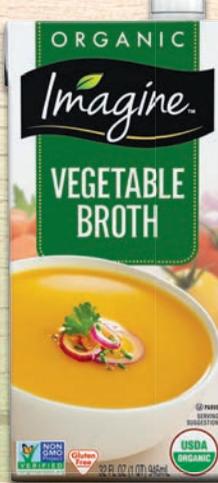
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A Modern Holiday Celebration



When was the last time you had deviled ham dip or a gelatin mold salad complete with cottage cheese and olives? How about a maraschino cherry cake? It's not likely you've had these outdated dishes recently because tastes and cooking styles have changed. As home cooks we've expanded and modernized our repertoire of recipes, except, oddly, when it comes to the holidays—call it tradition, but many of us are still using the same recipes a family member discovered decades ago. While the idea of changing the traditional holiday meal might seem like blasphemy, honestly, couldn't that green bean

casserole use an update? I'm not suggesting you throw out your favorite food traditions, but a few tweaks to your old favorites and the addition of a new dish or two could really make this year's holiday menu shine.

We've rounded up a few of our holiday favorites here—some traditional with a twist and some that you may have never considered for your holiday menu. You may just find one that has you and your family happily embracing new holiday food traditions! —Heather Pratt, MNT

BUTTERNUT SQUASH

~with Goat Cheese & Hazelnuts~

Serves 8-10

By Chef Lynda Lacher, Therapeutic Chef

½ cup hazelnuts
2 medium butternut squash, peeled, seeded, and cubed
2 tablespoons olive oil
Salt and pepper, to taste
4 tablespoons butter, divided
2 cups onions or leeks, sliced
1 tablespoon fresh sage, minced
2 teaspoons fresh thyme, minced
¼ teaspoon nutmeg
5 oz baby spinach, washed
5-6 oz soft goat cheese, crumbled
1 cup half and half (or substitute plain, unsweetened hazelnut milk)

Preheat oven to 400°F.

Heat the hazelnuts in a skillet over medium-low heat. Cook, stirring frequently, until nuts just start to turn a little brown and smell fragrant. Transfer the nuts to a plate to cool.

Place butternut squash, olive oil, salt and pepper in a large bowl and toss to coat evenly. Transfer the seasoned squash onto a baking sheet and roast until just tender and beginning to brown, about 25 minutes. Set aside.

Reduce the oven to 375°F.

In a sauté pan, heat 3 tablespoons of butter over medium heat and add the onions or leeks, sage, thyme, and nutmeg. Cook 15 minutes, or until onions/leeks are soft. Remove from the heat and stir in the spinach.

Butter a 9x13" baking dish; spread half of the onion mixture over the bottom.

Next layer half of the squash and half of the goat cheese. Repeat the layering with rest of the onions/leeks, squash, and goat cheese. Pour the half and half over the gratin. Coarsely chop the hazelnuts and sprinkle them over the top. Bake uncovered until bubbling, about 35 minutes.



~ Green Bean ~ CASSEROLE

Serves 6

Adapted slightly from *Paleo Eats* by Kelly Bejelly

Mushroom gravy

2 tablespoons coconut oil
1 small yellow onion, diced
1 large portobello mushroom cap, diced
1 ½ cups chicken bone broth
1 teaspoon sea salt
½ teaspoon dried thyme leaves
1 tablespoon tapioca flour
2 tablespoons canned, full-fat coconut milk

Combine the coconut oil, onion, and diced mushroom in a skillet over medium heat. Sauté for 3 to 5 minutes, until the onion is translucent. Add the broth, salt, and thyme and bring to a boil. Reduce the heat and let simmer for 10 minutes. In a small bowl, whisk together the tapioca flour and coconut milk. Pour this mixture into

the pan and whisk until smooth. Using an immersion blender, blend until smooth. Alternatively, you can transfer the gravy to a blender to blend. This can be prepared ahead of time: simply refrigerate and reheat in a saucepan over medium heat.

Have the gravy prepared and ready to go.

Crispy onion topping

¼ cup coconut oil
1 large yellow onion, halved and sliced into ¼-inch thick half moons
2 tablespoons tapioca flour
¼ teaspoon sea salt

Green beans

4 cups water
1 ¼ pounds fresh green beans, ends trimmed (substitute frozen if fresh aren't available)
4 strips bacon, fried until crispy and crumbled



Preheat the oven to 350°F.

Make the crispy onion topping: Heat the coconut oil in a heavy-bottomed medium

skillet (cast iron if you have it) over medium heat. While the oil is heating, combine the onion, tapioca flour, and salt in a bowl and toss until well coated. Drop one slice of onion into the oil; if it sizzles immediately, the oil is ready. Working in batches, gently drop the onion slices into the hot oil and cook until golden brown, 4 to 5 minutes per batch, stirring occasionally to prevent burning. Remove the onion slices from the oil using a fork and set on a paper towel to drain. Repeat with the remaining onions.

Make the green beans: Bring the water to a boil in a large saucepan. Add the green beans, return the water to a boil, and cook for 10 minutes. Drain the beans.

In a small casserole dish, combine the green beans, mushroom gravy, and crumbled bacon. Stir with a spatula until the beans are well coated. Reserve ½ cup of the fried onions and place the remainder on top of the green bean casserole. Bake for 30 minutes, or until bubbly and light golden brown. Remove from the oven, garnish with the reserved fried onions, and serve immediately.

~ Root Vegetable ~ LATKES

Makes about 10 latkes

2 large carrots
2 large parsnips
2 medium yellow beets
3-4 scallions, ends removed and thinly sliced
1/3 cup corn or potato starch
1 teaspoon sea salt
2 eggs, lightly beaten
½ cup coconut oil

Preheat oven to 250°F.

Scrub the veggies well and cut off the ends. Shred them using a food processor fitted with a shredding attachment or a box shredder. You will end up with about 4 cups of veggies. Place the grated veggies in a dish towel and squeeze out as much water as possible (use an old towel, as the beets will stain); transfer to a large mixing bowl. Add scallions, corn or potato starch, and salt; mix well. Add lightly beaten eggs and stir to combine.

Heat the coconut oil in a large frying pan (cast iron if you have it) over medium heat. Using clean hands, scoop about a ¼ cup

of vegetable mixture and form into a loose patty and gently place in the hot oil. Three medium-sized latkes will fit in a large pan. Press them gently with a fork and cook for 2-3 minutes, until they are golden brown and holding together. Flip and continue to cook for 2-3 minutes until the other side is golden brown. Place cooked latkes on a baking sheet and keep warm in preheated oven. Serve with applesauce and sour cream.



~ Brussels Sprouts ~ SLAW

Serves 6-8

Adapted slightly from *Paleo Comfort Foods* by Julie and Charles Mayfield

1 cup large pecan halves, toasted
 ½ pound thick-cut bacon, cut into small pieces
 ¼ cup Dijon mustard
 2 tablespoons apple cider vinegar
 3 tablespoons fresh lemon juice
 ¼ cup olive oil
 ¼ teaspoon ground black pepper
 1 1/2 pounds Brussels sprouts, ends trimmed
 2 green onions (scallions), sliced on the bias

Preheat oven to 325°F. Place pecans on a rimmed baking sheet. Bake nuts until toasted, about 5-10 minutes (be careful not to burn!).

Meanwhile, in a large sauté pan, cook bacon over medium-high heat until crispy. Drain on paper towels, reserving 2 tablespoons of the leftover bacon fat.

Whisk mustard, vinegar, and lemon juice in a small bowl; whisk in oil. Season with pepper.

Using a food processor fitted with 1/8- to 1/4-inch slicing disk, slice Brussels sprouts (alternately, you can slice with a knife). Transfer to large bowl.

In the same pan you cooked the bacon, heat

2 tablespoons of bacon fat over medium heat. Add Brussels sprouts and sauté until softened and slightly brown. Pour the vinaigrette over the sprouts. Mix in ½ of the pecans, the bacon, and scallions. Place slaw in a serving bowl and top with remaining pecans.



~ Chocolate Quinoa ~ CAKE

Serves 10-12

Adapted from makingthymeforhealth.com

Cake

4 eggs
 1/3 cup unsweetened almond milk (or milk of your choice)
 1 teaspoon vanilla extract
 2 cups cooked quinoa*
 1/2 cup butter, melted and cooled
 1/4 cup melted coconut oil
 ¾ cups coconut sugar
 1 cup unsweetened cocoa powder
 1/2 teaspoon baking soda
 1 1/2 teaspoons baking powder
 1/2 teaspoon salt

Preheat the oven to 350°F. Butter a 9" by 13" baking dish.

In a food processor or blender, combine the eggs, milk, and vanilla extract and blend for

ten seconds to combine. Add the cooked and cooled quinoa along with the melted butter and coconut oil and blend until completely smooth, 30 seconds to one minute.

Sift together the dry ingredients in a large bowl.

Add the wet ingredients to the dry ingredients and mix until well combined.

Pour the batter into the prepared baking dish and bake for 30 minutes. Cooking times may vary by oven, but the cake is ready when a toothpick inserted into the middle comes out clean

Remove the cake from the oven and allow to cool completely before frosting.

*Approximately 3/4 cup dry quinoa will yield 2 cups cooked quinoa. Rinse the quinoa and then cook it in 1.5 cup water by bringing the water to a boil, adding the quinoa, and then reducing to a simmer. Cover and cook for 10-12 minutes. Quinoa should be soft and fluffy, you don't want any crunchy pieces in the cake.

Whipped chocolate coconut milk frosting

1-13.5 oz can full fat coconut milk
 10-oz bag semi-sweet chocolate chips

Melt the chocolate and coconut milk together in a sauce pan over low-medium heat, stirring frequently. When the mixture is smooth and fully combined, transfer to a bowl, cover, and refrigerate for several hours or overnight. Once it has completely cooled and thickened, use a hand mixer and beat until the frosting is light and fluffy.

Frost the cake and refrigerate until ready to serve. The icing will melt in really warm conditions but should be fine for a few hours in cooler settings.



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10 STEPS to a Healthier YOU

By Jack Challem,
American Society for Nutrition



Want to get healthy? There is no better time than now. And while there's no magic bullet for achieving and maintaining good health, small changes quickly add up. These 10 steps to a healthier you are mostly practical, and as you might guess, they're mostly geared to staying physically healthy with an emphasis on good nutrition and "clean" living. Don't wait for New Year's resolutions to motivate you—start with one step today and you will be on your journey to good health!

1 GET A NUTRITION HEALTH WORKUP

When you plan a trip, you have a starting point and a destination. Getting a nutrition health workup is like having a personal map to guide you on your journey to health. Nutritionally oriented doctors often begin by doing a dietary assessment and measuring their patients' blood levels of vitamins, minerals, omega-3s, and other nutrients. The results will show what you need to improve or don't, saving you money and helping you focus on the real gaps in your health. For example, if a workup shows you have sufficient vitamin D, you don't have to take that supplement. Having had such nutrition workups, I can tell you they often yield unexpected results. Nutritionists, nutritional therapists, dietitians, and nutritional health coaches (NHCs) can help you develop a plan for better eating habits and which supplements you need. Tip: Each Natural Grocers store has an NHC on staff that can provide nutritional guidance—free of charge.

2 AVOID SYNTH FOODS

Food writer Michael Pollan describes the majority of supermarket products as "food artifacts." I call them synthetic, or synth, foods. They're manufactured, not grown. Parts of them might have once come from a farm, but more than likely they're the result of genetic modification (including nearly all corn and soy products in the United States), industrial-scale processing, and careful development by food technologists. If the ingredient list takes up half the label and you don't recognize most of what's on the list, then you're probably better off not eating it.

3 OPT FOR ORGANIC FOODS

Organic foods are grown without chemicals and GMOs and with farming methods that sustain soil quality. Until around 60 years ago, virtually all farming was organic, although no one used the term. It wasn't until World War II that DDT (the first modern pesticide) was developed. Since then, agribusiness has developed scores of new pesticides, synthetic fertilizers, and more recently genetically engineered seeds to tolerate high applications of herbicides, specifically glyphosate. In August this year the *New England Journal of Medicine* published an editorial criticizing the use of genetically engineered plants to withstand high doses of glyphosate (Roundup®), a probable carcinogen. A number of studies have found glyphosate and other pesticide residues in the urine of adults and children. One of the easiest ways to avoid these chemicals is to choose organic.



4 DITCH UNHEALTHY RELATIONSHIPS

Unhealthy relationships are tempting—and often addictive. Ditto for unhealthy food relationships. And it's still worse when unhealthy foods

are intertwined with an unhealthy personal relationship, and the best dietary intentions get sabotaged.

Some research has found that overweight people tend to socialize with other overweight people, all gorging on a lot of unhealthy food. If any of this describes you, know that you can rise above it all. Making permanent changes to your health and lifestyle might mean changing your social life, a change that could be long overdue.



5 COUNTER STRESS IN A STRESS-FILLED WORLD

Got stress? Seems like everyone does these days, what with work, commuting, home life, and relationships. When we're stressed, it's hard to think

of not being stressed, which is why it is so important to create a “reset button” of sorts as a reminder to de-stress. Sometimes a 10-minute time out does the trick, and calming music, a brief meditation, walking up and down the stairs, guided visualization, even daydreaming can help tremendously. Several supplements have been found to help reduce stress, in part because they support neurotransmitters that get used up during periods of constant stress. Among them are a high-potency B-complex (50 mg of the major B vitamins, or a daily multivitamin), phosphatidylserine (PS) (200-400 mg daily), and fish- or algae-sourced omega-3s (1,000-2,000 mg daily).

6 TAKE YOUR SUPPLEMENTS

Even without major stresses in your life, it makes sense to take some basic nutritional supplements, for several reasons. One, if you get a nutrition workup, the results will provide clear guidance for the supplements you should take (see Step #1). Two,

vitamin and mineral deficiencies are common, according to U.S. Department of Agriculture data. Three, the risk of deficiency increases sharply with age. Simply eating carefully isn't enough, in part because of inefficiencies in our metabolism required to break down and absorb nutrients. For people who don't get a nutrition workup, I always recommend starting a supplement regimen with a foundational supplement, specifically a high-potency multivitamin. To this I recommend adding omega-3 fish oils, vitamin D, and a B-complex.

7 ADD PROBIOTICS TO YOUR SUPPLEMENTS

The omega-3s and vitamin D get most of the headlines these days, but I'm convinced that probiotic supplements will be the next “big supplement.” The reason relates to the growing research, which has shown that our gut bacteria—the microbiome—affects so many aspects of our health. Strange as it might seem, we have 10 times the number of bacteria in our digestive tract as the number of cells in what we consider “our” body. These good bacteria (and a few good yeasts as well) influence our risk of infection, allergies, weight gain, inflammation, risk of rheumatoid arthritis, and colorectal cancer. The latest research has shown a clear connection between the health of our gut bacteria and our moods—clear proof of the body-mind connection that mystics and alternative healers have talked about for years.

Unfortunately, poor eating habits, constipation, diarrhea, stress, and antibiotics and many other drugs disrupt this remarkable bacterial community. That's where probiotics and prebiotics come in. Probiotics are supplements of the good bacteria, and prebiotics are the foods these bacteria feed on. The most common families of probiotics are *Lactobacillus* and *Bifidobacteria*, which are typically abbreviated as L. and B., respectively.

For fostering or maintaining a healthy population of gut bacteria, it helps to take a probiotic supplement containing at least some of these species—*L. acidophilus*, *L. plantarum*, *L. rhamnosus*, *B. lactis*, and *B. longum*.

8 CLEAN UP YOUR PERSONAL CARE PRODUCTS

You may read the ingredients on the foods you buy, but do you pay any attention to the ingredients in your body care products? Conventional personal care products like shampoos, lotions, deodorants, soaps, and cosmetics can contain a plethora of toxic ingredients, including probable carcinogens and endocrine disruptors. According to the Environmental Working Group, a consumer advocacy group, the average adult uses nine personal care products each day, with 126 unique chemical ingredients.

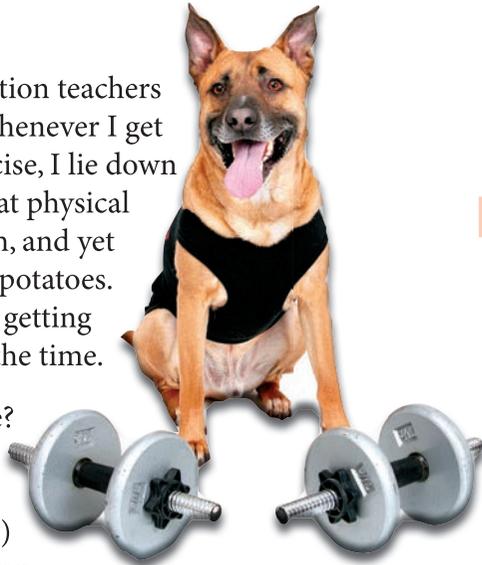
This results in exposure to hundreds of chemicals each day from the very products that are meant to keep us clean and fresh. Avoid the chemical exposure and opt for natural personal care products that forgo the use of chemicals.



9 GET MORE ACTIVE — ONE STEP AT A TIME

One of my nutrition teachers used to joke, “Whenever I get the urge to exercise, I lie down until it passes.” The truth is that physical activity is important for health, and yet most of us prefer to be couch potatoes. For most of us, it’s just no fun getting sweaty. Or we just don’t have the time.

So, how do we get more active? It’s easier than you might imagine. Do note that I am trying to avoid the E (exercise) word. For many people, wearing skimpy clothes and working out in front of much more buff people in a sweaty gym is worse than Dante’s Sixth Circle of Hell. But we humans are built for ambulation—walking. And walking happens to be one of the easiest and most effective of all physical activities. Start with moderation, especially if you’re really out of shape. Walk just a block or two, being mindful that



you’ll have to cover the same distance on your way back. Bring someone to chat with—a buddy is a great distraction. Every few days you should be able to walk a little farther and faster. And for your upper body, buy a couple of hand weights for strength training.

10 GIVE YOURSELF SOME DOWNTIME TO RE-CENTER AND REGENERATE

I’m a firm believer that we each need downtime—time to ourselves—to collect our thoughts and process the day’s events. Some of us, particularly introverts, need more downtime than average. These should be quiet times in which we can ponder the world without distractions (i.e., not checking texts or scrolling through Facebook). Listen to some music, read a satisfying book, and think about what’s good in your life. This solo time helps us find our personal center of gravity and regenerate.

Change can be overwhelming, but it is always possible. Remember that “a journey of a thousand miles begins with a single step.” Don’t wait another day to start improving your health, one step at a time. You deserve it! 🍏

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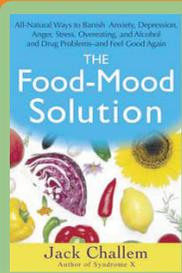


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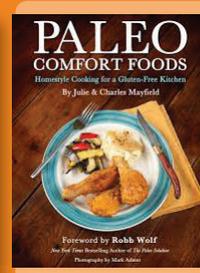
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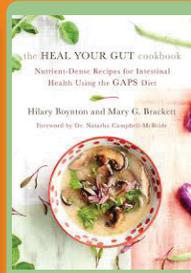
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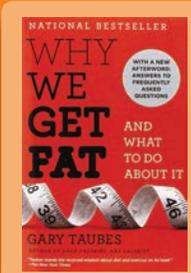
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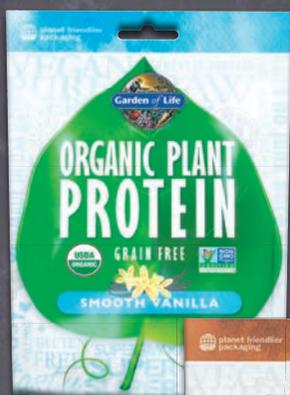


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