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JANUARY 2018 | betternutrition.com

BE WELL THIS YEAR

healthy habits that
matter more than any
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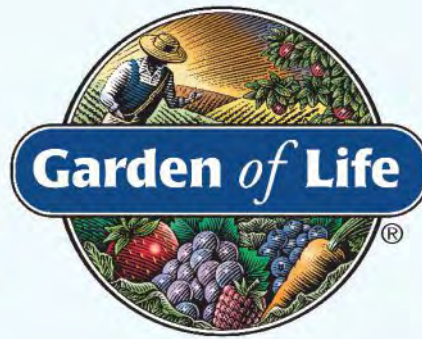
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MCT OIL
FROM COCONUT

nootropics:
NEXT-LEVEL
BRAIN BOOSTERS

GOT A HEALTH
COMPLAINT?
VITAMIN C
CAN PROBABLY
HELP, p. 20



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Low carb or low fat? Vegan or Paleo? Pilates or yoga? Regardless of your particular favorites when it comes to diet and exercise, there are certain wholesome habits that everyone should cultivate. Nutritionist Jonny Bowden offers up these "7 Bipartisan Principles of Health."

40 Get Smart

When it comes to brain health, a cutting-edge group of supportive herbs—known as nootropics—are all the rage these days. Here's the scoop on beneficial botanicals that can lift your mood, sharpen your focus, and more.

46 Surprising Herbs for the Flu

You know all about echinacea and wouldn't dream of facing the winter without elderberry, but don't overlook these lesser-known—but no less potent—herbal cold and flu fighters, from osha root to lomatium.

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Miami, Made Healthy

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58 ASK THE NUTRITIONIST Are You Using the Right Type of Milk?

If dairy gives you tummy troubles, switching milks could help. Here's the lowdown on alternatives, from traditional goat's milk to a new arrival known as A2.

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For a hearty morning meal with no sugar or flour, this recipe fills the bill.

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64 80 YEARS YOUNG Better Nutrition in the 1930s

2018 marks *Better Nutrition's* 80th birthday, and to celebrate, we're highlighting health trends throughout the decades all year long.



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Papaya is one of the best food sources of vitamin C.



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Happy 2018

Are you ready for a fresh start? We have several articles in this issue to help you kick off the new year on a positive, healthy note.

One of my favorites is "Be Well" by Jonny Bowden, PhD, CNS, p. 34. "Every so often, it's good to step back and take a 'helicopter view' of a situation," says Bowden. "We get so deeply into the minutiae and details of things that we frequently lose sight of the bigger picture." He's developed seven principles of health that put things into perspective.

Bowden's top transformative health habits are applicable to everyone, no matter what diet or exercise program you follow. And he's not just talking about working out or eating fewer carbs—some of the tenants Bowden discusses include keeping your word, taking care of others, and cultivating deeper relationships with friends and family. These seemingly unrelated actions can have a profound impact on your physical and mental health.

And speaking of health—*Better Nutrition*, a magazine dedicated to natural health and wellness since 1938, turns 80 this year! To commemorate our milestone birthday, we're introducing a limited-edition column, 80 Years Young. This month, we focus on a popular diet trend from the 1930s, the Grapefruit Diet. See p. 64 for more.

Wishing you a happy and healthy 2018!

Nicole

nbrechka@aimmedia.com



COMING NEXT MONTH

7 Ways to Fix Your Cholesterol

Consider adopting a new perspective on high cholesterol—one that focuses on eating healthy fats, lowering triglycerides, and getting enough sleep.

Why Is Your Skin So Dry?

Learn how eating certain foods and changing up your personal care routine can relieve dry, itchy skin.

CBD Oil FAQs

Here's everything you need to know about this hemp extract, including its powerful anti-anxiety properties.



Web Exclusive Recipe!

Tea-Brined Chicken Salad
Purple tea from Kenya lends a subtle fruit flavor to this chicken salad—perfect as a light meal.

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YOUR GUIDE TO NATURAL LIVING

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trendWATCH



Come On, Get Happy!

Aromatherapy offers a respite for stressed-out souls with a range of essential oils to lift you out of the doldrums and help you greet 2018 with a newfound, positive attitude ///by Cheryl Cromer

Not feeling so upbeat about the New Year? Or has your holiday high taken a decided plummet? Essential oils can help you achieve a happier state of mind. These nontoxic medicines work on a physical, emotional, and some even say spiritual level to heal and balance the body. Here are a few oils that stand out for their ability to boost mood and promote a positive mental outlook.

Improve Energy with Citrus

Any essential oil from the citrus family will raise your spirits with one whiff. First on the list is **lemon** (*Citrus limon*). Reach for lemon when a little extra energy is required (and who doesn't

need that after the holiday sparkle has fizzled out?). Upbeat and bright, lemon is veritable sunshine in a bottle.

Next up is one of the most effective citrus oils for treating melancholy—zesty blood orange. Although it shares the same Latin name as sister **sweet orange** (*Citrus sinensis*), **blood orange** is often chosen for its more complex aroma and antidepressant qualities.

Lime (*Citrus aurantifolia*), another citrusy restorative, adds a zip to anti-anxiety blends with

natural chemical properties that act as a tonic for those battling chronic stress. Diffuse several drops of lemon, lime, and blood orange in the morning to start the day with an aromatic boost. Since these are top notes, the fragrance may dissipate quickly. So mix a few drops of each into unscented body lotion and apply after your shower to sustain the tart, happy scent just a bit longer.



Relieve Depression with Lemon Balm

Lemon balm (*Melissa officinalis*) has a lemony aroma with a touch of green, almost as if it's signaling your spirit to buck up. It's also an excellent antidepressant. Steep the dried herbs to make lemon balm tea for a soothing afternoon treat. And add a few drops of this rare restorative essential oil to a cotton ball and tuck into your pillowcase before climbing into bed to help still the mind and encourage restful sleep.

did you know?

Blood orange is one of the most effective citrus oils for treating melancholy.

Chase Away Bad Moods with Clary Sage

The perfect choice from the herbal family of essential oils is **clary sage** (*Salvia sclarea*). The English name—clary—comes from the Latin *sclarea*, which is derived from *clarus*, the word for “clear.” And that's what this earthy, woody oil does—clears away stormy moods. Since the aroma can be a bit strong, blend clary sage with a citrus oil to mask the odor while still enjoying its euphoric properties, which will help battle the blues.



Diffuse Negativity with Blue Tansy

Speaking of the blues, diffuse negativity with **blue tansy** (*Tanacetum annuum*), an herbal essential oil with slightly sweet floral overtones that, like blood orange, adds substance and depth to any blend. Blue tansy oil gets its unusual cobalt color from one of its components, chamazulene. Be sure to avoid common tansy (*Tanacetum vulgare*), which can be toxic. True blue tansy has completely different chemical properties with valuable aromatherapy benefits.

Raise Your Spirits with Lavender

No list of stress-busting essential oils is complete without **lavender** (*Lavandula angustifolia*), the go-to oil for quelling anxiety and calming overwrought emotions. Whether inhaled or applied topically, lavender has a sedating quality that instills a sense of peace. Aromatherapists use lavender to enhance all kinds of blends, but especially those designed to balance mood and lift spirits. Combine a few drops of lavender with blue tansy and diffuse aurally to help melt anxiety and create a mellow atmosphere.



THE PERFECT BLEND FOR A HAPPY NEW YEAR

If you make only one resolution in 2018, make it to find that one right aromatherapy blend just for you. Start out on the lighter side—the recipes below feature a dilution of 3%, the perfect starting point. You can always add a drop or two more. Experiment to see what you prefer.

GET HAPPY MIST

For an instant mood lift, create an aromatic mist to use anytime, anywhere. Simply blend oils with distilled water in a 4 oz. glass bottle. Then just close your eyes, spray your space, and breathe deeply.

- * 24 drops lemon
- * 28 drops blood orange
- * 20 drops lime

For bath salts: mix lemon, blood orange, and lime with 1 cup Epsom salts. Makes 2–3 applications.

RESET & RENEW BLEND

Use the following blend in an aromatherapy diffuser.

- * 10 drops blood orange
- * 5 drops lemon balm
- * 6 drops lavender



Root Veggies are good for blood sugar control

are especially good at controlling blood sugar and warding off diabetes. According to research that tracked diets of more than 340,000 Europeans, such underground superfoods include carrots, radishes, celeriac, turnip, beetroot, and two less common ones—salsify, which looks like a skinny parsnip and tastes like an artichoke, and **rutabaga**, a cross between cabbage and turnip that makes a great lower-carb alternative to potatoes.



When it's cold outside, root vegetables make good comfort foods, and some

Vitamin D Clue: **YOUR SHADOW**

The low UV index of winter sun makes it difficult, if not impossible, for us to make vitamin D, increasing the odds of colds, flu, and feeling blue. To tell if the sun is strong enough to make any vitamin D at all, look at your shadow, suggests the Linus Pauling Institute. If your shadow is the same height as you, or shorter, you can make some vitamin D. But if it's longer, you're out of luck. In both cases, the institute recommends getting 2,000 IU of vitamin D daily, from food and supplements, to maintain optimum levels. Before supplementing, however, it's best to get your vitamin D levels checked with a simple blood test that's usually covered by health insurance.



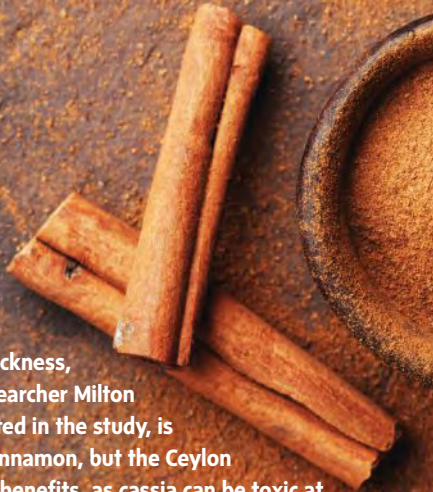
1.2 MILLION WORK DAYS

The United States loses the equivalent of 1.2 million workdays, and \$411 billion in productivity each year because people don't sleep enough, according to research by the nonprofit RAND Corporation. And those who usually sleep less than 6 hours have a 13-percent higher risk of death.



cinnamon IS A SURPRISING IMMUNE BOOSTER

Beyond delivering flavor, cinnamon has antiviral properties that can stave off cold, flu, and other viruses, according to lab research at the New York School of Career and Applied Studies. "The results validate our belief that a diet that includes a tablespoon of cinnamon once or twice a day can be effective in eliminating or preventing viruses from infecting humans and causing sickness, such as colds, flu, and even herpes," said researcher Milton Schiffenbauer, PhD. Ceylon cinnamon, validated in the study, is less common and higher priced than cassia cinnamon, but the Ceylon variety is generally recommended for health benefits, as cassia can be toxic at very high doses. Adding Ceylon cinnamon to coffee can be a tasty, low-calorie alternative to sugar, cream, or other calorie-rich flavoring.



low thyroid? try the herb ashwagandha

A go-to remedy for low thyroid function in ancient Ayurvedic healing, ashwagandha really does work, according to a study of 50 people published in *The Journal of Alternative and Complementary Medicine*. Those in the study had "subclinical hypothyroid," meaning thyroid function that is not low enough to be diagnosed as disease but is, nevertheless, not optimum. The effective dose was 600 mg daily of a proprietary ashwagandha extract, KSM-66, which is available in certain brands of supplements such as Jarrow Formulas Ashwagandha.

COOKING WITH COLLAGEN

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INGREDIENTS:

Coconut Bars

- 1 ½ cups unsweetened coconut flakes
- ¼ cup coconut oil, solid or melted
- pinch of cinnamon
- 1 tsp of vanilla extract
- 2 tbsp pure maple syrup or coconut nectar
- ¾ cup slivered almonds

Chocolate Dip Layer

- ½ cup dairy free chocolate chips
- 1 tbsp of Neocell Super Collagen™ Powder
- 1 tsp coconut oil

HOW TO MAKE IT:

1. Line an 8.5x4.5" inch loaf pan with parchment paper or wax paper.
2. Add coconut flakes, coconut oil and maple syrup. Add cinnamon/vanilla extract.
3. Spread coconut mixture into the prepared loaf pan.
4. Chocolate Dip Layer: Use the double boiler method to melt chocolate, then add coconut oil and collagen.
5. Pour melted chocolate over pan, top with almonds and drizzle more chocolate.
6. Freeze for 15-20 minutes until hardened. Take out 5 minutes before serving!



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**BASED ON SPINS DATA 10/2016

the **Passion**
behind the **Product**

Tea Time

For Paul Bains, founder of JusTea, the stories behind his product are the secrets to its success //By Neil Zevnik

Quick: what is the second-most-widely-consumed beverage in the world (after water)? No, it's not Coke. Hint: the Chinese started it, the Brits can hardly get through a day without it, and in America, it famously triggered a Revolution.

Yep. It's tea, a simple aromatic liquid that has been around for millennia. From China to Mali, from Burma to Bali, in India and Russia and Pakistan, tea drinking is an essential element of the culture, from everyday interactions to elaborate entertaining. The delights of High Tea at the Ritz in London could not exist without it; and here in the U.S., what gathering in the Deep South would be complete without a vat of "sweet tea" to smooth the social whirl?

In keeping with the current explosion of fascination with all things "food," there are endless offerings in the world of tea, and other contemporary considerations are also coming into play, including sustainability, social ethics, and environmental responsibility. Enter Paul Bain and JusTea.

The People

In 2011, Bain was working part-time with a clean-water charity project in

Uganda while managing tree-planting crews in Northern British Columbia.

His dad, Grayson, the founder of Rocky Mountain Bicycles, was juggling various charitable and entrepreneurial projects.

They both felt that they wanted to move in the direction of socially conscious business models, combining both sides of the equation to effect positive change through sustainable economic impact. As Paul explains it, "It's trade vs. aid. By creating a product that has direct market value, individuals can directly impact their own community without relying on charitable donations."

The Passion

It was a trip to Kenya and an intimate visit with tea farmers there that pointed the Bains to their passion. Grayson and Paul learned that large corporations were profiting from the labors of nearly half a million small-scale farmers, while the farmers themselves were earning about \$2 a day—not remotely enough to supply their families' most basic needs.

Thus was born JusTea. First, the Bains set out to establish connections in the community. In a land where the most common admonition in Swahili is "pole, pole" ("slowly, slowly"), it took time and sensitivity to establish themselves. But eventually the project blossomed. Paul



It was a trip to Kenya and a visit with tea farmers that pointed Grayson (second from left) and his son Paul (second from right) to their passion.



notes, "Business in Kenya is built on relationships and trust; we found success with our farmers by first developing a strong, family-like bond with them and then exploring unique market opportunities together."

Today, the company is certified by the Rainforest Alliance and the Non-GMO Project, and is a member of the Fair Trade Federation. They have established Kenya's first-ever artisanal specialty tea factory, fully staffed, managed, and owned by small-scale Kenyan tea farmers. And they have created more than 200 jobs for youths and women in rural Kenya.

And in the process, they have brought to market some of the most delicious tea this side of Nepal, including their latest offering, a wildly healthy purple tea filled with antioxidants and anthocyanins.

But the key for the Bains is the people. "The premium quality of the product wouldn't be there if it wasn't for the story of the families we partner with. Their commitment to this mission is what results in such a beautiful cup of tea, and each of their wonderful stories should be told," says Paul. And through JusTea, they are doing just that.

web exclusive!

Visit betternutrition.com for a Purple Tea-Brined Chicken Salad, made with JusTea's purple tea leaves.

Neil Zevnik is a private chef in Los Angeles who tends to the culinary needs of the rich and famous; blogs about food, nutrition, and the environment for *The Huffington Post*, and volunteers with marine mammal rescue whenever he can. Learn more at neilzevnik.com.

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ANCIENT NUTRITION

IS BONE BROTH THE MISSING LINK TO YOUR HEALTH?

For as long as humans have been cooking food over fire, bone broth—the simmering stock of bones otherwise discarded—has been a daily part of life, celebrated by cultures around the world. Not only does bone broth add depth of flavor to recipes and meals, it also imparts significant and broad health benefits that are now capturing the attention of millions. Bone broth may be the “hottest trend in health” today, even though it is centuries old. Could it be the missing link that you’ve been searching for?

CELEBRITY TREND *DU JOUR*

One thing that actors, professional athletes, executives and television personalities all have in common are high-performance lifestyles. So it is little wonder that the media seems to be reporting almost daily on the celebrities that are making bone broth a central component of their health and fitness program.

You will also see bone broth very well represented if you take a stroll down the aisle of your local bookstore and a surprising number of “broth cafes” have opened up in New York City as people are trading in their morning cup of coffee for the benefits that bone broth can deliver!

PERFECT FOR PALEO LIVING

Another audience that is “fueling the fire” of the bone broth movement is the rapidly-growing group of people following a Paleolithic-inspired eating and lifestyle program. And its not just weekend warriors and hardcore fitness advocates that are contributing to the growth. Recent statistics indicate a wider demographic of people is “going Paleo” and estimate that 54% are women and 76% are college educated. The world of health and fitness is often dominated by fads and trends; however, all the data suggests that this is a modern-day phenomenon, based on ancient wisdom, that is not going away any time soon.

WHY ALL THE HYPE?

Bone broth is typically rich in protein, collagen, gelatin, glucosamine, chondroitin and key minerals often missing in diet. These vital nutrients support a wide range of health benefits and body systems including:

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- ▶ Healthy joints and lean muscle mass[†]
- ▶ Healthy and vibrant skin, hair and nails[†]
- ▶ Metabolism and a healthy weight[†]



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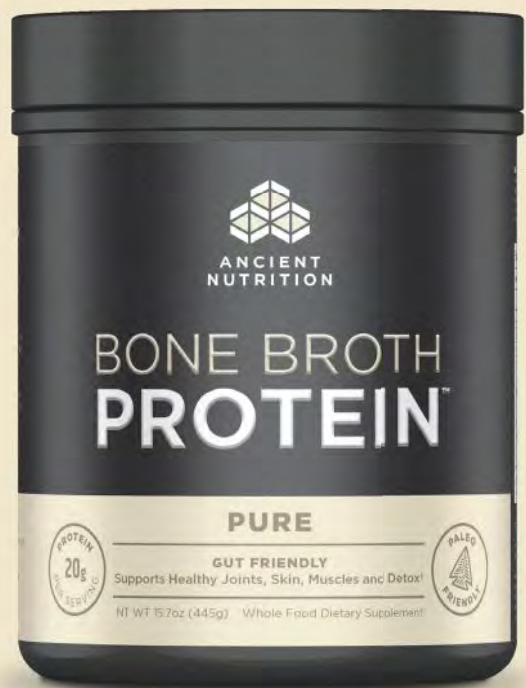
Two major drawbacks to experiencing the benefits of bone broth is the time to make it at home and expense to buy it pre-packaged. Introducing **Bone Broth Protein™**—a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.

Not only does Bone Broth Protein™ pack 20g of gut-friendly and Paleo-friendly protein per serving, it also provides Bone Broth Co-Factors such as collagen, glucosamine, chondroitin, hyaluronic acid and key electrolyte minerals to support the health of your gut, joints, muscles, skin and healthy detoxification.†

Bone Broth Protein™ is free of common allergens and the ideal protein source for those sensitive to dairy, grains, egg, beef, nuts and legumes. Carefully-crafted quality you can trust and tested to be GMO free.

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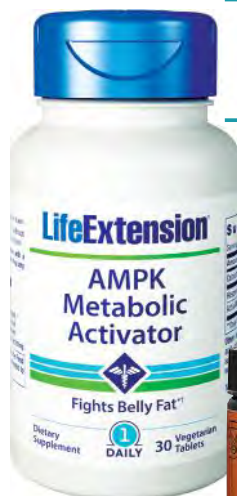
†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

A Fresh Start

Here are our favorite new products to try as you head into the New Year

1 Activate Weight Loss

Here's a weight-loss supplement with real science behind it: **Life Extension AMPK Metabolic Activator**. It's a combination of hesperidin, a citrus flavonoid, and ActivAMP *G. pentaphyllum* extract—two compounds that trigger AMPK, an enzyme that prompts the body to start burning unwanted fat, particularly around the abdomen. Studies have shown that increasing AMPK activity can encourage cells to stop storing fat and start burning it for energy.



2 Stomach Troubles?

Gas, bloating, cramping, upset stomach? If you can relate to these symptoms, there's a new supplement to try: **Terry Naturally Clinical Strength Peppermint Forté**. The key ingredient is peppermint oil, which excels at easing occasional intestinal and digestive issues such as gas and bloating. This formula also contains caraway, cardamom, and coriander oils—remedies known to help relieve gas and bloating, as well as support bacterial balance and mucosal lining health in the intestines.



3 Love Your Liver

Focusing on liver function offers huge health benefits—from hormone balance to better energy to clearer skin. Enter **Barlean's Liver Detox + Repair**, part of the company's new Platinum line. This nutrient-dense formula features high-quality ingredients known to help the liver function at its peak, including milk thistle, dandelion, artichoke, and L-glutathione. You can use this product daily to support your liver's natural detoxification and repair processes. It comes in a powder form (Tropical Twist flavor), and blends easily into water, juices, and smoothies.



4 A Gummy Chill Pill

Natural Vitality Calm Gummies are a tasty antidote to stress. These raspberry-and-lemon-flavored chews contain 83 mg (per gummy) of magnesium citrate, the most important mineral for relaxation and stress relief. During times of stress or heavy physical activity, the body often requires more magnesium. Keep these travel-friendly gummies on hand for those unavoidable tension-filled moments. Adults can take up to four gummies per day, and kids can take one per day.

5 Sensitive Skin Savors

Babo Botanicals Sensitive Skin Care Therapy is a line of nourishing products designed for dry, sensitive, or eczema-prone skin. There are four products in the line (from left): Sensitive Skin All Natural Healing Ointment; Sensitive Skin Fragrance Free Hydra Therapy Lotion; Sensitive Skin Fragrance Free Hydra Therapy Wash; and Sensitive Skin Dry Relief Hydrating Stick (not shown). These skin-calming products are free of petroleum, soy, gluten, and dairy. They are made with medical-grade colloidal oatmeal, shea and cocoa butters, and other soothing ingredients.

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Fix Whatever Ails You

Got a health complaint? Chances are, vitamin C can help /// BY VERA TWEED

It's easy to take vitamin C for granted and underestimate its potential. But that's a bad idea, says Thomas Levy, MD, author of *Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins*. "It's your most vital antioxidant," he says, and one that can improve "whatever ails you."

In decades of practice and research, Levy has seen just about every annoying symptom improve with vitamin C supplementation, from difficulty getting out of bed in the morning to muscle aches to energy sags, minor joint pain, arthritis, and tension headaches. "I'm not saying that they all go away," he says, "but they improve." And some symptoms can, literally, disappear. Surprisingly, says Levy, "Studies have basically shown

that vitamin C by itself will help reverse osteoporosis, but there's no way you can possibly get enough vitamin C strictly through diet; you need supplementation."

Studies have also shown that people with higher levels of vitamin C are less likely to suffer from heart disease, stroke, high blood pressure, bone fractures, cancer, loss of mental faculties in later years, cataracts, gout, type 2 diabetes, asthma attacks from exercise, lingering colds, and even early death.

Why It's a Super Antioxidant

In a sense, vitamin C is twice as powerful as other antioxidants. If you recall science class, all molecules have electrons, but some of these are lost in the normal

VITAMIN C FAQ

Can vitamin C boost energy?

It may. Research by the National Institutes of Health found that low levels of vitamin C correlated with fatigue.

Do other nutrients increase or block its absorption?

There is no real scientific evidence either way, but vitamin C in general is easily absorbed. However, says Levy, most people suffer from lack of magnesium and too much calcium, which increases oxidation and works against the antioxidant action of vitamin C. To solve the problem, he recommends taking magnesium supplements, as well as vitamin C, at any time of day, separately or together.

How much is safe to take for a cold?

Unless you have kidney disease, says Levy, there's no need to be concerned about taking too much. He recommends taking a gram of vitamin C every hour or so, until you feel better. If you get diarrhea, take lower doses, take it less often, or take a liposomal form. Anyone with kidney disease should consult a knowledgeable practitioner before taking supplements.

How much vitamin C can you get from food?

It's estimated that five daily servings of fruits and vegetables provide 200–250 mg.





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course of life—more so when we're exposed to stress, toxins, or illness. The technical term for loss of electrons is "oxidation." On a molecular level, oxidation is somewhat analogous to a soldier being injured in battle, and it underlies all forms of disease, as well as the aging process.

Antioxidants donate electrons to injured molecules, balancing out oxidation and keeping us healthy, but vitamin C has a unique quality. While antioxidants generally donate one electron per molecule, vitamin C donates two.

Healthy Tip

If you don't want to take large doses of vitamin C at first, start small and gradually work your way up until your symptoms improve.

"That gives it sort of a double impact," says Levy. And, he adds, it's made up of tiny molecules that are more easily absorbed than other antioxidants, wherever they're needed in the human body.

How to Use Vitamin C

For optimum health, Levy recommends taking enough vitamin C to experience an improvement in symptoms, which likely means taking at least several grams (several thousand milligrams) of the vitamin daily. And we may need even more during times of stress, exposure to toxins, or illness.

If you take enough, Levy says, "Most of the time, it's going to blunt most of the symptoms, and if you just have a little bit of disease or a little bit of a problem, you might feel completely normal with vitamin C; that would be a very individualized sort of thing."

Getting diarrhea after taking vitamin C means that

product PICKS



Dr. Mercola
Liposomal
Vitamin C



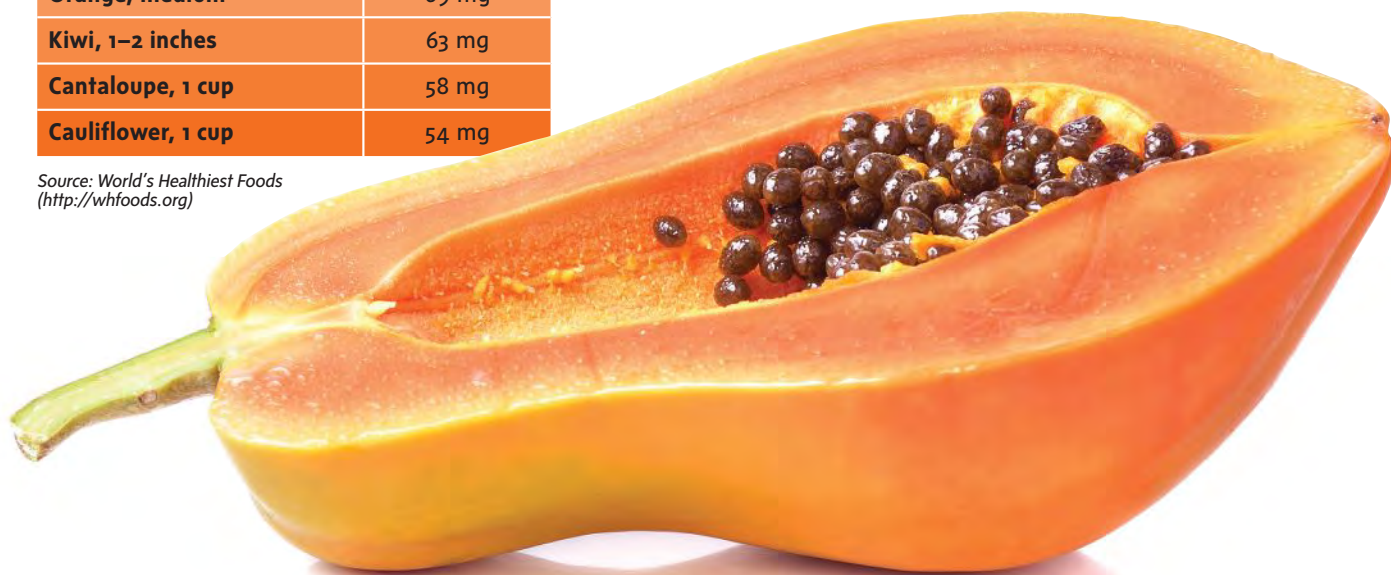
American Health
Ester-C Effervescent
Natural Orange flavor

Garden of Life
mykind Organics
Vitamin C
Organic Spray

TOP 10 FOOD SOURCES OF VITAMIN C

| | |
|-------------------------|--------|
| Papaya, medium | 168 mg |
| Bell peppers, 1 cup | 117 mg |
| Broccoli, 1 cup | 101 mg |
| Brussels sprouts, 1 cup | 96 mg |
| Strawberries, 1 cup | 84 mg |
| Pineapple, 1 cup | 78 mg |
| Orange, medium | 69 mg |
| Kiwi, 1–2 inches | 63 mg |
| Cantaloupe, 1 cup | 58 mg |
| Cauliflower, 1 cup | 54 mg |

Source: World's Healthiest Foods
(<http://whfoods.org>)



Contributing editor **Vera Tweed** has been researching and writing about supplements, holistic nutrition, fitness, and other aspects of healthy living since 1997. She is the author of several books, including *Hormone Harmony: How to Balance Insulin, Cortisol, Thyroid, Estrogen, Progesterone and Testosterone to Live Your Best Life*.

*"I take BioSil every day...
I'm amazed at the
results I see in my skin,
hair, and nails!"*

CHRISTIE BRINKLEY



Does this Health-Conscious Super Model and Super Mom Really Have an Unfair Advantage for Defying Age?

"YES, Regain Your Lost Collagen!"

"After the age of 21, we women lose about 1% of our collagen every year," says Christie. Collagen, of course, "plumps" your skin and makes it smooth and youthful looking. In addition, collagen gives your skin its vital youth-promoting elasticity. Plus, collagen is responsible for helping to make your hair thicker and stronger. It makes your nails stronger, too.

BioSil gives you the ability to regain lost collagen, add new collagen, and protect both your new and existing collagen.[†] "So yes, I feel like BioSil does give me an unfair advantage," says Christie smiling.

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- Strengthens Nails ^{††}

As demonstrated versus placebo in the published clinical trials: † Barel et al. 2005, Archives of Dermatological Research 297, 147-153. ** Wickett et al. 2007, Archives of Dermatological Research 299, 499-505. Results may vary.

Give Yourself an Unfair Advantage!

Try BioSil and give your skin, hair, and nails an unfair advantage! You'll be happy to know BioSil works naturally and contains no animal parts whatsoever. Discover more of Christie's beauty secrets at BioSilUSA.com



Emily A. Kane, ND, LAc, has a private naturopathic practice in Juneau, Alaska, where she lives with her husband and daughter. She is the author of two books on natural health, including *Managing Menopause Naturally*. Visit her online at dremilykane.com.

Kick the Caffeine Habit

The best natural ways to give up caffeine // BY EMILY A. KANE, ND, LAC

Q: Is coffee bad, just okay, or actually beneficial? It makes me feel jittery, so I want to stop drinking it. What can I use to avoid withdrawal symptoms? —Jim P., San Jose, Calif.

A: The quick answer is that as a drug caffeine is better than most. However, it's a pretty miserable choice for a beverage. Caffeine is found not only in coffee, but in black teas, chocolate, carbonated soft drinks, and even herbal "energy boosters" that contain guarana.

Caffeine Concerns

Caffeine is extremely vasoconstricting, meaning that it narrows the blood vessels—especially the tiny ones found in the brain, kidneys, retina, and extremities—thus inhibiting optimal blood flow and oxygen delivery to the body's tissues. Caffeine can cause a short-term decrease in insulin sensitivity (although moderate coffee consumption is associated with a reduced risk of developing diabetes). And consuming caffeine along with carbohydrate-rich foods can raise blood sugar levels more than consuming carbs alone.

Much of what we know about caffeine comes from early military research on stimulants purported to increase mental energy and stamina despite sleep deprivation and extreme environments. And in the case of mental energy, caffeine most definitely works. Because it constricts blood vessels in the brain, caffeine throws the brain into overdrive, which sends a signal to your adrenal glands to produce adrenaline, which starts a fight-or-flight cascade. This is why caffeine gives folks a jolt, or even the jitters.

Most people can handle these effects in the short-term. But long-term, day after day, ingesting caffeine is like

"whipping a tired horse." Your blood pressure goes up, your cholesterol goes up, your risk for osteoporosis increases, and your blood sugar control is compromised. Plus, caffeine is extremely dehydrating. This is because it's basically poisonous to the body, so we'll dump all available fluid into the intestinal tract to dilute it before it hits the bloodstream.

Research on coffee does come up with some positives, but this has nothing to do with caffeine. Coffee's benefits are partly due to the antioxidant content of the beans.

If you're thinking about giving up your morning brew, you will likely get withdrawal headaches (from the rebound vasodilation—too much blood flow to the brain as the vasoconstricting effect wears off) for 3–10 days. During this time, stay extra-hydrated with water (the best drink), herbal teas, and bone broths, ideally homemade. You can also chew on mint leaves, suck on ginger root, sprinkle cayenne pepper on everything (1/8 tsp. max per drink or meal serving), exercise more, or lie down in a dark room with an ice pack



Did You Know?

Coffee's purported health benefits come from its antioxidant content, not its caffeine.

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Healthy Tip!

If you miss the “ritual” of morning coffee, a robust herbal tea can be equally satisfying.



wrapped in a towel under the back of your neck. Here are some more tips to help you kick the caffeine habit.

Take Your Vitamins

B vitamins are wonderful for nourishing jangled nerves, so try taking a quality B complex supplement with 1,000 mcg of methylated B₁₂ (methylcobalamin) and about 50 mg each of the other numbered, water-soluble Bs. Take it twice daily, with food, but not after 4 p.m. Some folks find B vitamins to be overstimulating when taken too close to bedtime.

Choline, lecithin, and inositol (all “fatty” B vitamins) are also very helpful. I like to put a heaping tablespoon of lecithin on steel-cut oats, and add some nuts, seeds, and rehydrated dry fruit (raisins, cranberries, apricots) for a nerve-soothing and filling breakfast.

Vitamin E is very supportive to the endocrine system, and most useful in the 400–800 IU range, especially if you

are over age 40. The nervous system is connected to the endocrine system most vividly in the stress response, so both nerve and hormonal support will help you transition off caffeine.

Try Tea

My favorite herbal tea when you’re quitting caffeine is chamomile. Contrary to popular belief, strongly brewed chamomile is actually a mild stimulant (as opposed to weakly brewed chamomile, which helps us relax at bedtime). So make a strong pot in the morning (5 teabags to 4 cups of hot water), put it into a thermos, and sip throughout the day. Chamomile is also an amazing nerve-nourishing plant that can relieve the drowsiness and shakiness that usually accompanies caffeine withdrawal.

Focus on Fiber

Caffeine withdrawal headaches are caused mostly by vasodilation, but they can also be exacerbated by reabsorption

of toxins if caffeine withdrawal causes constipation. So it’s important to eat plenty of fiber-rich vegetables and fruits, along with whole grains and high-quality cold-pressed oils. Be sure to drink at least 8 cups of water daily. And use a light Senna-based herbal laxative if needed.

Moving Forward

Once you’ve kicked your habit, it may be possible to use caffeine very occasionally—if, say, you need to drive when tired or study for an exam. But remember that gentler methods of maintaining good energy levels—such as getting enough sleep—are always preferable. And if you find that you miss the “ritual” of the morning coffee, be assured that a robust herbal tea, such as Rooibush or Roastaroma, can become equally satisfying over time.

Do you have a question for Dr. Kane? Email it to editorial@betternutrition.com with “Ask the ND” in the subject line.

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7 Benefits of MCT Oil

This healthy fat from coconut oil can help boost energy, fight off bad bugs, promote heart health, and more // BY VERA TWEED

Healthy fats are all the rage, and among these, MCT oil falls in a special category. A concentration of fats found in coconut oil, it promises to deliver quick energy and a host of other benefits—from easier weight management to better memory and heart health.

“MCT” is an abbreviation for the oil’s chemical structure, medium-chain triglycerides, also called medium-chain fatty acids. Fats are made of chains of molecules bound together and, depending upon the number of carbon atoms in a chain, are classified as short, medium, or long chain.

MCT oils contain three main types of fatty acids: lauric, capric, and caprylic acids. All are classified as medium chain, but lauric is a somewhat longer chain than the others, and is often considered to be less beneficial for energy boosting and fat burning. However, some research has found lauric acid to be the most powerful of the three in fighting bacteria, fungi, and viruses. Here are 7 reasons to add MCT oil to your diet:

1 It Boosts Energy. “Medium chain triglycerides are more easily digested than other fats,” says Larry Trivieri Jr., author of *Coconuts for Your Health* and other books. “More importantly,” he adds, “unlike long chain triglycerides, which get stored in your body’s other cells, tissues, and organs, MCTs are stored in the liver, where they are quickly metabolized and converted into a readily available source of energy.” In contrast, other fats go through many more conversion steps.

2 It Aids in Weight Loss. Replacing other fat with MCT oil can produce weight loss. A Japanese study of 78 men and women compared the effects of MCT oil or long-chain fatty acids (common fats such as olive and soybean oils, meat, fish, nuts, and avocado) in diets with the same amounts of calories and total fat. Measurements after 4, 8, and 12 weeks showed that at each stage, those consuming MCT oil lost significantly more fat.

Healthy Tip!
Replacing other fats in your diet with MCT oil can help you lose weight.

Another study compared medium- and long-chain fats in a group of 17 obese women who ate medium-chain fats for 27 days and long-chain fats for another 27 days. Using MRIs to measure changes in body fat, researchers found that more fat calories were burned on a diet with medium-chain fats.

3 It Protects the Heart. A review of studies, published in *Pharmacological Research*, concluded that MCT oil may help prevent metabolic syndrome, a combination of factors—such as unhealthy levels of blood pressure, blood sugar, and cholesterol—that increases risk for diabetes and heart disease.

Studies suggested that the oil suppressed fat deposition, enhanced metabolism, and improved insulin sensitivity, a key to preventing lifestyle diseases.

4 It Fights Bugs. MCT oil inhibits the growth of common bugs that have become resistant to antibiotics,

according to research at Kent State University in Ohio. One specific bacterium it fights is *Clostridium difficile*, a common cause of infection in hospitals. Lauric acid has also been found to combat *Staphylococcus aureus*, which causes staph infections, and *E. coli*, which can contaminate food or water and cause diarrhea, vomiting, and other problems.

5 It Helps Alzheimer's Patients. People suffering from Alzheimer's have experienced improvement in symptoms when taking coconut oil or MCT oil, and a study is ongoing at the University of South Florida's Byrd Alzheimer's Institute in Tampa. Researchers are testing a liquid supplement with a combination of coconut and MCT oils on people who are at least 60 years old and suffer from mild to moderate Alzheimer's.

6 It Helps Enhance the Keto Diet. MCT oil triggers production of ketones, substances generated when fat is burned for energy. Turning on fat burning is the underlying premise of the very-low-carb keto (or ketogenic) diet, so MCT oil works well with this weight-loss regimen. For optimum energy-boosting and weight-control effects, try incorporating MCT oil into a diet that contains nonstarchy vegetables rather than starchy or sugary carbohydrates.

7 It's Easy to Take. A typical dosage for MCT oil is 1 Tbs. daily, or about 13 grams if taking capsules. MCT oil can be added to food or smoothies, or taken by itself. Some products come in a variety of flavors. MCT oil supplements are made from coconut and/or palm oil, another rich source of MCTs.

product PICKS



Carlson MCT & Omega-3 with Coconut Oil

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Nutiva Organic MCT Oil

Vera Tweed has been researching and writing about supplements, holistic nutrition, fitness, and other aspects of healthy living since 1997. She is the author of several books, including *Hormone Harmony: How to Balance Insulin, Cortisol, Thyroid, Estrogen, Progesterone and Testosterone to Live Your Best Life*.

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Hey, Good Lookin’



You can't look 21 forever, but these three supplements can help make your skin, hair, and nails look healthier and more youthful—and that goes for you, too, men!

/// BY SHERRIE STRAUSFOGEL

The latest in trendy beauty nutrients combines the best of nature and science for noticeable results. Collagen, keratin, and ceramides—either in the form of youth-enhancing supplements or as key ingredients in topical serums, lotions, and creams—deliver smoother skin, thicker hair, and stronger nails. And they really work. Here's what you need to know:

Collagen— You Start Losing It After 30

Collagen, the face-plumping protein, makes up about 80 percent of your skin, and its fibers give your skin firmness and strength. Collagen naturally starts to diminish after age 30, which causes skin to decrease in thickness by about seven percent every 10 years. Fortunately, supplements of type 1, 2, and 3 collagen can help prevent the signs of aging. Since collagen also strengthens hair and nails,

and is essential for healthy bones and joints, supplementation is vital, especially if you don't eat a diet rich in animal protein.

Many dermatologists question the effectiveness of collagen applied topically in cosmetics because skin cannot easily absorb its large molecules. However, the cumulative effect of topical collagen, when combined with collagen boosters such as vitamin C, peptides, and stem cells, shows positive results.

Keratin Grows Thicker & Longer Hair

Keratin is the protein that makes up 97 percent of your hair. It helps hair grow healthier, thicker, and longer. It also fortifies brittle nails, preventing them from splitting and breaking. Keratin has been an ingredient in topical hair products for years, and has recently become available in supplements as Cynatine HNS, which can

help improve the health and appearance of skin, as well as hair and nails.

Ceramides—a Must for Winter

Ceramides occur naturally in the skin's own oil and reinforce its protective barrier. They represent some 40 percent of the intercellular “cement” that binds cells together. Levels of ceramides in your skin decline with age, and are lower during the winter months, contributing to dry and inflamed skin.

Studies show that supplemental ceramides can lower inflammation and protect against moisture loss. While ceramides are traditionally derived from animal sources, “phytoceramides” from plants such as wheat grain or rice bran are one of the most effective recent advances in the maintenance of youthful skin. You can find them in both dietary supplements and hair care products.



1



4



5



2



3

1 Get thicker, stronger, shinier hair with **NeoCell Keratin Hair Volumizer** capsules. Potent Cynatine HNS soluble keratin is proven to reduce hair loss. Additionally, collagen, biotin, vitamin C, pantothenic acid, amla fruit extract, zinc, and copper build back healthy hair follicles from the inside out.

2 Smooth and protect your hair with **Giovanni 2Chic Brazilian Keratin & Argan Oil Ultra-Sleek Leave-In Conditioning & Styling Elixir**. This two-in-one treatment and styling serum is packed with keratin from Brazilian cocoa and Moroccan argan oil to shield hair from styling heat, lock in softness and shine, and prevent frizz.

3 Be ageless with **Annemarie Borlind Ceramide Vital Fluid**. Ceramides hydrate, smooth, and strengthen the skin's barrier against environmental pollutants, while German Black Forest deep spring water, hyaluronic acid, yeast extract, macadamia nut oil, and vitamins C and E help to firm skin and reduce wrinkles. The lightweight serum leaves skin feeling fresh and dewy.

4 Boost skin moisture and firmness with **Reserveage Nutrition Collagen Hydra Booster** capsules. Fast-working phytoceramides from wheat lock in moisture, fortify the skin's outer barrier, and smooth skin texture. A patented collagen complex of type 2 collagen, hyaluronic acid, and antioxidant-rich vitamin C strengthen skin's structure.

5 Reduce wrinkles, dark circles, and puffiness with **Mad Hippie Eye Cream**. Ceramides form a thin lipid barrier that holds in moisture while protecting the delicate skin around the eyes. Peptides enhance collagen production and reduce discoloration. Antioxidants and argan oil calm and even skin tone.

BEAUTY FROM AFAR

Africa is rich in a variety of trees that yield healing, soothing oils for parched winter skin. Three to try:

► **Moringa oil**, from the *Moringa oleifera* tree—also called the “miracle tree” because of its many health benefits. The seeds yield a light yellow oil that’s high in fatty acids and healing compounds. Used topically, moringa oil has antibacterial and antifungal properties, and contains compounds that ease pain and inflammation, and repair sun damage to the skin.

Best for: dry skin, fungal infections, sore joints.

► **Baobab** comes from the baobab tree, *Adansonia digitata*. The fruit, leaves, bark, roots, seeds, and oil are traditionally used internally and topically, and studies show baobab may be effective in treating eczema, psoriasis, dermatitis, and other skin conditions. It’s also a potent anti-inflammatory and can treat most skin conditions associated with inflammation, itching, and redness. **Best for:** dermatitis, eczema, and psoriasis.

► **Marula oil**, from the *Sclerocarya birrea* tree indigenous to Southern Africa, has been used for hundreds of years for soft skin. It’s high in flavonoids, and vitamins C and E, and has antibacterial properties that may help fight acne. **Best for:** dry skin, acne, redness, and itching.

—Lisa Turner

Sherrie Strausfogel is the author of *Hawaii's Spa Experience: Rejuvenating Secrets of the Islands (the first book to feature aromatherapy in its pages)*. Based in Honolulu, she writes about beauty, spas, health, cuisine, and travel. Her work has appeared in more than 100 magazines, newspapers, guidebooks, and websites.

Dr. Axe

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5 Types of Food
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TYPE I, II, III, V and X



SKIN



GUT



JOINTS

WHY IS COLLAGEN IMPORTANT?

Collagen is one of the reasons our bodies don't fall apart. Collagen literally functions to hold you together.

But what is collagen? Collagen is a protein made up of building blocks called *amino acids* and is so important that it makes up approximately 30 percent of all the proteins in the body, and different bodily systems and organs need specific proteins serving a variety of functions.

The truth is that collagen is literally everywhere in the body, and when there's enough collagen in the body, then we can "keep ourselves together" and are humming along.



DR. JOSH AXE, Founder

WHY MULTI-COLLAGEN PROTEIN POWDER?

If you're looking to boost your collagen intake, Dr. Axe Multi-Collagen Protein powder could be just what you're looking for. Most collagens on the market feature only one source of collagen, but Dr. Axe Multi Collagen Protein features five collagen types from four different sources!

Dr. Axe Multi Collagen Protein includes hydrolyzed bovine collagen peptides, chicken bone broth collagen concentrate, hydrolyzed fish collagen peptides and eggshell membrane collagen, featuring collagen Type I, II, III, V and X.

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PROMOTE HEALTHY SKIN[†] | SUPPORT HEALTHY DIGESTIVE FUNCTION[†] | SUPPORT HEALTHY JOINTS[†]



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ADD COLLAGEN BOOST
TO ANY MEAL

HOW TO USE


FOR BEST RESULTS, USE 1 (OR UP TO 3) SERVINGS DAILY.

- Include 2 Tablespoons in your morning smoothie.
- Add to baking dishes, muffins, bars or pancakes to increase protein intake.
- Replace unhealthy protein powder with this.
- Create a chia coconut collagen pudding.
- Take several Tablespoons of collagen pre- and post-workout.

[†] 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.



BETTER



These seven basics matter more than any of the details of specific diets or exercise programs.

BY JONNY BOWDEN, PHD, CNS



The debate over the best way to eat is not going away. In fact, in just the past few years, it seems to be paralleling our national political debate—and not in a good way. Nutrition is getting ever more partisan—the raw-food people disagree with the Paleo people, who think the vegans are nuts, while the South Beach Diet enthusiasts take offense to the keto diet people, who think all the rest of us should be eating like they do. And the debate over exercise isn't much better—interval training or conventional weights? CrossFit? Standard aerobics? Every day? Once a week? (Insert “scream” here!)

Calm down, people.

Every so often, it's good to step back and take a “helicopter view” of a situation. We get so deeply into the minutiae and details of things that we frequently lose sight of the bigger picture. Though you wouldn't know it from all the tribalism, there actually are a few things that we all can and do agree on. So I'd like to take this opportunity to offer what I consider the “7 Bipartisan Principles of Health,” habits that would be worth cultivating for absolutely everyone, no matter what diet or exercise program you follow.



EAT REAL FOOD

D By “real food,” I mean food that would go bad if you left it outside in the air for a couple days. Food that you could hunt, fish, gather, or pluck. When I say this at workshops, I inevitably get the question, “Does that include (fill in the blank)?” My answer is always the same: If you’re not sure if it’s real food, it’s probably not. There’s not much to wonder about with an apple, a berry, a nut, or a fish. If you have to think about it, it doesn’t make the cut. Sorry.

I happen to believe that the quality of the food we eat matters more than the proportion of carbs, fat, and protein. If you cut out the junk, it automatically reduces your carb intake. And if you get food quality right, you automatically improve your microbiome, which can improve everything else. You’re also less likely to have micronutrient deficiencies, which can lead to a host of other health issues.



EXERCISE

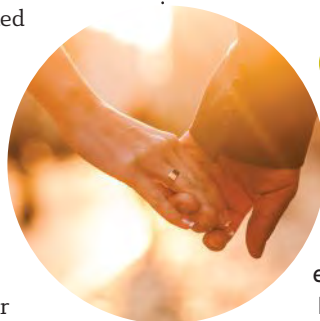
D Are there tons of ways to work out? You bet. Do they have their advantages and disadvantages? Yup. But in the bigger scheme of things, what matters is that we move our butts. I don’t care if it’s walking, golfing, climbing stairs, doing jumping jacks, unicycling, belly-dancing, juggling, or doing the Macarena.

And don’t confuse exercise for weight loss with exercise for fitness. A brisk daily walk won’t get you on the cover of *Men’s Health* or *Shape*, but it will grow new brain cells and help reduce the risk for cancer, diabetes, depression, and heart disease.

RELATIONSHIPS

D On some level, “like seeks like.” People who stay fit, care about their health, don’t smoke, and exercise regularly are likely to be surrounded with people who care about the same things. So choose your friends carefully!

But there’s more to it. When Dan Buettler researched the areas around the world with the greatest number of healthy 100-year olds, he made an astonishing finding. While there were a number of variations in these areas, there was one constant across all of them: social fabric. The people all had strong social relationships, ties that bound them to neighbors, friends, and family that were an important part of their lives. There’s a reason why people in long-term relationships live longer. Relationships matter.



SUPPLEMENT INTELLIGENTLY

D I’m often asked if you really need supplements. I always answer, “No. You don’t need supplements; you also don’t need indoor plumbing. But why would you want to do without either of them?” Supplements are just a high-tech way to deliver nutrients that your body needs. And many of those nutrients aren’t available in food (examples: alpha-lipoic acid and CoQ10 are notoriously difficult to get from food unless you eat a ton of organ meats).

I consider basic supplementation to include at least fish oil, magnesium, vitamin D₃, and probiotics. Beyond that, one size does not fit all, but some of my favorite add-ons include curcumin, resveratrol, vitamin K₂, and CoQ10.





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MANAGE STRESS AND SLEEP

D Stress is implicated in a host of health problems, from interfering with a good night's sleep to bringing on an attack of a condition or disease (herpes, acne, alopecia). It can aggravate an existing illness, and it makes recovery from anything slower.

During a stress response, hormones such as cortisol and adrenaline are secreted. Blood pressure rises and heart rate increases. But this happens whether you're running from a lion or sitting in a traffic jam. And chronic stress can shorten your life in the long term.

That's why managing stress in some productive way is crucial. There are a million ways to reduce daily stress, ranging from taking a walk to doing yoga. Don't concern yourself with the best way to reduce stress—just do whatever lowers your heart rate and deepens your breathing, for at least a few minutes every day.

Worth noting: Not sleeping well is a major stressor, which is one of the reasons that good, healthy, restorative sleep is vital. Important metabolic operations happen during sleep, like the making of biochemicals, the parsing of neuronal circuits, and the release of hormones. Make sleep a priority. Keep the temperature down in your bedroom and the lights off, and never fall asleep with the TV on.

KEEP YOUR WORD

D The seventh habit that I recommend

sounds the weirdest, but may actually be the most important of all: Keep your word. Here's why it matters.

Think for a minute of a friend you have who's always late. Like, always. And every time—every single time—he promises you that he'll be on time. What do you do? Easy answer: you don't believe him. I would argue that we have become—to ourselves—very much like that friend who keeps breaking his promise. We promise ourselves we'll eat better. We give our word that we're going to stop smoking. We vow to keep our New Year's resolutions (again).

So we stop believing ourselves. This matters because words have power. (Even thoughts have power—there's a whole science called psychoneuroimmunology that studies how our thoughts influence our immune system.) Imagine if every time you told yourself (or someone else) you were going to do something, you did it. Every time. Eventually, you would start really believing in yourself, and so would others. Being true to your word is the opposite of helplessness and victimhood. It's claiming that wonderful quality that mental health professionals say is so important for well-being: agency. The sense that what we do matters, that we are the masters of our own fate.

CONTRIBUTION

D Ellen Langer is a psychologist at Harvard who has done some amazing studies on human behavior. In one, she went into a nursing home and gave half the residents a simple task: take care of a plant. The results were remarkable. The plant caretakers had fewer doctor visits, got sick less often, and recovered from illness more quickly. And their blood pressure went down.

Langer showed that the very act of caring for something outside yourself, thus directing your energy away from obsessing over your own concerns, has significant health benefits. And doing it makes you feel a whole lot better in the process. As marriage and family therapist Esther Perel says, "The most powerful antidepressant is taking care of other people."

So volunteer for a cause close to your heart, such as an animal shelter, soup kitchen, or retirement home, even if only for an hour or so a week. The benefits—not only to those whose lives you impact, but also to you—are priceless.



So there you have it. We could debate the minutiae of various plans and programs endlessly. But if you just adhere to these basics, you have a solid foundation for good health no matter what camp you're in.

Jonny Bowden, PhD, CNS, is a board-certified nutritionist and the best-selling author of 14 books. His latest is *Smart Fat: Eat More Fat, Lose More Weight, Get Healthy Now* (written with Steven Masley, MD). Visit him online at jonnybowden.com.

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GET SMART

SAFE NOOTROPICS: MOOD-LIFTING, BRAIN-BOOSTING, FOCUS-SHARPENING HERBS FOR EVERYDAY USE

BY LISA TURNER

In the 2011 movie *Limitless*, the hero scaled professional mountains, made a fortune overnight, and got the girl—all by taking a simple pill. Now, dozens of nootropics—from pharmaceuticals such as Ritalin, Adderall, and modafinil, to legal but questionable Internet compounds including piracetam and adrafinil—promise enhanced mood and a smarter, faster brain. It sounds too good to be true, and it probably is. Though they're legal and effective, chemical nootropics (called “smart drugs”) have side effects, including rapid heart rate, headaches, insomnia, and anxiety, and some have a high potential for tolerance, addiction, and withdrawal symptoms.

A better choice: herbal nootropics that enhance mood, sharpen concentration, and improve focus, without the side effects, tolerance, or withdrawal. They work by increasing circulation to the brain, altering the concentration of neurotransmitters, reducing brain inflammation, stimulating the formation of new brain cells, and protecting the brain from free-radical damage. Some of the best:

HUPERZINE A is a highly purified and concentrated extract from the Chinese club moss plant, which has a long history of use in herbal and Chinese medicine. Huperzine A, the main active compound in the plant, is used to enhance memory and learning. In one study, huperzine A improved memory and learning ability in a group of students, compared to placebo. It may also be effective in improving cognitive function and reducing brain inflammation after traumatic brain injury. Newer studies are finding a significant improvement of cognitive function, daily living activity, and overall symptoms in Alzheimer's patients. Typical doses are 50–100 mcg, twice per day. Check with your doctor before using.

RHODIOLA ROSEA, also called Arctic root, is an adaptogen that's been used in traditional herbal medicine for hundreds of years. It's been shown in many studies to prevent fatigue, reduce

stress, combat mental fog, and enhance mental performance. In one study, rhodiola reduced fatigue, increased mental performance, enhanced the ability to concentrate, and decreased cortisol response to stress. Another study found that people suffering from mild to moderate depression who took rhodiola had fewer symptoms of depression than those who took a placebo. Typical doses are up to 340 mg twice daily of rhodiola extract containing 2–3 percent rosavin and 1–2.5 percent salidroside.

BACOPA MONNIERI, an extract from the Brahmi plant, has been traditionally used in Ayurvedic medicine to treat a variety of conditions, including brain function. Now, studies show that it can enhance memory and improve mood. One study found that bacopa significantly improved cognitive function and decreased depression and anxiety in older adults without Alzheimer's. A review of nine studies showed that

bacopa significantly improved memory and recall. Other studies have suggested that bacopa can help protect against age-related neurodegeneration and cognitive decline. Typical doses are 150–300 mg per day of a bacopa extract containing 50 percent bacosides.

LION'S MANE, a mushroom used in culinary applications as well as in traditional Chinese medicine, has shown potential as a safe and effective nootropic. It contains compounds called hericenones and erinacines that may have neuroprotective and cognitive-enhancing effects. Other studies suggest that lion's mane works by increasing nerve growth factor (NGF), a protein necessary for the growth, maintenance, and survival of neurons. Although most of this research has been done in petri dishes, other studies in people suggest that lion's mane is effective in improving mood and relieving depression. Typical doses are 500–750 mg per day.

TYROSINE, an amino acid found in eggs, turkey, beef, seaweed, soybeans, and Swiss cheese, is necessary for the production of norepinephrine and dopamine, neurotransmitters that play significant roles in mood regulation. Low levels of these neurotransmitters are linked with depression, apathy, fatigue, and lack of concentration, and some studies suggest that supplementing with tyrosine can alleviate even significant depression. It's also extremely effective in preventing cognitive decline in conditions of stress. Typical doses are 500–1,000 mg per day, divided into two to three doses.

CITICOLINE, a chemical that occurs naturally in the brain, is used to treat Alzheimer's and other forms of dementia, as well as head injury, age-related memory loss, and attention deficit-hyperactivity disorder (ADHD). Studies show that it can significantly improve cognitive impairments, especially those caused by vascular diseases (such as multiple small strokes and

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Can silkworms make you smarter? According to research, the answer is yes. Cera-Q is a proprietary supplement ingredient (silk protein hydrolysate complex) made from fibroin, a protein found in silkworm cocoons. And the science behind it is promising. Cera-Q has been shown to help reduce clusters of amyloid plaque (a leading contributor to memory loss and Alzheimer's) on neuron cells. It also boosts glucose uptake to the brain, which translates to energy and nourishment for brain functioning. Studies show that the silk protein helps support memorization, cognitive function, learning ability, and short-term memory. It's safe for adults and children. Cera-Q is available in several supplement brands.



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Iron deficiency affects 20% to 25% of the world population,¹ with iron-deficiency anemia the most common type of anemia.

Reference

¹. McLean E, Cogswell M, Egli I, et al. Worldwide prevalence of anaemia, WHO Vitamin and Mineral Surveillance Information System, 1993-2005. Public Health Nutrition 2009; 12(4): 444-54.

We all need iron for energy.

Women are especially prone to iron deficiency due to periods, pregnancy, and breast-feeding. In fact, menstruation is the main reason women are 10 times more likely than men to suffer from low iron levels. Just a few consecutive heavy periods can cause iron losses that are difficult to reverse without supplementation.

Iron-deficiency symptom checklist:

Are you iron-deficient?

- ☐ Do you often feel weak?
- ☐ Do you look pale, lack appetite, or feel tired?
- ☐ Are you often cold or chilly?
- ☐ Do you have brittle hair and nails?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient.

Is iron missing in your diet?

If your diet hasn't been giving you the recommended 18 mg of iron a day and you're feeling tired and run-down, Floradix® Liquid Iron + Herbs could be the simple solution. In addition to iron, Floradix's gentle formula contains vitamins B1, B2, B6, B12, as well as vitamin C. Vitamin C helps the body absorb the form of iron found in fruits and vegetables, like those found in Floradix's liquid base.

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arteriosclerosis), and can improve memory and recall in elderly patients without dementia. Citicoline appears to work by enhancing circulation to the brain and improving neuroplasticity, the brains' ability to recover and restructure. And it's not just for the elderly. Studies show that citicoline can improve motor speed and attention in adolescents and healthy adult women. In one study, people who took citicoline showed significantly improved attention and fewer mistakes on attention tests. Typical doses are 250–500 mg per day.

ACETYL-L-CARNITINE, a form of the amino acid carnitine that's found in high-protein foods, is key in producing acetylcholine, an important neurotransmitter for memory, learning, and cognition. By enhancing the body's production of acetylcholine, acetyl-L-carnitine can improve focus, alertness, clarity, and memory. Studies show a significant improvement in performance of mental tasks in Alzheimer's patients after acetyl-L-carnitine treatment, and also suggest that it may be effective in the treatment of dementia and cognitive impairment, especially as a result of alcoholism and degenerative diseases.

It also has a positive effect on mood and depression, and in one study was shown to bring relief faster than prescription drugs, with no side effects. Typical doses range from 300–1,000 mg per day. Do not take acetyl-L-carnitine with foods that contain protein.

L-THEANINE, a compound found primarily in green, white, and black teas, has been shown to promote concentration, alertness, and attention, creating a state of calm focus that's similar to meditation. It works by increasing levels of serotonin, dopamine, and GABA, neurotransmitters that improve mood, memory, and learning. Combined with caffeine, it has been shown to improve both speed and accuracy on cognitively demanding tasks, and to reduce susceptibility to distracting information during memory tasks. L-theanine may also help protect against neurodegeneration (death or loss of function of neurons).

TRYPTOPHAN, an amino acid naturally found in a variety of foods, is essential for the formation of serotonin, a mood-enhancing neurotransmitter. Many studies have found that tryptophan deficiencies

impair memory and may depress mood, and a diet rich in tryptophan can have a positive impact on mood and cognition. In addition to diet, studies show supplemental tryptophan improves memory deficits and enhances concentration. Besides increasing memory and ability to focus, tryptophan may help improve depression, anxiety, and ADHD. Typical doses are 1,000–2,000 mg, three to four times a day.

VINPOCETINE, a chemical that resembles a substance found in the common creeping plant periwinkle, is widely used in Europe as a brain booster. It's thought to work by improving circulation, decreasing inflammation, and balancing neurotransmitter levels. It's also been shown to increase blood flow and oxygenation to the brain. Studies show that vinpocetine may improve attention, concentration, and memory, and may enhance cognitive function and improve long- and short-term memory, especially in patients with cerebrovascular conditions. A typical dosage is 5–15 mg per day. Because vinpocetine can cause dizziness, weakness, and uneasy feelings, check with your doctor before using.

EDITOR'S PICKS: NEXT-LEVEL BRAIN BOOSTERS



1

Himalaya Herbal Healthcare Bacopa is Non-Gmo Project Verified and features organic bacopa extract and powder.

2

Mushroom Wisdom Super Lion's Mane is made using a concentrated hot water extract for superior absorption.

3

Natrol Cognium has 100 mg of Cera-Q powder per tablet—and it has been shown to work in four weeks.

4

Natural Factors 3 Brains Serene Mind contains rhodiola and other herbs for enhanced cognitive function.

5

NOW Foods Brain Attention contains Cera-Q in a chocolate-flavored chewable form.

6

Wakunaga Kyolic Brain Energy features Cognizin, a patented, form of citicoline.

Lisa Turner is a chef, food writer, product developer, and nutrition coach in Boulder, Colo. She has more than 20 years of experience in researching and writing about clean, nourishing foods, and coaching people toward healthier eating habits. Find her at lisaturnercooks.com.



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SURPRISING HERBS FOR THE FLU

by Karta Purkh Singh Khalsa, DN-C, RH



**You know all about echinacea
and wouldn't dream of facing
winter without elderberry,
but don't overlook these
lesser-known—but potent—
botanical cold and flu fighters**

Colds and flu are caused by viruses. These bugs cannot be killed by chemicals—not by pharmaceutical drugs, and not by herbal compounds. The only way to tame these microbes is to motivate the body's own immune system.

Herbal regimens to fight infection include three fundamental steps. You must boot out the invader, nourish the tissue (in this case, the respiratory system) that allowed the infection to take root, and support your immune system to prevent a relapse. And herbs that help ease congestion, fever, cough, and other symptoms can help you feel better while your immune system flushes out the root of the problem.

BOOT THE INVADER

If you feel those familiar cold and flu symptoms coming on, hit back hard with potent natural medicines and you can be back in the pink in 24 hours. But you have to give it all you've got.

Start with **OSHA ROOT** (*Ligusticum porteri*), a North American herb that's widely regarded as a remedy for respiratory infections. Native to the higher altitudes of the Southwest and Rocky Mountain states, this popular medicine goes by many names, including bear root, mountain ginseng, mountain carrot, and even empress of the dark forest. One of the most widely used herbal medicines among Native American peoples, osha is a member of the parsley family, which also includes carrot and dill, and it shares the same characteristic long, thin, hollow stalk with large divided leaves. Today, herbalists of all schools often recommended osha root for use at the first sign of a respiratory infection.

Osha has a bitter taste, but the root has a numbing effect that soothes sore throats. It's also an expectorant, earning it the moniker Colorado cough root. According to Michael Moore, an American herbalist who specialized in Western Native herbal medicine, osha is useful in treating head colds; early stages of tonsillitis; coughs; influenza with persistent coughing; dry, hot fevers; and acute bronchial pneumonia. And a 2016 petri dish study at Texas A & M University found osha to be a potential immune-modulating agent involving protective effects against oxidative damage. Osha can be given together with echinacea for elevated white blood cells from infection.

Osha is available as whole or powdered dried roots. Try chewing a walnut-sized piece of whole, dried osha root every 3–4 hours (but be warned that it has a strong, unusual taste). Osha powder in capsules doses out at 15 grams per day. For liquid preparations, follow label instructions for dosage. Do not use osha if you are pregnant or nursing, or if you have acute kidney inflammation.



GET THE EDGE WITH ELDERBERRY

Elderberry has proven to be a true superhero in the world of antiviral treatments. Research shows that black elderberry extract possesses potent immune-modulating and antioxidant properties thanks to its high flavonoid content.

But perhaps this herb's greatest claim to fame is its ability to fight the flu. Studies show that elderberry flushes the virus out of the body by inducing both perspiration and bronchial secretions. And a randomized, double-blind, placebo-controlled study of 60 flu patients jointly conducted by the University of Oslo and the National Institute of Public Health in Oslo, Norway, found that people taking elderberry extract got relief from their symptoms four days earlier than their placebo-taking counterparts.

Elderberry helps protect against the flu, too. In an in-vitro study, researchers at the Hadassah University Hospital in Jerusalem, Israel, investigated the effects of a proprietary black elderberry extract against 10 different strains of the influenza virus and found that it stopped all of the strains dead in their tracks by significantly boosting cytokine production. Cytokines are non-antibody proteins that trigger the immune response when they come in contact with a virus. And unlike pharmaceutical flu vaccines, elderberry stimulates the production of the immune system's T-cells and blocks viral growth, making it effective against a wide range of influenza viruses.

But the benefits of black elderberries aren't limited to the flu. One animal study published in the journal *Planta Medica* reported that the extract caused a beneficial shift in the immune response of mice exposed to parasitic infections like malaria. There is also some evidence that black elderberry extract reduces the symptoms of the common cold. Preliminary research suggests that the herb also boasts antimicrobial activity against both the gram-positive and gram-negative bacteria that causes many upper respiratory ailments.



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NOURISH YOUR RESPIRATORY SYSTEM

Already sick but want to recover faster? **ANDROGRAPHIS** might be your remedy. This herb (*Andrographis paniculata*, leaf and root) is a very widely used medicine in both Ayurveda and Chinese herbalism. It's a wild annual shrub found in the plains of Asia that is also cultivated in the gardens of North India, where it's been a household remedy for many centuries. In Ayurveda, which calls it kalmegh (king of the bitters), andrographis is used for upper respiratory infections such as flu and bronchitis. Chinese herbalism utilizes andrographis to treat fever and headache associated with colds and flu, as well as tonsillitis, laryngopharyngitis, bronchitis, and general inflammation. Andrographis has been used for more than a dozen years in Scandinavia for reducing the symptoms and duration of colds.

At least 676 studies on andrographis have been published since the 1970s, including one from Chile that showed considerable benefits for people with colds. A group of 158 people took andrographis and measured their symptoms of headache, tiredness, earache, sleeplessness, sore throat, nasal secretion, phlegm, and frequency and intensity of cough. By the fourth day of treatment, participants



TICK-TOCK, SICK BY THE CLOCK

When it comes to immunity, timing is everything. Recent research that appeared in the journal *PNAS* suggests that each cell in the body has its own mini biological clock that allows it to monitor how often it changes throughout the day. Since this could conceivably determine how successfully a virus replicates itself, people could be more susceptible to infections at specific times of the day or during certain seasons. That could explain why we are more prone to getting sick if we work the late shift or during the winter months.

noted significant decreases in the intensity of all symptoms.

A double-blind, placebo-controlled study performed in Sweden treated 50 patients who were in the early stages of a cold with an herbal preparation containing 85 mg of andrographis extract three times daily. After five days, 68 percent reported complete recovery, compared to only 36 percent of the placebo group. In the treated group, 55 percent called their colds unusually mild. These patients also took less sick leave from work.

A 2017 meta-analysis crunched the numbers on 33 different studies that followed a total of 71,715 patients, and concluded that andrographis “appears beneficial and safe for relieving acute respiratory tract infection symptoms and shortening time to symptom resolution.”

AVOID A RELAPSE

Still sick? A longer-term strategy may be in order. Chinese **ISATIS ROOT** (*Isatis tinctoria*, also known as Ban Lan Gen), an herb in the cabbage family, is a broad-spectrum antimicrobial used primarily to reduce fever. Recent studies show that components from isatis are immunostimulating. A 2015 cell culture study published in the prestigious *Journal of Ethnopharmacology* found a constituent in isatis that also has antiviral virus properties.

You’ve probably heard of the popular astragalus root, which is known in Chinese herbalism as a warming herb. In contrast, isatidis is regarded as a cooling herb, so the two combine well to treat a wide range of physiological conditions. According to Chinese herbalists, astragalus and isatis both also fortify the lungs. Use a combination of the two, or isatis alone, at a total dose of about 20 grams per day, spread through the day. Both herbs are very safe.

LOMATIUM ROOT (*Lomatium dissectum*) is also worth considering. Once widely considered to be a powerful healing agent by Native Americans, it was used extensively to treat influenza. Recently, lomatium has had a bit of a Renaissance, used as an effective remedy in the treatment of upper respiratory tract infections—both viral and bacterial. Most people use lomatium in tincture at a dose of 60–90 drops, 3–4 times per day. Be aware that it can cause a measles-like rash in some people.

Karta Purkh Singh Khalsa, DN-C, RH, specializes in Ayurveda and herbalism, and has more than 40 years of experience in holistic medicine. His website is kpkhalsa.com.

EDITOR'S PICKS: HERBAL FLU REMEDIES



1

Herb Pharm Rapid Immune Boost features a blend of antiviral and antibacterial herbs like elderberry and osha.



2

Nature's Answer Sambucus Mega Gummies 7X are non-GMO and gluten-free, with 40 gm of fresh black elderberries per gummy.



3

Source Naturals Wellness Formula is an award-winning combination of herbs, including isatis and andrographis.



4

Utzy Naturals U-Mune is designed as a fast-acting immune aid—andrographis and elderberry are key ingredients.



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[‡]Scientific scrutiny revealed that Theracurmin was more bioavailable on a milligram-to-milligram basis than other leading[°] enhanced and regular forms of curcumin.

[°]As measured by SPINS 2014 data.

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7 Foods to Fight Insomnia

Can't sleep? It may be something you didn't eat. // BY LISA TURNER

The brain depends on a complex array of nutrients to ensure peaceful, uninterrupted slumber. If you're battling nighttime wakefulness, eat these foods 2–4 hours before bed.



1 Hummus

Chickpeas are rich in tryptophan, an amino acid that acts as a precursor to

serotonin, which plays a crucial role in sleep modulation. Food sources of tryptophan may be as effective as supplements: In one study, dietary tryptophan significantly reduced insomnia, especially when combined with complex carbohydrates. Because chickpeas contain both tryptophan and carbs, they're a great food for promoting sleep. They're also high in fiber, and studies show that a low-fiber diet is associated with light, less restorative sleep and more nighttime wakings.

Eat this: Spread hummus on flatbread and top with kalamata olives; mix with cooked chicken and serve in lettuce cups; mix with vegetable broth, add vegetables, and heat for an easy, creamy soup.



2 Almond butter

Almonds and other nuts are packed with magnesium—1/4 cup contains 25 percent

of the daily value. They're also rich in sleep-promoting tryptophan; potassium, which can significantly increase sleep efficiency and decrease awakenings after falling asleep; and B vitamins, which promote restful sleep.

Eat this: Slice an apple crosswise into rounds, then spread with almond butter for a simple bedtime snack; toss hot soba noodles, shredded carrots, and minced scallions with almond butter; cook sweet potatoes in coconut milk till tender, add almond butter, purée until smooth, and season with curry powder.



3 Cherries

Tart cherries are high in melatonin, which helps regulate the sleep-

wake cycle. In one study, volunteers who drank tart cherry juice for seven days had elevated melatonin levels and significant increases in sleep time and sleep efficiency. Another study found that tart cherry juice was as effective as the herbal sleep aid valerian. Sweet cherries are also high in melatonin, and may have sleep-promoting effects.

Eat this: Purée frozen cherries with milk and honey for a soothing bedtime smoothie; simmer tart cherries in balsamic vinegar and honey until tender, then serve with vanilla yogurt; combine chopped cherries with minced red onion, jalapeño peppers, cilantro, and lime juice for a savory salsa.



4 Nutritional yeast

Nutritional yeast is very rich in B vitamins—2 Tbs.

contains the full daily value for vitamin B₁₂ and 400 percent of the daily value for vitamin B₆. Vitamin B₁₂ is crucial for the nervous system, and studies show that B₁₂ intake is significantly correlated with sleep duration. Vitamin B₆ is necessary for the production of serotonin, and research suggests that deficiencies can promote psychological distress and associated sleep disturbances.

Eat this: Toss hot popped corn with nutritional yeast for a cheesy flavor; stir nutritional yeast into hummus; add to a spinach and cheese omelet for a sleep-inducing dinner.



5 Corn

Corn is high in carbs, which can promote sleep when eaten the right way. Carbs

stimulate insulin, which indirectly makes tryptophan more available. Higher-glycemic carbs are more effective than lower-glycemic carbs, but sugary carbs such as cookies and candy can upset blood sugar and interrupt sleep later in the night. Organic, non-GMO corn is a good choice because it has a moderate glycemic index—a measure of how quickly or slowly a food causes increases in blood glucose levels. You can also try rice. One study found that eating white rice four hours before bedtime halved the amount of time it took to fall asleep.

Eat this: Stuff a warm corn tortilla with leftover chicken salad for an easy nighttime snack; sauté corn, chopped spinach, diced red peppers, and cubes of chicken, then top with cotija cheese; purée corn with milk, vanilla, and honey, and freeze in an ice cream maker.



6 Kiwi

Kiwis are rich in sleep-promoting phytochemicals. In one study,

volunteers who ate two kiwi fruits an hour before bed significantly decreased the amount of time it took to fall asleep, while increasing total sleep duration and sleep efficiency. Kiwis are high in serotonin (as are plantains, pineapples, bananas, plums, walnuts, and tomatoes), but because serotonin can't cross the blood brain barrier, it's likely that the fruit's high antioxidant content is responsible for its sleep-promoting



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Sweet Almond Butter Hummus

Makes about 1 pint/serves 4

This sweet, surprising hummus combines tryptophan-rich chick-peas with almonds, high in sleep-inducing B vitamins and magnesium. Spread it on apple slices, cinnamon toast, or crackers for the perfect bedtime snack.

1 can chickpeas

½ cup almond butter

2 Tbs. honey, or more, to taste

2 tsp. vanilla

Almond milk, coconut milk, or milk, as needed, to thin (about 3 Tbs.)

1. Drain chickpeas and rinse well. Transfer to food processor. Add almond butter, honey, and vanilla.

2. Process mixture on low until thick and creamy, adding up to 3 Tbs. milk to thin. Transfer to pint jar, and store, refrigerated, for up to one week.

Per serving: 320 cal; 11g prot; 20g total fat (2.5g sat fat); 30g carb; 0mg chol; 210mg sod; 3g fiber; 11g sugars



activities. Studies have shown that poor sleep is linked with lower levels of antioxidants.

Eat this: Toss peeled and cubed kiwi with chopped cherries and slivered almonds for a simple pre-bed snack; layer kiwi slices in a parfait glass with vanilla yogurt and granola; purée peeled kiwi with chamomile tea for a sleep-promoting bedtime beverage.



7 Spinach

Spinach is high in magnesium, which naturally relaxes the nerves and muscles, thereby calming the body and encouraging sleep. Magnesium can also help prevent leg cramps, a common cause of nighttime waking. Additionally, spinach is a good source of calcium, which helps the brain use tryptophan

to manufacture melatonin, a sleep-promoting hormone. Research suggests that a calcium deficiency can make it difficult to fall asleep.

Eat this: Purée a handful of spinach with milk or almond milk and a frozen banana for a soothing bedtime smoothie; sauté spinach with cooked chickpeas, diced sweet potatoes, and toasted almonds; toss chopped spinach with hot pasta and olive oil, and top with cheese.

RESULTS HAPPEN

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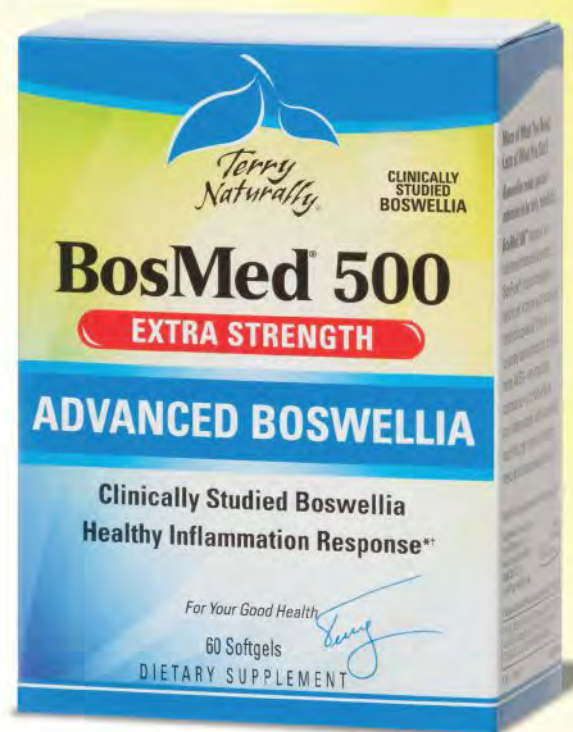
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Miami, Made Healthy

A slimmed-down take on Mofongo, one of Miami's signature dishes



The South Beach Diet may be slimming and clean, but many traditional Miami eats aren't so healthy. Miami cuisine, with its strong Cuban influence, features lots of pork, breads, and fried foods. Think of the classic Cubano sandwich—fatty salami, salty pork, and layers of cheese on white bread that's slathered in butter and grilled. Divine? Yes. Healthy? No.

The trick is to capitalize on Miami's input from Puerto Rico, Haiti, and Central and South America, and focus on cleaner ingredients in these cuisines—tropical fruits, fresh vegetables, beans, rice, and seafood. Then slim down traditional recipes by halving the oil, marinating and grilling instead of frying, and swapping in healthier meats or vegan options, which is what we've done in this cleaned-up version of traditional mofongo.



Vegan Mofongo

Serves 4

Mofongo, a Puerto Rican specialty, is made of fried plantains and chicharrones—basically, fried pork rinds—smashed together with garlic in a mortar and pestle, and shaped into a small mountain. It's served as a starchy side or a base for main courses, and is traditionally topped with a heavy pork stew. Our version roasts the plantains instead of frying, and replaces the fried pork with crumbled tempeh for a leaner, vegan dish that's every bit as delicious. Serve it like polenta or mashed potatoes—as a side for any meal, or topped with a hearty vegan stew. Plantains—a starchy, low-sugar relative of the common banana—are tricky to peel: Slice off the ends, then cut the peel lengthwise along the grain. If you can't find plantains, substitute very hard, green bananas.

2 large or 3 medium green plantains, peeled and sliced

4 Tbs. olive oil

4 oz. crumbled tempeh

1 tsp. smoked paprika

½ tsp. smoked salt or sea salt

¼ tsp. black pepper

Dash liquid smoke (optional)

4 garlic cloves, finely minced

1. Preheat oven to 400°F. Line a baking sheet with parchment.
2. Toss plantains with 2 tsp. olive oil and place on baking sheet. Bake 15 minutes. Turn slices over, and bake 10–15 minutes more, until lightly browned and soft.
3. While plantains are roasting, combine tempeh, paprika, salt, pepper and liquid smoke, if using, in bowl, and toss to mix. Heat remaining olive oil in large, heavy skillet, and sauté tempeh until lightly crispy and brown. Transfer to a plate, and set aside.
4. Remove plantains from oven, transfer to separate bowl, and mash well. Stir in garlic and tempeh. Press into small round bowls to form rounded mounds, or form by hand. Serve immediately.

Per serving: 340 cal; 7g prot; 17g total fat (2.5g sat fat); 47g carb; 0mg chol; 300mg sod; 3g fiber; 20g sugars

Meet UltraVin

A Q&A with the makers of Novaforme PreCharge and its star ingredient—UltraVin

What Is UltraVin?

UltraVin is Novaforme's Full-Spectrum Grape Skin Extract exclusively from the Bordeaux region of France. UltraVin contains powerful antioxidant protection—in fact, the amount of UltraVin in a single serving of Novaforme's PreCharge contains more antioxidants than 11 glasses of red wine!

Is UltraVin Different Than Other Grape Extracts?

UltraVin is very potent and concentrated. UltraVin starts with 100% Native Grape Extract, and it is composed of 90% polyphenols. UltraVin is uniquely standardized to 40% OPCs (oligomeric proanthocyanidins), and within that, 12% monomers. These are the key components of the real grape extract that produce these amazing effects. UltraVin is 100% non-GMO and completely non-allergenic. It has 250% greater antioxidant power than equal amounts of vitamin C or vitamin E. We are convinced that there is no better way to get the power of real grape flavanols exclusively from the Bordeaux region of France.

How Does UltraVin Boost Overall Health?

Known mostly for its potent antioxidant benefits, tissue healing properties, and ability to counter exercise-induced oxidation, grape extract goes much further to optimize your workouts. Concentrated in grape extract are unique bioactive compounds called polyphenols. There is mounting evidence that the polyphenols found in grapes work in concert to reduce inflammation and improve cardiovascular functioning.



UltraVin's Full-Spectrum Grape Skin Extract comes exclusively from the Bordeaux region of France.

By helping to relax blood vessels, polyphenols improve blood flow around the body, which helps speed the absorption of other powerful pre-workout nutrients through the system. This also helps to remove metabolic waste products (such as lactic acid), thereby boosting intra-workout recovery and muscle endurance. Polyphenols, as powerful antimicrobial agents, are also believed to act against pathogenic microorganisms to prevent disease and improve various aspects of health (in particular, digestion). All in all, grape extract is a worthy addition to any good natural pre-workout product. However, few other products contain enough of it (or any at all) to provide the above-listed benefits like PreCharge can.



WHAT IS PRECHARGE?

PreCharge uses only all-natural ingredients that are non-GMO and gluten-free with no preservatives, additives, or toxic fillers.

PreCharge is a workout formula that contains only proven natural ingredients that provide a cleaner energy source and a longer-lasting stimulant effect without the crash and burn that's typically associated with caffeine-heavy products.

Top benefits include:

- » Increased focus, energy, and alertness
- » Improved performance and recovery
- » Improved whole-body oxygenation
- » Powerful antioxidant protection

PreCharge is loaded with the best dark-red-pigment antioxidants you can get—UltraVin, beet extract, Pine Bark Extract, pure matcha green tea, CoQ10, and more! PreCharge also contains Coconut Water Extract from Southeast Asia and concentrated Red Beet Extract, which is

all the rage for increasing endurance. It improves physical

performance, decreases fatigue, and boosts endurance all while helping to protect the body against DNA-damaging free radicals.

The best way to enjoy PreCharge is ice cold. PreCharge is a delicious, easy-to-mix powder that's great on its own. Just mix 1 scoop into a cup of water, and add ice.



Melissa Diane Smith is an internationally known journalist and holistic nutritionist who has more than 20 years of clinical nutrition experience and specializes in using food as medicine. She is the cutting-edge author of *Going Against GMOs*, *Going Against the Grain*, and *Gluten Free Throughout the Year*, and the coauthor of *Syndrome X*. To learn about her books, long-distance consultations, nutrition coaching programs, or speaking, visit her websites: melissadianesmith.com and againstthegrainnutrition.com.

Are You Using the Right Type of Milk?

How to make sense of all the different options in the dairy aisle ///BY MELISSA DIANE SMITH

Q: I think milk is causing my digestive upset and sinus congestion. But I'm not sure if all milk products cause me trouble, or if I'm just choosing the wrong type of milk. There are so many options out there: rBGH-free, grass-fed, non-GMO, organic, and many more. What's the difference? —Annabelle T., Portland, Ore.

a: First, let me say up front that our bodies have similar trouble handling certain proteins in milk as they do with the gluten in wheat. Cow's milk is one of the most common food allergies in the country, and milk allergy as well

as lactose intolerance contribute to digestive distress of all types, including diarrhea, cramps, bloating, gas, and gastrointestinal bleeding, as well as many cases of asthma, sinus congestion, ear infections, and skin rashes.

If you think that you have a problem with milk, I recommend that you stop consuming all dairy products to see if that alleviates or lessens your symptoms. If you respond positively to dairy elimination, you can try different types of dairy to find out if there's one you can tolerate. Or you may discover that life is just better without dairy altogether.

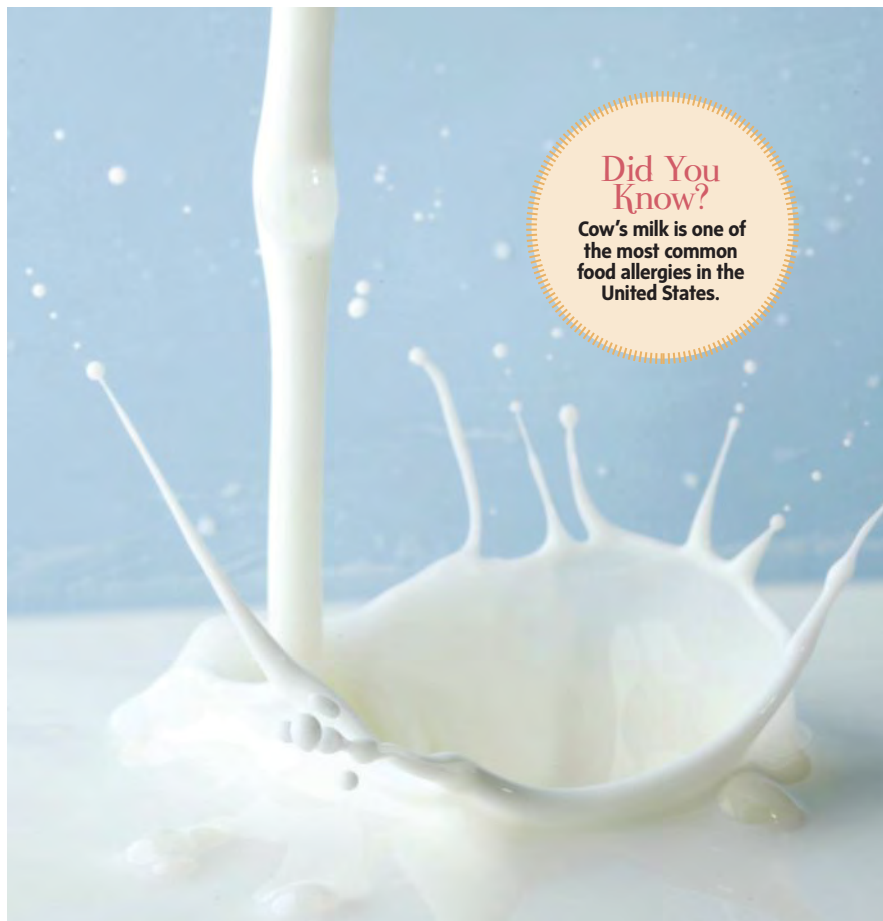
Keep in mind that most of today's cows aren't the same as the cows from our great-grandparents' time. Modern cows have been bred to increase milk production, and sometimes are injected with genetically modified recombinant bovine growth hormone (rBGH), also known as recombinant bovine somatotropin (rBST). They're also typically raised on feed that contains genetically modified organisms (GMOs). All of these factors can produce problematic milk.

Some people who can't tolerate conventional milk do better with natural alternatives. And it's important for anyone who drinks or cooks with milk to understand all the options and how they differ. Here's a handy guide:

A2

There are two main types of the beta-casein protein found in milk: A1 and A2. Conventional cows' milk contains both, while A2 milk comes from cows that naturally produce only A2.

Research has shown that the A2 protein does not cause digestive discomfort for





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some people, so A2 milk may be an option for those who aren't allergic to cows' milk, or who haven't been medically diagnosed with lactose intolerance.

While it is free of added hormones, rBGH, and antibiotics, A2 milk is not organic, meaning it comes from cows fed conventional feed. A2 milk has been available in Australia for a decade, but is still relatively new to the U.S.

Lactose-Free

Lactose-free milk is enriched with lactase, an enzyme that helps break down lactose, the naturally occurring sugar in milk. When your body is deficient in lactase, you might experience lactose intolerance symptoms such as gas, bloating, or diarrhea after you eat milk products. Some people notice an improvement when they consume lactose-free milk. They also notice that the milk tastes sweeter. To avoid GMOs and pesticides, look for lactose-free milk that is also organic, such as Organic Valley.

Goat Milk

While the fat content of cow's milk and goat milk is similar, the fat globules in goat milk are smaller, making it easier for the body to digest. It is also lower in lactose than cow's milk, and it contains mostly A2 casein, with only trace amounts of the major protein to which many people are allergic, A1 casein.

The taste and smell of goat milk differ from those of cow's milk, and may take some getting used to. You can use it as a substitute for milk in recipes, but bear in mind that when heated, it often has a distinct "goat" flavor, so it often works better in cold dessert recipes. Brands of goat milk include Meyenberg and Summerhill Goat Dairy.

rBGH-free

Recombinant bovine growth hormone, which was developed from genetically engineered *E. coli* bacteria, is injected into some cows to increase milk production. Though farmers are not required by law to label whether or not their cows are treated, many producers who do not

A WORD ABOUT MILK ALTERNATIVES

Unlike milk, which comes from animals, milk alternatives are derived from plant foods. If you have a milk allergy, you can find substitutes made from almonds, cashews, coconut, hazelnuts, flax, rice, or soy in natural food stores. Beware: Each of these can be allergenic to some people, so be careful about the substitute you choose.

Also, many milk alternatives are sweetened with sugar or other sweeteners. For blood sugar and weight control, look for unsweetened varieties.



treat their cows include "rBGH-free" on their label. This is important information to know because rBGH has been banned in Europe and Canada, and cows that are given rBGH injections are more prone to numerous health problems.

The rBGH-free/rBST-free label only lets you know that the milk comes from cows that have not been treated with the growth hormone. It does not tell you anything about the type of feed the cows were fed.

Non-GMO Project Verified

Non-GMO Project Verified milk goes a step further than rBGH-free milk: It comes from cows that are not treated with rBGH and that are also fed non-GMO feed. Some dairy farmers go to Non-GMO Project Verified on the pathway to becoming certified organic.

Organic

According to organic regulations put in place by the U.S. Department of Agriculture, USDA organic milk must come from cows that have not been treated with antibiotics and have not been given hormones—for either reproduction or growth. Additionally, at least 30 percent of the cows' diet must come from pasture. (That's the minimum. Farmers in more temperate regions are expected to let their cows graze on pasture as much as possible.) And the rest of the cows' feed must be

grown without chemical fertilizers, pesticides, or GMOs. Organic milk brands include Amish Country Farms Organic and Clover Organic. Other good organic brands can be found on the Dairy Report and Scorecard on the Cornucopia Institute website (cornucopia.org).

Grass-Fed

The term "grass-fed" is not regulated by the USDA, and some milk products with "grass-fed" on their labels aren't derived from 100 percent grass-fed cows. That's unfortunate, because grass—not grain or soy—is the natural food for cows. Grass-fed cows are healthier, and their meat and milk are more nutritious, than their corn-fed counterparts. Grass-fed dairy products contain higher amounts of beta-carotene, omega-3 fatty acids, and conjugated linoleic acid. And the manure from pasture-raised cows replenishes the soil, improving the quality of the crops grown in it, which in turn reduces erosion and water pollution. Look for products labeled "100% grass-fed."

My take: If you're going to use milk, seek out organic and 100% grass-fed brands, such as Maple Hill 100% Grass-fed Organic Milk. Grass-fed gives you the best nutrition, and organic is the best way to avoid GMOs and pesticides.

Do you have a question for the nutritionist? We would love to hear from you. Please email your questions to bnaskthenutritionist@gmail.com.

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Winter Breakfast

Wake up to a warm, creamy bowl of sweet potato, grains, fruit, and nuts

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

Unless you're on a keto diet or a really strict low-carb plan, you might find it difficult to come up with a good winter breakfast that doesn't contain either flour or sugar. While we paleo-centric folks might be happy with eggs, bacon, and avocado, most of the rest of the world is looking to replace the classic cereal/toast/pancakes with something healthier.

Think about it. What "normal" breakfast do you know of that contains no flour or sugar? That leaves out bread, bagels, croissants, muffins, and most commercial cereals. Even orange juice—which is often nothing more than orange flavored sugar water—wouldn't make the cut.

Enter Chef Jeannette with this hearty breakfast that has—get this—zero flour and zero sugar. (I'm not counting the fruit, because the sugar in fruit is naturally packaged with fiber and a whole host of nutrients—unlike the sugars or high-fructose corn syrup added to cereals.)

This lightly sweet, warming, and satisfying breakfast is a great oatmeal substitute, especially if you use yam or pumpkin—both of which made it into my generally starch-averse book, *The 150 Healthiest Foods on Earth*, because, as carbs go, they're two of the best.

So what's the secret to creating a breakfast that still tastes amazing without flour and sugar? A generous helping of vegetables, fruits, and nuts—and, really, how can you go wrong with that? The recipe includes one egg—so there's a little bit of protein—but if you're really hungry, try a portion of this bake alongside a couple scrambled eggs. It will keep you satiated until lunchtime, and provide a sustainable boost of morning energy, to boot!

—Dr. Jonny



NOTES FROM THE CLEAN FOOD COACH

Using baked yam or sweet potato as the base provides a naturally light-sweet taste with no added sweeteners. If you use the pumpkin, grain, or a combination, you may want to include maple syrup or several drops of liquid stevia. Using sweeter fruits, such as strawberries, will also give this dish more natural sweetness.

FEATURED NUTRIENT:

Walnuts

Walnuts contain higher amounts of omega-3 fats than any other nut. In addition to the other remarkable things omega-3s do for you, such as lowering triglycerides and reducing plaque formation, they support brain function on a number of levels, including mood.

Population studies link the consumption of large amounts of omega-3- rich fish to low rates of depression. Omega-3s are used to make molecules that allow cells to communicate with each other, facilitating the movement of feel-good neurotransmitters such as dopamine and serotonin, which supports memory and thinking as well. Omega-3s truly are "brain food," and walnuts are rich in them.

Several studies have also shown improvements in attention, behavioral problems, and ADD-like behaviors in children when they're given omega-3s.

Because it's not always easy to get kids to eat fish, let alone carry it to school in their lunchboxes, walnuts make a great alternative source for omega-3s.



Fruity Secret Breakfast Bake

Serves 1

This is a great recipe for using up any leftover cooked winter squash or grains from your week. You can double, triple, or even quadruple the ingredient amounts to make multiple bakes at once. They last for several days covered in the fridge. Just reheat and serve with nuts and fruit.

Coconut oil spray

- 1 extra large egg
- 1/3 cup unsweetened vanilla almond milk
- 1 Tbs. 100% pure maple syrup, optional
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1/2 cup baked garnet yam (or cooked quinoa, whole grain rice, pumpkin, or a combination)
- 1 cup berries (thawed and drained, if frozen) or finely chopped seasonal fruit, divided
- 2 Tbs. chopped toasted walnuts or other nuts or seeds

1. Preheat oven to 375°F. Spray small baking dish (or large ramekin) thoroughly with coconut oil, and set aside.
2. Whisk together egg, almond milk, maple syrup, if using, vanilla, and cinnamon until smooth and frothy.
3. Whisk in yam, stir in 3/4 cup berries, and transfer mixture to prepared baking dish.
4. Bake 30–40 minutes until top is just dry. Top with walnuts and remaining 1/4 cup berries to serve.

Per serving: 400 cal; 14g prot; 17g total fat (2.5g sat fat); 47g carb; 210mg chol; 180mg sod; 13g fiber; 16g sugars



Product Spotlights



Dr. Axe Multi Collagen Protein

Dr. Axe Multi Collagen Protein powder features collagen types I, II, III, V, and X from four food sources—beef, chicken, fish, and eggshell membrane. Odorless, tasteless, and easy-to-mix, it can be added to a wide variety of healthy foods and beverages.



New Chapter Every Woman's One Daily Multi

Every Woman's One Daily Multi is fermented with beneficial probiotics and whole foods so it's gentle enough to be taken on an empty stomach. Made with organic ingredients and Non-GMO Project Verified, this multivitamin for active women delivers bone, immune, and stress support. Expertly formulated with fermented vitamins and minerals, plus herbal blends that include organic turmeric, raspberry leaf, and maca root.



Flora Elderberry Crystals

Flora's Elderberry Crystals provide a burst of antioxidants and immune support when seasonal issues strike. Take daily to help maintain a healthy immune system or at the first sign of seasonal symptoms. Enjoy the natural flavor of elderberries mixed in your favorite juice, smoothie, or beverage. Gluten-free, non-GMO, organic, and vegan.



Bluebonnet Simply Energy

Bluebonnet's Simply Energy powder is a whole-food, structure-function blend of herbal extracts, amino acids, and electrolytes that helps the body generate a wholesome surge of pure energy without artificially derived sweeteners, flavors, and colors, or excess amounts of added sugar. Available in multiple flavors, as well as convenient single-serving packets.



Utzy Naturals Allurtica

Allurtica is a targeted blend of flavonoids, antioxidants, amino acids, and botanicals designed to provide comprehensive support for seasonal challenges. Now found in health food stores across the United States. If you don't see it, ask your favorite store to stock Utzy.



Natural Factors Whole Earth & Sea Super Mushroom

Whole Earth & Sea Super Mushroom from Natural Factors combines six organic mushroom superfoods with clinically researched Wellmune beta glucan and nutrient-dense Farm Fresh Factors. Super Mushroom supports a healthy immune system, increases energy, and helps restore vitality.

Better Nutrition in the 1930s

2018 marks *Better Nutrition's* 80th year in print. Travel through time with us as we highlight popular diet and nutrition trends by decade. In the spotlight this month: the Grapefruit Diet. //BY THE EDITORS OF *BETTER NUTRITION*



Originating in the 1930s when dieting first became popular, the Grapefruit Diet has endured over the years, going in and out of fashion and outlasting many other food “fads.” This low-carb regimen, which was also called the Hollywood Diet, centers around (you guessed it) the fat-burning powers of grapefruit. Early versions of the diet were very low calorie—as low as 585 calories per day. There are numerous variations today; most of them suggest eating around 800–1,000 calories daily. Here’s a sample Grapefruit Diet menu that we found online. Keep in mind that this plan is designed for short-term use, around 10–12 days.

GRAPEFRUIT DIET MENU

BREAKFAST

2 eggs boiled
2 slices bacon
½ grapefruit or
8 oz. grapefruit juice
without added sugar

LUNCH

½ grapefruit or
8 oz. grapefruit juice
without added sugar
Salad
Any style meat in
any amount

DINNER

½ grapefruit or
8 oz. grapefruit juice
without added sugar
Salad with a red or
green vegetable
cooked in butter or
spices
Meat or fish cooked
any way
Coffee or tea (1 cup)

BEDTIME SNACK

8 oz. cup of skim
milk



FOODS OF THE '30s

The following foods were introduced in the 1930s:

- * Jiffy Biscuit Mix
- * Krispy Kreme
- * Cheese puffs
- * Dry soup mix
- * Fritos



- * Twinkies
- * Ritz Crackers
- * Hawaiian Punch
- * Canned beer



THE STORY OF betternutrition

Better Nutrition was founded by Jack Schwartz in 1938. Schwartz returned from the military with a business idea—start a magazine about nutrition. He loved helping friends and family find natural solutions to health problems, and he figured others would be interested in this too. He saw an opportunity to fill a niche and, at the same time, satisfy his passion for health and nutrition. And just like that, *Better Nutrition* magazine was born. Fall back in time with us this year as we revisit popular trends in nutrition, vitamins, recipes, and more with this limited-edition section.



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The complete line of Solgar nutritional supplements is available at fine health food retailers worldwide. For store locations and additional information, visit solgar.com or call 1.800.645.2246

*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.

◇ Compared to native curcumin extract.

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