



guide to  
achieving  
your  
new year's  
resolutions

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year 2016



Here at Kardish we are always trying to provide tips and product suggestions that will help you achieve your health-related goals. January is a time of increased interest in all things health and wellness due to the popularity of New Year's resolutions. We've put together a guide that outlines our specific recommendations to help YOU achieve your resolutions for 2016!

# 1. I want to lose weight.

*Weight-loss is the most common New Year's resolution, yet most people are unable to maintain this weight-loss. Let us help you take steps towards a healthy and maintainable weight.*

## **Waist Away Product Line**

Products like Garcinia Cambogia, CLA, L-carnitine and green coffee bean can help to support weight-loss when combined with healthy eating habits and physical activity.

## **Cleansing and Detox Kits**

Partake in a cleansing or detox program to help jumpstart weight-loss. Kits by Wild Rose and Renew Life include a supplement regime along with lifestyle suggestions.

## **Powdered Green Supplements**

Powdered greens can be added to water and smoothies for improved overall health, digestive support and increased detoxification.

## **GLUCOsmart by Lorna Vanderhaeghe**

Shown to help manage blood sugar levels and reduce belly fat.

## **Protein Powder**

Whey and plant-based forms help to satiate, balance blood sugar and improve muscle growth.

## **Increase Fiber Intake**

Fiber found in chia and flax seeds help to satisfy hunger and improve digestion.



## 2. I want to manage my stress levels.

*Chronic stress can greatly affect your well-being and can even cause disease. Lifestyle changes are an important aspect of stress management along with supplementation and diet. Here are our suggestions to help you relax this year.*

### **Herbal Teas**

Choose teas that contain chamomile, valerian, lavender and lemon balm.

### **Aromatherapy**

Essential oils and diffusers can be utilized in your home and office. Lavender, chamomile, vanilla and frankincense are all beneficial when used for stress reduction.

### **Supplements**

Incorporating adaptogenic herbs like ashwagandha and rhodiola can improve the body's response to stress. Magnesium bisglycinate has also been shown to relax the mind and body.

### **Phone Applications**

Utilize free phone applications like Head Space, MindShift, Pacifica and Calm.





## 3. I want to eat healthier.

*You might be looking to eat healthier or perhaps have your family change their eating habits, either way we've got you covered.*

### **Choose Fermented Foods**

Fermented Foods and beverages like kimchi, kombucha, sauerkraut and miso all contain beneficial bacteria that improve digestive health and support the entire body.

### **Replace Refined Sugar**

Many studies have found that added sugar negatively affects our health. Try stevia, a natural zero-calorie sweetener available in liquid and granular forms.

### **Ditch the Soda**

Replace soda with Zevia, a carbonated drink made with stevia and is free from artificial colours and flavours.

### **Botanica Fish Oils**

Taking a daily fish oil supplement can help to improve memory and reduce inflammation. Fish oils by Botanica have a great texture and taste, making them perfect for both kids and adults.

### **High-Quality Multivitamin**

Avoid drug store multivitamins which can be difficult to absorb and contain questionable ingredients.

### **The Dirty Dozen + Clean Fifteen**

The Environmental Working Group has created a tool that helps you decide what fresh produce is better bought organic versus conventional.



## 4. I want increased energy levels.

*Life can be hectic and we can begin to feel rundown and lack the energy needed to do even the most basic tasks. We want you to feel energized and uplifted again.*

### **Maca Root**

This Peruvian root boosts energy, balances hormones and improves libido.

### **Greens+ Energy by Genuine Health**

Formulated with a caffeine source that won't result in an energy crash, making it a great alternative to coffee.

### **Adrenal Formulas**

Adrenal fatigue is a major contributor to reduced energy levels and abnormal sleep patterns. Supplements like Mega Foods Adrenal Strength, Botanica Adrenal Support and St. Francis Strest have been formulated to support the adrenal glands.

### **Melatonin**

Naturally produced in the brain, this hormone can be supplemented to help improve sleep patterns.

### **Non-Stimulating Caffeine**

Matcha tea and yerba mate are non-stimulating caffeine sources that contain antioxidants, vitamins and minerals.

### **Peppermint Oil**

Used in aromatherapy to boost energy, increase alertness and manage stress.





## 5. I want to become more environmentally conscious.

*We all need to do our part when it comes to environmental issues. We want to help you make small changes towards protecting our soil, water and climate.*

### **Mabu Cloths**

Try Mabu cloths instead of paper towels. They are reusable and resistant to bacteria and stains.

### **Natural Laundry Soap**

Avoid harsh chemicals, fragrances and sulfates found in conventional laundry soap. Try Nature Clean, Ecover, Seventh Generation or Method.

### **Biodegradability**

Did you know that most soaps and shampoos are not biodegradable? Try brands like Green Beaver, Saavy Naturals and Soap Works.

### **DIY Cleaning Products**

Try making your own cleaning products using essential oils, lemon, baking soda and vinegar.



## 6. I want to revamp my body care regime.

*Personal care products are manufactured with 10,500 unique chemical ingredients, many of which are harmful to our health. We've got a list of great natural alternatives that can replace chemical-laden options."*

### **Routine Cream**

An innovative natural deodorant cream made in Canada and designed to reduce scent causing bacteria.

### **Natural Makeup**

There are very few regulations and standards when it comes to the ingredients in makeup. Choosing product lines like Mineral Fusion and Pacifica will reduce your exposure to harmful ingredients.

### **Andalou Naturals Starter Kits**

You don't have to commit to full-sized products when transitioning to natural skin care. Andalou has created starter kits that allow you to find the best fit for less.

### **Coconut Oil and Shea Butter**

Great for use in hair and on the body with only a single ingredient.

### **Apple Cider Vinegar**

Makes a great skin toner (avoid the eyes) and hair conditioner.

### **Skin Deep by EWG**

A great website and phone application that helps to explain the ingredients in beauty care products as well as provide specific safety ratings.

