

the art of
growing young[®]

SEPTEMBER/OCTOBER 2015

The Truth About Chia

PAGE 6



Refocusing Thoughts

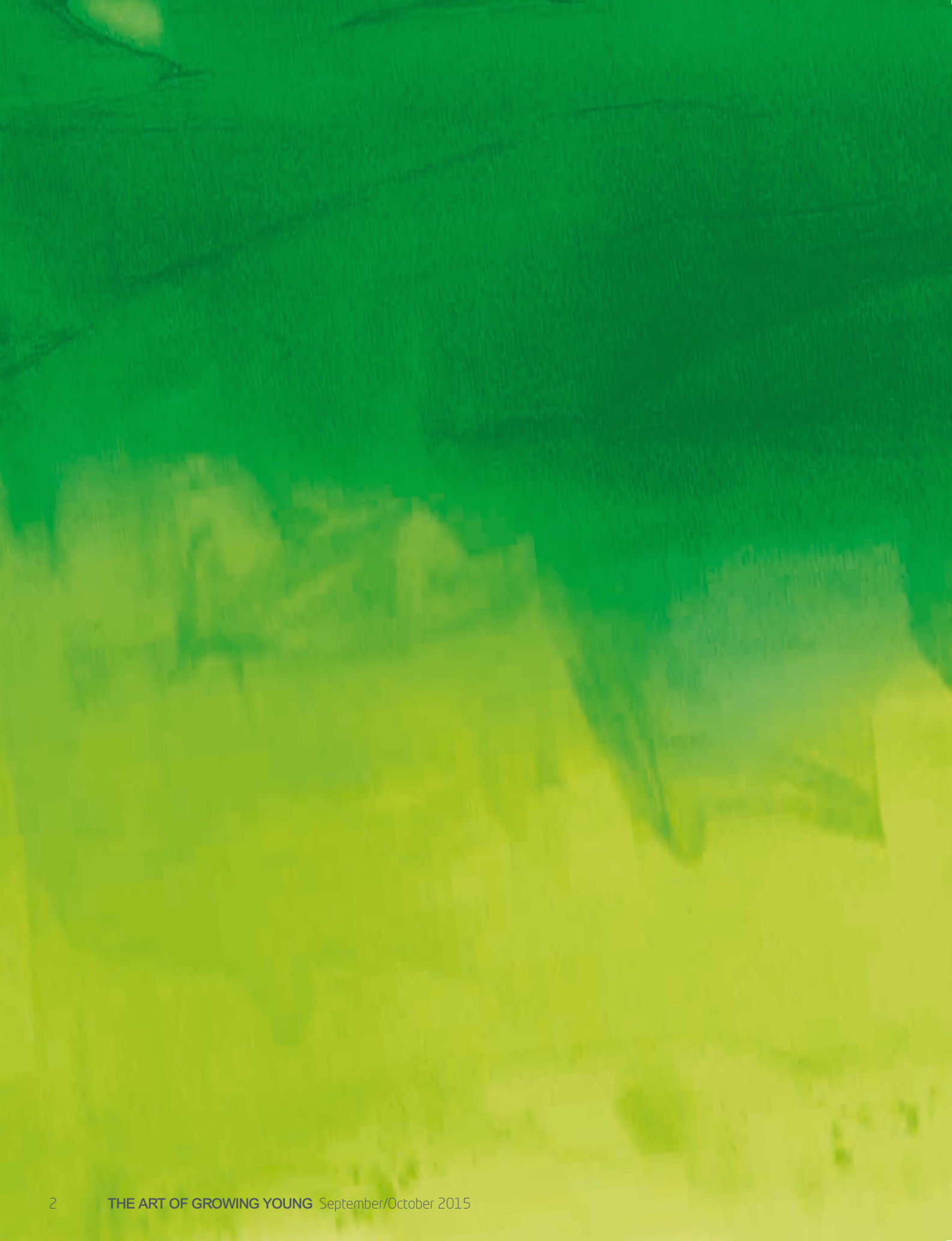
PAGE 12

Anti-Inflammatory Foods

PAGE 14

What is Bioavailability?

PAGE 20



Contents

- 4 From the Editor
- 5 Nutritional News
- Fitness
- 6 The Truth About Chia
- Lifestyle
- 12 Refocusing Thoughts
- Nutrition
- 14 Foods That Quiet Inflammation
- Herbs & Supplements
- 20 What Is Bioavailability?
- Family Health
- 22 Forming Positive Habits
- 24 Opinions Vary on Weight Loss After 70
- 26 Apply Some Thought: What's in Your Beauty Regime?
- 28 Simple Ways to Stave Off Diabetes
- 31 Ask the Expert



Features

- 8 Breaking the Fad Diet Habit
- 16 Generational Changes in Nutrition

Striking the Right Balance



“Your health is affected by countless factors - nutrition, exercise, environment, family, attitude, lifestyle, genetics, and on and on.”

One phrase you hear over and over again when it comes to the art of growing young is “Everything in moderation.” We usually see this phrase in articles talking about the benefits of consuming chocolate for its antioxidant properties, or red wine for the OPCs it contains. However, embracing the idea of moderation and applying it to other areas of life can be great for your health.

Your health is affected by countless factors – nutrition, exercise, environment, family, attitude, lifestyle, genetics, and on and on. We can’t say that any one of these factors is more important than another, because they all work together, for better or worse. When you strike the right balance and pay attention to every area, not just one or two, you can bring your body into harmony with total wellness and happiness.

This is what I mean when I say applying moderation to other areas of life can be of great benefit to your health. Eating well is a wonderful thing, as is exercising. But focusing too much on one aspect can cause you to neglect another. Apply moderation to your focus in order to maximize your health potential.

Your body works continuously to keep its many systems – cardiovascular, nervous, skeletal and endocrine, to name a few – in balance. Your body moderates its resources in order to keep each system running as it should. Can you imagine what would happen if your body put all of its focus and energy into just one or two systems? You wouldn’t be able to survive.

Like our bodies, when our lives become unbalanced, health can suffer. For instance, if we devote too much time to work, our families suffer. If we don’t take enough care in planning what we eat, our health suffers. Let’s take a lesson from our bodies and keep our lives in balance.

Moderating and balancing the resources you have – time, money, diet, education, exercise, etc. – are easier than you may at first think. It takes just a little planning to balance your activities and feel a dramatic difference. If you are focused on eating healthy but don’t do anything to get a physical workout, you can get out of balance. Conversely, if you exercise regularly but then pick up fast food every day on your way home, you are not moderating your resources and therefore are not experiencing balance.

Striking the right balance in your life will take some practice. Let common sense and moderation be your guides. In time you’ll find that balance, and when you do, you may be amazed at how great life can be.

Dwight L. McKee M.D.

Want radiant, glowing skin?

Get off the couch and get active. When you engage in moderate-to-high-intensity aerobic activities, your cardiovascular system ramps up. The increased circulation helps nourish collagen fibers that help give your skin a healthy plumpness. Even perspiring during your workout can help naturally cleanse skin.



Lower cholesterol

To maximize the cholesterol-lowering abilities of veggies, try steaming them before eating them. Some vegetables such as asparagus, beets, eggplant and green beans may be more effective when steamed. Researchers believe steaming these vegetables allows them to better bind with bile acids. Since the liver uses LDL cholesterol to manufacture bile, the result may be a decrease in the amount of this unhealthy cholesterol in your blood.



Reduce Cravings

Avoid snacking by putting on your walking shoes. According to research, engaging in physical activity can help reduce cravings. Recent studies have shown that the more intense the exercise, the more dulled the cravings can be.



Berries

Snack on your favorite berries for a delicious, age-fighting treat. Blackberries, raspberries, strawberries, blueberries and cherries are loaded with health-boosting antioxidants. Specifically, according to research, they contain anthocyanins and other phytochemicals that possess anti-aging properties.

Just 15 Minutes

There is good news for walkers and runners who live in hilly places, according to new research. Just 15 minutes of walking up and down hills can burn close to 100 more calories than walking on flat ground.







The Truth About Chia

Chia seeds, which come from the desert plant *Salvia hispanica*, date back to ancient Aztec times. In recent years, the small, oily seeds have become a popular health-boosting option for athletes.

Taking their name from an ancient Aztec word for oily, chia seeds live up to that description in the best possible way. The seeds are rich in alpha-linolenic acid, the major plant-derived omega-3 fatty acid, typically yielding 25 to 30 percent extractable oil. Other healthy oils in chia seeds include several monounsaturated omega-6 and omega-9 fatty acids.

Omega-3s comprise a group of healthy fats, and there is an established connection between omega-3 fatty acids and coronary health. Numerous studies have shown omega-3 fatty acids may be responsible for reducing the risk of coronary heart disease. A study published in a prestigious American heart journal found that the level of specific omega-3s measured in blood is a better marker for the presence or absence of heart disease than any other marker, including low- and high-density cholesterol, homocysteine, and C-reactive protein.

Other studies suggest omega-3s may have surprising benefits for the brain as well as the heart. From aiding in brain development to supporting cognitive function later in life, omega-3s appear to play a large role in our mental faculties throughout life. A more tangible benefit is the mood-boosting properties offered by omega-3s that help support healthy moods and a general feeling of well-being.

Chia seeds contain more than heart- and brain-boosting omega-3 fatty acids. They are also rich in protein, fiber, antioxidants, iron, magnesium, potassium and calcium. These tiny seeds are truly packed with nutrition. Unlike similarly popular flaxseed, chia seeds can be absorbed by the body as seeds. Just 2 tablespoons of chia seeds added to your next meal will provide about 4 grams of protein, 7 grams of good fat and 8 grams of fiber.

Chia seeds have a mild, nutty flavor, making them a highly adaptable kitchen staple. They can be sprinkled onto cereal, yogurt, vegetables or rice dishes for a healthy boost of flavor and nutrition. Chia seeds can also be mixed into soups and sauces, or baked into breads. They even make great additions to smoothies and juices.

Chia seeds can absorb over 10 times their weight in water. When consumed whole, the expanding seeds may help control appetites by filling the stomach. This water-absorption factor is what has many athletes investigating the seeds. Many athletes who engage in endurance sports believe the seeds can help maintain hydration by slowly releasing the absorbed water into their bodies. Chia seeds are also a perfect ingredient in protein shakes.

Modern marathon runners are not the only people who believe chia seeds can aid

their performance. Ancient tribes in Mexico referred to chia seeds as “the running food” and mixed the seeds with water to maintain energy levels and stay hydrated during bouts of extended physical activity.

Anyone who wishes to try the ancient drink may simply combine 10 ounces of water, 1 tablespoon of chia seeds and few teaspoons of lemon or lime juice for flavoring. Stir the ingredients well and let them sit for a few minutes so the seeds can absorb the water. Stir again, and drink.

Chia seeds can offer runners a healthy, hydrating fuel and provide everyone with a wide spectrum of nutritional support. ●

Feature Article



Breaking the Fad Diet Habit

If you have ever tried a fad diet, you're not alone. Many of us have. And most of us found that even if we did lose weight, the pounds didn't stay off for long. Fad diets tend to offer quick weight-loss solutions – ones that can't (and often shouldn't) be maintained long term. And that's a problem. Nutrition and exercise experts agree that the best way to lose weight and stay healthy is to change your lifestyle – permanently.

Fad dieting can quickly become a bad habit. It's difficult, while constantly being assaulted by slick advertisements, to remember that true health doesn't come overnight. Rather it is an ongoing, lifelong process.

For most people who take an active interest in their health, adopting a commonsense attitude toward diet is all that is required. Common sense dictates that a healthy diet is one that is based on fresh fruits and vegetables. Strict limitations and too many rules about what is and isn't allowed on your dinner plate can become so restrictive that we throw our hands up and quit. We tend to give up even faster when the one food we often crave is also the biggest no-no on the list.

In reality, common sense dictates that you can eat that one less-than-healthy food if you do so in moderation and enjoy it as an occasional treat rather than an everyday staple.

For sustainable change that leads to lasting results, consider adjusting your overall eating plan to a healthy diet with achievable goals. Total health comes from eating a diet rich in fresh fruits and vegetables, drinking pure water, staying both mentally and physically

active, and of course, remaining focused on the positive aspects of life.

You know yourself well. You know which foods you can eat every day without ever getting tired of the taste and which foods you just can't stand the thought of eating. Let your own preferences and judgments shape your meals.

As you begin to follow your own commonsense guidelines, look internally and try to find out why you want to change your diet in the first place. Is your motivation a true desire for a healthy life? Or are you only trying to emulate the body types you see in television shows? Television, movies, magazines and websites are bombarding viewers with unrealistic images of models and movie stars. It is all too easy to get swept up in the glamor and long to look like your favorite celebrity.

If your motivation for changing your diet comes from a desire to look like a professional model, you will only end up disappointed. You must be yourself. You are special and beautiful in your own way. You are an individual participating in creation. Be happy. Enjoy yourself.

Instead of comparing yourself to celebrities on magazine covers, focus on how you truly feel both mentally and physically. After all, total well-being encompasses not just the body but the mind and spirit as well.

Letting go of rules that restrict your food intake to an arbitrary list is incredibly freeing. Moreover, embracing the many wonderful, healthy foods available is an incredibly (and delicious!) journey in itself. Exploring the produce section of specialty supermarkets can be like a treasure hunt for your taste buds. Branching out and trying new and exotic foods can also help prevent another reason many diets fail – too many of the same few foods. There is no quicker way to end up snacking on junk food than consuming the same boring foods day after day.

Whole foods – like the fresh fruits and vegetables in the produce section – are in their natural state and have not been processed or refined. These are by far the best options for a healthy diet. Examples of whole foods are organically grown fruits and vegetables; unrefined, organic whole grains; and small, wild-caught fish.

Not only do whole foods provide vitamins and minerals in the amounts, forms and

Proanthenols® 100

Support your body in protecting itself from oxidative stress!◊



Not available in Italy.



Not available in Italy.



Only available in Italy.

A high-quality formulation based upon 50 years of research, Proanthenols is built upon Real OPCs, concentrated extract from specific grape seeds and certain types of pine bark found in southern France.

This synergistic formula also includes Vitamin C, which is shown to contribute to the protection of cells from oxidative damage.◊

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



variety that our bodies are used to, but they also tend to take longer to digest. Your digestive system breaks down and absorbs carbohydrates, proteins and fats more slowly when they are consumed in a whole form from a natural food. Processed foods tend to be digested much more rapidly. This is particularly important for carbohydrates, as a slow release of sugar results in a much milder insulin response. The result is more stable blood sugar than you get from eating refined carbohydrates (such as products made from white flour and white sugar). More stable blood sugar can translate into less hunger, healthier weight and better moods.

Getting the most out of whole foods means eating natural, unrefined food instead of processed versions – fresh oranges instead of orange juice, whole-grain flour instead of refined flour, homemade meals instead of restaurant food, and a wide variety of fresh fruits and vegetables.

It takes living a healthy lifestyle and maintaining a positive state of mind to attain true health. Eating a diet rich in whole foods and

engaging in regular physical activity will make you feel good in all areas of life – physical, mental and social. For this reason, a truly healthy lifestyle will be one in which you do things that make you feel good. Think of it like this: If you loathe running but enjoy swimming, your lifestyle should include more swimming than running as exercise. It really is that simple. Find the healthy activities and foods you enjoy, and then include more of them in your life. No diet necessary.

“Total health comes from eating a diet rich in fresh fruits and vegetables, drinking pure water, staying both mentally and physically active, and of course, remaining focused on the positive aspects of life.”

One last tip for success in breaking the fad diet habit: Learn to watch and control portion sizes. Choose regular portions, not oversized ones, and eat only until you feel satisfied, not until you are so stuffed you are uncomfortable. Eating healthy amounts of healthy options is one of the best ways to stay fit and break the need to ever think about fad diets again.

Try to avoid eating “on the run,” while watching television, or with other distractions so that you can focus on eating – ideally with family or friends and good conversation. ●

Lifestyle



Refocusing Thoughts

It is a simple but profound fact that dwelling on negative thoughts is one of the most surefire ways to sabotage your happiness. How you choose to focus on the things you want in life can greatly influence whether or not you achieve the goals you set out to reach.

At a basic level, it can be thought of like this: If you are so focused on what you don't want to happen, when will you ever be able to spend time focusing on what you do want to happen?

As the year goes on and you begin to take stock of your goals and achievements, keep in mind that how you choose to reflect on the past will play a large role in what you achieve in the future.

For example, let's say that you made a New Year's resolution to lose 10 pounds this year. But now that it's fall, you step on a scale and see you haven't lost any weight. How would you feel, and what would you think?

Many people would feel defeated and think that they have failed. This all-too-common response will further sabotage attempts to lose weight, as dwelling on negative emotions will attract more negatives into a person's life.

The moment you set a goal, the things you focus on will affect your success. Thoughts such as "I don't want to eat dessert," "I shouldn't sit on the couch and watch television" or "I need to drink less soda" may at first seem like logical things to focus on. But if you look a little closer, you'll realize these are all negative thoughts that will ultimately attract more negative things,

experiences and emotions. Beyond that, you are also constantly reminding yourself of temptations and forgetting about all the good things you can be doing.

If you are focused on not eating that slice of cake, pretty soon all you will be able to think about is that cake. Then it's a fairly sure bet that you'll eat it. Because you focused on a negative, you ended up with a negative.

Instead of focusing on negative aspects, train yourself to focus on positive ones. Instead of thinking about not wanting to eat dessert, focus on how tasty your dinner is and how proud you are of yourself for choosing a healthy option for your meal. If you feel your thoughts drifting toward dessert, acknowledge the feeling, but move it aside and refocus on the delicious flavors and textures of what you are currently eating. When you are focused on how much you enjoy these aspects and how good it feels to be healthy, you will be much more likely to continue toward your goal.

As the year comes to a close, it's natural to start evaluating your accomplishments. You may not have accomplished everything that you wanted to this year – but it's important to stay in a positive frame of mind when you reflect and take stock.

If you don't think you are going to accomplish an important goal, don't allow yourself to

dwell on feelings of failure. Give yourself grace, and focus instead on the limitless possibilities you have in the future.

Refocusing your thoughts to be aligned with the positive aspects of reaching your goals isn't as daunting as it may sound. This is because you don't actually have to control the millions of thoughts you have every day. That's just not possible. Instead, begin by paying attention to how you feel. This is the secret: If you feel good, your emotions are telling you that your thoughts are generally focused on good and positive things; if you feel bad, your emotions are telling you that you have been focused on negative thoughts.

Guide your inner feelings, not each individual thought. In time, as you become more aware of how you feel, you will see how you can influence more and more of your thoughts to have a positive focus. Refocusing your thoughts won't happen overnight. It is a trial-and-error-process that takes time. But if you set out to live in the moment and focus on positive thinking, you will see a change in the way you view the world and the way you live your life. That change will open new opportunities you never dreamed of. It's simply amazing what we can accomplish with the right mental outlook. ●

Nutrition



Foods That Quiet Inflammation

Inflammation can be a natural, healthy response to injury or infection.

Or it can have an overwhelming, dangerous effect on the body. But what is inflammation, and how can you tell whether it's good or bad? Read on to discover the answers and see how your diet can affect inflammation in your body.

We've all experienced inflammation – the painful, red swelling that usually comes with an injury or infection. This healthy form of inflammation occurs when the body experiences injury or localized infection. A rush of blood containing bacteria-killing white cells is immediately sent to the affected area. When constricting blood vessels trap the bacteria-killing blood cells, swelling occurs, immobilizing the area to prevent further damage. The inflamed area also becomes much warmer than the rest of the body due to the extra blood.

These are the normal reactions that the body produces in order to heal itself after injury. Not all inflammatory reactions are as healthy. In fact, some are downright damaging. This becomes especially true when the inflammatory process continues for a prolonged time. Arthritis, asthma and allergies are a few examples of diseases in which chronic inflammation is a component.

Inflammation can negatively affect the brain as well. Research has shown that excess abdominal fat can release dangerous inflammatory chemicals into the bloodstream, and they can ultimately enter the brain and contribute to causing dementia.

Another, more generalized form of inflammation is known as systemic inflammation. This occurs when the entire body is overwhelmed by the inflammatory response. No longer involving just one specific organ or area, systemic inflammation occurs throughout the endothelium (the lining of blood vessels). In extreme cases, often due to infection, systemic inflammation can put the body into septic shock, which can even result in death. A related systemic form of

inflammation is known as “silent” inflammation, meaning that it produces no symptoms but predisposes the patient to a host of degenerative diseases.

What causes silent inflammation? Cells throughout the body create and secrete both proinflammatory and anti-inflammatory chemicals. Left on their own, these chemicals balance each other and establish equilibrium. However, experts believe that the foods we eat can greatly influence this balance. Eating more anti-inflammatory foods can certainly reduce inflammation. At the same time, eating too many pro-inflammatory foods can shift the balance in a negative direction and lead to silent inflammation and its related health problems.

Because inflammation is so heavily influenced by what we eat, nearly anyone can be at risk of developing excessive inflammation, especially those who consume a diet primarily consisting of high-fat, high-sugar foods that lack critical vitamins. Other risk factors that can increase the chance of developing excessive inflammation include smoking, obesity, living a sedentary lifestyle, chronic stress, excessive sun exposure, and degenerative diseases such as arthritis, diabetes, cancer and lupus.

While a healthy diet is not always an anti-inflammatory diet, an anti-inflammatory diet is always a healthy diet. This is because foods with high anti-inflammatory effects are generally low in saturated fats and sugars and high in omega-3 fats and phytonutrient and vitamin content. Diets tailored to specifically add anti-inflammatory chemicals, enzymes and proteins can be of major benefit in normalizing inflammation.

Some foods tend to be better at lowering overall bodily inflammation than others. Cold-water fish, for example, generally has a high IF (inflammation factor) rating because fish is high in omega-3 fatty acids, which have anti-inflammatory properties. Strong and flavorful spices – ginger, curry blends and turmeric (a major component of curries) – also tend to be good for reducing inflammation. On the other hand, an excess of omega-6 fats, such as arachidonic acid in meat from grain-fed animals and vegetable oils from warm climates, can fuel inflammation. The omega-6 to omega-3 ratio is ideally between 4:1 and 1:1. People eating processed- and fast-food diets consume an omega-6 to omega-3 ratio as high as 50:1!

Including a variety of foods with anti-inflammatory properties can reduce the probability of developing such symptoms as joint pain and stiffness, allergies, and skin disorders. But don't do it just for inflammation – many studies have shown that your diet can also help reduce the risk of developing heart disease, Alzheimer's disease, osteoporosis, diabetes and other complications of aging.

Eating a proper diet and living a healthy lifestyle can go a long way toward decreasing the chances of your body losing its balance of pro-inflammatory and anti-inflammatory compounds. Preventing inflammation can in turn prevent many health problems. These latest findings are just one more reason to eat a healthy diet rich in fresh fruits and vegetables – something nutritionists have been telling us for years! ●

Feature Article



Generational Changes in Nutrition

As we journey on the road to wellness, our bodies change. Those changes bring about new nutritional requirements at varying stages of life. To maximize your health, it is vital to adapt to these new requirements and provide your body with all the support it needs.

An easy way to demonstrate changing nutritional needs is to look at three drastically different stages of a person's life: infancy, the teens and old age. You don't need to know anything about nutrition to realize that a person consumes a radically different diet during each of these stages. An infant's diet consists solely of breast milk or formula at regular intervals; teenagers tend to consume diets relatively high in fat and calories; and seniors often eat medium-sized to small meals.

The underlying influences on dietary requirements are rooted in your body's nutritional needs. An infant's digestive system is just beginning to develop, so it requires the specific nutrients in mother's milk for support. The rapidly growing and developing bodies of teenagers rely on higher caloric intakes in order to fuel changes in a healthy manner. Seniors are done growing and often have slowing metabolisms, so their bodies require far fewer calories.

These cases present an extreme view. Many of the ways your body changes throughout life will be far more subtle – so subtle that you may not even notice they are happening. It may not be noticeable to you when

your dietary requirements are changing. But with a little knowledge and a bit of introspection, you can ensure you are eating healthy at every stage of life.

There are general guidelines that people of any age can follow to have a healthy diet – eat a wide variety of fresh fruits and vegetables; consume fat and calories in proportion to your activity level; season foods with antioxidant-rich spices and herbs; and do your best to avoid manufactured foods that are full of preservatives and trans fats. Following these guidelines will do much to ensure your diet is providing what you need at nearly every stage of life. But to ensure your body is receiving extra nutritional support when it needs it most, consider the stage of life you are in and how that might affect additional nutritional requirements.

The developing brains of infants and young children may particularly benefit from long-chain omega-3s. One specific omega-3, DHA (docosahexaenoic acid), is especially important for the brain. As the longest of the fatty acids, DHA can help protect our brains as they develop (and again later in life as we age!). This is because DHA is a primary component of the thin membrane

that surrounds all brain cells. A quarter of all the lipids in your brain are made up of the omega-3 fatty acid DHA. Some studies show that infants who are exposed to omega-3 fatty acids from their mothers' breast milk (due to the mother's good DHA reserves) may grow up with stronger mental faculties.

Calcium and vitamin D intake are of the utmost importance for children and adolescents who need to start building their "bone bank" while their bodies are still actively forming teeth and creating new bone mass, a process that generally continues into a person's early twenties. Low-fat dairy products, beans, broccoli and leafy greens are all good sources of calcium.

A little further into life, during puberty, young people often benefit from a little extra dietary iron. Boys need iron to help fuel rapid muscle growth as they become young men, and girls need it to replace the new iron loss that comes with starting menstruation. Later in life, both men and postmenopausal women may need to reduce iron intake, as some studies have shown they may be more susceptible to having too much iron in the bloodstream.

FY Skin Formula



Not available in Italy.

Not available in Italy.

Only available in Italy.

FY Skin Formula tablets provide a carefully selected mixture of key vitamins and minerals shown to support and maintain healthy looking skin.◊ The blend of nutrients in this unique supplement is derived from a specific marine extract. In addition, FY Skin Formula contains Vitamin C known to support the formation of collagen, blood vessels and cartilages as well as Zinc, Vitamins D & E which contribute to the protection of cells from oxidative stress.◊ FY Skin Formula is a great nutritional toolkit which may help you maintain a healthy looking appearance!

Beauty begins from within!





Adults may benefit from a diet primarily based on fresh fruits and vegetables, which provide a wide range of nutritional support. Antioxidants – found in all fruits and vegetables, as well as in spices and herbs – work to rid the body of excess free radicals. When free radicals accumulate in the body, the resulting oxidative stress can cause a wide variety of effects, many of which were once thought to be inevitable side effects of aging. Now it appears that fruits and vegetables may support our bodies and ease the aging process.

As we age, our metabolism tends to slow down. That means we need to consume fewer calories each day. That is also the reason a growing teen can eat three big meals a day, plus snacks, without gaining weight, but an adult has to carefully watch his or her caloric intake or risk adding pounds. Of course, on average, teens also tend to be more active, which also helps burn some of those extra calories. Still, as a general rule, the older a person is, the less calorie-dense his or her diet needs to be.

For women, hormonal changes that take place during menopause (usually during midlife) can often lead to weight gain. Some women

may find eating more fruits, vegetables and whole grains, while cutting back on fatty meats and dairy, may help stabilize their weight.

Omega-3 fatty acids, which were important during infancy and are healthy at every stage, become crucial again further along the age spectrum. Many researchers believe there is a link between healthy cognitive function and consuming omega-3 fatty acids.

Every person is unique, and every person has slightly different needs. If you are not sure that you are getting all the nutrients you need, doctors and nutritionists can help you fully understand what your body needs at any given point in your life.

Just as our nutritional needs slowly change over time, so will our very understanding of the relationship between nutrients and our bodies. Nutritional science is

still in its infancy compared to other sciences. Every day new research uncovers exciting new ways nutrients interact with our bodies. Engage in a pattern of lifelong learning to help ensure you are supporting your body's nutritional needs at every age. ●

“Adults may benefit from a diet primarily based on fresh fruits and vegetables, which provide a wide range of nutritional support. Now it appears that fruits and vegetables may support our bodies and ease the aging process.”

Herbs & Supplements



What Is Bioavailability?

The term bioavailability describes the degree to which a nutrient is absorbed into the body after it is ingested. Whether you are consuming vitamins, minerals, enzymes, herbs or even supplements, the more bioavailable the nutrient is, the more quickly it will be able to provide your body with nutritional support.

Reading the word on a label and truly understanding the importance of the concept are two different things. Like many scientific terms, the complex nature of bioavailability is best understood if it is broken down into more easily absorbed pieces, which is especially fitting for this term, for reasons you are about to discover.

Any particular nutrient's bioavailability depends on multiple factors, including your own body. That means even when your body is able to efficiently absorb a particular nutrient, your friend's body may not be able to – and vice versa. Every human being on earth is unique, with unique requirements. No matter how bioavailable a particular nutrient may be, the rate at which it is actually absorbed by your body can be affected by your age, your gender, your overall health and the state of your digestive system. Even the time of day you eat the nutrient or how full your stomach is can affect absorption.

In other words, the state of your health can actually affect how quickly your body is able to absorb and utilize certain nutrients.

Does it sound like bioavailability of a given nutrient can change for a person from day to day? It can and does.

Further complicating matters, bioavailability can be different in the different states of a

single nutrient. Dietary iron, for example, is usually available in one of two forms: haem and non-haem. Although both forms are dietary iron, they come from different sources and are absorbed and utilized by the body at different rates. Haem iron is found only in meat, fish and poultry. Non-haem iron is found in both plants and animals. Even though non-haem iron is found in more sources, it is less bioavailable than haem iron, and the body can absorb only a fraction of plant-based iron.

The ways nutrients interact with one another also influence bioavailability. A great example of this effect is calcium and vitamin D. Many calcium supplements also include vitamin D because multiple research studies have shown it to increase the body's absorption of calcium. Digestive tract pH is also an important factor in how vitamin D is absorbed.

This effect can work in the opposite direction as well. Some nutrients compete for the same uptake system within the body. A good example of this type of negative relationship is calcium and iron. Both minerals bind to the same transporter on the surface of intestinal absorptive cells. If one mineral is there, the other is unable to bind.

As complicated as all of this may seem, much of it can be understood with this commonsense lesson: The sooner you can

absorb a nutrient, the sooner it will be able to positively affect your health and energy levels. The more bioavailable a nutrient is, the quicker that absorption will happen.

At some point, nearly everyone interested in taking control of their health will hear the word bioavailability. By taking a little time to understand how bioavailability works, you are that much closer to making informed choices about combinations to suit your individual needs. ●





Forming Positive Habits

According to some estimates, in the past 30 years the obesity rate has more than doubled in children and quadrupled in adolescents.

Overweight and obese children are more likely to become prediabetic, a condition in which blood glucose levels indicate a high risk for developing diabetes. They are also at much greater risk for developing bone and joint problems. Their mental health is at risk too. Social and psychological problems such as stigmatization, bullying and poor self-esteem are more common for adolescents who are obese.

The best and easiest way to help ensure your child doesn't struggle with weight problems is to instill healthy lifestyle habits at a young age. Healthy eating and regular physical activity can lower the risk of children, adolescents and everyone else becoming obese and developing related diseases.

Learning how to maintain a healthy diet is a very important part of growing up. Many parents know all too well how difficult it can be to get their children to eat healthy foods. At the end of a busy day, it is so much easier to serve fast food than to make a wholesome dinner. But a little commitment on your part will help your child for years to come.

A healthy diet is a major part of maintaining a healthy life no matter what your age. Learning about nutrition and healthy eating habits at a young age will help your children learn to make wise choices when you're not around. More than that, when a person learns healthy habits at a young age, he/she is far more likely to live a healthy lifestyle later in life.

One of the easiest and most effective ways to encourage healthy eating habits in your children is to be a good role model and eat healthy yourself. Whether you realize it or not, your children are constantly observing

and mimicking your behavior – the good and the bad. Kids who grow up in families that sit down together for a healthy dinner every night are much more likely to retain that tradition in their own families when they grow up. On the other hand, kids who grow up eating microwave dinners in the front of the television are much more likely to keep that habit when they grow up. Which habit would you prefer your child to develop?

Children, especially young ones, are able to eat only the foods you keep at home, as this is their sole food supply. If you stock your refrigerator and pantry with fresh fruits and vegetables and healthy snack options, your children will learn from a young age how to eat a healthy diet. By the time they are old enough to pay for their own junk food, they will already prefer the taste (and resulting feeling) of healthy food options. Though they may explore junk food with their friends during their adolescent years, they are much more likely to come back to "real food" as adults, especially when they have their own kids.

When your children start going to school, be sure to stock a wide variety of healthy foods for them to snack on when they get home in the afternoon. Peanut butter (without added sugar), celery, cheese, mixed nuts, apples, pears, other fruits, hard-boiled eggs, carrot sticks and sugar-free yogurt are just a few healthy options for your kids to choose from.

Getting the kids involved with meal preparation is a great way to get them excited about what they're eating. Talk to them about choices and about how to plan a balanced meal. See whether they will help you shop for ingredients and read labels, using the

myriad of choices at the grocery store to help train them to select wholesome foods. Offer children age-appropriate duties to help you prepare the meal, and don't forget to praise them for a job well done. School lunches can also be a fertile training ground for healthy choices. If you can get your children to think about what they eat for lunch, you might be able to help them make positive food decisions. At the store, shop together for healthy lunch foods and encourage your child to try new (healthy) foods.

Making food choices and developing eating habits should be natural, stress-free processes. Try not to fall into the habit of bargaining or bribing children to eat healthfully without conflict. Many parents find it helpful to give their children some control of meal options, but limit the foods from which they can choose. For example, let your child pick which green vegetable to go with dinner.

Leading by example is one of the most effective ways to help ensure your child grows up to be a healthy, adventurous eater. The more firmly in place healthy eating habits are, the easier it is to avoid overindulging in all the snacks they will encounter this holiday season. ●

Family Health



Opinions Vary on Weight Loss After 70

Is weight loss always a good thing? Not necessarily, according to some experts.

The human body goes through many changes as it ages. Some are welcome; others are dreaded. These changes as well as countless external factors can lead to weight gain and loss at various points in life. New research is helping us know when these weight fluctuations are healthy and when they should be avoided if possible.

A 10-year study that looked at seniors who were either obese, overweight or normal weight found that those who were just a little overweight had the lowest overall risk for dying early. The results of the study shouldn't suggest you intentionally try to gain weight. But, some researchers now believe that unless a person is obese or has diabetes, osteoarthritis, or another condition that is exacerbated by carrying extra pounds, people over the age of 70 shouldn't try to lose weight.

The same study also found activity level to be a large factor in health. Elderly individuals with sedentary lifestyles were seen to have a significant increase in risk of earlier death compared to more active seniors.

It cannot be stressed enough that this study does not show that among the elderly, obese individuals are healthier than normal-weight individuals. Rather, it should teach us that as we age it may be more important to focus on overall healthy living – forget about checking the scale every morning.

Another reason weight loss after age 70 is being scrutinized by researchers is that unintentional weight loss is often a sign of an underlying illness. If a senior (or a person of any age) sees drastic weight loss without having changed diet or exercise levels, he or she should consult a doctor immediately.

In a typical person, body fat tends to increase steadily after age 30 as fat tissue generally increases in the center of the body, including around the internal organs. For men, weight is usually slowly gained until about age 55; for women the age is around 65. At this point, many people start to lose weight. Unfortunately, this is often because a lack of physical activity is causing lean muscle mass to be replaced with fat.

These figures are averages. Your lifestyle choices will affect your own weight gain and loss rate. Eating a healthy diet and adapting to a slowing metabolism will help avoid weight gain from fat. Staying physically active throughout life – even at a reduced level as you age – will help ensure your lean muscle mass is not lost.

Regular physical exercise combined with an overall healthy diet will help maintain a healthy weight at any age. Another key factor that is often overlooked by dieters and weight-obsessed individuals is the importance of keeping a positive outlook. Focusing on the negative aspects of looking at a scale

every day can become a real problem. Ignoring the scale completely and shifting your focus from losing pounds to enjoying the positive aspects of living a healthy lifestyle can do wonders for overall health.

The choices you make today will affect how quickly you age in the future. Deciding right now to eat a healthy diet rich in fruits and vegetables, engaging in regular physical activity, avoiding tobacco products, engaging in stress management activities, and focusing on the positive aspects of your life will help ensure you maintain a healthy weight at every stage of life. ●

Family Health



Apply Some Thought: What's in Your Beauty Regime?

While men use a surprising number of personal care products themselves, women in the US apply an average of 168 chemicals to their faces and bodies every day. Some of the chemicals are completely harmless, but many are not.

According to the nonprofit Environmental Working Group (EWG), the everyday personal care products used by over 12 million adults expose them to ingredients that are known or probable human carcinogens.

The EWG also states that ingredients in cosmetics, perfumes, personal care products and feminine hygiene products expose one of every 24 women – a total of 4.3 million women – to known or probable reproductive and developmental toxins, which have been linked to impaired fertility or developmental harm for babies in the womb.

A recent report from the American College of Obstetricians and Gynecologists says, “Robust scientific evidence has emerged over the past 15 years demonstrating that preconception and prenatal exposure to toxic environmental agents can have a profound and lasting effect on reproductive health across the life course.”

Between the reports from these two agencies, it might be time to reexamine just exactly what we are putting not just in our bodies but on them as well. Can you list all the ingredients used in your daily beauty regime? Even if you read the labels, do you understand what all those complicated-sounding ingredients are?

Healthy, organic skin care starts with the realization that skin is an organ – a vitally important one that we tend to take for granted even though it is continually performing life-sustaining functions. Aside from everything your skin does to protect your health, it is also one of the first things people will notice about you when meeting you. With something this important, it only makes sense to

take good care of it with natural products so it can take good care of you.

To take care of your skin, you must supply your body with the basic components comprising the organ. Collagen is a protein that acts like a glue, holding skin tissues together tightly while allowing fibers to smoothly slide over one another. Healthy collagen is responsible for soft and durable skin. After years of free radical buildup in collagen, your skin may be left looking older than it really is.

Closely related to collagen is elastin, another protein that is responsible for making skin, and other tissues, stretchy and flexible. After prolonged oxidative stress, the elastin in your skin can lose its elasticity, becoming stiff and inflexible.

Both collagen and elastin are particularly susceptible to free radical attacks because free radicals can accumulate in these proteins if there are not enough antioxidants being supplied to neutralize the oxidative stress. A diet rich in fresh fruits and vegetables, as well as a variety of herbs and spices, can help a great deal in preventing free radical buildup from occurring, not just in the skin but also everywhere in your body.

Eating the right foods will go a long way in helping protect your skin from the inside out. Two nutrients that are well known to be important in building and maintaining healthy collagen and elastin levels are Vitamin C and protein, and it is well established that the ubiquitous plant compounds known as OPCs also protect these vital proteins. But there are also ways to take care of skin from the outside in. Regularly using moisturizing lotions will help keep skin smooth and full

of luster. Dietary intake of certain essential fatty acids, such as the long-chain omega-3 oils from fish, and the specialized omega-6 fatty acid known as GLA – found in evening primrose seeds, borage and black currant seeds – are also particularly helpful in supporting healthy skin.

There are many, many natural products that can help nourish your skin from the outside in. Shea butter, for example, is a solid fat that has been used for thousands of years as a salve with skin-healing properties. Shea butter is an emollient and humectant, which means it soothes and softens skin while at the same time reducing moisture loss. In modern times it has become an ingredient in many skin and hair care products, shaving creams, and lotions.

Shea butter is just one example; people have been using natural ingredients to care for their skin for thousands of years. Oatmeal, mud baths, cucumbers, seaweed – there are far too many to list them all. Every culture has its own secrets for healthy skin.

It's clear that the huge range of products women apply to their faces and bodies may have some implications. Before you apply your lotion, apply some thought. What's in your beauty regime? ●

Family Health



Simple Ways to Stave Off Diabetes

Once known as adult-onset diabetes, type 2 diabetes is a chronic condition that is increasingly affecting children as global obesity rates continue to rise. As rates increase, diabetes is quickly becoming a top health concern in countries all around the world.

Type 1 diabetes is an autoimmune disorder that presents mainly in childhood, and developing it can't be entirely prevented (though the risk of type 1 diabetes and other autoimmune diseases may be decreased by maintaining optimum vitamin D levels early in life). The type 2 diabetes epidemic is, in large part, avoidable for many adults and children, as it is fundamentally a diet and lifestyle disease, although there is also likely a genetic predisposition. Let's explore why such an easily avoidable health concern continues to increase, and learn how we can ensure we are doing everything we can to protect our own bodies as well as the bodies of those we love.

Type 2 diabetes is a chronic condition that negatively affects the way the body metabolizes glucose – a simple form of sugar that is a primary source of fuel for energy. A person's body is either unable to produce enough insulin (a hormone that regulates the movement of glucose into cells) or the body resists the effects of insulin. In type 1 diabetes, there is usually a lack of insulin production by the pancreas. In type 2 diabetes, there are usually very high levels of insulin, but the cells aren't responding to it normally – a condition known as "insulin resistance."

When glucose is unable to enter cells, it builds up in the bloodstream, causing two primary problems. The initial problem is that cells become starved for energy. Over the long term, high blood glucose levels harm other areas of the body, including eyes, kidneys, nerves and heart, predominantly by sticking to proteins such as enzymes and interfering with their function.

Some experts project a 50 percent increase in deaths from diabetes in the next 10 years.

The number could be as high as 80 percent in upper-middle-income countries. Why such a high jump in countries where modern medicine is readily available? The answer is rooted in lifestyle choices.

In developed countries where convenience foods fuel busy lifestyles and cars have replaced walking and bicycling, the combination of poor diet and little exercise is causing a rapid increase in waistlines for people of all ages. With the added body fat comes insulin resistance and the increased risk of developing type 2 diabetes.

Fortunately, for most people there are only two things you need to do to help stave off diabetes: Eat healthy and engage in regular physical activity.

Choose foods that are high in fiber and contain amounts of fat that are proportional to your fitness level. The less active you are, the less fat and fewer calories your body requires. Focus on a wide variety of fresh fruits and vegetables. Variety will help provide your body with a broader range of nutritional support while at the same time preventing taste bud boredom.

Avoid eating junk foods, premade meals and fast foods. These foods tend to be very high in fat, calories, salt and man-made ingredients. At the same time, they are generally very low in micronutrients. If eaten too often, this combination can affect your waistline faster than you might think possible.

Just as important as a healthy diet for staving off type 2 diabetes is living a lifestyle that includes regular physical activity. Just 30 minutes of moderate-intensity physical activity most days of the week is enough to impact your health in a multitude of

ways. Your waistline won't be the only thing that improves, as exercise has been shown to have a beneficial impact on mood, cardiovascular health, flexibility and much more.

You don't need a gym membership to get a daily 30-minute workout. Just taking a brisk walk around the neighborhood is enough! If it sounds simple, that's because it is. Riding a bike to work is another easy way to get regular exercise that won't take extra time out of your busy schedule. Even switching from the elevator to the stairs can count as part of your 30 minutes – the time is cumulative. Every minute counts!

Of course, more "traditional" exercises such as running, weight lifting, biking, swimming and so on are also great options. But in the fight against the diabetes epidemic, any time spent engaged in moderate physical activity will help.

In the United States alone, diabetes was the seventh leading cause of death just a few years ago and could very well rise as lifestyle choices that cause the disease continue to be adopted by children. There is also emerging evidence that epigenetic changes caused by poor diet and sedentary lifestyles are being passed on to children, making them even more susceptible to problems such as diabetes, especially if they eat calorie-rich, micronutrient-poor diets and grow up with sedentary lifestyles. The easy, two-step goal of eating healthy and getting active will help a great deal to stave off diabetes no matter what your age or fitness level. With such a simple preventative plan, you can't afford not to get a little healthier now in order to help prevent illness later. ●

OMEGOLD®

Omega-3 Fish Oil Capsules Rich in DHA and EPA

Not available in Italy.



Only available in Italy.



Only available in US.

Omega-3 oils represent a great solution for supporting some of the most important body functions. EPA and DHA Omega-3 fatty acids will aid and contribute to normal cardiac and cognitive function, as well as vision. Not only this, OmeGold capsules contain Vitamin D, which supports immune function and Vitamin E, which is shown to help protect cells from oxidative damage. This blend helps support total well-being for the whole family, providing an easy method of including high-quality Omega-3 fatty acids in the everyday diet.

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

Is there really a benefit to cross-training?

Cross-training has gained a reputation as something only dedicated gym enthusiasts and professional athletes engage in, but in reality anybody can benefit from cross-training, no matter what the person's current level of fitness. A cross-training regimen combines aerobic workouts, strength training and flexibility exercises. Each of these activities complements the other two and makes workouts more efficient. They may be done on different days of the week or combined into a single session at the gym. No matter how you choose to cross-train, the overall results will be beneficial no matter what your current exercise level or goals.



Ask the Expert

How important is sleep to my health?

About one-third of your life will be spent asleep. One or two sleepless nights here and there after particularly stressful days are only natural and won't cause much harm other than suffering from that rundown, sluggish feeling the next day. But chronic sleep disturbances can affect many areas of your health, including weight loss/gain, depression, stress and more. Poor sleep habits have been linked to many health issues, including high blood pressure, heart attacks and obesity. To help ensure you get the optimum amount of sleep every night, practice good sleep habits. This means avoiding strenuous and stressful situations at least one hour before going to bed; keeping a regular schedule of waking up and falling asleep; removing televisions, bright alarm clocks, computers and phones from the bedroom; wearing loose-fitting sleepwear; and keeping your bedroom comfortably cool and dark.



Do I need to consume vitamins and minerals that are labeled nonessential?

When applied to vitamins, minerals and other nutrients, the term nonessential means that your body is capable of producing that particular nutrient. Essential nutrients are ones that your body cannot produce, which means they must be obtained from the foods in your diet. However, there are times when it may be beneficial to supply your body with extra nonessential nutrients to help facilitate optimum health. For example, while the body is capable of manufacturing adequate levels of vitamin D when exposed to unfiltered sunlight, you may not be able to get enough of that sunshine during the darker winter months. At that time, it may be a good idea to eat foods fortified with vitamin D or take supplements.

Daily BioBasics™

Our nutritional powerhouse; a potent balance of essential important nutrients to provide targeted support to overall health.



Not available in Italy.

Not available in Italy.

Only available in Italy.

Daily BioBasics™ nutritional drink provides a refined combination of ingredients to support you in staying at your physical and mental best. Packed with a truly expansive selection of vitamins, minerals, herbal extracts and fiber, our innovative and proprietary blending process ensures optimal product performance with every serving.

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

Food supplements should not be used as a substitute for a varied diet.

