

JOURNAL OF LONGEVITY

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Dr. Dean Goodman

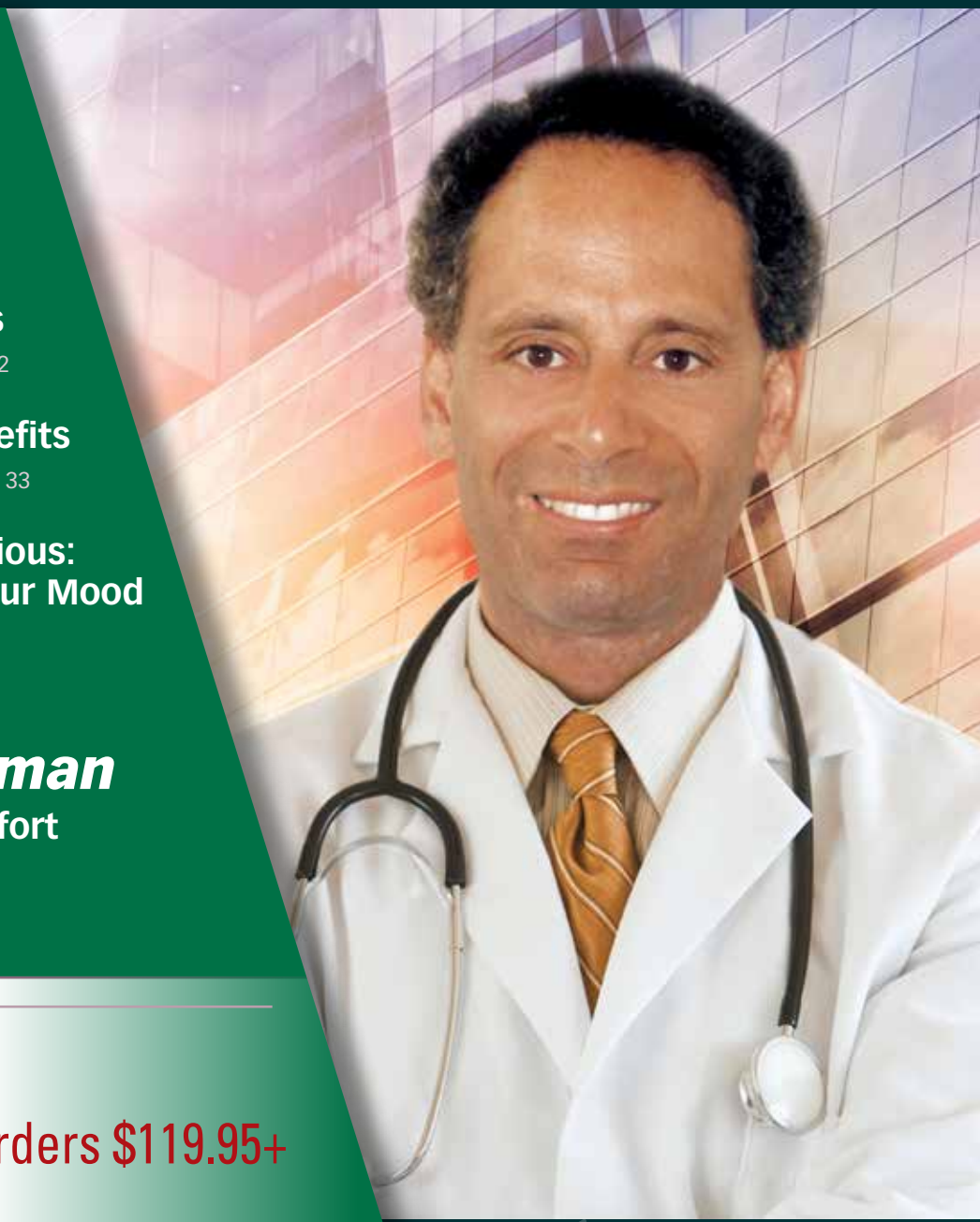
**Keeping Active for Comfort
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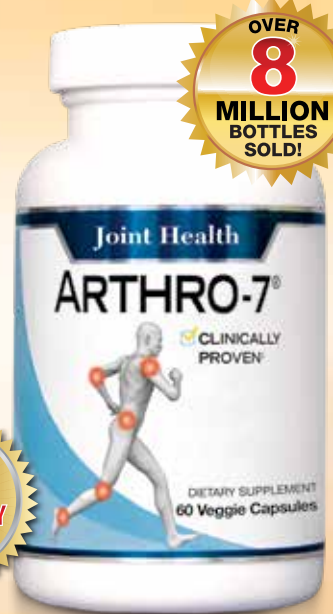
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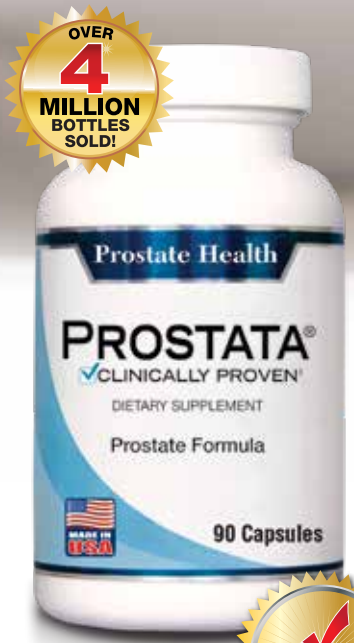
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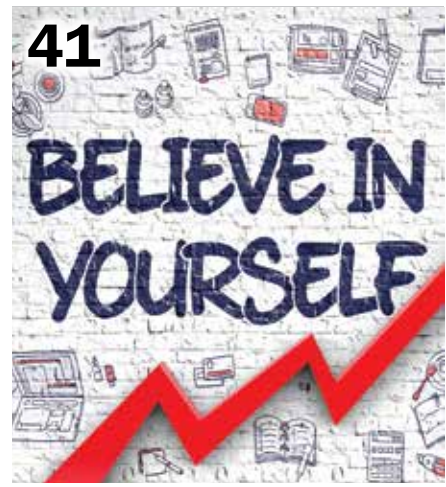
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*Not a complete list of Advisory Board members. All doctors who have authored stories or endorsed supplements have been given stipends to compensate them for their time in evaluating the information presented in this magazine.

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by Cassandra Rodriguez

When it comes to your health, it's good to have a long-term goal. Dr. Dean Goodman—Yale graduate, long-distance marathon runner, and chiropractor—tells us what his long-term goals were, both for his own life and for the betterment of his patients. Learn how chiropractic is becoming more mainstream, and how your health can still stay in your control.



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Dear Reader,

When March rolls in, so does the windy season. But with currently less winter chills, it's easier to venture outside to get that fresh breath of air. GardaVita® is back with another issue to help you make the most of that trip outside, while staying in-the-know about current health news and ways to be further proactive in preventive care.

With the snows starting to melt, you can go outside and be on the move! But if you're worried about joint aches, **Dr. Dean Goodman** has the answers for you. Our interview with him gives us an introspective look into chiropractic care and its benefits for numerous health areas; not just for the joints, but for the nervous system, immune system, cognitive function and more. The way of natural health is revolutionizing, and chiropractic care is leading the way with its focus on holistic techniques, health education, and overall dedication to staying in top shape (p. 26).

How much do you pay attention to your air quality? It's an easy thing to forget, even though your health can be impacted by air pollution, both indoors and outdoors. Improving the air around you however, is absolutely possible, at least for your home. We discuss just what can be done to limit your interaction with any airborne toxins, pet dander, mold, and chemicals so that you can breathe in the clear. Alongside **Lung Support Advanced**, you can set yourself up for a better overall breathing experience (p. 44). Yet if you think only your lungs will be affected, think again. Your kidneys and their function can be greatly impacted by polluted air. It's vital to get high-end air filter quality, along with a support supplement like **RenalSur**, to stay healthy in this modern age (p. 37).

There's more to your health than the physical side. Mood support and cognitive function can affect you greatly, and is intimately linked with your physical health. Sports, for example, can provide a positive social aspect, all while helping you keep fit and your joints well-lubricated. If those same joints are keeping you from playing out in the field with your teammates, **Arthro-7® Sport** can provide that much-needed support (p. 33). Have you also thought about the company that you keep affecting your mood? Positive thoughts and positive friends work well together, along with **Serezec Plus**, to give your mind that extra nutritional boost (p. 54).

Getting support for comprehensive health is manageable when you have the knowledge, the resources, and a helping hand. GardaVita® provides



that and more this issue, with a closer look at our featured supplements, including **Mega Probiotic®**, **OCC**, **SurAsleep** and **OxyPlus**. With better health changes, you can continue living fully.

Speaking of changes, we've made some of our own! *Journal of Longevity* will now be sent out every other month instead of our current successive three-month schedule. With more breathing room for our writers and our readers, we hope to gather the most relevant information for you in this new timeframe. Be sure to check the mail again in May, when spring is in full bloom, alongside more health news.

Got a thought you'd like to share about our new schedule? Leave us a comment on our blog, or be sure to check in with us on Facebook or Twitter. We'd love to know what you think!

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*See page 66

GardaVita®

How Does Your Lunch Impact the Environment?

Nothing beats a nice, healthy sandwich for the midday crunch—but have you considered the carbon footprint involved? New research from the University of Manchester shows how your sandwich might be having a huge impact on greenhouse gas emissions. Looking over 40 different sandwich



varieties, researchers compared each sandwich's carbon footprint with the rest. Certain recipes were determined to have more carbon-intensive variety (as well as calorie-intensive), which includes sandwiches with egg, bacon and sausage. This sandwich specifically was estimated to generate 1441 grams of carbon dioxide, which matches the number of CO2 emissions that you get when driving for 12 miles. The carbon emission is raised even more when you order from a sandwich shop or a ready-made one from the grocery store.

So what's the best sandwich for the environment? Turns out that honor belongs to a homemade classic, the ham and cheese sandwich. Carbon emissions can be cut in half when you make your lunch at home, more so than sandwiches prepared outside.

This is because of agricultural production and the process of ingredients. For ready-made sandwiches especially, they can account for 37-67% of CO2 emissions. Keeping them chilled within supermarkets can increase that carbon footprint, along with packaging material and transportation. It was concluded that as much as 50 percent of CO2 emissions can be reduced if there were not only changes to the recipe, but to proper waste disposal, as well as extending the shelf-date of these sandwiches.

Still, we can start small. Instead of purchasing packaged sandwiches, try making them at home. Reducing some ingredients, such as bacon, can also help shrink your carbon footprint—as well as the calories. So when you go take your lunch break, consider what you're having for a healthier you and a healthier planet.

Stay on Your Feet for Weight Loss

If you're working a desk job or living a more sedentary lifestyle, new research has shown that you can help prevent the weight gain—and even lose some weight—if you exchange six hours of sitting for standing instead. The study was published in the *European Journal of Preventive Cardiology*, where it was found that standing burned 0.15 more calories per minute than sitting did. An individual of around 143 pounds would then burn an extra 54 calories per day.

This may seem small, but when adding in the daily effort, it can help keep your weight maintained. The author of the study, Professor Francisco Lopez-Jimenez, stated that, "Standing not only burns more calories, the additional muscle activity is linked to lower rates of

heart attacks, strokes, and diabetes, so the benefits of standing could go beyond weight control."

The potential for weight loss could be even greater than what the study found. When we're standing, we tend to fidget or move around. Even tapping one's foot can burn off some extra calories. If you regularly use the commute, try to opt to stand up instead of taking a seat. When you answer the phone, don't flop back on the chair. Get up and walk around if you're able to, especially if you're using a cellphone. Watch television while doing stretches. Get a standing desk for your computer. There's numerous options available to squeeze in those six standing hours.

So if you're sitting for hours at a time, remember to get up and stretch those

legs. It could be just what you need to prompt a little more physical activity into your routine, which spells good news for your weight management all around.





The Reviews Are In: Customers Love GardaVita®!



OXYPLUS

"I have taken OxyPlus for about three years. I am 63 years old and people from years ago who have seen me recently always tell me I look younger. They do not believe my age. I tell them I am taking OxyPlus. It is a wonderful antioxidant. Thanks, GardaVita®!"

-Maria B., TX



PROSTATA®

"Several years ago, my doctors informed me that my prostate was enlarged. A friend of mine told me about Prostata® and I have been taking it ever since. My prostate has gotten better. I really believe in Prostata®."

-Coy M., NC



ARTHRO-7®

"Arthro-7® has changed my life, I now can walk, move my arms and shoulders without any pain. Before I used Arthro-7® I couldn't walk or move around without pain. Now thanks to your product Arthro-7® I can."

-Jeannie B., MA



LUNG SUPPORT FORMULA

"Lung Support is a real miracle. I started taking it 25 years ago. Since then I am never with Lung Support. My advice: do not get the flu and always have Lung Support."

-Albina L., OH



CITRICHOLESS®

"This product is wonderful!!! I will continue to use this product because it brought my cholesterol into normal range. Thank you very much."

-Diane C., UT



MEGA MSM

"I have used Mega MSM for 10 years; took 6 month off from using and my joints told me to begin taking again. Works well, keeps me moving."

-Don D., PA

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Are Your Antioxidants Balanced?

By Lynne L. Hall

The health benefits of antioxidants are well-known. Not having enough antioxidants can lead to a condition known as oxidative stress, where the production of free radicals overwhelms your body's ability to neutralize their damage. What's not as well-known is the importance of balancing your antioxidants in order to avoid "antioxidant stress," a condition

that causes as much damage as oxidative stress.

This article discusses the importance of antioxidant balance and makes diet suggestions to achieve that balance. We also provide information on how OxyPlus, a well-rounded supplement formula, offers a balanced supply of antioxidants and provides maximum health benefits.

Oxidative vs. Antioxidant Stress

Oxidation is the normal process your body uses to metabolize oxygen into cellular energy. During this process, oxygen molecules are damaged, producing harmful free radicals that careen through your body, causing damage to everything they touch. Normally, your body is protected by anti-

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“Not having enough antioxidants can lead to a condition known as oxidative stress, where the production of free radicals overwhelms your body’s ability to neutralize their damage.”

oxidants, nutrients found in food and supplements. When antioxidants are well-balanced in your body, they grab these free radicals and neutralize them before they cause damage.

However, if antioxidant levels are low, they can be overwhelmed, leaving free radicals free to wreak havoc throughout your body. This is the condition known as oxidative stress. If left to its own devices, it can affect most aspects of health, including aging, heart health, memory and cognition, joints, and circulation.

So, the answer is to pack in the antioxidants, right?

Not so fast, say experts. Studies in recent years have uncovered an opposite state researchers call “antioxidant stress.” This condition occurs from quirky diets or mega-supplementation of an antioxidant. This overabundance can cause the antioxidant to transform into a “pro-oxidant,” a compound that



induces oxidative stress instead of fighting it (Rahal 2014).

As an example, consider the consequences of high doses of vitamin C, a common practice for many years. A 2014 study showed that large doses of vitamin C not only abolishes the benefits of exercise on muscle recovery and strength, but also abolishes the benefits of exercise in lowering risks for chronic disease. Researchers concluded that a balance between antioxidants and pro-oxidants is essential for good health, a view echoed by numerous other studies, as well (Adams 2014; Pham-Huy 2008; Irshad 2002).

Eat the Rainbow for Antioxidant Balance

Here’s a colorful fact: foods containing healthy antioxidant levels are vibrantly hued. Blueberry. Strawberry. Orange. Lemon. Plum. And that’s just the fruits! Add in the brightly-colored vegetables—pumpkin, avocado, carrot, sweet potato, spinach, corn—and eating a healthy diet is like eating the rainbow.

All these foods contain phytochemicals, compounds that work as antioxidants to fight free radical damage. There are thousands of these diverse compounds, contained in varying de-

grees in different foods. That’s why a diet containing a wide variety of fruits and vegetables is so important. By eating plenty of these foods, you provide your body with a steady supply of vital antioxidants.

Unfortunately for most of us, our busy lifestyles get in the way of our good intentions. Factors, such as food preferences, costs, and time constraints, make it difficult to eat a healthy diet. To compensate, we may turn to supplementation, but often do more harm by taking too much of one supplement and bringing on antioxidant stress.

OxyPlus can make life easier. An effective blend of plentiful and varied ingredients, OxyPlus gives your body comprehensive antioxidant support, while helping you avoid the risk of antioxidant stress.

A Steady Supply of Vital Antioxidants

OxyPlus, GardaVita’s best-selling antioxidant formula, is a unique blend of powerful compounds that neutralize free radicals and help stop oxidative damage. In addition to supplying traditional antioxidants, such as vitamins C and E, OxyPlus takes advantage of the latest research to provide a steady and balanced supply of vital antioxidants.

A prime example of OxyPlus’s innovation is the anchor ingredient, Betatene®. Derived from the sea alga *Dunaliella salina*, this advanced compound provides a provitamin A mixture of powerful carotenoids, including beta-carotene, alpha-carotene, lutein, zeaxanthin, and cryptoxanthin, all of which are powerful antioxidants (Adams 1999; Paiva 1999).

Green tea is another ingredient packed with beneficial compounds. According to a number of studies, green tea’s benefits include cholesterol and blood pressure management, cardiovascular health, blood sugar regulation,

and immune function (Harvard Health Publications 2004; Chacko 2010).

Further novelty is found in the combination of red wine and grape seed extracts, which are not only important free-radical scavengers, but also act as preventative antioxidants, helping reduce free-radical formation (Pietta 2000). Citrus bioflavonoids, too, have been shown to stop oxidative damage and help maintain cell health (Manthey 2002; Padayatty 2003).

Helping to establish antioxidant balance are selenium and alpha-lipoic acid. Alpha-lipoic acid, is especially important because of its ability to regenerate vitamins C and E and other important antioxidants (Packer 1995). Selenium delays the oxidation of fatty acids, helps preserve tissue elasticity, and stimulates the body’s immune system (UMM).

Striking a Balance

Balance is important for all things in life. And so it is with antioxidants. While it’s important to fight oxidative stress with a steady supply of antioxidants, it’s just a vital to keep in mind that overtaking one or more antioxidants can lead to “antioxidant stress,” a condition that can be damaging, as well.

OxyPlus is the most comprehensive antioxidant formula available. While supplying traditional antioxidants, such as vitamins C and E and selenium, it also provides a blend of innovative compounds, such as betatene, green tea, red wine, and grape seeds. OxyPlus provides steady protection against oxidative stress and helps keep your antioxidants stable. It can help you strike the right balance. **JOL**

To order OxyPlus, see next page!

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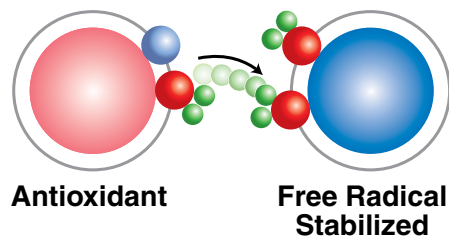
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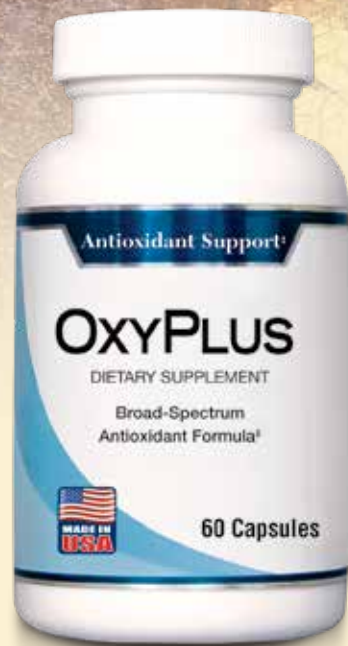
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Finding the Right Support to Finally Breathe Easy

Pollutants, toxins and more; in our modern society, there's a lot of dangerous things in the air that can impair our breathing, whether it's from outside sources or through our own actions. With proper air quality, lungs can stay protected from free-radicals that can harm your health. Even so, there's so much to monitor and watch out for, from trying to limit your time walking around a city, to changing the filters routinely in your home. Yet, unhealthy habits can harm you even more. Deborah Cummins from South Carolina, understood that such life choices could make one's daily living harder.

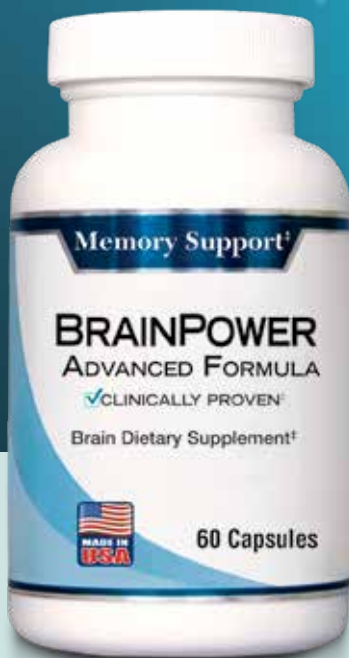
"As a smoker for 20 years, I've experienced shortness of breath and just had all-around low energy," says Cummins. "It was time to make some changes, and Lung Support Advanced gave me that with its amazing formula."

Lung Support Advanced contains an advanced blend of ingredients that benefit your respiratory health. With a combination of traditional herbs, vitamins and minerals, this formula can help enhance lung function. Such herbs are those used in traditional Chinese blends, which include Asian ginseng, white mulberry, ginkgo leaf, Chinese salvia, cordyceps and much more. Other ingredients include vitamins A and C, where vitamin A helps support mucous membranes to defend against airborne pollutants and vitamin C supports the respiratory tract, magnesium, a muscle relaxant that helps relieve inflammation of the lung's passageways, and zinc, the mineral vital to immune function as well as the upper respiratory system.

Patented ingredient, BroccoPhane®, is also included in this lung health supportive blend. It's been researched how cruciferous vegetables, which range across broccoli, turnips, cauliflower and the like, can help ensure cell replication in the lungs, support numerous health functions including the lungs, and boost the immune system. BroccoPhane®, an extract that is 20 times more concentrated than regular broccoli sprouts, can impact one's health with these same benefits. The ingredient contains 4000 parts per million of sulforaphane, a compound that enhances the body's defenses against oxidative stress, while helping push along the detoxification process.

It's good to get a little help once in a while, especially in such an industrial world. Through healthy life changes, Deborah Cummins was able to get the support she needed to breathe easy—and you can, too!

"I noticed a difference when I started taking Lung Support Advanced, from the way I breathed to how often I moved around. I used to need to take a short rest to catch my breath, but now that rarely if ever happens! I'm no longer helpless! This product truly does work and I'm glad I ordered when I did."



The powerful **BrainPower** Advanced Formula



Support the health of your memory and cognitive function with BrainPower Advanced. It features clinically proven dosages of *Ginkgo biloba* and Huperzine-A, plus Phosphatidylserine and a full range of other supportive ingredients. Because you have moments to treasure and a busy schedule to remember, you need BrainPower Advanced.

- 15 active ingredients
- Promotes absorption of oxygen and nutrients by nerve cells in the brain
- Supports healthy blood flow in the brain

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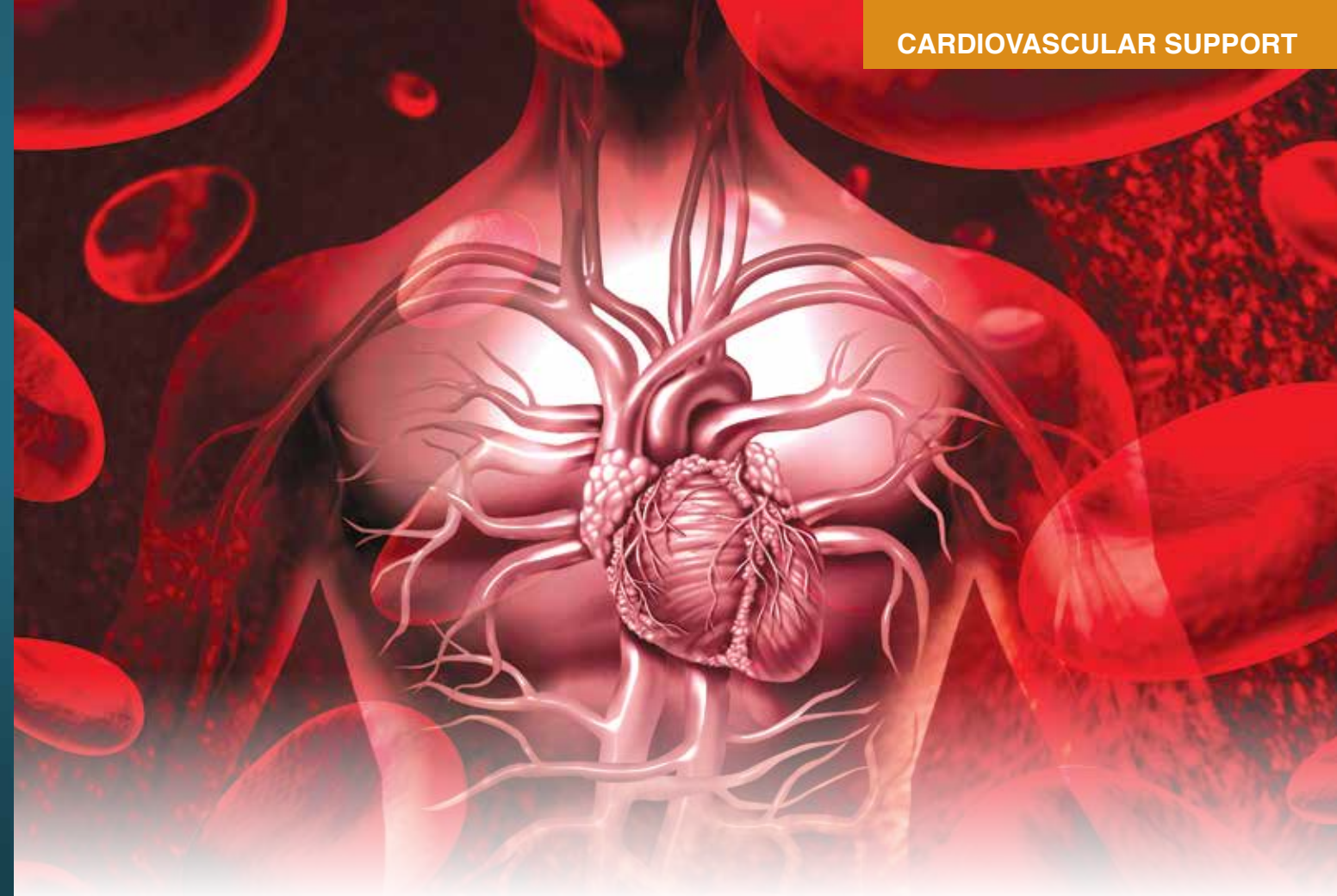
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Better Circulation Helps Detox Your Body

by Afreen Zama Anwar

The human circulatory system is a vast network of organs and vessels responsible for the proper and timely flow of blood, nutrients, hormones, oxygen and other gases to and from cells. Much like a busy highway, circulatory health depends on the smooth functioning of all the components of this system such as the arteries that carry oxygen-rich blood away from the heart, veins that carry deoxygen-

ated blood to the lungs where they receive oxygen, and blood that is the main transport media of nearly everything within the body.

However, when circulation is poor, it can affect your blood flow, leading to fluid retention, feeling of bloating, and a general lack of energy. By paying attention to circulatory health through proper nutrition, exercise, and the use of a premium supplement such as OCC,

you can ensure a robust circulatory system that effectively transports oxygen where it is needed the most while eliminating waste in a timely manner to help detoxify the body.

Exercise Your Way to Optimal Circulation

The circulatory system consists of the cardiovascular circulatory system and the lymphatic circulatory system

that work together to rid the body of waste products and detox the body. The cardiovascular system provides our body tissues with the needed oxygen, nutrients, and hormone-rich blood required for everyday functions while the lymphatic system eliminates waste products so that the body is well-protected from toxic substances such as old red blood cells, toxic waste and pathogens (Huntington).

Maintaining circulatory health is crucial to everyday health and well-being. By taking the time to tailor your diet and exercise routine to better support circulatory health, you can help keep your circulation up and running

so that your body can get the benefits it needs.

The American Heart Association recommends regular physical activity to improve your heart's ability to pump, and to help keep your veins and arteries toned. Combining aerobic exercise with resistance can greatly benefit cardiovascular health. Just 20 to 30 minutes of walking or jogging three to five times per week can improve your circulation, increase your stamina, ward off illnesses and improve your mood.

Sit-ups, pushups and chin-ups are all examples of resistance exercises that improve circulation, stimulate muscle

growth and strength, and also improve blood flow to the arms and legs (Horne 2017).

Better Circulation With Better Nutrition

Certain foods have a reputation for boosting circulatory health. Foods such as garlic, turmeric, ginkgo biloba, alfalfa, salmon, and a variety of colorful fruit and vegetables can help maintain the smooth functioning of your circulatory system.

With OCC, you can get the benefit of 17 different antioxidant nutrients that are vital to maintaining circulatory health. This unique formula sup-

“...when circulation is poor, it can affect your blood flow, leading to fluid retention, feeling of bloating, and a general lack of energy.”

ports your cardiovascular system and promotes healthy arteries by maintaining blood flow throughout the body. With a unique combination of vitamins and minerals, in addition to the innovative OCC blend containing potent ingredients such as Betatene[†], cysteine, L-glutamic acid, alfalfa, and garlic, OCC gives your heart the antioxidant power that is so vital to cardiovascular health.

Betatene[†] is a mix of antioxidant nutrients such as beta-carotene, alpha-carotene, lutein, zeaxanthin, and cryptoxanthin that has been proven to have a positive impact on cardiovascular health. Furthermore, OCC's blend of amino acids such as L-cystine, L-glutamic acid and L-glycine are essential for your body to build proteins and strengthen muscles including those of the heart so as to maintain healthy arteries (Christensen 2017).

OCC's premium blend also contains alfalfa and alpha-lipoic acid. Alfalfa is an herb that is naturally high in many essential vitamins and minerals, as well as being very high in protein. It also helps boost blood circulation in the heart and helps keep arteries strong thanks to its potent antioxidant properties. Alpha lipoic acid is also essential to cardiovascular health because it may help protect the heart by decreasing calcification of the arteries (Corleone 2017).

Vitamins and Minerals for a Healthier Heart

Additionally, OCC contains an array of vitamins such as vitamin C, vitamin E, and selenium, and minerals such as magnesium and potassium that work together to provide your heart with numerous benefits such as enhancing blood flow and providing essential electrolytes essential for heart health.

Vitamins C and E are essential for tissue growth and repair in addition to offering protection against infections and building the body's immunity. Selenium is also a vital antioxidant that helps protect the immune system by preventing the formation of free radicals and benefits the elasticity of the cardiovascular system (Fadden 2018).

Comprehensive Cardiovascular Support with OCC

Your circulatory system is a complex yet effective network of arteries and veins that perform the crucial function of transporting nutrients and oxygen wherever they are needed the most. A healthy system can ensure that essential nutrients are being delivered while waste is eliminated efficiently for the body's detoxification process.

You can do your part to support healthy circulation by appropriate exercise and also by enhancing your diet with targeted nutrients that provide

specific support. With OCC's potent blend of ingredients such as Betatene[†], essential amino acids, and a multitude of vitamins and minerals, you can help provide unsurpassed, comprehensive circulatory support to ensure the smooth functioning of this vital bodily system. **JOL**

To order OCC, see next page!

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Most Common Heart and Circulatory Health Risks... Debunked!

1 It's Easy to Know if You Have High Blood Pressure

Not necessarily. When it comes to heart and circulatory health, the symptoms can be silent. The best way to assess your health is to get regular blood pressure checks and cholesterol tests.

2 Young People are at Less Risk for Heart Issues

Heart risks are not restricted to the older individual. Whether due to genetics, diet choices, or levels of physical activity, heart risks can affect the young just as commonly. While men and women are more likely to have heart trouble in their mid-50s, prevention while young is vital. Adapt to a regular exercise routine, choose healthier meals, and get health check-ups often.

3 Exercise is Dangerous for Those Who Have Heart Trouble

Exercise can, in fact, reduce the progression of a heart condition! Exercise pumps the heart and blood, getting oxygen all throughout your body. Getting moderate physical activity of at least 30 minutes of day can provide lasting heart and circulatory benefits.



Getting to the Heart of Cardiovascular Care



Your arteries carry fresh, oxygen-rich blood from your heart to the rest of your body. OCC contains nutrients designed to **support circulation and the cardiovascular system** and helps to **maintain healthy blood flow and arteries** throughout the body.

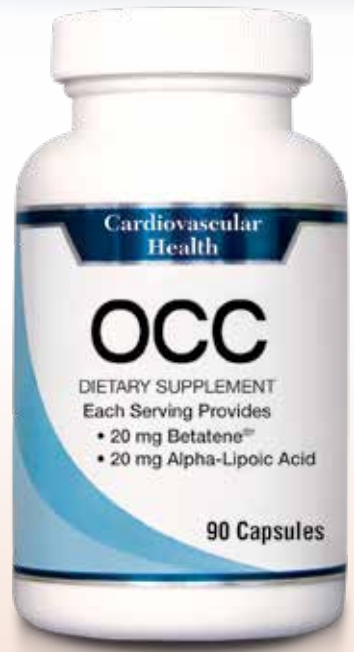
Cardiovascular Care at Your Finger Tips with OCC

Betatene®: a patented proprietary mix of antioxidant nutrients that positively influence the cardiovascular system and helps maintain healthy blood flow

Vitamin E: supports cardiovascular function by enhancing blood flow and strengthening capillary membranes

Selenium: Helps strengthen arteries to keep them elastic and durable to maintain healthy blood flow

Plus! 13 more amino acids, minerals, herbs and nutrients



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We supercharged our Omega-3 fish oil to include Lycopene, CoQ10, Folic Acid, and other ingredients to give you complete cardio care other fish oils lack.

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In a randomized, double-blind, placebo-controlled clinical trial, Omega3Q10 was shown to help decrease diastolic blood pressure and help improve lipid levels in 12 weeks.

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- Supports energy creation to fuel the heart



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“...by changing some of those bad habits into good practices, you can maximize the benefits of supplement support and enjoy better digestive health.”

Change Your Bad Habits for Better Digestion

by Lynne L. Hall

Are your bad habits affecting your digestion? If you frequently experience bloating, heartburn, and constipation, the answer to that question may well be “yes.”

Your digestive system is a complex series of organs and glands. With approximately 30 feet of convoluted tubing that begins with the mouth, this system breaks down and transforms food into fuel for the body. It also separates and eliminates wastes. It's a complicated process that can be negatively impacted at any point, resulting in any number of uncomfortable, even embarrassing, problems.

Probiotic supplements, such as GardaVita's Mega Probiotic®, are designed to stabilize your digestive

system for better overall health and a more comfortable stomach. However, by changing some of those bad habits into good practices, you can maximize the benefits of supplement support and enjoy better digestive health.

Out with the Bad, In with the Good

Here are a few changes you can make to optimize overall and digestive health.

Go when the urge strikes. A major reason behind constipation is ignoring the urge to have a bowel movement. This can cause back up and make elimination difficult later. So, even if it's inconvenient, go when the urge strikes.

Slow down. Eating too fast causes you to swallow air and results in bloating and gas. Chew food thoroughly before swallowing.

Eat smaller. Eating and drinking too much causes bloating. Eat less. You'll feel better and may lose weight!

Drink fewer sodas or carbonated drinks. Carbonated drinks lead to bloating and cause heartburn.

Use NSAIDs sparingly. Non-steroidal anti-inflammatory drugs cause release of gastric acid, causing heartburn and increasing the risks of stomach ulcers.

Stop late-night snacking. Eating late meals or snacks then going to bed allows gastric juices to back up into the esophagus, causing heartburn.

Eat more fiber. Fiber is vital for bowel regularity. Experts recommend 25 grams of fiber—about 2 to 2 ½ cups of fruits and vegetables—daily. (Vann 2013).

Supplement daily with Mega Probiotic®. This amazing formula uses the latest in probiotic technology to support the balance of good bacteria in your digestive tract. It not only helps stabilize digestion, but also promotes healthy immune function and supports good overall health.

A Mega Dose of Good Bacteria

Mega Probiotic® provides you with a mega dose of six billion live bacteria. We know it may sound counterintuitive, because until recently, most of us believed bacteria to be illness-inducing organisms that should be avoided. With the introduction of probiotics, we've learned that “good” bacteria do exist and, in fact, they play a vital role in both good digestive function and overall health.

These beneficial microorganisms are naturally present inside the digestive system, existing side by side with “bad” bacteria. They are found within the intestines, where for healthy, efficient digestion they must outnumber their harmful counterparts. Unfortunately, many factors, including stress, unhealthy diet, illness, or use of antibiotic medications, can deplete these champions of good health and allow

the proliferation of harmful bacteria. (Gill 2004).

Ongoing research points to the positive influences that probiotics have on a growing number of health aspects. Already we know their impact on gastrointestinal health, immune system functioning, cardiovascular health, and blood sugar and cholesterol control. Plus, researchers point to their role in weight management and most suggest there are many more benefits yet to be revealed (Yu-Jie 2015).

Mega Probiotic®'s Unique IS2 Bacillus Coagulans®

The key to successful probiotic supplementation is to choose a quality formula that provides your body with the most effective, versatile, and stable strain of good bacteria. That's what you get with Mega Probiotic. Each dose of Mega Probiotic provides six billion bacteria cells of the Unique IS2 Bacillus Coagulans®. In this patented form of *Bacillus coagulans*, the bacteria cells are surrounded by a natural coating that protects them from digestive acids. The full dose is delivered to the intestines, where the perfect conditions dissolve the coating. The bacteria adhere to the wall of the large intestine and get to work restoring good microflora balance.

Studies show that 70% of your immune system resides within the large intestine. By inhibiting the proliferation of bad bacteria and restoring levels

of good bacteria, Unique IS2 Bacillus Coagulans® supports your body's natural defenses. It helps boost immune function, calms the digestive system, promotes healthy digestion, and improves lactose tolerance (Sudha 2010). Studies also have shown that *Bacillus coagulans* even helps with cholesterol control, thanks to their ability to inhibit the cholesterol-producing enzyme (Sudha 2011).

Mega Probiotic's softgel capsule is quick and convenient and it adds no fat or calories to your diet. The Unique IS2 Bacillus Coagulans® is stable at high temperatures. So, superior numbers of bacteria survive manufacture and shipping and enjoy a shelf life of three years with no refrigeration. Clinical testing shows it to be safe at mega doses of six billion with no side effects (Sudha 2016).

A Change of Habits Can Calm Your Digestion

Experiencing frequent bouts of bloating, heartburn, and constipation may be a sign you've developed some bad digestive habits. You can help by exchanging your bad habits for good ones, such as going when the urge hits, reducing NSAID use, eating smaller portions, and eating more fiber.

Beginning daily use of Mega Probiotic® is a good step to take for your digestive and overall health. Each mega dose of Unique IS2 Bacillus Coagulans®

8 Interesting Facts About Probiotics

- 1 There are estimated to be over 400 strains of beneficial bacteria in a normal digestive tract.
- 2 There are 10 times more bacterial cells in the body than human cells, but they could all fit into a half-gallon jug because they are much smaller in size.
- 3 Microbes colonizing various regions of the body differ in type and function based on the composition of their habitat—they are highly adaptive.
- 4 Intestinal bacteria boost the immune system by regulating the population and density of intestinal immune cells.
- 5 Good bacteria can prevent unwanted microbes from entering the blood stream, thus keeping you healthy.
- 6 Antibiotics, stress, poor diet, and exposure to toxic substances can reduce the number of beneficial bacteria in the body and contribute to poor health.
- 7 Intestinal microbes are generally able to recolonize after being disturbed without intervention. However, supplemental probiotics can help replenish their numbers.
- 8 Each individual has his or her own unique population of microbes, like an intestinal thumbprint, even if the species among people are similar (Chaplin 2014).

provides six billion probiotics in convenient softgel form. These bacteria have shown benefits to be highly stable from manufacture to the shelf to ingestion, where they support healthy immunity, aid digestion, and help balance cholesterol levels. Mega Probiotic may be your best habit yet! **JOL**

To order MegaProbiotic®, see next page!

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FOR BALANCED DIGESTIVE HEALTH

Mega Probiotic® is an innovative probiotic formula featuring a shelf-stable, clinically tested probiotic in a convenient softgel.

It contains Unique IS2 Bacillus Coagulans®†, a form of *Bacillus coagulans* spores that require no refrigeration and are stable to changes in temperature and moisture. These spores have a natural microencapsulation that helps them survive the journey through the digestive tract and adhere to the large intestine where probiotics are needed most.

Benefits of Mega Probiotic®:

- Promotes healthy digestion
- Supports healthy immune function and helps maintain your natural body defenses
- Helps balance good bacterial flora
- Supports cholesterol levels in normal range
- Provides the benefits of a cup of yogurt without the fat or calories

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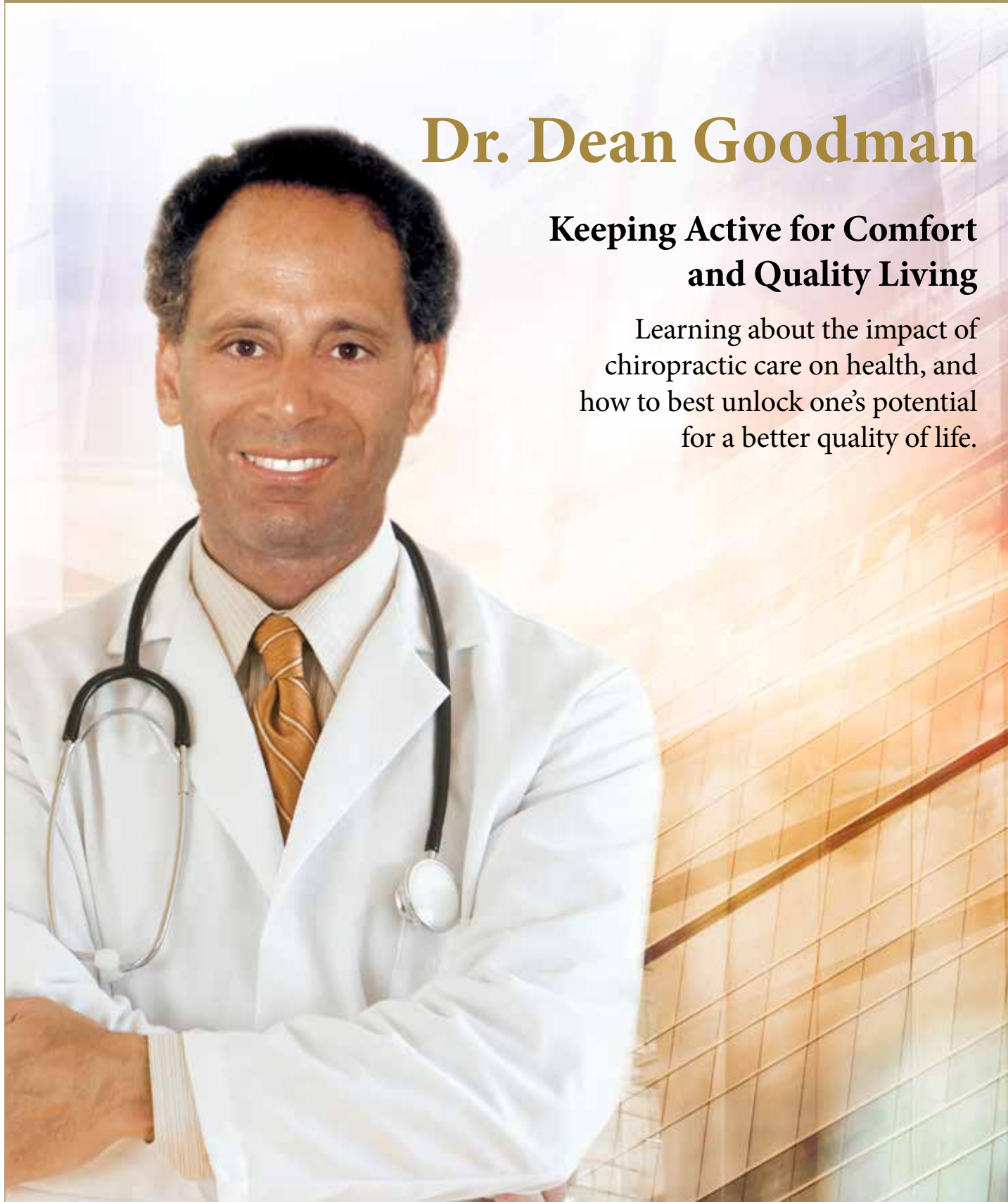
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Dr. Dean Goodman

Keeping Active for Comfort and Quality Living

Learning about the impact of chiropractic care on health, and how to best unlock one's potential for a better quality of life.

Dr. Dean Goodman knows that an approach to a healthier lifestyle is an active one, especially for those joint aches. As both an accomplished long-distance runner and a chiropractic physician, Dr. Goodman understands the impact that physical movement has on our bodies and overall health. His chiropractic treatments have helped athletes reach their full potential, while also motivating others to get started on a more exercise-filled life that fits their own pace. Chiropractic care itself has also shown numerous benefits beyond joints, which Dr. Goodman employs and utilizes for his patients. Dr. Dean Goodman has been working out of his practice located in Santa Monica, CA for the past 36 years, and continues doing so to this day.

JOL: Thank you so much for joining us, Dr. Goodman. What first drew you to the field of chiropractic care and longevity?

Dr. Dean Goodman: As a scholar/athlete at Yale, I was a political science major and thought that I would pursue a career in law and government service, but after a few years working as a city planner I found that the work was too abstract and did not satisfy my desire to feel like I was making a difference. I was always very concerned about my own health and found that I had a capacity to listen to others, care about their concerns and offer guidance. Medicine seemed like a logical choice, but the natural care approach of chiropractic made better sense to me. I have always been a believer in the miraculous ability of the human body to adapt and seek ways to heal itself.

JOL: You've participated in numerous marathons over the years! When it comes to sports care and injury prevention, what do you advise to your more physically active patients to stay in good health? Is your personal experience as a long-distance runner a factor?

D.G: I have run more than thirty marathons and probably hundreds of shorter races. Exercise should be fun and practiced with regularity and common sense. The best exercise program is varied to include cardiovascular activity, strength training, maintenance of flexibility, and perhaps most importantly, common sense. I am always telling my patients to be patient with themselves. Pushing oneself too hard is a quick path to injury and disappointment. I believe that patients, particularly older persons, have to adopt the "long-distance" mentality. There is no good reason to be racing if you don't have a clear sense of where you are going. My success as a runner—now deep into my sixties—is attributable to several factors, but the most important, I believe, is to exercise intelligently and to prevent injury.

JOL: What other activities do you do to keep yourself healthy?

D.G: I bike commute to and from work. I also hike, swim and stretch regularly. I am familiar with yoga and Pilates and believe that both are excellent cross-training programs for any athlete. I like to dance and will often accompany my wife when she sings. She is very kind and overlooks my lack of talent in that arena.

“ My success as a runner is attributable to several factors, but the most important, I believe, is to exercise intelligently and to prevent injury. ”

One cannot emphasize how important it is to get enough rest and to eat nutritious food. The problem of getting access to high quality food—I certainly recommend organic and non-GMO—means that it is quite important to consider the value of nutritional supplements as part of one’s health care regimen.

JOL: Chiropractic care has shown numerous benefits for musculoskeletal conditions, as well as injury prevention. But how does chiropractic techniques help with other aspects of health; such as lung health, digestive orders, and cognitive function?

D.G: Chiropractic believes that it is the nervous system that directs the healing and repair of the human body. There is a direct relationship between proper structure and function of the body. Chiropractors aim to correct structural imbalances and blockages that interfere with the signals traveling to the brain and from the brain to all parts of our body. Hence the effect of chiropractic adjust-

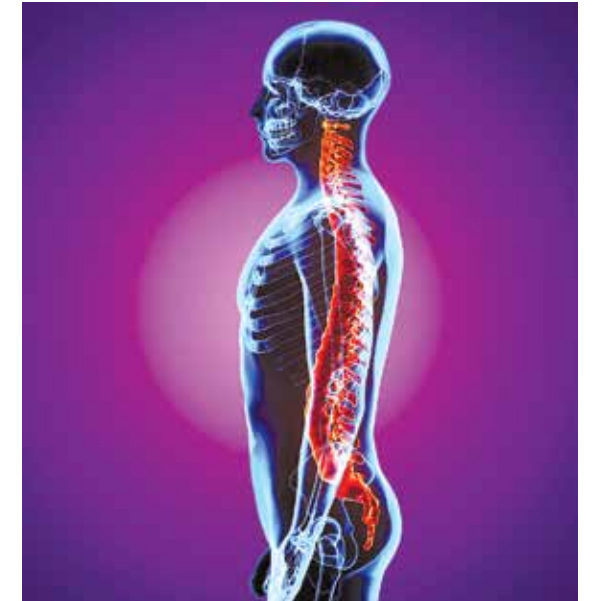
ments and alignment is to optimize the natural healing response to injury, infection, inflammation and any other dysfunction. I believe that chiropractic care interfaces with both medical science and other types of complimentary care such as acupuncture, massage, and nutritional therapy.

JOL: What does the field of chiropractic care look like in the future? Becoming more well-known and utilized? Or new holistic techniques to help treat patients concerns?

D.G: I believe that there are many qualified, caring chiropractors who are carrying on the tradition of conservative, natural healing that has been the foundation of chiropractic for more than 120 years. It is still unfortunate that many people do not understand what we do as chiropractors. There is a wide range of “hands-on” healing techniques that are employed by chiropractors and it is difficult for the public to understand that there is no single chiropractic technique. Chiropractic, like the entire field of health care, is changing and evolving. The intent is to get better results while reducing costs and minimizing the risk of doing any harm. Much of the success of any health care approach is going to depend on education and perseverance.

JOL: How did you first become part of GardaVita®’s Doctor Advisory Board?

D.G: One of my patients was working for the *Journal of Longevity* and invited me to present



my credentials to be a member of the advisory board. I reviewed the publication and considered the line of supplements that were being offered to readers. I felt that many people could benefit by following the guidelines presented in the magazine and could work with health practitioners of their choice to improve their health and quality of life.

JOL: Any words of advice to our readers here at *Journal of Longevity*?

D.G: Never underestimate the healing power of your body. Be positive and optimistic. It costs absolutely nothing and often paves the way to better outcomes. Find a doctor with whom you are comfortable and whom you trust. Remember that it is your responsibility to do what you can to take good care of yourself. Even the smallest step in the right direction will take you closer to your goal of better overall health. **JOL**





What You're Eating Matters to Your Teeth

by Cassandra Rodriguez

When it comes to your dental health, how important it is to take care of your teeth and gums cannot be stressed enough. Yet, it's not just the dedicated brushing and flossing after every meal that leads to a bright smile. What you eat for breakfast, lunch, dinner and any snacks in between can affect those same teeth and gums—and essentially, your health in general.

Why Good Oral Health can Mean Good Overall Health

Besides your teeth and gums, a healthy mouth can mean a healthy heart.

There are several studies that link inflammatory conditions in oral care to a higher risk of heart conditions for some individuals. The Canadian Academy of Periodontology estimated that those with unhealthy gums and teeth have twice the risk of contracting heart failure than those with healthier dental care.

This is due to how inflammation of the gums is caused by extended bacterial exposure, which can lead to increased inflammation to the rest of the body. Failing heart health and inflammation are most often connected, so if your gums are not at their best, your heart's functions could suffer as well (Langill).

Blood sugar and oral health are also deeply connected. Issues with your gums appear to be more common among those with high blood sugar levels, and can be more difficult to manage if your periodontal care is not up to speed (Mayo Foundation 2016).

Not only can good dental care help with cardiovascular health and blood sugar, but it can benefit your weight management goals. Brushing your teeth sends a signal to your brain that you finished eating. After all, you'll want to keep that minty fresh feeling from the toothpaste, which doesn't mix well with food right after. Brushing your teeth af-

ter every meal can get you on the track for better portion control, calorie restriction, and overall better health.

Curate Your Diet for a Healthier Smile

If you want to narrow down the exact foods to watch out for, be sure to note the following.

Chewy Candies: These types of candies don't only contain sugar—which is the number one contributor to tooth decay—but tend to stick to your teeth! Such candies include taffy and caramel. Bits of the candy can get trapped, enticing bacteria to feast on the sugar and build up in your mouth. The bacteria burns this sugar to make acid, which can erode your enamel—the protective covering of your teeth—and cause harmful cavities (Gardner 2016).

Sodas, Sports and Energy Drinks: It's known quite well that sodas have a large heaping of sugar in them. However, it's not just that, but the acids found in most carbonated drinks to watch out for, which can be even more detrimental for the teeth. Both citric and phosphoric acid is present even in sugar-free diet sodas, and can harm your teeth when you're taking some big gulps. In fact, sports drinks in particular contain the highest acidic content. One study, conducted by researchers at the University of Iowa, tested the enamel wear by steeping teeth in several different beverages, ranging from sodas to sports drinks. It was with sports drinks where it was found that teeth were the most damaged by (Ehlen 2008).

Citrus Fruits and Juices: Although juice is nutritious and high in vitamin C content, certain juices are also high in the acidic department. Grapefruit and lemon juice in another study were seen to cause the most damage to the enamel, while orange juice was the least. It's not just fruit juices to be wary of; both dried and canned fruit contain a lot of sugar (Bassiouny 2008).

Coffee: The brown stains you see in a much-used coffee cup can paint a picture of what the beverage can be doing to your teeth. A 2012 study compared the difference between coffee-stains and tobacco-stains and how resilient they both are. It was found that coffee-stained teeth were not as receptive to tooth brushing, and can also become discolored once more, even after bleach treatment (Bazzi 2012).

Tea: Certain types of tea can also induce the same effect for your teeth. Black tea has a high tannin content, which can both dry out the mouth and make your teeth sticky, worsening any stains you may have. Other teas, such as green tea and white tea, don't have as much tannin, giving less chance to discolor your teeth. Herbal tea, however, contains acidic content which can erode the enamel.

Crackers: This snack, while good for an upset stomach, can attract cavity-forming bacteria if you're bingeing on them. Saltines contain refined carbohydrates which convert into sugar inside the mouth, and since crackers can turn to mush as you chew, they can easily get lodged between your teeth (Gardner 2016).

What's Easy on the Teeth
Wanna know the beneficial foods for your oral care? Check out the following.

Water: Perhaps the number one beverage you should be taking for your smile. Much like saliva, water helps wash off the sugars and acid that may still remain on your teeth. Water also contains naturally occurring fluoride, which is a mineral that helps prevent tooth erosion. This same fluoride is also present in toothpaste in higher amounts.

Milk and Dairy Products: As the primary source of calcium, milk and dairy is vitally important for the health and structure of your teeth and bones.

In calcium is the ingredient hydroxyapatite, which strengthens the tooth's enamel.

High Fiber Foods (Vegetables, Beans, etc.): Not only are these foods good for the digestion, but they benefit the teeth. Why? Because of the chewing involved! Chewing helps produce saliva, which helps wash your teeth of any residual acid or sugar (Gardner 2016).

Proper Oral Care Starts with Your Lunch

Even if you're a fan of coffee, or need a sweet treat after dinner, most of these foods can be harmless when eaten in moderation. Brushing and flossing are still a must, so that you can have optimal oral care, and give better benefits for your heart, your weight, and your health in general. So keep protecting those pearly whites—the rest of your body will thank you. **JOL**

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Discover the Social Benefits of an Active Lifestyle

by Dr. Marc Darrow, MD

Dr. Marc Darrow, M.D., J.D., Director of the Joint Rehabilitation & Sports Medicine Center in Los Angeles, California, is the author of Prolotherapy: Living Pain Free. He also hosts a radio show on KRLA-870 in the Los Angeles area. Dr. Darrow believes that with the proper nutritional support and physical adjustments, our bodies are the best healers.



Leading an active lifestyle has many benefits; some of the most obvious being good health, reduced risk of illnesses, better cardiovascular health, improved metabolism and even a well-toned body.

However, the benefits of a healthy active lifestyle go beyond just the physical; they can be mental, personal and social as well. Since exercise and sports helps improve your emotional health and self-esteem, your social relations may

also improve. Reaching out to others due to your increased self-confidence, being part of a team, establishing new friendships, and improving your communications skills are just a few of the many social benefits of maintaining an active physical lifestyle. Studies show that while most people derive social as well as physical benefits from exercise, these social benefits may, in turn, encourage them to stick to their exercise programs (Unger).

Healthy joints are also an imperative part of a physically active lifestyle, and with Arthro-7® Sport, you can ensure flexible, supple joints that will help you stay in the game.

Creating a Positive Atmosphere Through Sport

As mentioned earlier, sport and exercise have just as many social benefits as they have physical. Some of the ways you can benefit socially are mentioned below.

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“ Since exercise and sport helps improve your emotional health and self-esteem, your social relations may also improve. ”

Sport encourages teamwork. Participation in any kind of group sport teaches teamwork. By playing by the rules and learning to overcome adversity, one can imbibe the qualities of good sportsmanship and personal responsibility.

Sport builds self-esteem. Sports are said to bolster the five C's: competence, confidence, connections, character, and caring. At the heart of this is self-esteem—an increased sense of self as a result of better social interactions and stronger relationships (Roundy).

Improved mental health. Sport and exercise can promote psychological well-being as well as improve quality of life. Being physically active helps improve your mood, alleviates stress, provides more satisfaction, and boosts self-confidence and pride in one's accomplishments.

Sport builds sportsmanship. Taking part in team sports helps instill the spirit of sportsmanship. While being part of a team can help you become more positive and stronger, winning a game gives you a sense of accomplishment, which boosts your confidence further.

Staying physically active through exercise and sports has a multitude of benefits, but if you suffer from achy joints and muscles, it can inhibit your ability to fully enjoy any activity. With Arthro-7[®] Sport, you now take matters in your own hands and get back in the game without the nagging discomfort

of sore joints. Based on the original, clinically tested Arthro-7[®] formula that is trusted by millions, Arthro-7[®] Sport now includes hyaluronic acid for added joint lubrication, nourishment, protection, and comfort.

Positive Results with Potent, Proven Ingredients

Arthro-7[®] Sport is enhanced with hyaluronic acid, a primary component of synovial fluid and an essential key to unlocking healthy cartilage. It's the chemical backbone that holds together molecules, such as chondroitin sulfate, that make up cartilage and also provide joint cartilage its special properties. It also contributes to the thickness and viscosity of synovial fluid—properties that are important for normal joint function (Theodosakis).

A recent research team reviewed 76 studies examining the use of hyaluronic acid in conjunction with alleviating joint discomfort. The review—the largest and most comprehensive of its kind—found that discomfort levels in the average patient who received hyaluronic acid doses were reduced by 28 to 54 percent. The authors also concluded that hyaluronic acid improved mobility in connection with performing daily activities by 9 to 32 percent (Gower).

Arthro-7[®] Sport can help restore your body's levels of this essential nutrient, giving your joints the lubricating power they need to help you perform better, no matter what level of activity

or what sport you enjoy. Together, the nourishing power of hyaluronic acid, in addition to the clinically tested Arthro-7[®] formula featuring premium ingredients such as collagen (from chicken), MSM, bromelain, turmeric, lipase and vitamin C, provides your joints with an arsenal of soothing and strengthening nutrients to help you reap all the benefits of a socially active lifestyle.

Targeted Nourishment Where It's Needed the Most

Arthro-7[®] Sport contains collagen, a major structural protein that makes up roughly one-fourth of the protein in you body. Collagen is a rich source of amino acids that play an important role in the building of joint cartilage while its anti-inflammatory effects also help alleviate discomfort associated with sore joints.

Vitamin C is another essential nutrient that helps create collagen and assists in the absorption of joint cartilage. Poor intakes of vitamin C have been linked to reduced collagen formation and slow joint healing. In contrast, a healthy intake of this versatile vitamin can help build more cartilage, strengthen bones, and reduce joint inflammation through its powerful antioxidant properties (Brewer 2017).

Arthro-7[®] Sport is also fortified with ingredients such as bromelain and turmeric to further enhance joint and muscle health. Bromelain is extracted

from the stem and fruit of the pineapple plant and portrays beneficial effects due to its anti-inflammatory and anesthetic properties. Several clinical studies have substantiated the therapeutic use of bromelain extracts to alleviate joint and muscle soreness and discomfort (Brien 2004).

Turmeric is another bright yellow herb that has been used for centuries in Ayurvedic and Chinese medicine, and has a long and impressive history in treating various health-related concerns. Belonging to the ginger family, turmeric has been proven to help with soreness and swelling, aid joint mobility, and prevent bone loss for easier joint mobility (Vanta 2015).

Get Back in The Game with Arthro-7[®] Sport

Playing sports and staying active can do wonders for your physical health, but the numerous social benefits of sport and exercise are well documented as well. Healthy, flexible joints are an

imperative part of this picture, and can help you stay fit and flexible no matter what sport you engage in. Arthro-7[®] Sport is the gluten-free formula that promotes flexibility and joint health, supports the health and strength of connective tissue, and nourishes joint tissue and cartilage for enhanced bone and joint health. With its potent combination of ancient herbs and clinically tested ingredients such as hyaluronic acid, collagen (from chicken), MSM, bromelain, turmeric, and vitamin C, Arthro-7[®] Sport helps soothe and strengthen your joints to enhance your physical prowess and help you further your physical goals no matter what sport you play or what level of activity you participate in. **JOL**

To order Arthro-7[®] Sport, see next page!

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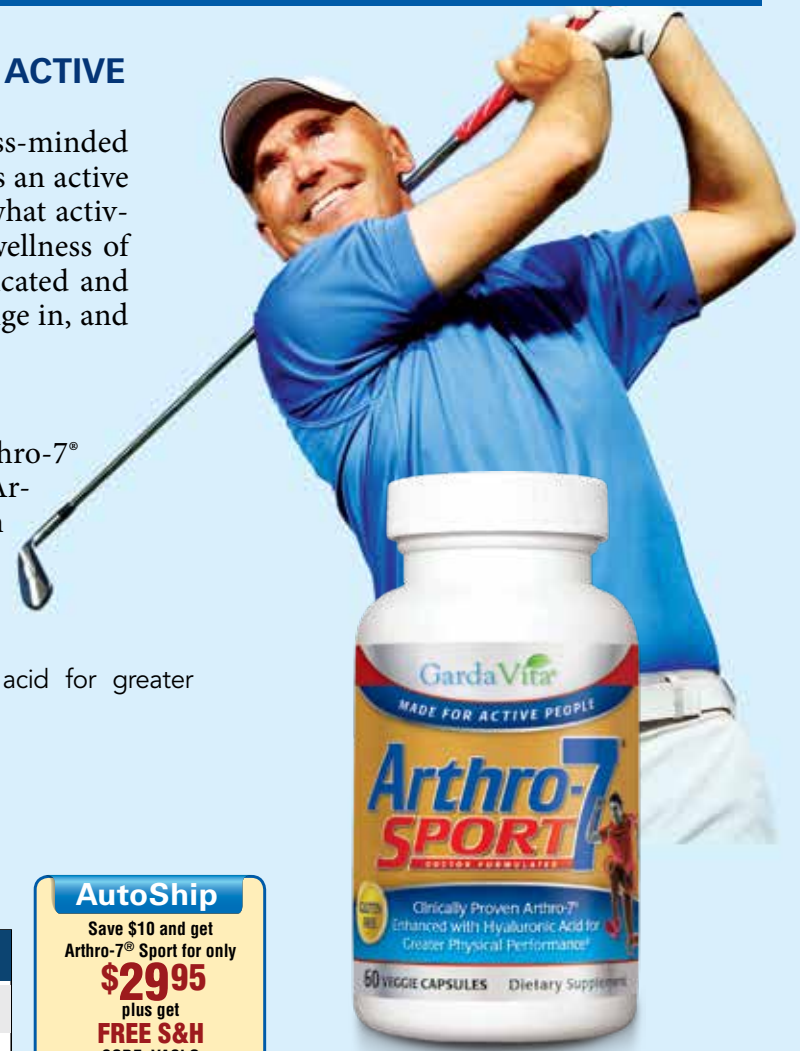
Arthro-7[®] Sport was formulated not only with fitness-minded individuals in mind, but also for anyone who enjoys an active lifestyle, be it sport or hobby oriented. No matter what activity you enjoy, your participation depends on the wellness of your joints. When your joints are nourished, lubricated and flexible, it reflects positively on your ability to indulge in, and enjoy whatever you do.

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Specially formulated for active individuals, Arthro-7[®] Sport is based on the original clinically proven Arthro-7[®] formula with added hyaluronic acid for even more joint lubrication, nourishment, protection, and comfort.

BENEFITS:

- ✓ Clinically proven Arthro-7[®] enhanced with hyaluronic acid for greater physical performance
- ✓ Promotes flexibility and joint health
- ✓ Supports the health and strength of connective tissues
- ✓ Nourishes joints and cartilage
- ✓ Made for active people
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Could Air Pollution be Causing Poor Kidney Function?

by Afreen Zama Anwar

Air pollution has become one of the world's single biggest environmental health issues, threatening not only the natural environment of the planet, but also causing serious health problems as well. According to new data compiled by the World Health Organization (WHO), outdoor air pollution has grown 8 percent globally in the past five years, with billions of people around the world now exposed to dangerous air (Vidal 2014).

Some of the most obvious repercussions of poor air quality on health

include decreased lung function, increase in respiratory symptoms, cardiovascular problems, and even a compromised immune system (www.epa.gov). And now, a recent study suggests that breathing polluted air may also increase the risk for kidney problems as well. The study, published in the *Journal of the American Society of Nephrology*, found a direct association between tiny particulate matter in the air and kidney issues in two different data sets.

Lead researcher Dr. Ziyad Al-Aly, director of clinical epidemiology at the

VA Saint Louis Health Care System explains that tiny particles in air pollution can pass through our lungs and enter our bloodstream until they finally reach our kidneys. The kidneys work hard to sift these particles out of the blood, but constant exposure to these harmful pollutants can eventually take its toll on kidney function (Ferris 2017).

Be Aware of What's in The Air

The American Lung Association's 2017 "State of the Air" report finds that 4 in 10 Americans live in counties with

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“...a recent study suggests that breathing polluted air may also increase the risk for kidney problems.”

unhealthy levels of air pollution, putting them at risk for various health issues. Despite these findings, the fact is that too many people are unaware of the long-term impact of air pollution on not only kidney health, but overall well-being, too.

Although you may not have a choice when it comes to inhaling the air in your surroundings, you can make a difference to the environment and improve your health just by being aware, making small changes, and taking necessary steps to protect yourself from the harmful effects of air pollution.

Conserving energy by switching to energy efficient light bulbs and appliances, participating in your local utility's energy conservation programs, choosing environmentally friendly products, and driving a low-polluting or "green" vehicle are just a few ways you can do your part in controlling air pollution. You can also take steps to

safeguard kidney health from air pollutants by keeping an eye on the Air Quality Index in your area, avoiding areas of high pollution such as during rush-hour traffic, changing filters on air conditioners and heaters often, and avoiding excessive use of air fresheners, candles, and harsh cleaning agents in your home.

You can also provide further support to your kidneys with RenalSur, the complete, gluten-free kidney health supplement that combines powerful ingredients in a revolutionary new formula to support kidney health and promote overall vitality.

Time Honored Ingredients for Lasting Effectiveness

RenalSur contains a blend of traditional Tibetan and Chinese herbal ingredients such as resveratrol, cordyceps, astragalus, American ginseng, and turmeric that work together to promote kidney function, reduce water retention, provide nutrient support, and encourage vitality.

Resveratrol is a natural compound found in grapes and red wine that is reported to have beneficial effects on renal function. This compound has immense anti-

oxidant properties and a robust scavenger of free radicals that threaten the well being of your kidneys. Resveratrol's powerful antioxidant and anti-inflammatory properties can also help protect your kidneys from the harmful effects of certain medications (Kitada 2013).

RenalSur is also fortified with astragalus and cordyceps, ingredients that are well researched for their role in supporting kidney function. Astragalus is a medicinal herb containing over 60 compounds that exhibit multiple beneficial effects on the kidneys, including stimulation of the immune system, diuresis, antioxidation, and anti-inflammation. Studies also show that this powerful herb can help mitigate kidney damage and boost kidney function. Cordyceps is one of the most commonly used ingredients in Traditional Chinese Medicine. This nutrient exhibits its powerful antioxidant properties that promote healthy levels of hemoglobin, alleviate complications with kidney health, and improve kidney function (Zhong 2013).

Additionally, ginseng and turmeric in RenalSur's potent formula provide extra support for the healthy functioning of your kidneys. Ginseng is known to maintain the balance in blood sugar levels to promote kidney function, strengthen immunity, while the antioxidant and anti-inflammatory properties of turmeric are beneficial to kidney health as well, helping allevi-

ate inflammation and warding off infections for better renal health (www.kidney-cares.org).

Find Sure Support with RenalSur

Air pollution is a serious environmental issue that not only threatens our environment, but your health as well. With studies now showing that air pollution can have an adverse effect on kidney health, it is crucial to take the necessary steps to protect kidney health. RenalSur is the premium kidney health supplement that can provide unparalleled support with its treasure trove of traditional herbal ingredients

such as resveratrol, cordyceps, astragalus, American ginseng, and turmeric that protects your kidneys, provide antioxidant and anti-inflammatory support, and boost kidney function for overall health and wellness. **JOL**

To order RenalSur, see next page!

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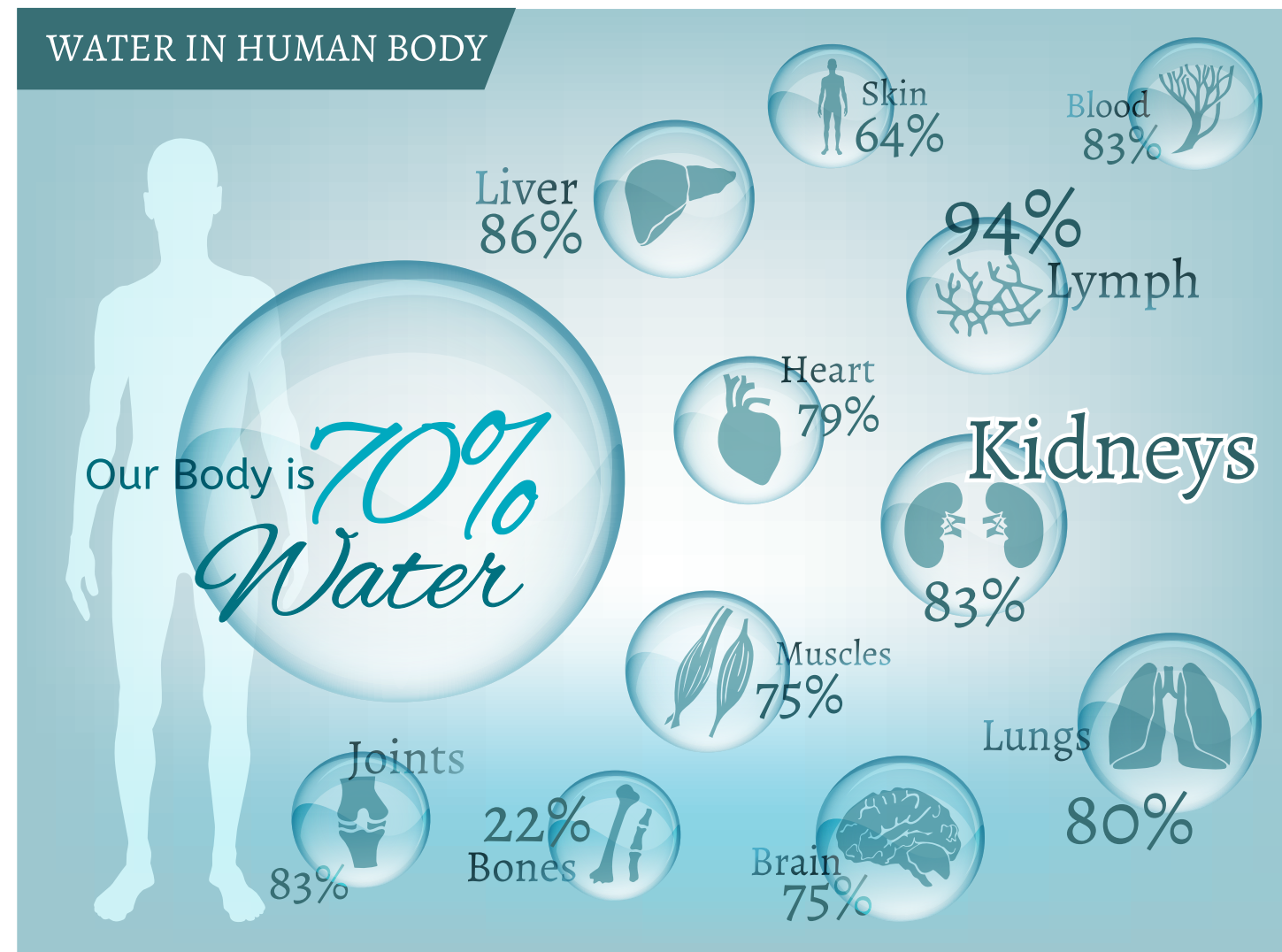
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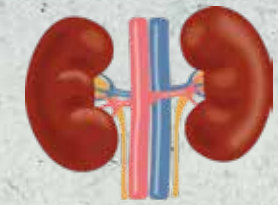
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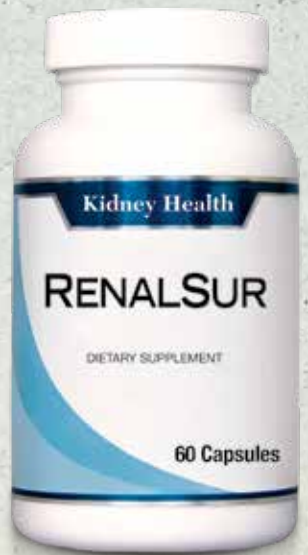
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 - ✓ Provides nutrient support to the kidneys
 - ✓ Helps promote kidney function
 - ✓ Encourages vitality



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Building Self-Confidence for a Healthier You

by Cassandra Rodriguez

We know that positive thinking goes a long way. But when it comes to the constant stress of family, work, and even our own personal projects, our confidence and sense of worth in ourselves can take a bit of a hit. It's important to have a healthy balance of self-esteem, as it not only does wonders for your mood and motivation, but can greatly impact your health as a whole.

The Science Behind Self-Esteem

According to research by Jennifer Crocker, PhD, from the University of Michigan, it was assessed how self-esteem that is based on others' perceptions of themselves can be a detriment to both physical and mental health. The study was done on over 600 college students, with self-worth's external sources ranging across appearance, gaining the approval of others, as well as their

academic performance. Students with low confidence reported they had more stress, relationship issues, and numerous bad health habits (ie: drinking and smoking) when they base their value on other people's opinions (American Psychology Association 2002).

Improving self-confidence however, has shown great benefits. Research from Concordia University show the link between healthy self-esteem and good physical health. 147 adults aged

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over 60 were interviewed, and were measured by their cortisol levels, a hormone responsible for stress, and their general sense of self-esteem through a questionnaire. It was found that when self-esteem was decreased, the hormone was increased (Concordia University 2014). Stress has been known to not only affect your mood (such as with anxiety or restlessness) but can also affect your body and behavior. Headaches, sleep issues, and fatigue are common, along with unhealthy habits such as overeating/undereating, less exercise activity, and alcohol and tobacco intake (Mayo Foundation 2016).

Can Self-Esteem be Too High?

There are actually different ranges of self-esteem that are possible to have. The one we recognize more often is low self-esteem. Those with low confidence in themselves rarely put much value on their own ideas, and may discredit any accomplishments they have achieved. They are also more likely to pick up unhealthy habits.

High self-esteem may sound good at first, but there is a thing as being too excessively confident, to the point of such confidence not being grounded in reality. It can also be a sign however, that this high confidence is not true confidence at all, but a signal of deep insecurity and covering up low self-esteem with false bravado. Both ranges can impair your ability to achieve your goals and balance your sense of value within yourself, as well as your ability to make good decisions for your health (Oswalt 2010).

Then there is healthy self-esteem. What does this mean exactly, compared to the rest of the other ranges? Balance is the main focus. You have a realistic view of yourself, meaning you can recognize both your flaws and your accomplishments. Healthy self-esteem also helps you be more confident to make decisions, form honest relation-

ships with others, be realistic in your expectations, and better able to withstand most stress and setbacks. You don't berate yourself for every mistake and you don't overinflate your successes (Mayo Foundation 2016).

Feed Your Confidence with the Right Nutrients

Changing the way you approach yourself is good step towards rebuilding your self-confidence, such as setting achievable goals to complete and learning to accept compliments. However, the right food can help push you in the right direction. A wide variety of nutrition can boost your mood, and certain ingredients can affect those neurotransmitters for a more pleasant outlook.

Carbohydrates. Carbs give both your brain and muscles energy, making them a great pre-snack for workouts. Foods rich in carbohydrates help the brain in particular receive serotonin, keeping up your mood. Without enough carbs, you can feel more fatigue or start losing concentration. Unrefined carbs are your best bet, which include whole grains, alongside fruits and vegetables, which can help keep up your energy levels far longer than other nutrients.

Omega-3 Fatty Acids. Getting enough fish in your diet has shown, in quite a few studies, that they can help offset low moods by affecting the neurotransmitter pathways. Salmon, mackerel and trout are just some of the foods rich in this nutrient.

Vitamins B and D. Both vitamins are great for keeping up your energy levels by producing serotonin. Yogurt, fortified cereals, broccoli, and dairy are known for having the nutrients.

Be sure to keep an eye out sugary foods and alcohol! Sugar spikes up your blood sugar, which can disrupt your mood and leave you more tired than before. Caffeine can act the same way, while also giving you withdrawal

headaches to top it off. Alcohol can be both a stimulant and a depressant, and drinking too much can leave you feeling irritable (Nutritionist Resource).

It's Good to Feel Good About Yourself

Healthy self-esteem can help you improve your health, your mood and behavior, resulting in generally more healthy living. Becoming less critical of yourself, responding better to stress, and taking on more healthy activities such as exercising and eating right, are just some of the great benefits of confidence. Developing a good self-image is important, something that your health will certainly appreciate. **JOL**

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Your Air Quality Can Be Improved

by Lynne L. Hall

Air pollution is a serious matter. Poor air quality impacts not only respiratory health, causing a number of chronic breathing problems, but also impacts immune response and raises the risks of cardiovascular, circulatory, and neurological conditions. The World Health Organization (WHO) estimates there are approximately seven-million premature deaths annually attributable to outdoor and indoor pollution (WHO 2014).

The most striking fact is that indoor pollution is responsible for four million of these deaths (WHO 2016). While this is surprising, considering the prevalence of outdoor pollution, it is also hearten-

ing. There are steps you can take to improve air quality in your home. In addition, you can strengthen lung health and fortify your body's natural defenses with Lung Support Advanced, GardaVita's daily lung-health supplement.

Out with the Old Air. In with the New Air.

There are two main reasons indoor pollution is so serious. First, outdoor pollution—automobile emissions, manufacturing effluvia, particulate matter—enters through windows and doors and mixes with indoor pollutants, such as tobacco smoke, household chemicals, and particulates from cooking. According to the Environmental

Protection Agency (EPA), some pollutants are up to five times higher indoors (EPA 2017).

Second, your home is a closed environment that traps and concentrates pollutants (Buckley 2005). Since you spend most of your time at home, the EPA estimates you receive 72% of pollution exposure in this environment you consider safe.

Luckily, you can take steps to lower your indoor pollution and protect yourself and your loved ones.

- **Don't smoke indoors.** Better yet, stop smoking. Both your air quality and your health will be better!
- **Consider a filtration system.** Installing a home filtration system

can help filter pollutants throughout your home.

- **Change filters regularly.** Air conditioners and heaters trap dust and pollutants and should be changed according to manufacturer's recommendations.
- **Ventilate.** Open windows and doors and run fans when using household chemicals.
- **Clean Green.** Switch to eco-friendly cleaning products.
- **Use exhaust fans.** Ventilate cooking fumes by using fans.

In addition to improving indoor air quality, you can protect yourself from the risks associated with pollution by beginning daily supplementation with the superior Lung Support Advanced.

The Advanced Pollution Solution

Protecting your respiratory system from air pollution is an easy proposition with Lung Support Advanced. This latest version of GardaVita's best-selling Lung Support Formula, still contains the powerful vitamins, minerals, and herbs of our original bestselling (more than two million sold) original formula, but it's now super-fortified with BroccoPhane®, a broccoli extract clinically-shown to impact lung health.

A critical factor in pollution exposure is oxidative stress, a state where there are more damaging free radicals than antioxidants to neutralize them. Allowed to run rampant, these harmful molecules set in motion a cavalcade of destruction that can shut down vital detoxification pathways that provide protection to the respiratory system (Lodovici 2011).

Studies show that the phytochemical sulforaphane has the power to not only fight oxidative stress, but also to reactivate protective pathways and guard the lungs from oxidative stress (Harvey 2011).

This ability of sulforaphane's is a major reason for including the proprietary broccoli extract BroccoPhane® in Lung Support Advanced. Extensive research into the effects of sulforaphane—found most abundantly in broccoli and cruciferous plants—has demonstrated its protective effects against pollutants such as diesel fuel particulates, ozone, and cigarette smoke. It has more staying power than many antioxidants and enhances the synthesis of glutathione, the most powerful intercellular antioxidant. Additionally, it supports the functions of other antioxidants, such as vitamins A and E (Fahey 1999).

In addition, Lung Support Advanced contains a cutting-edge blend of vitamins, minerals and traditional Chinese herbs shown to help clear toxins from the respiratory system, support respiratory health, and promote healthy lung function.

Vitamins A and C, for example, are important antioxidants that help mitigate oxidative stress. Vitamin A is essential to healthy mucous membranes, which filter air pollutants before they reach the lungs, and studies show that vitamin A depletion is closely linked with respiratory problems (Li 2003). Similarly, studies show higher blood levels of vitamin C can reduce the chances that people with respiratory problems will go to the hospital on high-pollution days (Konkel 2012).

The array of well-respected Chinese herbs were chosen for their ability to work together to support lung function, boost immunity, and strengthen overall health. Here, we include just a sample of the herbs.

Astragalus membranaceus possesses antibacterial and anti-inflammatory properties (Shao 2004). Studies have identified potential performance-enhancing benefits of *Cordyceps sinensis*, including enhanced breathing capacity (Chen 2010). *Ophiopogon japonicus* is known to stimulate production of

mucus, making coughs more productive and helping to speed lung healing (Xiong 2012). And Panax ginseng is classified as an adaptogen, which increases resistance to stress and infection. Studies show it helps relax bronchial muscles (Tamaoki 2000).

Breathe Easier with Improved Air Quality

Improving the quality of your indoor air can help strengthen your lung and overall health. Ensuring that you ventilate well, change air conditioner and heating filters regularly, stop smoking indoors, and switch to non-toxic products are important steps to take.

One further step is to begin daily supplementation with the lung-supporting nutrients found in Lung Support Advanced. The advanced version of the original Lung Support Formula, of which more than two million have sold, contains BroccoPhane® broccoli extract, an amazing source of sulforaphane, a clinically-tested respiratory phytochemical. This blend of lung health vitamins, minerals, and herbs offers superior protection to respiratory and lung health. It's your key to clearing the air. **JOL**

To order Lung Support Advanced, see next page!

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Lung Support Advanced

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- **Magnesium & Zinc**: Support the respiratory system.
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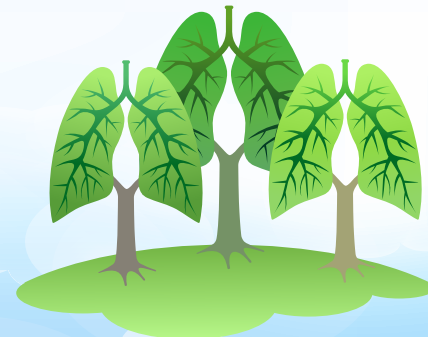
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Keeping it Clean

Tips to Protect Your Lung Health

- ✓ **Avoid Infections.** To avoid lung infections, wash hands frequently, avoid crowds in peak flu season, and get plenty of sleep.
- ✓ **Use Safe Products.** When using cleaners, paints, and chemicals check labels for safer products. Use these products only in well-ventilated areas and wear masks for added protection.
- ✓ **Work for Clean Air.** All evidence shows that cleaning up the air improves health, quality of life, and longevity. You can help by advocating for clean air laws and fighting regulation cuts. You can personally help by cutting electricity use, driving less or carpooling, and disposing of trash properly.



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Skipping Sleep Can Be Bad News for Breathing

by Reza Lokman

Sleep isn't a useless activity; your body uses rest to repair tissues and stimulate your immune system. However, many people still try to boost their productivity by forcing themselves to go without it.

Sleep deprivation can have serious effects on blood vessels and breathing control, which may influence other health areas. So if you're one of those people who thinks that missing out on a few hours of sleep is no big deal, we've got news for you.

Nothing to Snooze About

In 2013, researchers from the University of Birmingham allowed volunteers to sleep eight hours for two consecutive nights before restricting their sleep to just four hours for the next three nights. The researchers then tested vascular function in the volunteers

by seeing how their blood vessels accommodated increases in blood flow. During the first two nights of restricted sleep, vascular function significantly decreased before returning to normal levels on the third night, which scientists explained may have been the body's way of adapting to sleep loss (www.sciencedaily.com 2013).

In another test, the subjects were exposed to moderately high levels of carbon dioxide, which increases the depth and rate of breathing. After the restricted sleeping phase, breathing control in the volunteers was substantially reduced as well (www.sciencedaily.com 2013).

Although both vascular function and breathing control returned to normal levels after the volunteers slept for 10 hours for five days, their sudden drops over such a short period of time

had scientists worried that long-term decreases in these areas could lead to other serious sleep concerns tied to cardiovascular health. Study leader Keith Pugh also noted that "some populations who tend to report sleeping shorter periods, such as the elderly, could be at an even higher risk of these adverse health effects" (www.sciencedaily.com 2013).

The Seriousness of Sleeplessness

Over 40 million people in the U.S. have serious sleep concerns and another 20 million people experience occasional sleep problems (Borrelli 2015). The constant need to stay connected 24/7 has led more people to forego sleep and become reliant on coffee, energy drinks, and other stimulants, which can have adverse effects on their circadian rhythm, or natural sleep cycle.

“ Sleep deprivation can have serious effects on blood vessels and breathing control, which may influence other health areas.”

While it can be difficult for most people to completely disconnect themselves from technology, there are still plenty of things you can do to help your body get back in synch with its circadian rhythm. For example, try easing yourself into sleep by practicing deep breathing techniques. According to Dr. Andrew Weil, a Harvard-trained physician who specializes in holistic health, "Breathing strongly influences physiology and thought processes, including moods. By simply focusing your attention on your breathing and without doing anything to change it, you can move in the direction of relaxation" (Borrelli 2015).

Why Count Sheep When You Can Supplement Your Sleep?

In addition to deep-breathing techniques, there are plenty of other things that you can try, such as earplugs, eye masks, and sleeping pills. However, many sleep aids have unwanted side effects such as excessive grogginess when you don't want it. Then there's SurAsleep, a clinically tested, fast-acting, non-habit-forming supplement containing ingredients that naturally rock you to sleep.

SurAsleep's ingredients have been scientifically proven to promote relaxation. Valerian root, for example, is a traditional ingredient that has been

found to promote restful sleep without causing daytime drowsiness (Bent 2006).

Melatonin is a hormone produced naturally by the pineal gland that helps regulate the body's circadian rhythm. In cases where the sleep/wake cycle is already disrupted, melatonin supplementation can be highly effective in helping people get back into their natural circadian rhythm (Altun 2007, Arndt 2000).

L-theanine sounds like a complex chemical, but it's actually the compound in green tea that makes the beverage so soothing. Studies on L-theanine have found that it helps occasional sleeplessness by stimulating the production of calming alpha waves in the brain (Nobre 2008).

But what really sets SurAsleep apart from the competition is the fact that the formula as a whole has been clinically tested and shown to be effective. In a 12-week, double-blind, placebo-controlled study, SurAsleep was shown to have "potent effects in relieving somniphath-related symptoms and improving sleep quality in sleep disorder patients" (Xie 2015).

Give Your Body a Breather by Getting More Rest

Some people may forego sleep in order to accomplish more in a day while others simply can't seem to relax natu-



rally. Whatever their reason, it's important to note that sleep is vital to vascular function, breathing control, and cardio health.

If you're having trouble getting enough z's and counting sheep isn't cutting it, you may benefit from practicing relaxation techniques and taking a supplement such as SurAsleep to help you get the restful sleep you need so that you can feel your best when you're active. **JOL**

To order SurAsleep, see next page!

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WHAT'S KEEPING YOU AWAKE?



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SurAsleep

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BREATHING IS AS EASY AS 4-7-8

Here are step-by-step instructions on how to do Dr. Weil's breathing technique for relaxation.

1. Exhale through your mouth, making a "whoosh" sound.
2. Close your mouth and inhale through your nose while counting to four.
3. Hold your breath for a count of seven.
4. Exhale through your mouth, making a "whoosh" sound for a count of eight.
5. This is one breath. Inhale again and repeat the cycle three times for a total of four breaths (Borrelli 2015).





What's the Secret to Healthy Portion Control?

by Cassandra Rodriguez

Weight management remains a constant concern for Americans. Obesity rates continue to rise across the country—more than 2 in 3 American adults meet the criteria for being obese or overweight, meaning their BMI, or body mass indexes, reached 25 or even higher (Howard 2017). Fad diets, vigorous exercising, and more have erupted in the public health sphere to combat the

growing weight problem in the country, yet still so many continue to struggle with it. But besides what you eat and how often you move, it also depends on how *much* you eat.

Eating Small in a Supersized World

If you've went out to lunch to a fast food place recently, you've probably seen the extra-large sizes available on

the menu. Such things are hard to ignore, for bigger seems to be better. A study conducted on portion sizes and our perception of them over the years has shown that, at least for popular foods, most menu items have added an extra 50 to 150 calories (Young 2002). Not to mention that even the size of our dinner plates have grown, prompting us to put on as much food on them as possible. For men, 2500 calories per

day is needed to maintain weight, as for women it ranges to 2000 per day. Going overboard can make you pack on the pounds.

It seems difficult to even get started on a healthier diet. However, there are several avenues you can take to keep control of your weight, and finally get the hang of portion controls—both for dining out and dining in.

Portion Management Tricks

Check the Food Labels. It's good to know beforehand what you'll be eating, and how much of it you should eat. When you're out on your next grocery trip, checking the ingredients label, along with the serving recommendation, is a good habit to set yourself into. Identify the calorie and fat content per serving; something that serves 150 calories per serving for example, and contains 4 servings in total for the package amounts to 600 altogether. Make some adjustments in your food schedule to be sure you don't go over your daily calorie limit.

Hand Symbols for Portions. Here's a simple way of identifying just how big a portion you should be eating for a certain type of food. Foods such as fruits and cereals should have serving portions that are the size of your fist (or 1 cup). Other grain types, including noodles, rice, and oatmeal should only be a handful (1/2 cup). Protein including chicken, beef and most nuts should measure the size of your palm (3 ounces). Vegetable servings can differ, though bowls of salad you can heap on a larger serving that is the size of both of your fists together (2 cups). Beverages aren't exempt from this. Want a glass of milk? It should be the size of your fist still (or 1 cup) (Dairy Council of California).

Sharing Meals. Sharing is caring, and doing so can help you take good care of yourself. Whether dining out or eating at home, you can split a meal

with a friend, such as a large dessert or a huge heaping of fries. Get enough friends to dig in and you should be able to eat the right amount for you.

Slow Down. You're not in a competition. If you give yourself time to suggest, your stomach can start feeling full. Around 20 minutes is needed for the fullness to signal to your brain. The more you feel full, the less you'll go for seconds.

Use Smaller Plates. When dining at home, you may still overeat. For your cabinets, get smaller plates for your meals. Your servings will look full on the plates, and getting your body used to the portion sizes will make it easier to reject much too large servings.

If You Need to Eat Large Portions, Eat Healthy

This may seem counterintuitive, but the real issue with portion control and weight is that we're packing on the food with the highest calories. One study, conducted by researchers at Penn State University, found that those who still ate large portions but made wiser, healthier food choices, were able to lower their calorie intake overall, especially in comparison to those who ate foods with high calorie content (Penn State).

It was surmised that if you eat small portions of calorie-dense food, such as garlic bread for example, you're likely to already feel hungry again later on. The trick is to switch off from such foods to other types, such as fruits and salads. Eating large portions of a more nutritious meal can help you feel fuller for longer, in comparison to eating a small, unhealthy snack that may just leave you hungry again and going for another bag of those potato chips.

Eat More of This, Less of That

Training yourself to eat healthier is the best way to control your portion sizes. Fatty meats and proteins can give you

your much needed nutrition, while replacing refined grains with whole-grain food will help with your satiety. Fruits and vegetables should serve in place of your snacks instead of candy bars from the vending machine. Solid fats, sodium and sugars, which are present in most fast food menu items and baked desserts, can still leave you feeling hungry even after the recommended serving (Zelman 2017). Not to mention, eating too much of it can raise your risk for cardiovascular health problems.

Portion control ties with much of your eating habits; to what you choose to eat, to when you eat and so forth. Choosing a lean chicken dinner heaped with steamed vegetables and whole grain rice can satisfy your cravings, moreso than a greasy burger. With your portion sizes in control, you can keep unfulfilled hunger off the table. **JOL**

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Science Proves the Obvious: Friends Are Good for Your Mood

by Dr. Joan Amtoft-Nielsen, B.S., D.C.

We all know that your environment can influence your mood. For example, more people tend to be cheerful and active when it's bright and sunny outside as opposed to when it's gloomy and overcast. But did you know that social circles can have a similar effect on your moods?

In another example of science proving the obvious, researchers recently verified that you can pick up moods from your friends. The happier your friends are, the happier you will be and vice versa. Good friends can also be the secret to a healthier lifestyle and longevity because they motivate you to make better choices.

What Is Social Contagion?

In September 2017, researchers from the University of Warwick published a study on friendship networks in the journal *Royal Society Open Science*. Using survey data from 2,194 junior-high and high school students, the researchers proved that there is a direct relationship between a person's emotions and the emotions of their friends. Simply put, when a person was surrounded by happy friends, that person was more likely to have a boost in mood, too (Eyre 2017, www.sciencedaily.com 2017).

The theory that moods can spread from person to person is called "social

contagion" and it isn't the only benefit of maintaining a steady circle of friends. A 2005 study published in the *Journal of Epidemiology & Community Health* found that older adults with large groups of friends outlived their lonelier counterparts by 22 percent (Giles 2005).

Positive Influences Can Yield Positive Decisions

Another benefit of social contagion is that good friends don't just lift your mood; they can also help you make better decisions. If you have a wishy-washy mentality, a study published in *Psychological Science* reported that be-

Dr. Joan Amtoft-Nielsen

is extensively trained in both functional and chiropractic medicine. She is a fellow of the American Academy of Functional Medicine, as well as a diplomate of both the American Board of Functional Medicine and the College of Clinical Nutrition. Though retired from active practice, she offers wellness counseling to seeking patients.



“...researchers recently verified that you can pick up moods from your friends. The happier your friends are, the happier you will be and vice versa.”

ing around self-disciplined people can boost your willpower (Shea 2013). This can be especially beneficial if you need help sticking to a new diet or exercise program and need extra motivation to stay committed.

According to one study in the *Journal of Consumer Research*, friends can also provide moral support to resist unhealthy temptations. But the same study also warns that if your friends have the same indulgences as you—such as a fondness for chocolate—they can end up becoming conspirators in your bad habits, so beware! (Lowe 2014)

While there's nothing wrong with having a small group of friends that you really trust, other studies have found that people who seldom interact with others often make hasty decisions. People who feel lonely or rejected, for example, were found to take bigger financial risks (Duclos 2013). People who have a lot of social media connections, but few real-life friends, also tend to be more stressed out and anxious because they are constantly comparing themselves to others, which is why real-life contact will always trump online connections (University of Edinburgh Business School).

What Else Can You Do to Lift Your Mood?

In addition to having a network of reliable friends that you can count on to make you belly laugh when you need it, nutrition can play a big part in mood support. Your brain requires

neurotransmitters to help relay chemicals that make you feel good. If you've ever lost your appetite due to stress or other concerns, skipping meals can make your low mood or anxiety even worse because your body isn't getting the nutrients it needs and your brain isn't producing adequate "feel-good" chemicals.

For this reason, you might stand to benefit from adding a nutritional supplement such as GardaVita's Serezec Plus with SAME to help enhance your diet and your mood.

Supplement Your Healthy Outlook

Serezec Plus stands out from other supplements in the market because every ingredient it contains serves a purpose. S-adenosyl-L-methionine (SAME) is a metabolite present in all living cells. While the exact mechanism of how SAME works is still being studied, many clinical studies have shown it to be highly effective in boosting moods and supporting neurological health (Bottiglieri 2002).

Thiamine, riboflavin, niacin, pantothenic acid, vitamin B6, and vitamin B12 are all members of the B-vitamin family. B6, for example, helps the body produce hormones called serotonin and norepinephrine, which regulate moods (www.umm.edu 2015). Thiamine has also been noted for its ability to improve moods and energy (Lake 2017).

Magnesium is also crucial to the development of serotonin, the hormone

that boosts feelings of happiness. Low levels of this nutrient have been linked to irritability, fatigue, and confusion (Dangerfield 2014). Studies have also linked low levels of calcium to low moods in women (Bae 2012).

Amino acids such as tyrosine and DL-methionine are the building blocks of proteins, which is why proteins are essential to positive moods. The body uses amino acids from proteins to create neurotransmitters that regulate moods, concentration, and anxiety (Rao 2008).

Serezec Plus delivers all of these ingredients in one easy-to-take supplement. For added effectiveness, each tablet is enteric coated for improved absorption.

Keep Good Company and a Good Supplement Handy

Good friends can help you get through rough times. If you need a helping hand staying cheerful and positive, nothing beats reaching out to others for a human connection. You can also help yourself by maintaining a healthy diet with supplements such as Serezec Plus to help you chase those dark clouds away. Maybe you can even get a friend to take it with you. **JOL**

To order Serezec Plus see next page!

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4 Relaxing Ways to Reduce Stress

1 Exercise:

Working out releases feel-good brain chemicals that can help boost your mood and get you out of a rut. Better still, you don't even need to strain yourself to get your brain working. Any form of activity, such as walking or yoga, does the trick.

2 Meditate:

Research suggests that daily meditation can alter the brain's neural pathways and make you more resilient to stress over time. The best part is that you can meditate practically anywhere. Try sitting up straight with your feet flat on the ground and repeat a soothing mantra to yourself.

3 Listen to Your Favorite Tunes:

Listening to soothing music when you're stressed out can help lower your blood pressure, heart rate, and anxiety. If you're not into ambient nature sounds, listening to upbeat music can also give your mood a jolt.

4 Laugh Out Loud:

Laughter really is the best medicine. A hearty chuckle can reduce cortisol and boost the production of endorphins that lift your spirits. If all else fails, watch a comedy, read a funny book, or spend time with friends who make you smile (Moninger).

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