

September/October 2018

The art of growing young[®]

'Tis the Season
Herbs and Supplements



In this Issue...

Where It All Connects:
Maintaining Healthy
Joints

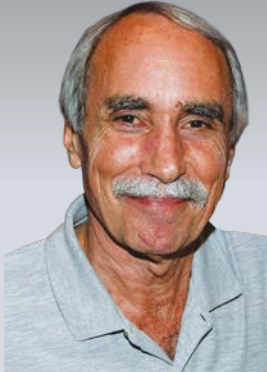
Improve Your Focus
and Concentration

Life Begins at 50,
60 or even 70!



In this Issue...

Focus on Today,
Prepare for Tomorrow
02



02 Focus on Today,
Prepare for Tomorrow

03 Nutritional News

04 **Fitness**
Where It All Connects:
Maintaining Healthy
Joints

06 **Feature Article**
Improve Your Focus
and Concentration

10 **Lifestyle**
The Science of Cuddling

12 **Nutrition**
Vitamin B5

14 **Feature Article**
Winterize Your Health

18 **Herbs and
Supplements**
'Tis the Season

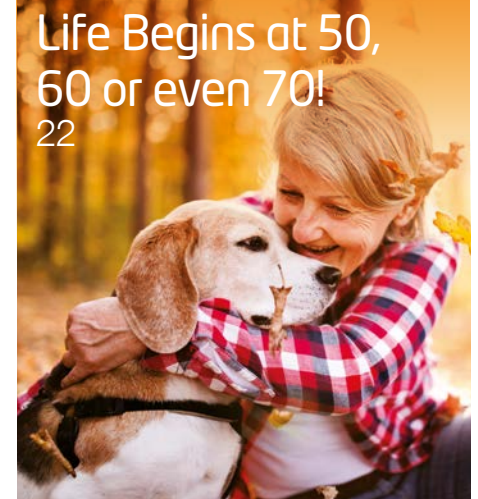
20 **Family Health**
Work Together,
Play Together

22 **Family Health**
Life Begins at 50, 60
or even 70!

24 **Family Health**
Managing Guilt

26 **Family Health**
Balancing and Boosting
Testosterone

29 Ask the Expert



Focus on Today, Prepare for Tomorrow

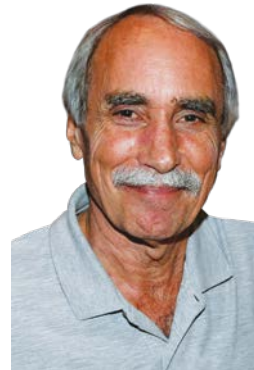
It's important to be present and mindful in life. If we dwell on the past or focus too hard on what could happen in the future, we may end up missing out on many of life's joys happening right now. This is true in every aspect of life, but it can be especially important when it comes to diet and exercise.

The reason this is so important is because when you focus on staying active today, it will help you be more likely to be active tomorrow as well. Worrying that you skipped a workout yesterday or putting off today's gym trip until tomorrow will make you much more likely to stop exercising altogether.

This is the perfect time of year to think about whether you're dwelling on the past, living in the present or worrying about the future. We're entering fall now, and the weather is going to be getting colder soon for those of us living in temperate zones. For all of us runners and outdoor exercisers, this is the time of year when what we do today will have a huge effect on what we will be doing during the really cold winter months. In other words, if you make an effort to get outside for a run right now, it will start a domino effect that will keep you physically active this winter.

I also want to remind you that when you are present to what is happening in your life today, be sure to also be mindful of how you are choosing to focus on the events. Aligning your thoughts with the positive aspects of life (in this case, how good your body feels after working out), you will attract even more positive feelings, actions and experiences into your life.

The power of mental focus is so strong! It can shape every single part of our lives for the better—and not just right now. What you focus on today will affect your life tomorrow, next week and for months to come.



Dwight L. McKee M.D.

Dwight L. McKee
Scientific Director

Nutritional News

Whole Foods Are the Healthiest Foods

Eating whole, natural foods and avoiding ultra-processed convenience foods may help you avoid certain health problems, according to research published in the *British Medical Journal*. Scientists found that people who eat more processed foods—which tend to be higher in calories, salt and sugar—have a higher risk of developing cancer than people who eat more whole, natural foods.



Green Tea May Help Your Heart Stay Healthy

A compound in green tea—EGCG (epigallocatechin gallate)—displays a protective effect on cardiovascular health, according to new research out of the United Kingdom. This is only the most recently revealed benefit from green tea, as the beverage has previously been shown to be helpful in breaking down the plaques linked to Alzheimer's disease.

Mind Over Matter

We've known for a long time that it's possible to shape our lives by shaping our thoughts. But can we change the physical makeup of our bodies as well? According to amazing new research, the answer is "yes." Researchers have shown that it's possible to alter our DNA through mindful meditation. Specifically, telomere length is affected. Telomeres are the ends of chromosomes that can degrade with time and stress. This new research shows our minds can help keep these important parts of our DNA healthy.



"Eggcellent" News for Egg Lovers

When combined with an overall healthy lifestyle, eating one egg a day may help lower the risk of developing cardiovascular disease (such as ischemic heart disease), major coronary events and strokes. Researchers in China found this connection when studying the effects of an egg-rich diet on almost half a million people.

Boost Your Brain by Building Leg Muscle

It may not sound like the two body functions should be too closely related, but researchers recently discovered that leg exercise is critical for healthy brain and nervous system growth. Published in *Frontiers in Neuroscience*, this study found neurological health depends heavily on signals sent by your large leg muscles to your brain. Staying active by running, jogging or walking can help keep your brain healthy and spry.

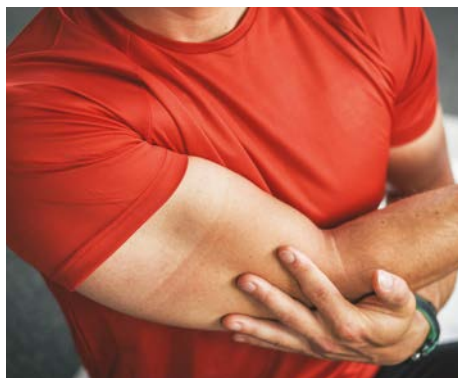


Where It All Connects: Maintaining Healthy Joints

When it comes to fitness, we often think of our weight, burning fat and looking toned. While those are all good to focus on, maintaining healthy joints is particularly important as we grow older.

Ligaments and muscles connect our joints together. Cartilage between the bones is made up of layers of protein called collagen, which serves as shock absorbers, lubricants and padding. If you have ever ridden a bike with no shock absorption, you probably felt the bumps in the road or path quite a bit more. This cartilage helps the joints glide smoothly and soften impact with movement.

When people feel body pain that prevents them from moving, it is often related to their joints.



Keeping your joints limber, flexible and pain-free is essential for staying active.

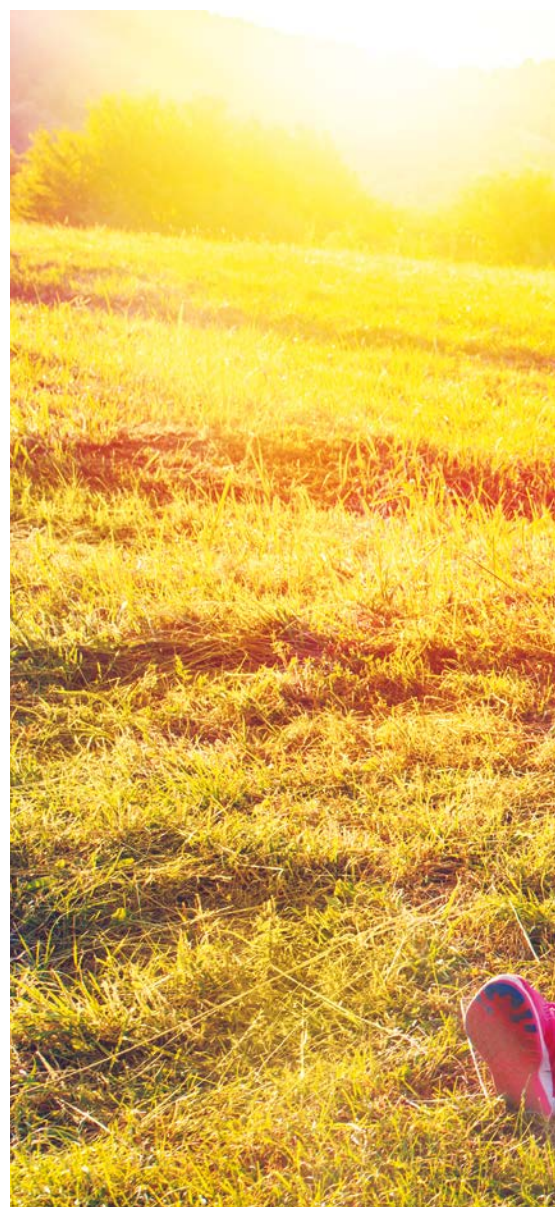
Without healthy joints we couldn't twist, turn, jump and run. And joint health management is essential in preventing the need for joint replacement, such as knee and hip arthroplasty surgeries.

There isn't one magic bullet for healthy joints. Sustaining a varied exercise program that includes aerobics, muscle strengthening, flexibility practices and healthy weight maintenance is the best foundation for joint health. Avoid activities that put undue stress on your joints, especially your knees, hips and ankles.

Making sure your joints can achieve their full range of motion is one of the most foundational keys to joint health. Flexibility exercises actively stretch muscles and joints.

Yoga, tai chi, Pilates, chi gong and other non-stressful activities are some of the first options that come to mind. Tai chi and Pilates also help with stretching, but so do simple and satisfying stretches that you can do with absolutely no equipment and right on your living room floor!

Stretching is not only helpful by itself, but it is also important before and after other exercises. If you have specific aches in a particular joint or body region (e.g., front knee pain or upper back discomfort), meeting with a physical therapist or chiropractor is an option to develop a list of stretches that are safe for your specific needs. A physical therapist can work with you on proper posture and form, which is usually a fix that takes a lot of mindfulness. Proper posture and ensuring that you stretch, exercise and move with good alignment and correct form will aid in preventing undue stress on your joints.



It may seem like a fitness fad that has been going on for a few years, but cross-training is a fantastic way to add variety to your exercise program.

Cross-training could easily be renamed variety training or smorgasbord fitness! A little bit of this and a little bit of that. The idea is that you work out your entire body utilizing a wide combination of aerobic and strengthening exercises. Intervals are part of it—with the goal to increase your heart rate and develop your muscle strength. Advocates of cross-training contend that it also helps foster continued interest in exercise since it can help prevent boredom with the same few exercises.



Cardiovascular or aerobic exercises are beneficial for weight maintenance as well as maintaining the health of the heart, lungs and vascular system. Keeping your weight in check is paramount to maintaining joint health because added weight on joints creates unnecessarily intense stress on them. As you get older, higher impact aerobic exercises that produce a forceful impact should be traded in for ones that are easier on the joints.

If you prefer exercising in the gym or have access to gym equipment at home, elliptical trainers and stationary bicycles are excellent low-impact aerobic options. However, this is not to discourage high-impact exercises you love. If you love to run or jump rope, just ensure you are wearing good shoes and strengthening and stretching the muscles around your ankles, knees and hips. Most important of all is to not overdo higher impact exercises.



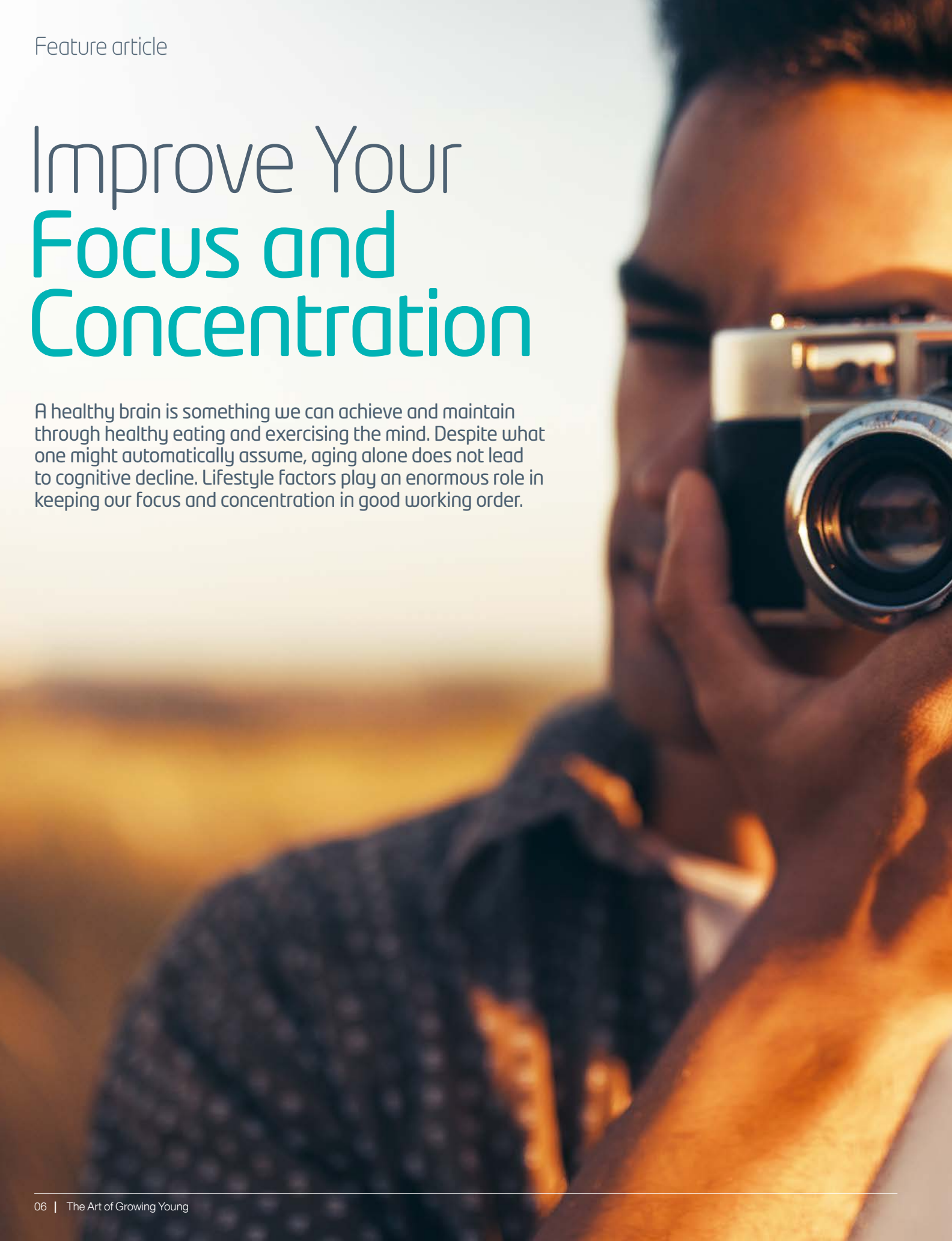
Instead of running on hard surfaces like sidewalks and city streets, opt for softer paths in the forest or park or exercises such as swimming or biking.

Strengthening your muscles helps stabilize your joints. Exercises that strengthen the muscles around a given joint help support the joint in movement and reduce stress on it.

But intense body building and extreme heavy weight lifting can have negative effects if not done with proper understanding and guidance. Instead, focus on lesser weight loads and more repetitions so that you don't put undue stress on your joints.

Improve Your Focus and Concentration

A healthy brain is something we can achieve and maintain through healthy eating and exercising the mind. Despite what one might automatically assume, aging alone does not lead to cognitive decline. Lifestyle factors play an enormous role in keeping our focus and concentration in good working order.





Lifelong Learning

Studies show that people with higher levels of education tend to have better mental function later in life.¹ But do you need a PhD in order to maintain brain health? Of course not! When you look closely at the conclusions and the results, this better mental functioning isn't so much due to advanced education as it is to the habits that are associated with learning.

While someone with a PhD may have a job that helps keep him or her cognitively active, what is more important is trying new activities or learning a new skill. For example, someone can do research all day on a given subject like engineering or mathematics, but that could be relatively repetitive for them since they are used to doing that all day. What would keep them more mentally engaged might be taking a carpentry class or learning about birds and birdwatching.

People who continue to learn as they grow older keep their mind active. Brain and mental exercises stimulate connections between our brain cells. This in turn helps maintain the brain cells as active and lively parts of your body.

Use All Five Senses

We have all had that moment when we smell a food cooking or a specific fragrance and it reminds us of a certain experience or a period in our lives. Using all of your senses when learning something new, or while experiencing life in general, can help trigger the brain to retain information.

One study highlighted the finding that memory retention is better when coupled with a smell.² Part of this is being mindfully present when we obtain new information. Even in more ordinary daily moments, if we are fully present—experiencing the sensation of the air, the metallic feel of our keys, the sound of their jingle as they are dropped on the stone kitchen counter—we are more likely to remember where exactly we left them!

¹ Guerra-Carrillo, B. et al. "Does Higher Education Hone Cognitive Functioning and Learning Efficacy? Findings from a Large and Diverse Sample." PLoS One., U.S. National Library of Medicine, 23 Aug. 2017, www.ncbi.nlm.nih.gov/pubmed/28832590.

² Morgan, C L. "Odors as Cues for the Recall of Words Unrelated to Odor." Perceptual and Motor Skills, U.S. National Library of Medicine, Dec. 1996, www.ncbi.nlm.nih.gov/pubmed/9017737.

³ Taylor, M K, et al. "A High-Glycemic Diet Is Associated with Cerebral Amyloid Burden in Cognitively Normal Older Adults." The American Journal of Clinical Nutrition., U.S. National Library of Medicine, Dec. 2017, www.ncbi.nlm.nih.gov/pubmed/29070566.

Use Your Brain Wisely

But maybe it is better to just always leave our keys in the same place so that our minds can be used for other activities! While it may be tempting to not use calendars or create lists, habits actually help put more simple brain activity to rest, which can leave your brain free to explore more complex thoughts. If you always put your keys in the inside zippered pocket of your work bag, then they will always be there. If you jot down plans and events in your calendar, you can use that proverbial free space in your mind to focus and concentrate on other things.

Focus on One Thing

The world is increasingly one in which we are obligated to multitask. It can be overwhelming! When you are able to do so, remove distractions—turn your phone off or put it in the next room or pledge to focus on one task for thirty minutes and then take a five-minute break. Change the settings in your phone and on your computer to not show pop-up notifications for emails or texts. Or change the notification sound to something that is simple, brief and unobtrusive. Not only do these simple changes help with productivity, they also can help retrain your brain to concentrate and focus—a skill we in the modern world are at risk of losing.

Reinforce with Repetition

When you've learned something new that you want to remember, repeat it out loud while mindfully listening to what you're saying and writing it down with a pen and paper (typing into your phone doesn't help retain new information as well as good, old-fashioned handwriting). For example, when you are first introduced to someone, say their name back to them: "Nice to meet you, Sarah."

Eat Brainy Foods

What we consume daily fuels our brain power. Healthy fruits, vegetables, fatty fish and oils, and foods that contain high levels of antioxidants are good choices for brain health. Processed foods are not just bad for your body, they are also not good for your cognition. Berries, leafy greens, salmon, sardines and other small cold-water ocean fish, as well as certain herbs and spices like oregano, rosemary, clove, sage and turmeric, are healthy options for their vitamin, mineral, antioxidant and other nutrient content.

As is the usual advice for optimal health in general, steer clear of sugar. While sugar can give us a quick pick-me-up in a given moment, a high-sugar diet is clearly detrimental to cognitive health.³





Caffeinate Carefully

And then there is our beloved coffee and tea. Caffeine is sometimes controversial in the health world. In terms of brain health, we also need to take a bit of a “walk the fine line” approach to caffeine consumption. A little bit is usually pretty good for us. Depending on the person, overconsumption can be excessively stimulating and increase stress.⁴ As a general rule, most people should not consume more than 400 milligrams of caffeine a day. That is roughly the amount contained in three to five cups of coffee. Pregnant women should drink less, at the upper limit of roughly 200 to 300 milligrams daily. Many coffees contain valuable antioxidants similar to those in tea, but it is important to drink only coffee that is freshly made and organically grown. When a pot of coffee sits on a hot plate for hours on end, the antioxidants are destroyed. Also, coffee is known to help reduce the probability of developing Parkinson’s disease over time, and multiple studies show coffee’s ability to help improve cognitive function. So don’t totally avoid it, but use it wisely if you like it.



Caffeine intensifies our focus, level of alertness, memory and productivity.⁵ It isn’t entirely clear how caffeine helps with brain health.

One theory is that it operates in the body by increasing the levels of the brain chemical dopamine. Another is that the antioxidants contained in caffeinated products, such as coffee, tea and yerba mate, are beneficial. It is well established that caffeine inhibits an enzyme that breaks down cyclic AMP, a crucial messenger molecule within cells, allowing it to persist longer and deliver more messages involved in the production of cellular energy.

Unplug and Relax

Everyone needs space in life for rest and reprieve. Multitasking, over-productivity and pushing the brain too much are all detrimental to brain health when adequate periods of rest, recreation and relaxation are absent. The body and the spirit need time to recharge. Our “monkey minds” swing from one thought to the other automatically. Activities such as breath work, meditation and yoga can help us calm down, balance our autonomic nervous system and re-center.

Our devices, responsibilities, work, household duties and personal lives are in constant competition for our attention and focus. While we can’t give up many of those things (nor would we want to), we can find time to unplug. Thinking takes energy. Many people find that they don’t breathe as deeply or frequently (breath-holding) when they are concentrating. Finding time to slow down could quite literally supply more oxygen to your brain!

⁴ Lane, J D, et al. “Caffeine Effects on Cardiovascular and Neuroendocrine Responses to Acute Psychosocial Stress and Their Relationship to Level of Habitual Caffeine Consumption.” *Psychosomatic Medicine*, U.S. National Library of Medicine, 1990, www.ncbi.nlm.nih.gov/pubmed/2195579.

⁵ Ruxton, C H S. “The Impact of Caffeine on Mood, Cognitive Function, Performance and Hydration: A Review of Benefits and Risks.” *Freshwater Biology*, Wiley/Blackwell (10.1111), 13 Feb. 2008, onlinelibrary.wiley.com/doi/10.1111/j.1467-3010.2007.00665.x/abstract.

NATURALII

natural and organic skin nutrition by Lifeplus



*New Naturalii hair care collection
is an everyday treat for your hair.*

*Smooth, silky soft hair –
just as nature intended.*



Full details of the product can be found
on our website www.lifeplus.com.

© 2018 Lifeplus International

The Science of Cuddling

We often think of affection and physical intimacy as the stuff of youth—holding hands with a best friend as a child, cuddling with a new boyfriend or girlfriend in your school days, or walking hand-in-hand with your spouse as newlyweds.

But mutual and consensual physical affection is necessary throughout our life. Expressions of love are not only imperative to our personal relationships but are also beneficial to the actual physiology of our bodies. And it turns out that science has backed up this thought.

Nearly a decade ago the medical recommendation to mothers and fathers was not to hug and kiss their children. It was believed that physical nurturing led to more psychopathic personality issues.

A famous study proved this absolutely incorrect. American psychologist Harry Harlow provided baby monkeys with two mother figures.

One was a wire, cage-like monkey-shaped “mom” that dispensed milk to the monkeys. The other was a monkey-shaped cloth that provided a softer and cuddlier retreat.

Time and time again these baby monkeys would go to the wire, milk-providing monkey for their food but then go cuddle up against the soft, towel-monkey mother. The babies would spend 17 to 18 hours a day on the cloth mother and less than one hour a day on the wire/milk mother.

When researchers added fear-provoking stimuli, the babies would seek no comfort in the wire/milk mothers but would seek comfort in the cloth ones. In fact, the babies would first seek comfort and then, once their affection reservoir was filled, so to speak, the baby monkeys’ bodies would relax, and eventually the monkeys would appear braver toward the scary stimuli.

The act of cuddling releases oxytocin, the much-lauded “love hormone” released during childbirth, breastfeeding, orgasm and physical affection. And this chemical does wonders for our physical and mental health.

Oxytocin is the most significant hormone involved in labor and birth. It is a peptide made up of eight amino acids naturally released during the birthing process, and it helps with uterine contractions. After birth, oxytocin helps the uterus return to a smaller size (since there is no longer a large baby to accommodate in that space). Furthermore, it is important in milk production and mother-baby bonding.



It's easy to understand how cuddling is good for your heart from an interpersonal and loving perspective, but cuddling is also good for your heart's health!



It reduces anxiety and stress, which are significant contributors to heart disease. Cuddling also helps decrease inflammation and increases sleep quality in the body via oxytocin release.

Cuddling boosts the immune system. Oxytocin increases regulatory T cells, which help balance your immune system and prevent autoimmune diseases. Cuddling also releases serotonin, colloquially known as the “happy hormone,” which also aids in immune system regulation. One study demonstrated that people exposed to respiratory viral illness avoided illness or had lesser symptoms when they did get sick if they also were hugged more often by someone they cared about.¹

¹ Cohen, S, et al. “Does Hugging Provide Stress-Buffering Social Support? A Study of Susceptibility to Upper Respiratory Infection and Illness.” *Psychological Science*, U.S. National Library of Medicine, Feb. 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4323947/.

² Goodin, B R, et al. “Oxytocin – A Multifunctional Analgesic for Chronic Deep Tissue Pain.” *Current Pharmaceutical Design*, U.S. National Library of Medicine, 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4276444/.

³ Olszewski, P K, et al. “Oxytocin and Potential Benefits for Obesity Treatment.” *Current Opinions in Endocrinology, Diabetes and Obesity*, U.S. National Library of Medicine, Oct. 2017, www.ncbi.nlm.nih.gov/pubmed/28590323.



Pain relief is another benefit of cuddling.² Just as oxytocin helps boost your immune system, it also is an essential element of decreased pain.

It was able to reduce pain in people struggling with chronic gut-related autoimmune diseases and back pain. Just as a massage can help work out body tension, hugging can help relax the body in a therapeutic manner.



Hormone imbalances are one of the many contributing factors in the struggle to lose weight. Much of our overeating or eating less healthy foods come from an emotional-behavioral dynamic. The oxytocin that is released during cuddling and positive physical touch can help with weight loss. Early research suggests that oxytocin can increase the feeling of satiation and decrease emotion-based eating.³



Vitamin B5

We often hear plenty about the wonders of vitamin B12 and even B6—but what about the other six B vitamins that make up the essential eight in the B complex? Vitamin B5, in particular, provides benefits such as enhancing alertness and cognition, increasing energy, strengthening the immune system, elevating mood, lowering anxiety, and normalizing cholesterol levels. Known more commonly as pantothenic acid, vitamin B5 is a water-soluble vitamin that helps foster a thriving nervous system and maintain adrenal function.

Pantothenic acid plays an essential role in the metabolism of fats, proteins and carbohydrates—essentially how the body uses energy. It helps create coenzyme A (CoA), which especially aids in how the body properly utilizes fat and is specifically important in supporting adrenal gland function.

Its function in the nervous system stems from the energy it helps produce from the food we eat.

Pantothenic acid also plays a key role in the activation and firing of the brain's neurotransmitters.

These neurotransmitters are essential in all communication within our central nervous system (the brain and spinal cord) as well as within our peripheral nervous system, which carries nerve impulses to all of our muscles.

One such neurotransmitter that B5 plays a particularly key role in creating is acetylcholine. Acetylcholine is essential to the formation of memory, and also works specifically as a communications manager from the central nervous system to the rest of the body, especially between the nervous system and the muscles. While very rare, a vitamin B5 deficiency can lead to neuropathic pain and numbness in the feet.

Vitamin B5 helps maintain our bodies' adrenal function. The adrenals are small glands at the top of the kidneys. They play a significant role in the body's hormonal balance. Vitamin B5 particularly aids the stress hormones that help regulate our sleep, energy levels, moods and, of course, stress.

A deficiency in vitamin B5 can result in adrenal fatigue, which includes struggles such as sleep difficulties, trouble coping with problems, moodiness and swings in weight. As part of the B complex, vitamin B5 helps our bodies respond to stress, while also helping to keep us calm.

Vitamin B5 aids in strengthening the immune system by helping to respond to external illnesses by forming antibodies. In fact, it has been used as an agent in combating malaria! But it also helps in everyday immune system work. Due to its role in food metabolism, vitamin B5 aids in gut health, which is where a lot of our bodies' immune activity is focused. Additionally, as it helps us with stress-hormone balancing, it also directly affects the immune system. When stress remains elevated—especially over time—our immune systems do not function adequately.

Pantothenic acid also helps balance cholesterol—the good and the bad—levels in our bodies.^{1,2} Vitamin B5 can reduce the level of LDL (otherwise known as bad cholesterol) and triglycerides; synergistically, vitamin B5 can help raise the level of HDL, which is the cholesterol that is good for us.

So how do you make sure you're getting plenty of vitamin B5? The good news lies in the name of it.

The word "pantothenic" has an etymology based in the Greek word "pantothern," which means "from everywhere" or "from all sides."

This name reflects the fact that small amounts of pantothenic acid are found in many sources of food.



The foods highest in vitamin B5 are whole grains, eggs, legumes and avocado. In fact, avocados contain the highest concentration of vitamin B5 in common foods.

One avocado contains about 2 milligrams of the vitamin, which is 40 percent of the 5-milligram daily intake recommendation for men and women who aren't pregnant or breastfeeding. Women who are pregnant should aim for 6 milligrams, and breastfeeding women should intake 7 milligrams.³

¹ Evans, M, et al. "Pantethine, a Derivative of Vitamin B5, Favorably Alters Total, LDL and Non-HDL Cholesterol in Low to Moderate Cardiovascular Risk Subjects Eligible for Statin Therapy: A Triple-Blinded Placebo and Diet-Controlled Investigation." *Vascular Health and Risk Management*, U.S. National Library of Medicine, Feb. 2014, www.ncbi.nlm.nih.gov/pmc/articles/PMC3942300/.

² Rumberger, J A, et al. "Pantethine, a Derivative of Vitamin B(5) Used as a Nutritional Supplement, Favorably Alters Low-Density Lipoprotein Cholesterol Metabolism in Low- to Moderate-Cardiovascular Risk North American Subjects: A Triple-Blinded Placebo and Diet-Controlled Investigation." *Nutritional Research*, U.S. National Library of Medicine, Aug. 2011, www.ncbi.nlm.nih.gov/pubmed/21925346.

³ "Office of Dietary Supplements - Pantothenic Acid." NIH Office of Dietary Supplements, U.S. Department of Health and Human Services, 12 June 2018, ods.od.nih.gov/factsheets/PantothenicAcid-Consumer/.

Winterize Your Health

Summer was wonderful. The sun was shining, the weather was warm, and the days were longer and slower. Most likely you were able to get out more and be physically active, maybe taking walks in the evening after dinner or visiting a lake or a beach. But alas, it is time for the transition to colder weather. With the changing of the seasons, now is the time to look at ways to boost your immune system to guard against the onset of winter illnesses—particularly cold and flu.





Wash your hands. The absolute most important thing you can do to make sure you stay healthy during respiratory viral illness season is by observing proper hand hygiene. Washing your hands with soap and warm water for twenty seconds helps scrub off and wash away viruses that cause common winter illnesses.

Speaking of water—hydrate! Drink plenty of pure water during the winter to flush your body of toxins and ensure your body's cells are working properly. Lymph, an essential element of the immune system, is produced in part by water.

Add to the list of good drink options, like green tea and yerba mate for antioxidants and a small caffeine boost. Brew up some Echinacea tea and add some elderberry syrup to it for additional immune-boosting hydration.

Or try slicing up a lemon or some ginger and adding it to a large jug of water that you consume throughout the day.

Eat well. During warmer weather we often eat less, while also eating more fruits and vegetables due to their seasonal availability. Wintertime is a period when we tend to want to slow down, and sometimes eating more comfort foods that can be high in carbohydrates. In order to make sure your immune system is in excellent health, be sure you are getting plenty of vitamins D and C as well as minerals such as zinc.

Add to that a healthy dose of omega-3 fatty acids from fish, flax, hemp seed and supplements.

Focus on whole foods that are not processed. While it may be tempting to pick up a frozen dinner from the supermarket and pop it in the microwave or oven, think of quick, convenient recipes using whole, fresh ingredients. Your body and your immune system will thank you for the extra effort and reward you with health when others suffer through colds and flu.

Up your intake of vitamin C. Perhaps it's not a coincidence that citrus is in season in the winter.



From December through March you can find wonderful, quality grapefruits, lemons, oranges and mandarins that are seasonal and usually grown within your continent or country.

While not exactly local, citrus fruits often come from Italy and other Mediterranean countries for European consumers, and from Florida, Texas and California for United States eaters.

If you'd like to stick to more local sources of vitamin C, consider buying large quantities of fresh berries, garden peppers and dark-green vegetables during the summer and fall and freezing them to eat in winter.

Use herbs in your cooking that are known for their antioxidative qualities. Organically grown garlic, ginger, black pepper, oregano, mint, cayenne and turmeric are all known for their healing properties. But it isn't all about healing. These herbs are distinctive for what they add to meals in terms of flavor.



Try making a garlic soup with loads of fresh garlic cloves; organic, pasture-raised chicken (or vegetable) broth; whipped eggs; dark greens; and an added grain like quinoa, buckwheat or amaranth.

Or begin your day with a 16-ounce warm water concoction that also includes a few shakes of cayenne, turmeric, raw and local honey, and the juice from one whole lemon or a tablespoon of apple cider vinegar.





Learn from bears, bats and bees and hibernate! People often report feeling slower or more tired in the colder months. Less sunlight can contribute to our circadian rhythm's adjusting to winter's shorter days. It's okay to lean into that sensation and sleep a bit more. Getting eight hours of sleep each night helps your immune system rest and reboot. Your body needs rest in order to rejuvenate. An afternoon nap may also help.

There is a saying in Scandinavia that there is no such thing as bad weather but only bad clothing. Bundle up and find time to enjoy being outside. The sun is an important source of vitamin D, which is a valuable hormone that helps your immune system processes, but also contributes to better moods and greater energy. It is possible to receive vitamin D from supplements and some fatty fish, but morning light is healing in a way that supplementation cannot beat. However, winter sun is much weaker in terms of stimulating vitamin D production in our skin, so it's even more important to add extra vitamin D during the winter months. Keeping a blood level of 25-hydroxy vitamin D between 40 and 80 ng/ml (100-200 nmol/L) is one of the most important things we can do for the health of our immune system (as well as our skeletal, muscle, endocrine and nervous systems).

¹ Kuo, M. "How Might Contact with Nature Promote Human Health? Promising Mechanisms and a Possible Central Pathway." *Frontiers in Psychology*, U.S. National Library of Medicine, Aug. 2015, www.ncbi.nlm.nih.gov/pmc/articles/PMC4548093/.

² Mao, G X, et al. "Therapeutic Effect of Forest Bathing on Human Hypertension in the Elderly." *Journal of Cardiology*, U.S. National Library of Medicine, Dec. 2012, www.ncbi.nlm.nih.gov/pubmed/22948092.

Additionally, the connection to being outside and in nature is part of a phenomenon that highlights the benefits of getting plenty of "vitamin N." The "N" stands for nature, and studies are showing how important it is for our spirits and even more so for our immune system.¹ Being in nature helps lower stress levels significantly, and can even decrease blood pressure and systemic inflammation.²

Being outside can also serve as motivation to stay active during the colder months. Exercise is an important part of the immune system's role in fighting off viruses.

It helps our bodies stay strong, releases healthy hormones that contribute to immune health and improves sleep.

Over the past several years, there has been an increasing amount of research and attention given to the importance of the gut-brain axis. Much of our immune system stems from our gut health. Find an effective probiotic supplement that has a variety of bacteria types and is guaranteed to make it to your gut (some bacteria don't make it past the acidic environment of the stomach). Germanic and Slavic cultures have relied on the fermented foods of sauerkraut, yogurt, sour cream and kefir for food preservation but also for gut health. The Japanese have utilized miso in their cooking for centuries. Koreans' kimchi is a staple in their cuisine. These food—coming from cultures that experience cold winters—also work as immune-boosting remedies, perhaps unknowingly, because they help maintain gut health.

Most respiratory illnesses, and even gastrointestinal ones, stem from viruses that attack the body differently than bacteria and cannot be treated with antibiotics. Try to avoid antibiotics if you get sick this winter. Unless your respiratory illness has been going on for more than ten days with no improvement, it is most likely virally based. And the best remedy for viruses includes rest, sleep, healthy eating, robust vitamin D levels, hydration and time. Antibiotics kill off the healthy bacteria in our digestive system that we want to nurture and promote, as previously mentioned. Occasionally a super-infection can occur during a common viral illness—meaning a bacterial infection comes into play as well. Talk to a health care provider who respects the need for gut health and immune function as well as recognizes the need to prescribe antibiotics prudently.

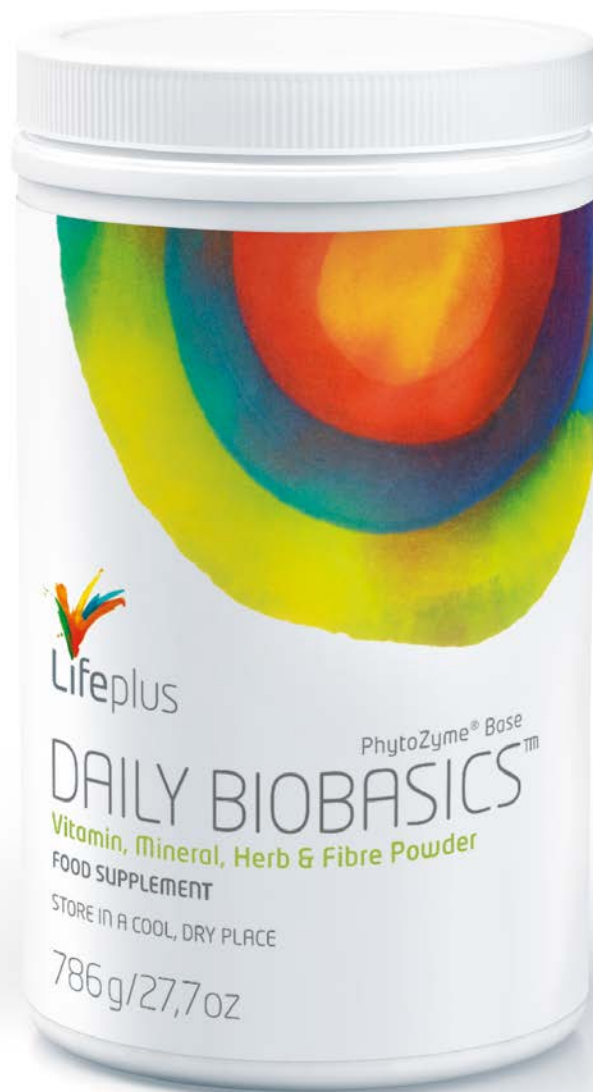
Finally, mind your stress. Take the time in winter to breathe, relax and laugh. Create a cozy environment in your home; light candles and cuddle up on the couch with an enjoyable book. We spend the summer months going to picnics, concerts, the beach, parties and festivals. The colder months tend to be times of going inward. But you don't have to do that alone. In addition to the holiday season in December, winter is an opportune time to host dinner parties, invite friends over for a movie night, or even go to an indoor spa or bathhouse. Host a soup exchange with neighbors. Or just have an afternoon tea with a good friend. Use the time to slow down and reconnect. This will not only add to your mood and spirit, but will also be good for your immune system.

Daily BioBasics™

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

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.



Full details of the product can be found on our website www.lifeplus.com and in our product catalogue.

© 2018 Lifeplus International

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



'Tis the Season

The fall harvest has been celebrated for hundreds of centuries in all different cultures, tribes and countries. Farms are plentiful with produce, and markets are bursting with colors from all of it. Tables are often spilling over with feasts to honor the hard work of the previous months. With the abundance of seasonal fruit and vegetables available at this time of year, the benefits of eating what's in season are etched into the cycles of our ecological and biological systems.

Before we get to the more serious aspects of how eating in season benefits us—environmentally, financially and healthwise—let's first address the pleasure aspect. Eating seasonally just tastes better. We all know the taste of a freshly picked garden tomato—maybe you eat it like an apple with a little sprinkle of salt—or the juicy peach in July, with its perfectly peachy aroma wafting into your nostrils and its nectar running down your chin as you bite into it. Compare those experiences to the pale, mushy tomatoes we find in our grocery stores in the middle of winter or the hard April peach we can buy, shipped from across the globe, that smells almost of chemicals and not of the characteristic stone-fruity scent.



Fresh fruit picked at the height of its ripeness needs no additives to fancy it up, and can often be served alone as a healthy dessert!



When fruits and vegetables are harvested for consumption at the near peak of their ripeness, the flavors are much more vivid.

When produce is picked prior to peak times, it is often put into refrigeration and shipped over a longer time period. Sometimes produce that is chilled loses flavor or the texture alters. Furthermore, it is nicer to entertain with in-season produce. The colors are brighter, the taste is purer and you need fewer condiments to make it tasty. Often a little salt and pepper with a drizzle of olive oil will make in-season vegetables incredibly delectable.

Now on to the more serious—but positive—benefits of eating in season. The main benefit is that it is healthier. Nutrition is greater in plants that have been allowed to ripen on the vine longer. Think of how a premature baby may not have fully developed lungs or the ability to maintain body temperature as well as a full-term baby can. Similarly, produce needs the time to develop naturally prior to rising to its full potential. Much of this better development can be attributed to the increased sun exposure. Seasonal produce is at the nutritional peak of the plants' lifespans, with greater phytonutrient content, antioxidants, vitamins and minerals.

Nature has evolved the way it has for a reason. Seasonal eating also supports your body's seasonal needs. For example, citrus is most readily available and in season during the colder months, precisely the time when respiratory illnesses increase. The availability of vitamin C and other antioxidants in citrus is incredibly beneficial to our immune system.

Winter vegetables tend to be heavier and richer—think winter squashes, dark greens and root vegetables—which make for heartier stews, soups and casseroles.

These foods tend to feel more warming and comforting. Summer produce is lighter and brighter tasting. Berries, stone fruits, tomatoes and cucumbers tend to be more cooling—think about the ingredients in a classic gazpacho or the refreshing taste of a ripe watermelon.

Seasonal eating is also good for your pocket. Because of the abundance of food that is in season, it often is priced more economically. When farmers are harvesting a lot of a given food, the price tends to go down. Furthermore, when it is locally harvested, the cost for travel (fuel, transport labor, toll expenses) and storage (keeping it cool by refrigeration) are minimized, maximizing savings for you.

And beyond one's own health lie the benefits to the environment and the local economy.

Supporting local farmers is better for the overall economy because you are contributing to the creation and maintenance of local labor and local ingenuity.

So, it turns out it is better for farmers' finances too. It is better for the environment, not only because transport and storage costs decrease (fewer trucks on the road for less time as well as less long-term, expensive refrigeration), but also because seasonal foods don't need as much extra assistance from pesticides and externally warmed hot houses.

Eating local foods when they are in season is better for the body, the natural cycles of life, the financial well-being of consumers and farmers, and Mother Earth.

Work Together, Play Together

A family works together so long as all members are active participants and take care of one another and the household.

While we adults obviously are responsible for the majority of family and household care, there are so many ways that you can get children involved. Not only does this help teach responsibility to children, but it also fosters self-esteem, work ethic and life skills.

Children from a very young age watch and observe the ways adults interact in the world. Often they model those behaviors and then act them out in order to understand them. If with a pretend vacuum cleaner, children from the early age of two years old will use it the way they see their parents using a real one.

Taking time to teach children skills and roles around the house also helps create a bond between parents and children. And the wonderful bonus is that both you and they feel the satisfaction of the contribution.

The Toddler Years

Toddlers are developing their sense of self and autonomy, while still strongly anchoring themselves to their parents. Often it can seem like a whirlwind of emotions as a toddler exclaims, "Me do it!" and then he or she breaks down in anger when we don't do something for them we know they can do on their own.



It is important to make toddlers feel as if they are making as many decisions on their own as possible. Instead of saying things like, "You have to clean up all of your toys right now!" try making it fun or part of a routine. "Yes, you can play with your kitchen set, but first please clean up and put away your Legos." If this is set as an expectation from the start, the routine is less difficult for them. While toddlers love learning new things, they also are creatures of routine.

Children as young as twenty months old can help unload the dishwasher by picking plates up with two hands and handing them to you to put away. Encourage them to help you load a front-loading washing machine with clothes to wash.

A fun reward for this is then being able to push the buttons on the machine (with your guidance on which are the correct ones) and watch the barrel start to spin the clothes!



Toddlers are also able to help clear their own dishes from the table and carry them into the kitchen, where an adult takes them to wash.

Additionally, children as young as two years old can toss their clothes in the hamper, wipe their place at the dining table with a rag, throw trash in the garbage or help feed pets.

If you are struggling to imagine this with your child, try reading articles on the practices of Montessori. A good book to read is *Montessori from the Start: The Child at Home, from Birth to Age Three*, by Paula Polk Lillard and Lynn Lillard Jessen. This book gives concrete ideas of how to incorporate these life skills in a respectful and structured way.



The Preschool Years

Children ages four to five love to feel useful. They have established a better sense of self during these years, and they are more focused on pleasing and showing that they are capable. If you felt a little nervous to have your toddler help with unloading the dishwasher, then you can feel a bit more at ease during this age. Preschoolers can also set the table for dinner, as well as help bring clean laundry to the right rooms (e.g., this pile is for mommy and this one for daddy, this one for baby brother). They have better motor skills and are able to water plants or even pour water for everyone at the dinner table.

The School-Age Years

Children ages six to nine are capable of making their own beds, helping to pack their own lunches, raking leaves in the yard and even bringing the trash out to the curb for pick-up. At this age they can perform more self-sufficient tasks, such as feeding the pets entirely on their own or even the dreaded cleaning up of the pets' waste. Older school-age children can fold their own clothes and even dust and sweep. Resistance to chores might start to creep up at this age. Try and counter that by making them more fun. Children can play their own music while they work or turn the chore into a game of speed or skill. Also, at the age where having their own spending money becomes important, you can "hire" them and pay them for chores, perhaps with optional higher wages for more difficult or extensive jobs, so they begin to experience the satisfaction of being paid for their contributions, as will become the norm later in their lives.



Life Begins at 50, 60 or even 70!

Growing older can sometimes feel a bit daunting. Inevitably, we notice we are a bit slower or cannot do the physical and/or mental things that we once were able to do easily. We might feel more aches and pains or see that we are a bit more forgetful or less quick-witted as we were in our younger days. But there are many reasons to celebrate and embrace aging.

Usually the decreased sharpness also means we are softer and kinder. We can be more forgiving and understanding of people and situations. Slowing down physically often means a less stressful life. We take more time for people and for ourselves. We prioritize what matters more easily and know that we cannot do it all—and that it is not only okay but it is perhaps a more sustainable way to live. Here are ways to continue growing older with grace, healthfulness, vigor and peace.

Refill the nest. Our children may be getting ready to go away to college or start their adult lives in given professions. A noisy house that was once full of hustle and bustle may seem quiet and lonely.

Older adults who have pets—specifically cats or dogs—demonstrate healthier metrics when it comes to cholesterol and heart disease. They also tend to be healthier emotionally and mentally.¹

It's still unclear how pets help older adults when it comes to their overall wellness. Some attribute it to the love and affection companion animals give us. Others cite the exercise we get from walking a dog.

Keep the romance alive. With the kids out of the house (or at least not at home and needing to be taken care of quite as intensely), make sure you increase the focus on your marriage or relationship.



Hold hands when you go on walks or even when you are running an errand to the grocery store together.

Write quick love notes to each other to slip into briefcases or lunch boxes. Perhaps most importantly, maintain a regular and active sex life.

Protect your joints and ligaments. With the right support for your feet you can continue running or fast walking as you get older. If you already have arthritis or chronic pain in your joints, take on low-impact exercises, such as swimming or elliptical workouts. The more you are moving your joints, the looser and more functional they will remain.

Make healthier food choices. As we age our metabolism unfortunately slows down. This means that we have to watch our food intake even more and be even more vigilant regarding healthy options. As famed food writer Michael Pollan's mantra goes: "Eat food. Mostly plants. Not too much." Stick with nutritionally dense foods such as sweet potatoes, leafy vegetables, salmon and multigrain bread (if you are not sensitive to gluten or lectin proteins) and expand from there. Herbs and spices are particularly nutrient dense, and older taste buds will tolerate more of these than younger ones can, so explore the complex world of culinary spices.

Cooking is one of the most important survival skills throughout the life span in this age of the industrialized, convenience-oriented and processed food supply.

Remember back in the 1980s and '90s, when commercials bombarded us with fat-free this and reduced-fat that? How on earth can a chocolate fudge cookie be fat-free?! Today the thinking is not so anti-fat. In fact, research shows us that healthy fats (unfortunately not usually found in chocolate fudge cookies) are actually better for us than the chemical processes that make things like dairy and oils fat-free. Aim for healthy fats, like those from fish, dairy (if you're not sensitive to dairy proteins), avocados, coconut oil, nuts, olives and olive oil.

Keep your mind active. Learn a new skill or hobby. If you don't want to invest a lot of time, take a one-day cooking class in a cuisine you aren't familiar with. Learning new activities is helpful as you age (or really at any time) because it helps build new neurological pathways in your brain.

Staying physically active with regular exercise—particularly keeping it varied and finding out which types of exercise you enjoy the most—also keeps your cognitive function in good working form.

It helps increase both blood and lymphatic flow to all areas of your body, but particularly to your brain.

Practice balance. As we get older the risk of falls increases, and the compounding consequences of a fall are dire. When exercising it is imperative to incorporate balance work into your routine. Practice tai chi or yoga once or twice a week, or do little moves everyday like balancing on one foot while brushing your teeth, stirring a pot while cooking dinner or waiting for the bus to work.

¹ Keith A. Anderson, Linda K. Lord, Lawrence N. Hill, Sandra McCune. Fostering the Human-Animal Bond for Older Adults: Challenges and Opportunities. *Activities, Adaptation & Aging*, 2015; 39 (1): 32 DOI: 10.1080/01924788.2015.994447



Managing Guilt

A controversial yet relevant food-for-thought article published in *The Atlantic* magazine in 2012 was the declaration of a high-ranking government executive that, indeed, women cannot have it all when it comes to career and family.¹

The article's author attended important meetings at the United Nations, hobnobbed with foreign dignitaries, and was a high-profile career woman who acted as a role model for her own, and younger, generations. The article highlighted the author's admission that during that time period, even with her husband's unwavering support, she was unable to truly balance work and family life. She said in the article that she confessed to a colleague that when she was done with all this work, she was going to write an article about how women really cannot have it all. Her colleague was flabbergasted and exclaimed that she could never write an op-ed like that—it would make generations of women lose hope. In other words, it could reveal a much-denied truth.

After the article was published, there was an enormous uproar by women from all generations.

But after the initial storm quieted, women started to face some difficult truths about what society expects from them and what women believe they must be responsible for.

And much of that truth was based on their own personal and deeply felt guilt.

The arc of the struggle for women's rights is a long one—politically and socially—but what can we do personally to offset and to combat some of that guilt?

These days, media's discussion of self-care is very much in vogue. Recommendations often include routinely scheduling special treats such as massages or spa treatments, taking time away from the demands of your children, learning to say “no” at work and, perhaps most importantly, giving yourself grace when you can't do it all. The truth of the matter is, it is hard to break free of a lifetime of self-induced—and arguably society-induced—guilt.

What's the evidence? Take ten minutes and write down a list of things you have done for the people in your life—your spouse, your kids, your family, your coworkers.

This isn't a list to use for justification but instead to help you visually understand that you are doing “enough.”

Turn the tables. We are often our own worst critics, and if we are living a life of grace and compassion, we probably would be more than satisfied with what we do if someone else were doing it. For example, if you are reviewing your day and you list what you haven't done that day (e.g., “I didn't get to the grocery store again to pick up the coffee and milk that we ran out of three days ago.”), look instead at what you did do (e.g., “I picked up the dry cleaning for my husband when his work meeting ran late.”).

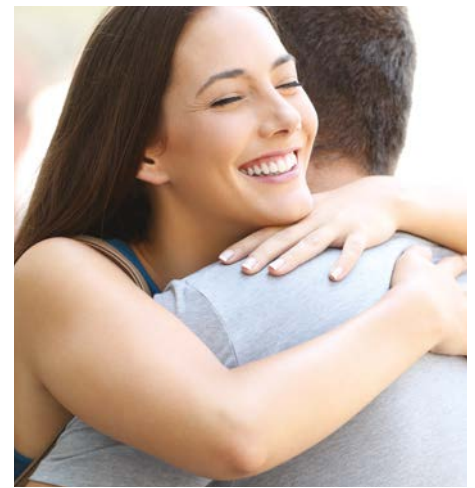
In this scenario, if the husband didn't get around to doing the errand, we might feel a sense of understanding due to his work or life circumstances in that week.

Get some feedback. If you feel you're neglecting responsibilities or relationships, instead of assuming that's the case, ask people you have honest and straightforward communication with to give you their assessments.

Give gratitude, particularly to yourself. Keeping a brief, daily gratitude journal is a wonderful way to deepen happiness and contentment.



¹ Slaughter, Anne-Marie. “Why Women Still Can't Have It All.” *The Atlantic*, Atlantic Media Company, 2012. www.theatlantic.com/magazine/archive/2012/07/why-women-still-cant-have-it-all/309020/.



However, often in these sorts of journals we are thanking fate, others or a higher power for what we have experienced. Consider adding to that list something you are grateful for that *you* did or how *you* are. You can list something you did that day that helped advance a goal of yours or that helped someone you care about.

Understand the emotions that lie beneath. Are you feeling guilty and getting negative feedback from your sister about not being in touch enough?

However, does your personal list of “evidence” show that you call her a couple times a week? Sometimes we are in relationships with people whom we love but who have unhealthy or unrealistic expectations of us. This can often happen within our family of origin (mother, father, siblings) and at work (a demanding or narcissistic boss). Are you feeling guilt when really that is masking resentment or anger toward people you feel are demanding too much?

Focus on your worth as it is and not as you do.

In a society in which productivity is so esteemed, basing your worth on your actions instead of on who you are is engrained into us.

Try and shift your focus to who you are as a person (compassionate, kind, perceptive, funny, engaging) and concentrate less on what you accomplish for others or at work.



Balancing and Boosting Testosterone

Testosterone is a naturally occurring hormone in both male and female bodies, and it is important to have a healthy amount of it. Men between the ages of 30 and 60 are increasingly showing signs and symptoms of low testosterone, and lifestyle has a lot to do with it.

We often only think about the male sex when considering testosterone; however, its balance with the whole estrogen group of hormones is important in both men and women. While testosterone replacement therapy is a much-needed medical advancement for those who truly suffer from testosterone insufficiency, many natural solutions are overlooked in favor of the convenience of a pill, injection or topical gel.

But why are so many of today's males suffering from lower testosterone in the first place? What are the root causes? And how does one address this particular hormone imbalance?

Excess fat is perhaps the number one complicating factor for suboptimal testosterone levels. In fact, one study concluded that "obesity is probably the condition most frequently associated with subnormal free testosterone concentrations in males."¹ Another study demonstrated that obese teenage boys had up to 50 percent less testosterone than their normal-weight counterparts.²

When our bodies have excess fat and when we are eating poorly, an enzyme in the body called aromatase will increase. An increase in aromatase is harmful because it converts more testosterone into estrogen.³ When estrogen increases in the body, testosterone lowers. In other words, when we are at a healthy weight, testosterone is more likely to be well-balanced in the body.

Unsurprisingly stress is a significant contributor to low testosterone levels. The hormone cortisol is released when we experience stress, and it can also inhibit the production of testosterone.⁴ Exercise, mindfulness and meditation are all important ways of combating stress.



Another important means of combating stress is getting sufficient sleep, whether you are male or female.

Getting enough sleep is important for hormonal balance, particularly testosterone balance. The reason is that testosterone actually increases when we sleep. But if we aren't getting enough sleep, that level during the day will decrease significantly.

Decrease your alcohol consumption. Regular consumption of alcohol can cause imbalances for many of the body's hormones. Males who are heavy drinkers will have outward signs of low testosterone, including thin chest hair, smaller testes and higher levels of estrogen.

⁴ Sherman, G D, et al. "The Interaction of Testosterone and Cortisol Is Associated with Attained Status in Male Executives." *Journal of Personality and Social Psychology*, U.S. National Library of Medicine, June 2016, www.ncbi.nlm.nih.gov/pubmed/26302434.

¹ Dhindsa, S, et al. "Testosterone Concentrations in Diabetic and Nondiabetic Obese Men." *Diabetes Care*, U.S. National Library of Medicine, June 2010, www.ncbi.nlm.nih.gov/pubmed/20200299.

² Mogri, M, et al. "Testosterone Concentrations in Young Pubertal and Post-Pubertal Obese Males." *Clinical Endocrinology (Oxford)*, U.S. National Library of Medicine, April 2013, www.ncbi.nlm.nih.gov/pubmed/22970699.

³ Leder, B Z, et al. "Effects of Aromatase Inhibition in Elderly Men with Low or Borderline-Low Serum Testosterone Levels." *The Journal of Clinical Endocrinology and Metabolism*, U.S. National Library of Medicine, March 2004, www.ncbi.nlm.nih.gov/pubmed/15001605.



Increase healthy proteins. Higher levels of carbohydrates—particularly the simple and processed forms (such as sugars and white flour)—often leave the diet with a dearth of proteins. This advice isn't meant to promote eating daily hamburgers and hotdogs, but instead to encourage the consumption of proteins from poultry, plants and seafood. In particular, fatty fish is good for testosterone production because it tends to also have vitamin D.

This valuable nutrient is actually a hormone itself that, among many other benefits, contributes an essential part to all hormone production within the body.



Magnesium is a mineral that much of the population—male and female—is lacking. Magnesium prevents a protein called SHBG (sex hormone binding globulin) from binding with testosterone, which in turn makes the existing testosterone in the body more available. Hence, a lack of adequate magnesium leads to a deficit of free (active) testosterone. As a matter of fact, magnesium is one of the most plentiful minerals on earth; however, it has been depleted from much of the earth's food-plant producing soil by chemical fertilizers and has become one of the most common minerals to be deficient in our bodies.

Zinc is another mineral that is important for immune system and hormone balance and function. Perhaps coincidentally, or at least ironically, oysters are colloquially known to have aphrodisiac qualities. But they are also higher in zinc than other sources of zinc such as grains, beef and many beans.

Decrease your use of plastic, particularly if you do not know if it is BPA-free. BPA, or bisphenol A, is a chemical that has received increased negative attention for its ability to adversely manipulate hormones, due to its estrogenic activity. People exposed to BPA often have decreased testosterone levels.⁵ Many soft plastics declared BPA-free now simply substitute an analogue of bisphenol A, which likely also has estrogenic properties, so it's best to avoid consuming food or drink packaged in any type of soft plastic whenever possible.

We all experience a lot of stress in modern life. There are many strong expectations about responsibility and achievement, especially for men.

But we live in a global society that is often not a culture of support and encouragement, which further increases stress, thereby increasing cortisol and decreasing testosterone. Part of achieving testosterone balance is reaching your full physical potential. But, perhaps even more importantly, emotional and psychological potential also depend on healthy testosterone levels.

⁵ Scinicariello, F, and Buser, M C. "Serum Testosterone Concentrations and Urinary Bisphenol A, Benzophenone-3, Triclosan, and Paraben Levels in Male and Female Children and Adolescents: NHANES 2011–2012." National Institute of Environmental Health Sciences, U.S. Department of Health and Human Services, Dec. 2016, ehp.niehs.nih.gov/ehp150/.

FY Skin Formula

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!



Full details of the product can be found on our website www.lifeplus.com and in our product catalogue.

© 2018 Lifeplus International

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

Ask the Expert

Is breakfast really the most important meal of the day?

When it comes to meals, it's hard to say that any one is more important than any other, because eating at regular times throughout the day can help regulate your metabolism and prevent cravings that lead to binge eating. Many people these days skip breakfast simply because they're too busy in the morning trying to take care of family needs while getting to work on time. That may be a big mistake, because there is a growing body of evidence that points to the importance of a healthy breakfast.

Recent studies have found direct links between skipping breakfast and weight gain and cardiovascular disease.

Researchers at the Mayo Clinic saw that people in the study who ate breakfast regularly gained an average of three pounds over the course of a year. In the same time frame, people who only occasionally ate breakfast gained about five pounds. Those who never ate breakfast? They gained about eight pounds. Eating a healthy breakfast



every day—even when you're busy—appears to be an important factor in maintaining healthy weight. We should keep in mind, however, that there are few nutritional rules that apply to everyone—there is no one-size-fits-all recommendation in human nutrition. Recent interest in such things as intermittent fasting, which can include eating only during a short period once daily, has produced weight, energy and health benefits for some people. What you eat for breakfast (whether or not it's whole, organic food that fits your metabolism) is likely more important than when you break your fast (the meaning of the word "breakfast"), though it's likely that both are important and depend on your unique physiology, the type of work you do and many other factors.

Are negative feelings contagious?

Negative emotions, experiences, people and thoughts do tend to attract other negative emotions, experiences, people and thoughts into your life. Fortunately, the same is true for positive feelings—they contribute to more positive feelings. Your mind is an extremely powerful tool that has the ability to shape the world around you. There have been studies that show that when people are exposed to just one negative experience in the morning, it has a ripple effect that lasts all day. The good news is that this phenomenon is true for positive ones too. Think about how you can harness this for the benefit of your whole family. By starting the day off with a little extra kindness and compassion in the morning, before everyone leaves for work and school, you can give your family members a gift that will last all day long. Perhaps better still, your own act of positive action will help you attract more positive emotions, experiences, people and thoughts into your life throughout the day.

Is it ever too late to start exercising?

Absolutely not. No matter what your age or physical state, it's not too late to get healthy. For most people, when they get into their 50s or 60s, their heart starts to show signs of aging. This happens even to younger people who have not been active or who have eaten unhealthy diets for years. It's possible to prevent and even reverse this effect with exercise. Experts believe you can make your heart 20 years younger with exercise! If it has been a very long time since you've engaged in any exercise more strenuous than walking, you should consult a doctor before making drastic changes to your level of activity.



Proanthenols® 100

Support your body in protecting itself from oxidative stress!

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.



Full details of the product can be found on our website www.lifepplus.com and in our product catalogue.

© 2018 Lifepplus International

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

