

JOURNAL OF LONGEVITY

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Falling Back into Good Health for the Season

You have more than pumpkin spice to look forward to. Autumn gives us so many health benefits, as well as hurdles, so we've got what you need to stay in top shape. Our health experts help you get the full grasp of the season to enjoy it at its fullest potential.

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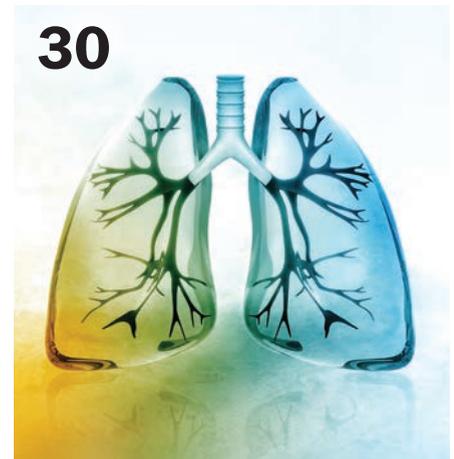
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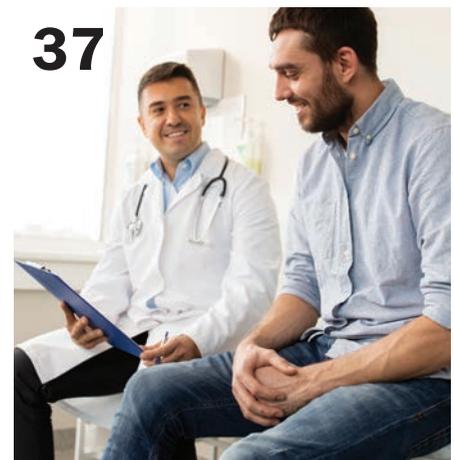
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Contributing Writer
Cassandra Rodriguez

Graphic Designer
Levi Salvador

Dear Reader,

Falling leaves, holiday feasts, and pumpkin spice; the autumn season brings in a big change to our senses and environment, and our health is going to notice. In this issue of *Journal of Longevity*, we're focusing on the season and how it relates to our well-being, from protecting our eyes from the new temperature drops, to treating our digestive system right before we start on the festive feasts.

The food and drinks of autumn bring in a nostalgic feeling, and science has a way of explaining why. There are certain nutrients in the autumn bounty that can be beneficial to our health, and some that just grabs at our cravings, like the ever popular pumpkin spice (p. 21). But having your overfill of good food can also lead to digestive cramps and aches, which leads us to finding out the best tips that help curb the appetite for a better feeling stomach, along with the benefits of **Mega Probiotic** (p. 12). Other fall familiars, like apple cider, may remind some about the new apple cider vinegar diet in the health sphere. A real way to lose weight? Or just another passing health fad? We evaluate the diet, and confirm if it can do as it claims (p. 28).

Taking preventative care should be practiced all year round. Your eyes are just one aspect of your health that the autumn breeze can affect, especially with changing seasonal allergies. **Ocu-Max**® can also help fortify your vision with premier ingredients in its formula (p. 17). Now that it's also getting chilly, you might be tempted to sit around more, but for your health, including men's health, this can spell bad news. Sedentary lifestyles can help pack on the weight, lower productivity, and impact the health of the prostate. When fall comes, it's time to stay active and not just in the summertime. **Prostata**® **Plus Softgels** can also provide your prostate the protective nutrients it needs to stay well-maintained, along with a healthy movement regimen (p. 37).

There's more to look out for in this issue, along with



the festive fall. Keep your lungs healthy with **Lung Support Advanced**, and your joints from creaking with the cold with both **Arthro-7**® and **Arthro-7 Topical Cream**. Make this pumpkin-carving season your best yet in terms of health. Found anything useful in our issue? Let us know how we're doing on our blog, or drop a comment on our Facebook page!

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Take in the Autumn Hues – It’s Good for You

Nothing beats a relaxing walk through the park while the leaves turn. It’s more than just a pretty sight. There’s numerous links regarding how the autumn season and it’s range of reds and oranges can affect our minds, usually for the better.

One assistant professor of psychology at Biola University, Jason Brunt, explained how visual images are important since a very early age. The familiar scene of the leaves turning a different shade, from the green we get from the preceding months of spring and summer, makes it visually very exciting. This contrast makes our minds happy, and we interpret this as a dramatic change. Brunt characterizes this as a unique stimulus for the brain, linking it with great meaning.

It’s not just the emotional power that



the autumn leaves have on us. The colors grabs our attention, and a stroll during the season can help relieve stress. Dr. Michelle Harris, who teaches counseling psychology, states that becoming aware of these changes in the outdoor colors can be a meditative experience.

Much of autumn is also about

nostalgia. From going trick-or-treating, to drinking pumpkin spice, the memories of fall last throughout the years – and it can all be triggered once the vista of green for half the year turns to more saturated shades. So take that walk through falling leaves, and let your mind take in the season.

Can a Hug Lead to Better Health?

It’s going to be a chilly season, and a warm hug is more than welcome at this time. One of the best ways to show support for someone – either a friend, a family member, or a spouse – can be a simple hug. But health benefits seem to correlate with this act of affection. A 2015 study from the Carnegie Mellon University showed how social support alongside the receipt of hugs could



better people after contracting the common cold - which usually comes with the changing seasons. Hugs seem to have stress-buffering effects, especially when feeling they had greater social support. Those who got more hugs had less severe symptoms.

When we do something pleasing, it releases oxytocin through our bodies, also known as “the bonding hormone.” It helps promote our attachment to relationships, whether it be with a family member, a friend, or a spouse. Made in the hypothalamus in the brain, some of oxytocin releases into the bloodstream, but the rest stays within the brain. This affects your mood and behavior. Hugging someone triggers this release, as it stimulates pressure receptors under your skin. Other effects

on the body include a decrease in heart rate and lessening the stress hormones cortisol and norepinephrine. Another study researched the effects on women who got frequent hugs, which reported higher oxytocin levels and lower blood pressure than their less-hugged peers.

When you’re feeling under the weather, it’s understandable to want to keep a distance. But a firm hug can make all the difference to your day – and even your health, alongside proper treatment. Don’t be afraid to ask for affection from a loved one when going into a stressful situation either. Such a simple action can go a long way.



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7 Tips for Better Digestive Health for the Holidays

For the holidays, it's hard to not embrace our more gluttonous nature and go overboard on the feasts. But then the familiar stomach troubles hit, and your digestive system can be going through those issues all because you had that extra slice of pumpkin pie. Because of most holiday feasts and their high content of sugar, salt, fat, and starch, the microbiome can start becoming less diverse, giving rise to bad bacteria while good bacteria struggle with survival. This leads to gassiness, bloating and cramping that can be both bothersome and embarrassing. A supplement such as Mega Probiotic, with its patented

probiotic strain, can help maintain a healthy digestive environment. But extra action is still needed, especially with the upcoming feasts.

Why Do We Get Holiday Bloat?

It happens every year, and it can be hard to break those habits. When you have a large amount of food sitting in your gut, this can cause acid reflux. According to Russel Cohen, MD, a professor of medicine from the Pritzker School of Medicine, you should always be sure to pace yourself when having your meal (Wheeler 2011). It's tempting

to want to try every dish on the table, but holiday feasts are the best time to be more selective. If you must have that pie, be sure to take some vegetables and fruits for your plate, so that your diet won't be so rich in sweets or fats, which brings us to one of our first tips on the list.

Have Healthy Snacks Often

Whether you're traveling around, or trying to stave off some hunger, a healthy snack is recommended. When you're on the go, be sure to pack some nuts, veggies, and whole fruit to have for later. Not only can they fill you,

but lack some of the unhealthy fats and sugars that can be upsetting your digestive system.

Take a Breather Before Eating

Yes, sometimes it's good to prepare yourself before starting on your meal. One way is to take several full breaths and keep up that relaxed pace until your very last bite. This deep breathing affects your parasympathetic nervous system, otherwise known as the 'rest and digest' system. This helps increase your digestive juices to better break down your food, as well as relaxes the GI tract, heart, and muscles. Shallow breaths, even when eating, can activate the fight or flight response instead, which quickens your heart and offsets your digestive process. If your body thinks it needs to run away or fight something off, digesting your food is going to be the last thing on its list of priorities.

Slow it Down

Remember about savoring every bite? Doing so can reap plenty of rewards besides in the taste factor. Eating too fast can cause gas and indigestion, which is caused by the air you're unconsciously swallowing as you're rapidly going through your food. It's common for the festive holidays to still deal out a lot of stress, and we can miss out on the food we're eating in the meantime. For a tip on slowing down, take in the aroma of your meal. Just the simple act of smelling your food can help the body release saliva, which contains enzymes to break down starches. It also moistens the food, making it easier to chew and swallow. As you eat, take smaller bites too. This makes it easier on the stomach and your digestive tract, as it can better break down small pieces instead of big ones (Malek 2017).

Stay on the Move After a Feast

Laying back sounds good after a heavy meal, but that's one of the leading ways that digestion can start acting up. When lying down or slouching in a chair, heartburn can worsen as stomach acid will be able to travel up more easily through the esophagus. Avoid the stomach pain by making sure to stand up and walk around after a heavy meal. A 2011 study in *The American Journal of Gastroenterology* backed up the facts on this, where physical activity visibly improved GI issues in the participants. Don't let yourself recline and letting your meat sit in your gut.

Opt for Water

Having plenty of water may sound like the same tired advice for everything, but it applies to many things in health with reason, including your digestion. What hydration does for this specifically is that it can offset any hunger pains you may be having. Remember to drink 30 minutes before and after you eat to make your digestion easy going.

When it comes to other drinks, such



as those containing either caffeine or alcohol, it's best to limit them. Alcohol can cause stomach aches, as well as gas and bloating, due to how it relaxes the muscles in the stomach. This can then lead to heartburn. Caffeine, meanwhile, can produce acid, causing the familiar acid reflux you may get after a heavy meal (Griffin Health 2016).

Take a Supplement – Mega Probiotic

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of the probiotic coats the bacteria from digestive acids. Thus the full dose can be delivered to the intestines, and the bacteria can stick to the wall of the large intestine specifically, helping restore

the balance (Sudha 2010).

As a convenient way to get your share of probiotics without the added fat or calories, Mega Probiotic can support your system.. Numerous studies have shown how *Bacillus coagulans* can not only help boost the body's natural defenses and calm the digestive process, but even inhibit cholesterol content. A handy benefit for when you're munching down for the holidays.

Calm Digestion for a Better Meal

It doesn't have to be tradition to get bloating, gas, or stomach issues at this same time every year. It can be as simple as restricting your portions and staying on the move. Mega Probiotic is also here to help with its dose of 6 billion good bacteria, helping maintain good indigestion and support immunity. Make a new tradition, and start treating your stomach right for this year! **JOL**

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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).

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“Within just 5 days of taking it, my knee discomforts were a thing of the past”



Keeping active can be hard enough for most people, but when it's part of your life, it can be frustrating when your own body holds you back. Dianne Payne from Naples, Florida, was into the active lifestyle until her knees started feeling the strain. Finding relief was proving to be a struggle.

“I was once an avid tennis player, and just generally an all-around active person,” says Payne. “Both I and my husband even owned a tennis retail shop! But for about a year, I had experienced some issues with my knee, making it hard to play the sport. A friend of mine, who was also a tennis player, told me about Arthro-7°. I figured I had to at least try it out. Within just 5 days of taking it, my knee discomforts were a thing of the past, and I was right back on the tennis court!”

Physical activity can help keep your body in good health, but when joints start acting up, it can make that healthy and active lifestyle harder to keep up with. Arthro-7° has been the chosen bone and joint formula for more than 50 million Americans, helping maintain mobility and pushing back discomfort. Its clinically-proven formula has shown positive results in controlled trials in just as little as 2 weeks. Featured ingredients like bromelain, contains compounds that soothe the joint, and vitamin C helps collagen form and nourishes the joint cartilage. MSM is the organic sulfur that exists within the body, existing in collagen and rejuvenating the tissue to stay healthy. Turmeric, a spice utilized extensively in most traditional practices, also has its place in the Arthro-7° formula, helping stem down inflammation so that relief is possible once again.

Joint discomfort no longer needs to keep holding you back from doing the things you love. As a proprietary formula, Arthro-7° is expertly designed to maintain the health of your joints and relieve you of joint discomfort when you need it most. Whatever life throws your way, you can keep flexible with Arthro-7°. Mrs. Payne found her way to keep the life that she wanted.

“I've been taking Arthro-7° for around 17 years now. Although I am retired, I still remain an active person by playing other sports such as pickleball. I make sure to tell people about Arthro-7° when I can, so that they also don't have to sit on the sidelines!”



Keeping Your Vision Crystal-Clear for the Fall Season

Eye health is important every day of the year, but when fall comes around, there are certain things to watch out for to better safeguard your vision. There are unique concerns for the autumn season for your eyes, some that may not be so obvious at first. So while a supplement such as Ocu-Max® can supply your eyes with powerful nutrients to keep healthy vision in check, both the risk, as well as benefits, of the seasonal change is good to know.

Shield Your Eyes from the Dry Weather

Though summer may be over, it's not the time to put away the sunglasses. When it comes to your eye health, you want to protect that vision with those shades. The sun is at a slanting angle this time of year, and though it may be obscured by clouds, UV rays can easily filter through to damage retinas. Prolonged sun exposure is also more likely by fall and can cause additional damage when not careful. How best

to know if your eyes need protecting? If you find your shadow to be taller than you are, that's when the sun is at its worst for the eyes. So carry your sunglasses when you go out during this chilly season (Beaumont Vision 2016).

Speaking of the chill, the fall brings in more dryness than other seasons. It's not uncommon to have your eyes all watery with the breeze, due to the dry and cold air. Avoid windy places when you can – as well as very warm rooms. Even the heat can dry out your



eyes, either from the weather or the indoor environment. Dry eyes are very common during this season, driven by seasonal allergies, and cause low-quality tear production. Having eye drops on hand can offset the dryness before it can worsen (Minnesota Eye Consultants).

Watch Out for Your Contacts

Wearing your prescription contacts can be a bit more challenging for this fall. With different allergens in the air, much of them can lodge within your contacts if you don't regularly clean them. Even then, much of pollen and dust residue from the summer can also be lying within your contacts. Having a different pair for each season, including fall, can help keep your vision refreshed and well-protected.

This goes for non-prescriptive lenses as well, such as for your Halloween costume. It's fun to get that spooky look, but not at the risk of your eye health. Lenses not prescribed by a vision specialist are illegal, so avoid any over-the-counter versions. They can be ill-fitting, non-sterile, and can even cause infections. For colored contacts,

you should get an eye exam and have them properly fitted. To not do so can lead to poor eye health (Boyd 2016).



Eye Protection During Autumnal Activities

The fall brings in some traditional activities, from the chore of raking leaves to carving pumpkins. But don't do either so carelessly without looking to your eyes. Raking leaves can send plant material to your eyes, and lead to an eye infection at worst. When it comes to any yard work, wearing protective glasses or goggles can be of great use, keeping your eyes safe from allergens and debris in the air brought on by the activity. If you're wearing contact lenses while doing so, make sure to disinfect them right after.

Pumpkin carving is hard to pass up for the holidays, and can be fun for the entire family as a bonding activity. There are many precautions to take when carving, such as wearing gloves and handling your carving utensils with care. Take the extra step and wear some protective goggles from any flying pumpkin juices and bits that may ensue from the carving process.

Autumn's Bounty is Still a Feast for the Eyes

There's more than one good reason to look forward to fall's traditional meals. Many autumn produce are rich in eye-healthy nutrients, including familiar antioxidants such as vitamin C and A. Whether from your grocery store or local farmer, be sure to stock up on apples, pears, pomengranates, squash, turnips and cauliflower. For whatever holiday feast you're cooking up or attending, keep a lookout for such foods to give your eyes a healthy treat.

Such nutrients present in these foods are also in Ocu-Max's formula. Not only does it contain vitamin A and C, but other ingredients that form a supportive network for your vision to keep it healthy. These include minerals zinc and copper, as well as eye-nutrient knockouts, lutein and zeaxanthin.

Ocu-Max®, a Premier Visual Formula

Ocu-Max's key nutrients are known for actively boosting eye health and maintaining it. Some of its primary ingredients include both the patented FloraGLO® lutein and zeaxanthin, two carotenoids known for their protective properties for the eyes. Due to their antioxidant nature, they help fight off





20-20-20 RULE



free radical damage in the macula, and increases pigment levels to do so. They also have anti-aging properties as well (Scripsema 2015).

It's not just these two antioxidants that your eyes need. Vitamins C and E are another antioxidant pair that guards the eye tissue from pollution and sunlight. Minerals zinc and copper are just as essential, also protecting the eye from age-related changes. Alpha-lipoic acid, otherwise known as the universal antioxidant, is what helps charge up all of the mentioned antioxidants altogether, supercharging them to be even more effective. Rounding it up are the herbal compounds, including ginkgo and bilberry, which help support healthy eye function naturally.

Catch Sight of the Turning Leaves This Fall

With oxidative stress from the sun and new allergies in the air, fall still poses plenty of hurdles for your eyes. But good preventative care is not out of your hands. Keep your shades close by and be mindful of the Halloween fare for better eye health. Ocu-Max®, a vital formula by GardaVita® fueled by numerous antioxidants, can also help keep you seeing clearer during this colder season. Enjoy the sights of the falling leaves with smarter eye care. **JOL**

To order Ocu-Max®, see next page!

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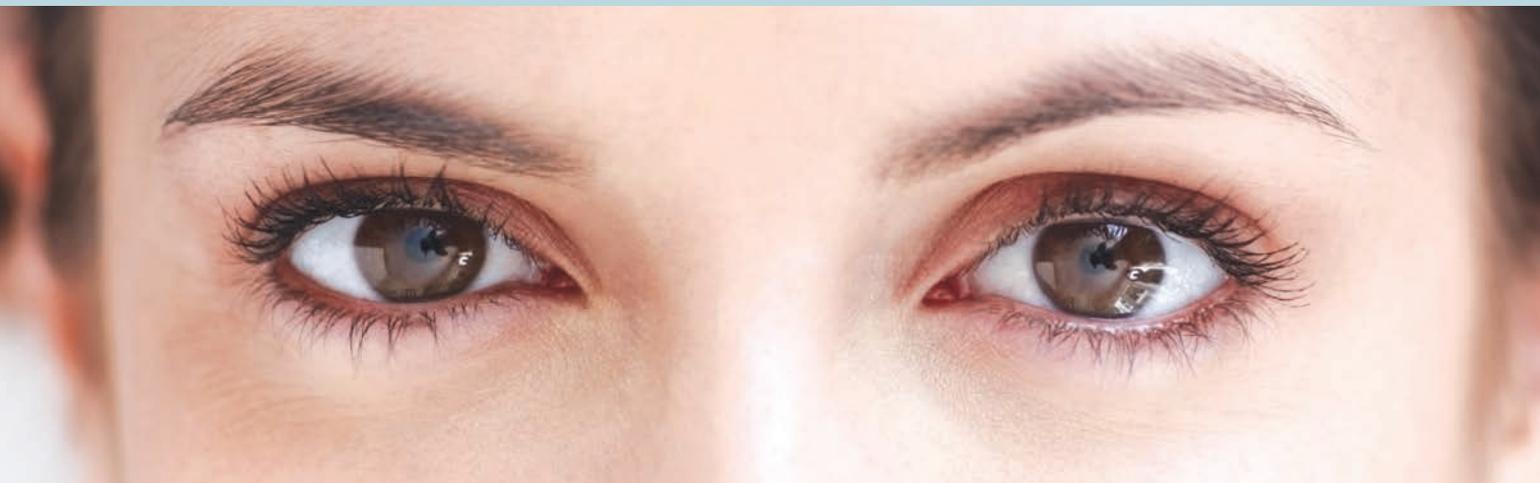
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Why Do We Go for the Pumpkin Spice This Season?

It's fall season, and you're probably already ordering the pumpkin spice latte at your coffee shop. But what is it about this drink – and other traditional fall foods and drinks – that makes us drawn to them when the leaves are turning? It's more than just nostalgia. Science backs us up on our attraction to the familiar taste that may remind you of home.

Understanding the Pumpkin Spice Frenzy

When it comes to pumpkin spice, the name can be a little deceptive. The famous latte doesn't involve an actual pumpkin in its mixture. Typically, it uses ground cinnamon, nutmeg, dry ginger, allspice and cloves, all blended together to make that popular flavor. Some pumpkin spice concoctions, especially in food, can be purely synthetic too, using numerous other compounds and aromas to make the brain think it is consuming the usual spices. Such aromas mimic the butter

browning of sugar, a sensation for the nostrils to give the idea of freshly baked pumpkin pie (Howard 2017).

The idea of pumpkin spice however has been around for longer than a certain coffee chain. Similar combinations of it have existed in history, such as Indian masala chai and Middle Eastern baklava. Kantha Shelke, a food science communicator for the Institute of Food Technologists, explains that “These mixtures are often used in celebratory occasions -- most often to ease the digestive impacts of overindulgence.” For the West specifically, much of the spice is associated with nostalgia. Its particular aroma makes it a knockout as a seasonal scent, such as with pumpkin spiced candles. Pumpkin spice is well and popular thanks to much of its marketing efforts as well. It's normal to see an advertisement that calls forth the autumn aesthetic, sometimes with comfy sweaters, pumpkins in the background, and the focus on that comforting latte treat.



There's a Science to It

What makes pumpkin spice and other similarly-flavored food and beverages have such an impact on us is due to our olfactory system. 80 percent of flavor comes from the smell of something instead, a very useful fact for food scientists. Just like if a particular meal doesn't smell appetizing, your taste buds won't really have a difference of opinion. According to Dr. John McGann, a sensory neuroscientist, there's a whole complex process just by the act of smelling, especially before we eat. While 70 percent of our taste is from



retronasal smell (which helps perceive the flavor dimensions of food or drinks in the mouth), only 25 percent is the actual true taste, such as something bitter or salty. Other factors come into play; how the feeling of creaminess can contribute to both flavor and sense of touch, and how pungency affects it too, like from spicy food. This affects the trigeminal system, which consists of the nose, mouth and eyes, and how it connects to the brain. Everything is then put together to what the brain believes is tasting (Specter 2017; Spence 2015).



The brain assembles everything alongside memories and emotions. Smell, in a way, is unique from other senses. While senses such as touch and sight go through the thalamus section in the brain, smell just goes for the olfactory bulb instead. It can then reach the amygdala, which is where emotion is controlled. Smell, scientifically, has more connection to memories within the brain than any other sense.

Pumpkin spice, and other fall foods, affect this particular process, associating

the taste with memories of fall in general. Along with the combination of sugar within such a drink, it can tap into that subconscious level of how much you can crave it (Franssen 2015).

But Can It Be Healthy?

Pumpkin spice can be great as a treat, though with its heavy dose of sugar and cream, it can also be addictive as well. Without enough self-control, it can be easy to pack on the calories when you have more than one helping. However, pumpkin spice mixtures with the added sugars or fat, can also host a wealth of benefits. When utilizing actual pumpkin spice, especially as a flavoring for soup and vegetables, it can host those same benefits – pumpkin itself is a great source of vitamin A and fiber, for example. The spice itself is home to many powerful phytochemicals. Utilized in the plant to help protect themselves from damage, phytochemicals can deliver to same to our cells.

Lattes that use the mixture of cinnamon, nutmeg, cloves, ginger and allspice can also be a boost. Cinnamon has shown in studies to possibly help control blood sugar levels. Nutmeg has been used for both stomach issues and skin treatments, while ginger has been a traditional ingredient for managing nausea. Cloves has a chemical compound in its makeup that can benefit oral health, while allspice contains antioxidant and anti-

inflammatory properties (Beck 2018).

Eating (and Drinking) In Season

Because of both the nostalgia factor and how certain foods and drinks tie into your memories, it can draw us to them when the seasons change. Other traditional autumn fare, such as pumpkins, apples, chestnuts, cider, cranberries, mushrooms and more can appeal to our tastebuds when the season turns a little chill. Pumpkin spice drinks are just one aspect of this connection; appealing to the emotional bind that it may have on us to our memories of past seasons. So this autumn, don't be surprised when you get into the pumpkin spice craze with the rest of us.

JOL

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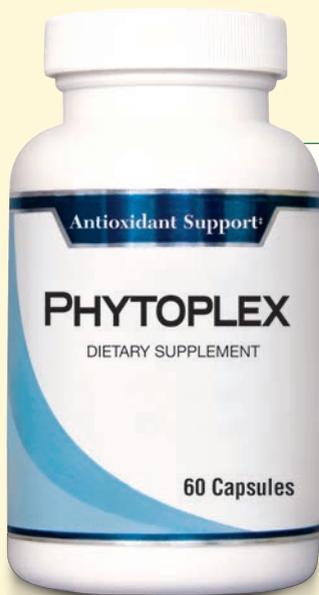
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“It’s not just your bones, but the cartilage and also the tissue surrounding your bones”

What Your Age Has to Do with Your Joints

Age gets the best of us, and our bodies can be the first to feel the effects. Aching joints and limited mobility seem to be the norm when we get older. But why exactly does this happen? There’s a lot of processes happening throughout the body, and your joint system is already made up of multiple parts and areas that can all contribute to your ease of movement – or lack of, when joint health is degrading.

What Happens When You Reach Your Joint Peak

Around the age of 30, your bone mass will start to get affected. This

occurs in both men and women, with bone density diminishing gradually, although this is quicker for women after menopause. When reduced bone density happens, the bones become more fragile. This means your bones are more likely to break after a sprain or injury, especially so once you’re in old age.

It’s not just your bones, but the cartilage and also the tissue surrounding your bones. The cartilage in joints cushions their movement, while allowing for more flexibility at the same time. But once the cartilage starts to degenerate, movement can

become limited and more strained. It becomes thinner, and the compounds that make up its properties, such as the proteoglycans which is responsible for cartilage’s elasticity, are changed. Joints then become less resilient to injuries, and the surfaces of the joints no longer slide over each other as easily. The connective tissue, which is present in ligaments and tendons, become rigid with age. This leads to joint stiffness and also limits your range of motion.

Muscle loss is another common issue that can continually progress during life unless you remain in active condition. Both muscle tissue and

fibers are diminished, leading to less strength. Without the appropriate muscle mass, this can increase stress on the joints, especially on the knees. This is a reason why falls become a more common incident for older adults. The muscle fibers themselves also have a significant role – different types of fibers contract faster and others contract slower. As you age, those that contract faster start to decrease than those that contract slower. Muscles then become less responsive, which may explain the slow movements that come with old age (Villa-Forte 2017).

Do Joints Have Their Own Age?

Sometimes, due to unhealthy food choices, a lack of exercise, or genetics, your joints can be aging even faster than you currently are. A Joint Age Test, developed by Osteopath, Torben Hersborg, created a questionnaire about your joints, to assess if they are already undergoing significant degeneration. Some examples of the questionnaire include:

- Do your joints ache?
- Do you have old joint injuries?
- Do you do consistent exercise?
- Do joint issues run in the family?
- Are your joints difficult to straighten out?
- Can you flex one knee better than the other?
- Are your joints swollen?
- Do you ache more than others after exercise?
- Do your hands or fingers ever get cold or stiff?

Depending on the question, certain issues may indicate your joints are degenerating at a faster rate than normal. Your joint should be at your age instead, or preferably younger if you exercise consistently (Brewer 2001).



Improving Joint Health Beyond Its Years

With enough practice of your healthy habits, your joints' age can be more or less flexible.

Keep them warm in the cold weather, and do daily stretches that engages all parts of your joints so that they stay in motion.

Eating essential fatty acids can help lubricate the synovial joints, and stem down anti-inflammatory reactions.

Have around five servings of fruits and vegetables and two liters of water per day, along with fish twice per week. Having good hydration not only sates your thirst, but allows the steady flow of important nutrients from your meals, including antioxidants, vitamins, and fish oil to your joints, keeping them well-nourished.

Take a joint-health supplement that includes nutrients known for their joint support properties, as well as health aids to help soothe any aches or strains. That's what both Arthro-7[®] and Arthro-7[®] Topical Cream serve, delivering to your joints the necessary blend of ingredients, alongside a fast-acting, soothing cream that relieves the discomfort.

Double the Power of Arthro-7[®]

Both Arthro-7[®] and Arthro-7[®] Topical Cream can be a supportive pair for any sore joints and muscles. Arthro-7, nourishing the joints from

within, has sold over 8 million bottles, and is clinically proven to support the joints for better comfort and a more wide-range of mobility. Its ingredients include collagen, bromelain, vitamin C, CMO and turmeric, all in its unique AR7[®] complex which helps rejuvenate the tissue and nourishes the cartilage, both aspects of joint health that aging can affect greatly.



Collagen alleviates the joints by fighting against inflammation, along with bromelain that does a similar reaction in the joints. MSM is the raw material that produces cartilage, building up collagen to better protect the bones. CMO's function is an immune modulator, which helps minimize auto-immune response that typically causes inflammation.

Arthro-7[®] Topical Cream is a formula focused on soothing muscle and joint discomfort quickly. Motion can strengthen the joints, but when stiffness occurs, it can keep you locked in a cycle where you can't stay active

Double the Power of Arthro-7®



because of the aches, and the aches continue due to the lack of motion. The cream features three active ingredients lidocaine, menthol, and capsaicin, alongside natural compounds such as aloe vera, burdock root, shea butter and more, all working together to provide immediate relief.

Lidocaine works similar to an anesthetic, reducing the sensation of aches and soreness. Capsaicin is derived from red pepper, providing that heating effect which numbs some of the nerves in the skin, while also stimulating endorphin release to relieve the joints. Menthol, an analgesic, provides the cooling effect, tempering the heat that comes from inflammation (Cannone).

Keeping Joints as Young as You Feel

We may not be able to stop time from marching on, but we can adapt, and for our joints we can do so by making healthy lifestyle choices and taking supplements to further fortify its

maintenance. The joints are made up of numerous parts and processes, and with Arthro-7® to nourish it from the inside with its range of collagen, bromelain, CMO and MSM, and Arthro-7® Cream including its active trio of capsaicin, menthol, and lidocaine to soothe its troubles from the outside, you can create a better support network for yourself. For healthier, more flexible joints, there's more than one avenue of health you can embark on. **JOL**

To order Arthro-7® + Cream, see next page!

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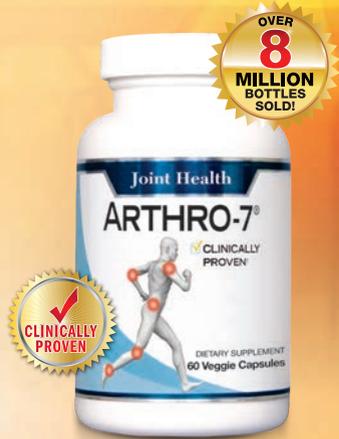
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Apple Cider Vinegar for Weight Loss – is it for Real?

Weight fads come and go with the changing weather, and with the coming of fall, a new one is making its way into the health sphere. Apple cider is one autumn beverage that is synonymous with the season, and now many are claiming it has weight loss benefits. Along with the fall decorations, apple cider vinegar is now promoted through numerous vitamins, tonics and other products for those who are seeking. Your local health food stores may already be stocking them up just in time for the Halloween sales.

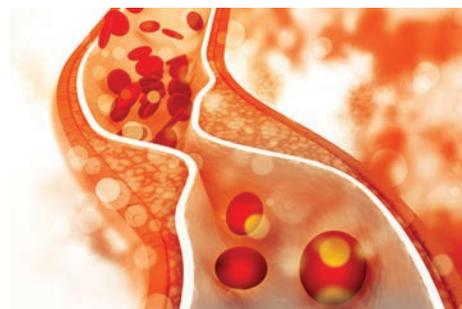
The How, What, and Why of Apple Cider Vinegar

Making apple cider vinegar consists of two-steps of fermentation. The apples are cut or crushed to then be combined with yeast so that their sugar is distilled into alcohol. Bacteria is then added to

the alcohol to help along the fermentation process, which turns it into acetic acid. This acetic acid is the main component of apple cider vinegar, taking about 5 to 6 percent of its makeup. A spoonful of apple cider vinegar only contains about 15 calories along with no carbs.

For why apple cider vinegar is considered good for weight loss specifically, acetic acid is the ticket. Most of the research has been done on animals however, specifically in obese rats and mice, though they sound promising for humans as well. Acetic acid can lower blood sugar levels, decrease insulin levels that can spur on fat burning, and improve metabolism by increasing production of the enzyme AMPK, which helps reduce fat and sugar production in the liver. It seems that acetic acid targets certain genes that are specifically responsible for fat burning, altering them

to have less body fat buildup overall. It can also help suppress appetite, focusing on centers of the brain to allow for less food intake. Thus, adding it to your food and drinks is supposed to help you shed away the pounds (Spritzler 2018; Shmerling 2018).



Other Sweet Benefits from Apple Cider Vinegar

While weight loss is still a huge deciding factor for those embarking on the

diet, apple cider vinegar also has several other health benefits. We mentioned about lowering blood sugar and insulin, which seems to especially trigger after consuming a high-carb meal. It can also decrease cholesterol levels, by raising the good HDL cholesterol variety, while reducing bad LDL cholesterol and triglycerides. Apple cider vinegar can lower blood pressure, which is done by restricting the enzyme responsible for constricting the blood vessels. Finally, it has antiviral properties, fighting off bacteria such as E. coli, which can cause food poisoning. A study suggested that the vinegar lowered numbers of the bad bacteria by 90 percent, along with viruses for 95 percent (Spritzler 2018).

Another reason that makes apple cider vinegar so appealing is how it can be added to foods. The typical amount for losing weight is around 1 – 2 tablespoons a day, preferably mixing it with other foods or drinks. You can combine with olive oil for a tasty salad dressing, especially for vegetables like cucumbers and tomatoes. You can also mix into a glass of water, as diluting the vinegar is important so as not to burn the mouth. Around 2 – 3 doses a day, before or with meals, are generally recommended (Butler 2018).

But What About the Drawbacks?

Despite its popularity, apple cider vinegar is not for everyone. While the concoction can lower blood sugar levels, too much overuse or improperly taking it can worsen symptoms for too low of blood pressure. A high vinegar diet can also alter insulin levels, and if you have a condition regarding your insulin levels, it is wise to be cautious before embarking on the diet, such as speaking with your doctor. It can also contribute to low potassium levels.

Apple cider vinegar also has a high acidity level, although it doesn't affect your body's own natural acidity level,



despite some claims. The body is an expert at regulating your acidity levels, and would need to consume a large amount of apple cider vinegar to change the body's acid-base balance. However, that acidity can affect other things, such as damaging your tooth enamel or even your esophagus if you drink it. Diluting the vinegar in a glass of water can help you avoid these drawbacks, instead of drinking it straight.

Got a stomach ache after taking apple cider vinegar? It can cause indigestion issues such as nausea or heartburn. The solution is to lower the quantity of the vinegar in your doses to avoid the stomach trouble. Also, if you're taking medication a prescription at the same time, it's vital to check with your doctor first as it has been known to counteract certain medications. (Lelva 2018).

But Does it Actually Work?

The apple cider vinegar diet has made its way to the mainstream through consistent hype and promises of weight loss, along with the ease of adding it your routine. But whether it actively promotes significant weight loss is something that needs to be reconsidered. Unfortunately, most of the scientific evidence, while intriguing, have not been consistent across diverse groups of people when studied in humans. A majority of studies have also been mainly performed in animal subjects, which while some may apply to human health, it is not totally comparable (Zeratsky 2018).

So is apple cider vinegar too good to be true? It's seeming more and more likely, especially as it doesn't meet up to other proven weight loss methods. Cutting back on processed foods and sugars, eating whole protein, fruits and vegetables, and exercising regularly each day are still tried and true. Once discussed with your doctor, you can still try out the apple cider vinegar hype, but don't let it replace your overall weight loss routine. **JOL**

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Got a Soda Craving? It Could Hurt Your Lungs

For Lung Health Awareness Month, it's not only the colder weather you need to watch out for. What we drink on a daily basis can have a significant impact on our respiratory system, and not always for the better. This is for those who love sipping the sugary carbonated stuff, especially alongside some large fries and a burger. While you can fortify your lung support with healthy nutrients from Lung Support Advanced, the effect that soda can have on your lungs can be a deciding factor for respiratory health. Soda and its high

content of sugar has been generally linked to exacerbating health issues, but what about its connection to the lungs specifically?

The Respiratory Issue with Soda

One study has demonstrated the link back in 2012; published in an issue of *Respirology*, researchers had conducted a survey, asking around 17,000 people on how often they drank soda and other types of soft drinks, which included lemonade, flavored



mineral water and sports drinks. It was found that 1 in 10 adults would drink more than half a liter of such soft drinks

per day. Those with lung issues were at risk of worsening their conditions if they drank a high amount of soft drinks. Around 30 percent of the participants reported themselves to drink more than two cups of soda per day. While the survey was conducted in Australia, its results can have implications for the United States, especially due to many Americans common consumption of fast food and soda.

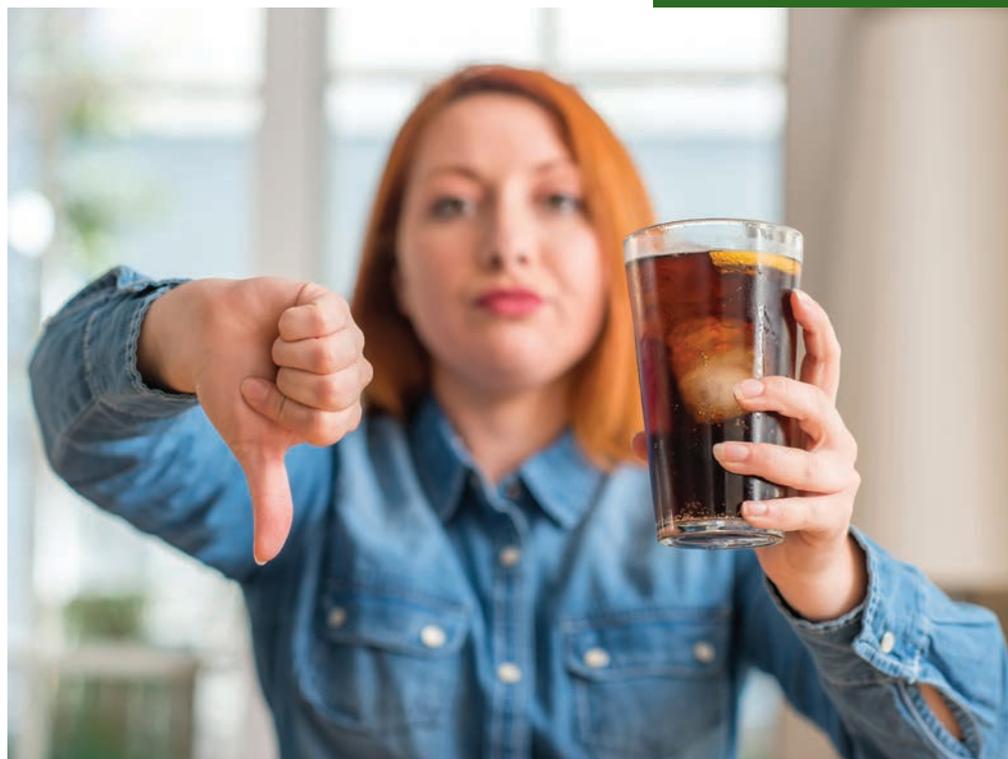
While there was not a direct cause-and-effect to be demonstrated in the study, only an observation that coincided with such habits, experts believed numerous other unhealthy factors contributed to the lung health risk. One such expert, Dr. David Katz of the Prevention Research Center at Yale University, stated that “High soda intake is a good marker for poor overall diet, and poor overall attention to health... It likely suggests greater exposure to everything from tobacco smoke to air pollution” (Jaslow 2012).

Other studies have emphasized soda and its affect in other areas of health. In 2010, a study published in the journal “Diabetes Care,” had concluded from their research that nearly 25 percent of soda drinkers would develop high blood sugar issues. Even diet drinks can develop health risks, shown in a 2011 study of over 2,500 adults, where cardiovascular issues were heightened.

The Problem with that Fizzy Flavor

Maybe you're skipping out on the soda but still crazy about that fizziness from the drink. Many other beverages such as sparkling water, can satisfy that craving, all without the sugar and calories. While a much healthier alternative to soda, carbonation itself can have its own problems, especially to those with lung health issues.

The American Lung Health Association linked that those with difficulty breathing should avoid



carbonated drinks as it may make such lung health issues worse. This is due to the tingling sensation that you may feel in the throat and esophagus when having such carbonated drinks. The tiny bubbles in your soda or sparkling water are created from the carbon dioxide that is present in the drink, an incombustible gas that is breathed out by the lungs. Considered a waste product of the body, carbonation can place it back in the lungs instead. For healthy individuals, there can be minor discomfort. However, those with severe lung issues can have their breathing problems impeded, due to the extra gas brought on by carbonation. Such problems can also be exacerbated if it contains sugar as well (Condrad 2017).

Take in the Healthy Stuff with Lung Support Advanced

If you're an avid soda drinker, it's time to rethink your beverage options. Good lung health is affected through numerous factors, from the air quality of where you live and work, to what you eat and drink. It's not always easy to get

lung-nourishing ingredients, so with Lung Support Advanced, you can get the best for your respiratory health in one vital supplement. This clinically tested formula contains a proprietary blend of herbs that have been used through traditional means for good lung health, alongside the addition of the patented broccoli extract, BroccoPhane®.

These wide spectrum of ingredients include Asian ginseng, magnolia, *Gekko gecko*, astragalus, Chinese salvia, *Cordyceps sinensis*, white mulberry, ginkgo, ophiopogon, apricot and forsythia, all herbs that have been utilized in Traditional Chinese Medicine (TCM) for thousands of years. For example, astragalus is antibacterial, anti-inflammatory and anti-viral, not only supporting respiratory health but also immune health, boosting it significantly. (Xu 2007). *Cordyceps* has shown impact for lung health, particularly for those with lung-health related issues, proving to be effective due to its anti-inflammatory nature, without the risk of side effects (Wang 2016). Ginseng is otherwise known as

an adaptogen, which is a compound that helps support the body against stress and balances the body's processes. This includes relaxing the muscles in the respiratory track, which can make breathing easier (Tamaoki 2000).

It's not only herbs that makes Lung Support Advanced so valuable. Vitamin A is vital for the mucous membranes, helping it maintain its state, while vitamin C boosts the health of the respiratory tract. Magnesium relaxes the muscles, including those of the lungs to relieve inflammation and allow for deeper breathing. Zinc, meanwhile, strengthens the immune system, a perfect addition to further keep your lung health system in check.

Last but not least, BroccoPhane® is a new addition to the Lung Support Advanced formula. Vegetables themselves have protective properties due to their phytochemicals. This is especially true for cruciferous vegetables, which broccolis are a part of. They help ensure the steady reproduction of healthy cells in the pancreas, bladder, prostate, and of course, the lungs. They promote blood

vessel health, improve lung function, boost your heart health, and can fortify the immune system. Broccoli specifically contains compounds called sulforaphane, a type of phytochemical that has shown preventive properties for health. Included now in Lung Support Advanced, it provides further protection and can help maintain your lung health.

Soda's Out, But Natural Health is In

It can be tough cutting out soda from your daily lunch hour, but your lungs will breathe easier for it, especially getting rid of the added sugar. While carbonation can be an issue for those with problematic lung health, you can still enjoy the fizz if you're keeping your lungs in check. Lung Support Advanced helps you do so, with its herbal compounds, vitamins, minerals, and the enhancement of BroccoPhane®. Keep your lungs strong, with healthy drinks and healthy nutrition! **JOL**

To order Lung Support Advanced, see next page!



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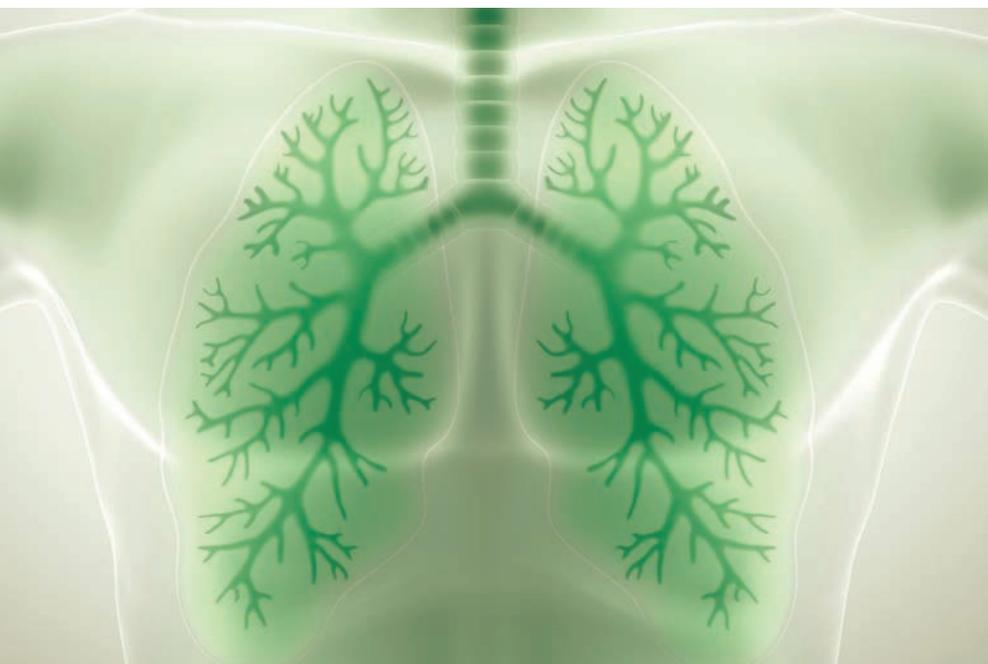
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Don't Stay Salty. How to Curb the Extra Sodium from Your Diets

Are you often feeling the salt bloat after a meal? With the holidays coming up, heavy salt content in your feasts can be expected. It's the season for indulgence, but you can still limit your salt intake, even when at a buffet. Keeping an eye on what you eat seems obvious, but really putting it into practice can be the difficult part.

There's Still a Need for Salt

Despite all the bad press it gets, sodium is still essential to your health. It's required for both nerve and muscle function, and helps regulate the fluid balance within the body. It's also a natural source of electrolytes, which balances water in the body as well as the pH level. If you're an athlete, or a vigorous exerciser, sodium lends you a helping hand in keeping your muscles in working order and helping along the hydration process in your body. Cutting

off too much sodium can lead to low energy, muscle spasms and cramps, headaches, dizziness, and loss of focus (Axe 2017).

Like with most things, the key is balance. Unfortunately, it was found that most Americans still consume too much sodium, which can increase the risk of health complications, specifically for high blood pressure, kidney health and cardiovascular support. The recommended intake is around 1500 mg a day for adults, yet it's not out of the norm for most to consume almost three times as much instead (Seeber 2016).

For the Holidays, Watch Out for Dessert

Baked cakes, brownies, pies and cookies will be even more popular with people's diets as the holidays stroll in. This is where portion control comes

in handy, which can be hard because of the addictive nature of sugar. We don't think of salt being in our sweets, but they're very much present in them. If you're craving sweetness, fresh fruit can help you in satisfying it. It's low on the sodium and can be perfect for your sweet tooth.



Your Veggie Intake Doesn't Go on Vacation

Foodstuff like proteins, tasty sauces and starches can be high in the salt content as well. Serving up mashed

potatoes with gravy at your home for the holidays? You can still have your fill, but make sure to include some non-starchy vegetables to your plate. These range from brussels sprouts to carrots. Vegetables can also help add more potassium to your diet. The nutrient helps push out any excess sodium, reducing that familiar bloat and regulating your blood pressure by helping decrease the tension in the blood vessels. Such potassium-rich foods include bananas, strawberries, melons and other citrus fruits. (McGlynn 2016; Corleone 2017; Shy 2018).

Go Easy on the Flavoring

Sometimes cutting back on salt is as easy as banning the salt shaker from the table. Check out for processed foods as well, as many of them contain salt in their content, usually when they're packaged or already prepared. Condiments are also a heavy contributor, such as soy sauce, fish sauce, barbecue sauce and gravy. For salt-free flavorings, there are fresh herbs such as rosemary, thyme and parsley.

Take the Homemade Route

With the busyness of the holidays, it's normal to go for the pre-made

mashed potatoes. But many food manufacturers include a lot of salt in their products, which you can avoid if you're going for homemade. For your turkeys, get the unseasoned variety, and buy ingredients individually so that you can make your casserole dishes yourself. Checking the ingredients label is one way of determining quickly on how much sodium is in a package. Some of the big culprits include canned vegetables, soups, and boxed food like macaroni and cheese and dry noodles, due to the high salt content in their seasoning packets.

Hydrate and Be On the Move

While not necessarily at the same time, doing both can help you reduce the salt intake. You're already dehydrated once you're feeling thirsty, and when going for the alcohol at parties, you're only worsening it. Dehydration can also lead to a bigger intake of calories. A large glass of water before eating can help curb your appetite. If you already had too much salt, you can also flush it out with water.

That's where physical activity comes in. It's hard to think of your workout routine when you're about to feast, but some movement can help sweat out that excess salt, along with constant



hydration. So for the holidays, try not to stay too sedentary (Shy 2018).

Managing Your Salt for a Better Holiday

It can seem impossible to cut out sodium, with how much its present in our foods, especially processed foods. But understanding that a little sodium is still needed for good health, and keeping an eye on your plate can be more than enough to keep your diet less salty. **JOL**

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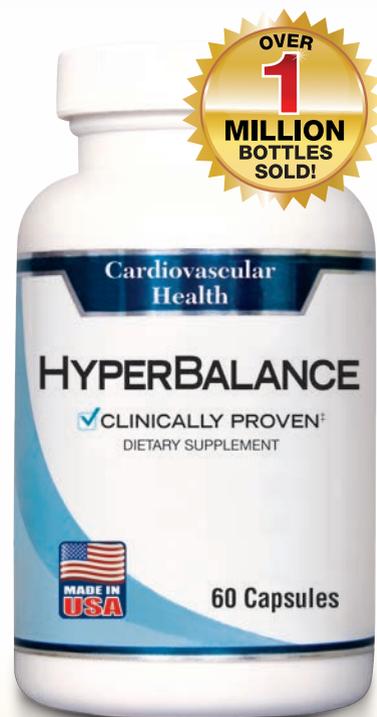
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Extended Sitting Can Create Prostate Issues

Due to the advances of technology, we don't always need to be moving around to do our tasks – and that can be an issue. When at the work place or relaxing at home, many of us tend to sit all day, especially when certain projects calls us to stare at the computer screen. According to a 2010 survey, half of the population in the United States don't practice regular physical activity, while 25% don't get any such activity at all (Wakefield).

This trend hasn't changed very much eight years later, especially as technology, along with its easy apps and voice-activation systems, has made it so much easier to stay seated in the chair then walk across a room to turn the television on.

Not only can sedentary living be a hurdle to your general health, but also the prostate. A supplement such as Prostate® Plus Softgels can nurture this important aspect of men's health, but

getting no movement on your part can still impede its progress.

The Negatives of All-Day Sitting

The World Health Organization (WHO) determined that a lack of physical activity is the fourth leading risk factor for death. Numerous research has shown the dangers why; how it can lead to disease and a lower quality of life, much of it brought on by



office jobs where it's difficult to leave the desk for most of the day.

This sitting trend affects numerous aspects of your health, such as how it slows down blood flow and makes the muscles burn less fat, leading to more fatty acids building and risking your cardiovascular health. The pancreas also increases its insulin production when you're seated, and can lead to insulin resistance within the cells. Too much of glucose, or sugar, are then absorbed into the cells, upping blood sugar levels.

Antioxidants, chemicals that protect your body from outside pathogens, toxins and free-radicals, are also taking a hit from the lack of movement. Without that movement boost, they don't travel around the body as much, leaving one's immune system much more vulnerable. Poor posture and joint issues are common when seated incorrectly for long periods of time, and your legs could start feeling weaker when you use them less, leading to weak bones and varicose veins. Digestion, an increase in stress, and lower energy levels are other effects from sedentary living as well (Saint 2017).

The Sedentary Prostate

How does the long haul of sitting at the desk affect men's health specifically? Several studies have researched this exact fact, and with the prostate as part of the important urinary system, the bladder can also go through issues. One study, published in BJU International, interviewed 69,795 men, all over 40 years of age, with no history of bladder issues. Questions asked of them consisted of their activity levels, their sedentary time, and any issues with urination. In a follow up over two years later, 9,217 of the participants had less urinary issues due to higher activity levels. The comparison between sitting and standing are significant, men who sat for at least 10 hours a day, compared to those less than 5, developed more bladder issues (Rapaport 2018).

Then it comes down to the prostate, a vital organ for men's urinary system and sexual function. Published in the Journal of Physical Activity and Health, one research paper examined the male participants' activity levels. It was found that those who had an extra hour of sedentary time would have a higher chance of contracting prostate-specific antigen, or PSA levels, numbering to

around 16 percent. Those who were more active were 18 percent likely in comparison (Gardner 2015).

PSAs are proteins that exist within the prostate gland, but too much of it can lead to prostate health risks. While not the only determining factor, it can be a high indicator that prostate health is at risk. Inactivity spurs up these levels, and experts say it can be due to how sitting for an extended amount of time can build fat. This can then fill the body with hormones, cause inflammation and build insulin resistance. Such issues can lead to problems in the prostate.



Putting Activity at Your Desk Job

You don't have to be chained to your desk, whether at work or at home. Even small things can build up your activity, making every movement so important. If the phone rings, stand up out of your chair to answer it. For cell phones, you can do the walk and talk, and not go to your chair until the conversation has ended. You can even put your phone on speaker and start stretching your legs in the meantime.

The issue with sitting is staying in one place for so long, inactive. Make sure to take standing or walking breaks every half hour. Walking in place, sitting up and down on your chair repeatedly, or even putting in a little exercise routine such as push ups or jumping jacks, can help immensely (Wakefield).

To keep your prostate in check, you need to do all you can with not

just movement, but helpful nutrition too. Prostata® Plus Softgels is a new and improved formula, utilizing the Prostata® blend to offer even more benefits, all in the convenient softgel dosage.

Active Prostate Nutrition for an Active Life

Prostata® Plus offers a wide range of prostate-healthy nutrients known for their benefits in men's health. Including both vitamin A and selenium, it is a unique supplement, clinically researched. It contains additional ingredients within its Prostate Support Complex; both Vegapure®† 95 FF plant sterols and Lutemax™‡ Lutein & Zeaxanthin 2020, alongside the traditional ingredients saw palmetto, pumpkin seed oil, and lycopene.

Lycopene is a carotenoid that give certain vegetables its red color, but also provides protective benefits. It can do so for prostate cells in particular with its antioxidant nature. Herbs like saw palmetto bring in the formula, having been utilized in numerous studies and demonstrating their effect on supporting prostate health, inhibiting the formation of damaging cells that could threaten prostate function. Pumpkin seed oil is an herbal compound containing the essential mineral, zinc, while selenium is, another mineral on its own. Both are powerful antioxidants that keeps damaged prostate cells from reproducing.

Plant sterols have shown particular



effect in lowering cholesterol, and can do similarly for prostate health, absorbing the damaged cells and allow for healthier ones to thrive. Lutemax™‡ is an enhanced version of the antioxidants lutein and zeaxanthin, antioxidants that generally protect the eyes, but can provide the same protective benefits for the prostate.

Don't Sit Around, for the Sake of Your Prostate

Getting yourself moving can be harder than it seems, when so much of our tasks glues us to our seats. But you can make a difference with a few conscious movements in your day. Prostata® Plus Softgels, with its range of vitamins, minerals, phytonutrients and herbs can provide your prostate the protective benefits of nutrition while you get to working out. When you create a better support network for your prostate, with ingredients like saw palmetto, lycopene, lutein, zeaxanthin and more, you don't need to stay rooted in your couch forever. **JOL**

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How to Perform? Kegel Exercises

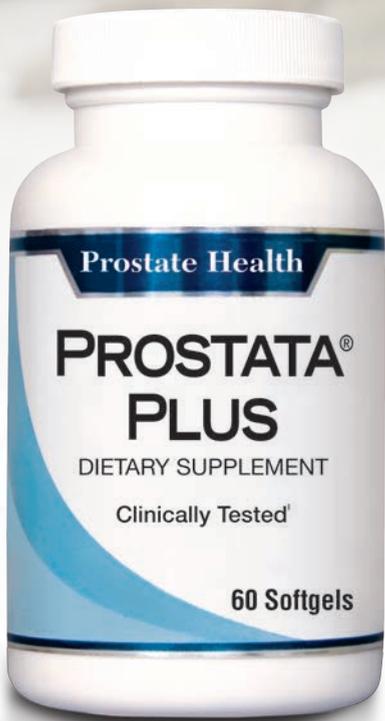
Kegel exercises for men can strengthen the pelvic floor muscles, which support the bladder, bowel, and sexual function. Here are detailed steps on how to perform them.

1. Identify your pelvic floor muscles by stopping urination midstream. Once you've singled them out, empty your bladder and lie on the floor with your knees bent and apart.
2. Tighten your pelvic floor muscles for three seconds and then relax them for three seconds. Repeat a few times, but don't overdo it. Avoid holding your breath. Instead, breathe freely during the exercises.
3. For best results, be sure to focus only on the pelvic floor muscles. Soon you'll be able to do this while sitting or standing (MayoClinic.org 2012).

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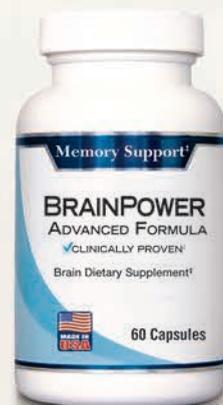
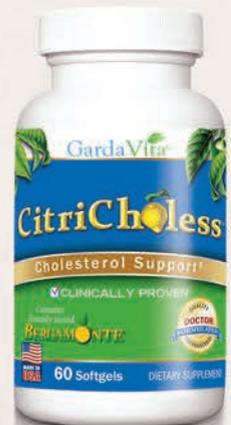
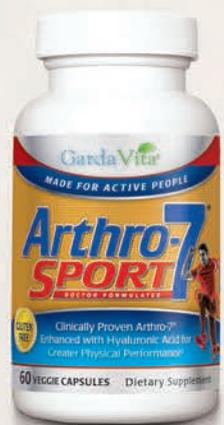
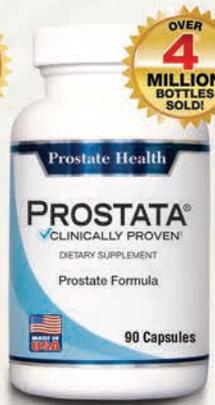
For more information or to enroll, **Call 1-888-782-0021**
or visit us online, www.gardavita.com/autoship

CHEAPER. EASIER. SMARTER.

†To thank this individual for sharing her experience, the manufacturer provided her with a complimentary supply of the product of her choice.

GardaVita®

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Free Standard Shipping on orders \$35+
15% off & Free Standard Shipping on orders \$119.95+



ANTIOXIDANT SUPPORT



GH3 ADVANCED

Preserves Youth by Preserving Telomeres

5 Month Supply	(Save \$19.80)	VGH5	\$129.95
3 Month Supply	(Save \$9.90)	VGH3	79.95
1 Month Supply		VGH1	29.95



G.H.3.

The Best Way to Define Vitality



6 Month Supply	(Save \$59.75)	VG6	\$119.95
4 Month Supply	(Save \$19.85)	VG4	99.95
2 Month Supply	(Save \$4.95)	VG2	54.95
1 Month Supply		VG1	29.95



OXYPLUS

Premier Antioxidant Formula with Betatene®†



6 Month Supply	(Save \$59.75)	VOS6	\$119.95
4 Month Supply	(Save \$19.85)	VOS4	99.95
2 Month Supply	(Save \$4.95)	VOS2	54.95
1 Month Supply		VOS1	29.95

†Betatene® is a registered trademark of Cognis IP Management GmbH.



PHYTOPLEX

Plant Extracts Supplying Key Phytonutrients

6 Month Supply	(Save \$59.75)	VPYH	\$119.95
4 Month Supply	(Save \$19.85)	VPYG	99.95
2 Month Supply	(Save \$4.95)	VPYF	54.95
1 Month Supply		VPYE	29.95



CARDIOVASCULAR HEALTH



OMEGA3Q10

Supercharge Your Cardio Health



6 Month Supply	(Save \$59.75)	VCM6	\$119.95
4 Month Supply	(Save \$19.85)	VCM4	99.95
2 Month Supply	(Save \$4.95)	VCM2	54.95
1 Month Supply		VCM1	29.95
Product of the Month	(Save \$10.00)	VCM1C	\$ 19.95



HHF—HEALTHY HEART FORMULA

With Olive, Rosemary, Red Wine, and Much More

6 Month Supply	(Save \$59.75)	VHH6	\$119.95
4 Month Supply	(Save \$19.85)	VHH4	99.95
2 Month Supply	(Save \$4.95)	VHH2	54.95
1 Month Supply		VHH1	29.95



HYPERBALANCE

Support Healthy Blood Pressure Already Within Normal Range

6 Month Supply	(Save \$59.75)	VHY6	\$119.95
4 Month Supply	(Save \$19.85)	VHY4	99.95
2 Month Supply	(Save \$4.95)	VHY2	54.95
1 Month Supply		VHY1	29.95



OCC

Premium Blend of Heart-Friendly Nutrients

6 Month Supply	(Save \$59.75)	VOC6	\$119.95
4 Month Supply	(Save \$19.85)	VOC4	99.95
2 Month Supply	(Save \$4.95)	VOC2	54.95
1 Month Supply		VOC1	29.95

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Free Standard Shipping on orders \$35+
15% off & Free Standard Shipping on orders \$119.95+



CHOLESTEROL SUPPORT



CITRICHOLESS®

Supports Cholesterol Levels with the Miracle Fruit Bergamot



Buy 5, Get 3 FREE	(Save \$89.85)	VCC845	\$149.75
Buy 3, Get 1 FREE	(Save \$29.95)	VCC441	89.85
*1 Month Supply		VCC1	29.95

*Based on maintenance dosage of 2 softgels daily.



DIGESTIVE HEALTH SUPPORT



MEGA PROBIOTIC®

Provides a Mega Dose of Probiotics in a Convenient Softgel

6 Month Supply	(Save \$59.75)	VMP6	\$119.95
4 Month Supply	(Save \$19.85)	VMP4	99.95
2 Month Supply	(Save \$4.95)	VMP2	54.95
1 Month Supply		VMP1	29.95



CIRCULATORY SUPPORT



VEINICIN®

European Extracts to Support Vein Health

6 Month Supply	(Save \$59.75)	VVE6	\$119.95
4 Month Supply	(Save \$19.85)	VVE4	99.95
2 Month Supply	(Save \$4.95)	VVE2	54.95
1 Month Supply		VVE1	29.95



GLUCOVITA

10 Botanical Extracts to Support Overall Wellness

6 Month Supply	(Save \$79.75)	VGS6	\$159.95
4 Month Supply	(Save \$26.85)	VGS4	132.95
2 Month Supply	(Save \$6.95)	VGS2	72.95
1 Month Supply		VGS1	39.95



FLORAMETRIC (Enteric coated)

Support Your Body's Natural Balance with Probiotics



6 Month Supply	(Save \$83.74)	VFR20D	\$95.96
4 Month Supply	(Save \$39.84)	VFR20C	79.96
2 Month Supply	(Save \$15.94)	VFR20B	43.96
1 Month Supply	(Save \$5.99)	VFR20A	23.96

*prices shown reflects discount



EYE HEALTH



OCU-MAX®

With Lutein and Zeaxanthin to Support Healthy Vision



6 Month Supply	(Save \$59.75)	VOA6	\$119.95
4 Month Supply	(Save \$19.85)	VOA4	99.95
2 Month Supply	(Save \$4.95)	VOA2	54.95
1 Month Supply		VOA1	29.95

To order, call **1-888-782-0021** • **6:00am-5:30pm PST, Monday - Friday** • **www.gardavita.com**

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Free Standard Shipping on orders \$35+
15% off & Free Standard Shipping on orders \$119.95+

 **JOINT HEALTH**



ARTHRO8®

Relieve, Rebuild, and Restore Aging, Sore, Stiff Joints in Weeks



5 Month Supply	(Save \$19.80)	VJF5A	\$154.95
3 Month Supply	(Save \$9.90)	VJF3A	94.95
*1 Month Supply		VJF1A	34.95

*Based on maintenance dosage of 2 capsules daily.



ARTHRO-7® TOPICAL CREAM

Get Fast-Acting, Soothing, Cooling Relief for Joint and Muscle Discomfort

5 Tubes	(Save \$19.80)	VATCB5	\$129.95
3 Tubes	(Save \$9.90)	VATCB3	79.95
1 Tube		VATCB1	29.95



ARTHRO-7® & ARTHRO-7® TOPICAL CREAM

Our Original, Best-Selling Joint Formula Plus Our Latest Topical Cream

5 Bottles, 5 Tubes	(Save \$89.80)	VJCAN5	\$209.95
3 Bottles, 3 Tubes	(Save \$44.90)	VJCAN3	134.95
1 Bottle, 1 Tube		VJCAN1	59.95



ARTHRO8® & ARTHRO-7® TOPICAL CREAM

Enhanced Joint Formula Complemented with Our New Topical Cream

5 Bottles, 5 Tubes	(Save \$89.80)	VJCBN5	\$209.95
3 Bottles, 3 Tubes	(Save \$44.90)	VJCBN3	134.95
1 Bottle, 1 Tube		VJCBN1	59.95



ARTHRO-7®

7 Targeted Nutrients Including Collagen and MSM



5 Month Supply	(Save \$19.80)	VAH5NA	\$154.95
3 Month Supply	(Save \$9.90)	VAH3NA	94.95
*1 Month Supply		VAH1A	34.95

*Based on maintenance dosage of 2 capsules daily.



ARTHRO-7® SPORT

Specialty Formulated for Active Individuals with Hyaluronic Acid

5 Month Supply	(Save \$19.80)	VAS5	\$179.95
3 Month Supply	(Save \$9.90)	VAS3	109.95
*1 Month Supply		VAS1	39.95



HEALTHY BONE & JOINT TRIO

(Arthro-7®, OsteoNourish®, and Mega MSM)

Trusted Support for Bones and Joints



6 Month Supply	(Save \$179.25)	VBJ6A	\$329.85
4 Month Supply	(Save \$98.55)	VBJ4A	240.85
2 Month Supply	(Save \$39.85)	VBJ2A	129.85
1 Month Supply		VBJ1A	84.85



HEALTHY JOINT PACKAGE

(Arthro-7®, OxyPlus®, and Mega MSM)

Comprehensive Support for Joint Health



6 Month Supply	(Save \$179.25)	VHJ6A	\$329.85
4 Month Supply	(Save \$98.55)	VHJ4A	240.85
2 Month Supply	(Save \$39.85)	VHJ2A	129.85
1 Month Supply		VHJ1A	84.85

GardaVita will continue to honor our original pricing for existing customers. Please contact customer service to place your orders.

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Free Standard Shipping on orders \$35+
15% off & Free Standard Shipping on orders \$119.95+

JOINT HEALTH



MEGA MSM & ARTHRO8®

Two Effective Joint Formulas in One Package



6 Month Supply	(Save \$108.75)	VMJF6A	\$250.95
4 Month Supply	(Save \$64.85)	VMJF4A	174.95
2 Month Supply	(Save \$9.95)	VMJF2A	109.95
1 Month Supply		VMJF1A	59.95



BONE & JOINT SUPPORT TRIO

(Arthro8®, Mega MSM, OsteoNourish®)



6 Month Supply	(Save \$179.25)	VBJS6A	\$329.85
4 Month Supply	(Save \$98.55)	VBJS4A	240.85
2 Month Supply	(Save \$39.85)	VBJS2A	129.85
1 Month Supply		VBJS1A	84.85



JOINT SUPPORT PACKAGE

(Arthro8®, Mega MSM, OxyPlus)



6 Month Supply	(Save \$179.25)	VHJS6A	\$329.85
4 Month Supply	(Save \$98.55)	VHJS4A	240.85
2 Month Supply	(Save \$39.85)	VHJS2A	129.85
1 Month Supply		VHJS1A	84.85



MEGA MSM & ARTHRO-7® DUO

Formulas for Comprehensive Joint Support



6 Month Supply	(Save \$108.75)	VMA6A	\$250.95
4 Month Supply	(Save \$64.85)	VMA4A	174.95
2 Month Supply	(Save \$9.95)	VMA2A	109.95
1 Month Supply		VMA1RA	59.95



MEGA MSM

Support Healthy Joints



6 Month Supply	(Save \$59.75)	VMS6	\$119.95
4 Month Supply	(Save \$19.85)	VMS4	99.95
2 Month Supply	(Save \$4.95)	VMS2	54.95
1 Month Supply		VMS1	29.95



OSTEONOURISH®

Take Bone Health to the Next Level



6 Month Supply	(Save \$59.75)	VON6	\$119.95
4 Month Supply	(Save \$19.85)	VON4	99.95
2 Month Supply	(Save \$4.95)	VON2	54.95
1 Month Supply		VON1	29.95



KIDNEY HEALTH



RENALSUR

Traditional Chinese Herbs to Support Kidney Health



6 Month Supply	(Save \$59.75)	VKS6	\$119.95
4 Month Supply	(Save \$19.85)	VKS4	99.95
2 Month Supply	(Save \$4.95)	VKS2	54.95
1 Month Supply		VKS1	29.95



LUNG HEALTH



LUNG SUPPORT ADVANCED

Supports Lung Function and Respiratory Health

5 Month Supply	(Save \$19.80)	VGLSA5	\$129.95
3 Month Supply	(Save \$9.90)	VGLSA3	79.95
1 Month Supply		VGLSA1	29.95

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15% off & Free Standard Shipping on orders \$119.95+

LUNG HEALTH



OVER 2 MILLION BOTTLES SOLD

LUNG SUPPORT FORMULA

Get the Power of 12 Chinese Botanicals on Your Side

GLUTEN FREE

6 Month Supply	(Save \$59.75)	VLSD	\$119.95
4 Month Supply	(Save \$19.85)	VLSC	99.95
2 Month Supply	(Save \$4.95)	VLSB	54.95
1 Month Supply		VLSA	29.95

SINUS CARE



SINETIC

Featuring a Trio of Chinese Botanicals and More

20% OFF
*prices shown reflect discount

6 Month Supply	(Save \$83.74)	VSZY20D	\$95.96
4 Month Supply	(Save \$39.84)	VSZY20C	79.96
2 Month Supply	(Save \$15.94)	VSZY20B	43.96
1 Month Supply	(Save \$5.99)	VSZY20A	23.96

*prices shown reflects discount

MEMORY SUPPORT



NEUROSUR®

Helps Elevate Your Mood, Memory, and Energy Levels

GLUTEN FREE

6 Month Supply	(Save \$59.75)	VNRS6	\$119.95
4 Month Supply	(Save \$19.85)	VNRS4	99.95
2 Month Supply	(Save \$4.95)	VNRS2	54.95
1 Month Supply		VNRS1	29.95

STRESS MANAGEMENT



SEREZEC PLUS

Now with SAME for Mood Enhancement

6 Month Supply	(Save \$59.75)	VEM6	\$119.95
4 Month Supply	(Save \$19.85)	VEM4	99.95
2 Month Supply	(Save \$4.95)	VEM2	54.95
1 Month Supply		VEM1	29.95

BRAINPOWER ADVANCED

With Ginkgo and Huperzine-A to Support Brain Function

GLUTEN FREE

6 Month Supply	(Save \$59.75)	VBPN6	\$119.95
4 Month Supply	(Save \$19.85)	VBPN4	99.95
2 Month Supply	(Save \$4.95)	VBPN2	54.95
1 Month Supply		VBPN1	29.95

URINARY HEALTH



CONTROL-X

Traditional Chinese Herbs to Support Urinary Health

6 Month Supply	(Save \$59.75)	VCZ6	\$119.95
4 Month Supply	(Save \$19.85)	VCZ4	99.95
2 Month Supply	(Save \$4.95)	VCZ2	54.95
1 Month Supply		VCZ1	29.95

PROSTATE HEALTH



OVER 4 MILLION BOTTLES SOLD

PROSTATA®

Nutrients to Support Prostate Health

GLUTEN FREE

6 Month Supply	(Save \$59.75)	VPW6	\$119.95
4 Month Supply	(Save \$19.85)	VPW4	99.95
2 Month Supply	(Save \$4.95)	VPW2	54.95
1 Month Supply		VPW1	29.95

PROSTATA® PLUS SOFTGELS

Softgel Version of Our Popular Prostate Formula

6 Month Supply	(Save \$79.75)	VPRO6	\$159.95
4 Month Supply	(Save \$26.85)	VPRO4	132.95
2 Month Supply	(Save \$6.95)	VPRO2	72.95
1 Month Supply		VPRO1	39.95



CRANZYME

Dynamic Berry Trio Supports a Healthy Urinary Tract

6 Month Supply	(Save \$83.74)	VNZ20D	\$95.96
4 Month Supply	(Save \$39.84)	VNZ20C	79.96
2 Month Supply	(Save \$15.94)	VNZ20B	43.96
1 Month Supply	(Save \$5.99)	VNZ20A	23.96

*prices shown reflects discount

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Free Standard Shipping on orders \$35+
15% off & Free Standard Shipping on orders \$119.95+

GardaVita[®]
BASICS & ESSENTIALS

**BUY ONE
GET ONE FREE**

SAVE UP TO \$44.99

Get One FREE HEART HEALTH



CoQ10 (100 mg)

The Supernutrient That Every Cell Needs
(150 Softgels)

VCQF241 **\$39.99**

Get One FREE HEART HEALTH



OMEGA-3 FISH OIL 1000 mg

Omega-3 EFAs for Heart and Brain Health
(60 Softgels)

VFSH241 **\$5.99**

Get One FREE HEART HEALTH



CoQ10 (300 mg)

Supplementation with 300 mg or more has been shown to combat the CoQ10-depleting effects of cholesterol-lowering statin drugs.

(50 Softgels)

VCQE241 **\$39.99**

Get One FREE JOINT HEALTH



**TRIPLE-STRENGTH GLUCOSAMINE
CHONDROITIN WITH MSM (TAKE 2 A DAY)**

Clinically Tested Ingredients to Promote Joint Health:
1500 mg Glucosamine, 1200 mg Chondroitin, and 500 mg MSM

(240 Tablets)

VLWA241 **\$44.99**

Get One FREE HEART HEALTH



TRIPLE OMEGA 3-6-9

With EPA and DHA for the Heart, Brain, and Bones

(120 Softgels)

VTM241 **\$19.99**

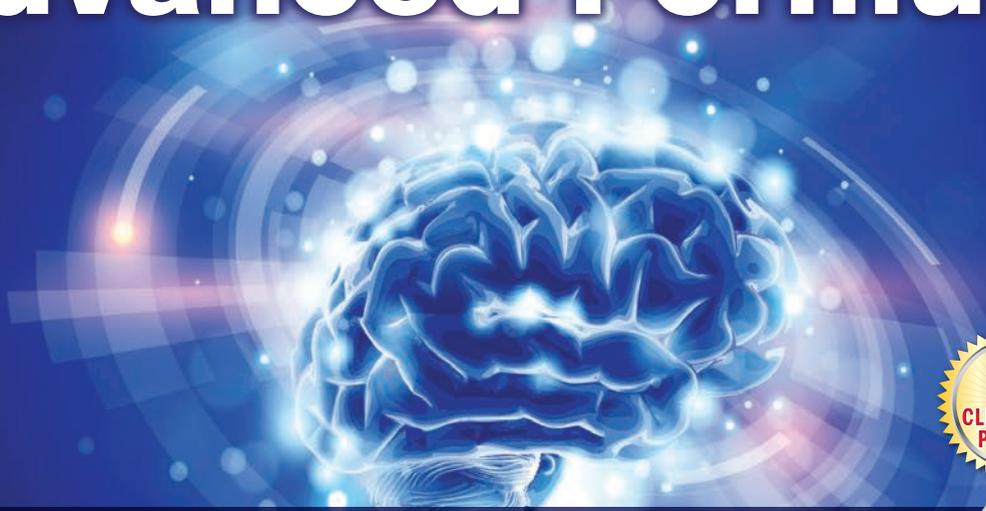
(240 Softgels)

VTMB241 **\$34.99**

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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**

Quantity	Savings	Code	Price
6 Month Supply	(Save \$59.75)	VBPN6	\$119.95
4 Month Supply	(Save \$19.85)	VBPN4	\$ 99.95
2 Month Supply	(Save \$4.95)	VBPN2	\$ 54.95
1 Month Supply		VBPN1	\$ 29.95

AutoShip
Save \$10 and get
BrainPower Advanced for only
\$19.95
plus get
FREE S&H
CODE: VBPNLG
This offer automatically enrolls you
in AutoShip. Cancel anytime. See
page 42 for more information.



**Free Standard Shipping on orders \$35+
15% off & Free Standard Shipping on orders \$119.95+**

See page 50 for ordering information.

6:00am - 5:30pm PST, Monday - Friday
To Order, Call **1-888-782-0021**
www.gardavita.com

Priority Code:

Expiration Date:

Customer ID:



Send us a testimonial of our product and get a chance to **WIN 6 FREE PRODUCTS** of your choice*! See page 9

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

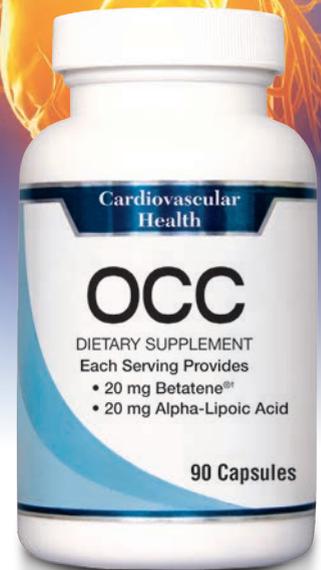
Vitamin E: supports cardiovascular function by enhancing blood flow and strengthening capillary membranes

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

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

Quantity	Savings	Code	Price
6 Month Supply	(Save \$59.75)	VOC6	\$119.95
4 Month Supply	(Save \$19.85)	VOC4	\$ 99.95
2 Month Supply	(Save \$4.95)	VOC2	\$ 54.95
1 Month Supply		VOC1	\$ 29.95

AutoShip
Save \$10 and get OCC for only **\$19.95** plus get **FREE S&H** CODE: VOCLG
This offer automatically enrolls you in AutoShip. Cancel anytime. See page 42 for more information.



Scan here to shop our mobile website.

†Betatene® is a registered trademark of Cognis IP Management GmbH (Germany).

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www.gardavita.com

See page 50 for ordering information.