

VOLUME 01 • ISSUE NO.01

ETERNAL SUMMER

***THE HEALING POWER OF
PHYTONCIDES:***

Drink nature's wild air

COFFEE, THE AROMATIC ELIXIR:

The daily habit to savor

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The interconnectedness of the
gut-brain axis

OMEGA-3 FATTY ACIDS & MUSCLE:

Anabolic potential?



Welcome to the inaugural issue of Soul, a curated magazine that takes you on a journey of discovery.

In a world bustling with fleeting trends and momentary distractions, we invite you to pause, reflect, and embark on a thoughtful exploration of the topics that shape our lives.

In this fast-paced age, where information is abundant yet often fleeting, Soul stands as a beacon of depth and substance. My mission is to go beyond the surface, to dive headfirst into the realms of science, culture, philosophy, and human stories that resonate across time. Where the interconnectedness between the body, mind and environment are fully recognized.

With every issue, I aim to stimulate your intellect, ignite your curiosity, and spark meaningful conversations.

Soul isn't just a magazine; it's a celebration of intellectual curiosity. It's an invitation to uncover the extraordinary within the ordinary, to explore the intricate web of connections that make up our reality. From the microscopic wonders that shape our biology to the grand cosmic mysteries that challenge our understanding.

As you flip through these pages, prepare to be transported to places unknown and ideas unexplored. Let the words, images, and stories within kindle your imagination and expand your horizons. I'm thrilled to embark on this journey with you, and hope that Soul becomes a trusted companion in your quest for knowledge and enlightenment.

Thank you for joining me on this maiden voyage. Here's to uncovering the world's most profound secrets and sharing the thrill of discovery.

-Matt



**"AND THOSE WHO WERE
SEEN DANCING WERE
THOUGHT TO BE INSANE
BY THOSE WHO COULD
NOT HEAR THE MUSIC."**

-Friedrich Nietzsche

Drink The Wild Air

Have you ever noticed how spending time in nature leaves you feeling rejuvenated and at peace?

The answer lies in the mysterious power of phytoncides, natural compounds emitted by plants that hold incredible health benefits.

I call it "Environment Maxxing".

Phytoncides, derived from the Greek words "phyton" (plant) and "cide" (kill), are volatile organic compounds released by plants into the environment. These aromatic substances play a significant role in plant defense mechanisms, protecting them from pathogens and pests. However, humans can also benefit from their presence in the air we breathe.

Harnessing the Benefits of Phytoncides:

- **Stress Reduction:** Inhaling phytoncide-rich air has been proven to lower cortisol levels, reduce sympathetic nervous system activity, and induce relaxation. The natural aromatherapy provided by phytoncides can alleviate stress and anxiety, promoting a calm state of mind. Spending time in natural environments, such as forests or parks, allows us to breathe in the therapeutic phytoncides, providing an escape from the demands of daily life.
- **Immune System Boost:** Phytoncides possess antimicrobial properties, effectively inhibiting the growth of bacteria and fungi. By strengthening the immune system, these compounds may help ward off infections and promote overall health. Research suggests that exposure to phytoncides can enhance natural killer cell activity, which plays a vital role in the body's defense against pathogens.

- **Anti-inflammatory Effects:** Many phytoncides exhibit anti-inflammatory properties, reducing inflammation in the body. This makes them beneficial for managing conditions such as asthma or arthritis, where inflammation plays a significant role. Inhaling phytoncide-rich air can help calm inflammation, alleviate symptoms, and support overall wellness.
- **Mood Enhancement:** Nature has a profound impact on our mood, and phytoncides play a crucial role in this phenomenon. Being immersed in environments rich in phytoncides, such as forests, has been associated with improved mood, increased vitality, and a heightened sense of well-being. Spending time in nature can help reduce feelings of depression, boost self-esteem, and foster a sense of connection with the natural world.

FOREST BATHING

also known as Shinrin-yoku, is a practice originating from Japan that involves immersing oneself in a forest environment to reap the benefits of phytoncides. By inhaling the air saturated with these therapeutic compounds, one can experience reduced stress, improved mood, and enhanced overall health. Forest bathing has gained recognition worldwide as a powerful technique for revitalization and connection with nature. It offers an opportunity to disconnect from the digital world, engage the senses, and restore harmony within ourselves.

Nature's pharmacy holds many hidden treasures, and phytoncides are undoubtedly among the most remarkable. These plant-emitted compounds offer a plethora of benefits, including stress reduction, immune system enhancement, anti-inflammatory effects, and mood enhancement.

Incorporating time in natural environments, such as forests or gardens, allows us to tap into the healing power of phytoncides, fostering a profound connection with nature and promoting our overall well-being. So, the next time you find yourself seeking solace, remember to step outside, breathe in the fresh air, and let the phytoncides work their magic. Your body and mind will thank you for it.



Reconnect With Real

TRUST YOUR GUT FEELING

The human body is a complex ecosystem, where different systems and organs work together in harmony. Externally applied creams and lotions are typically the main focus in skincare, however there is a fascinating relationship between the gut microbiome and various aspects of human health, including skin health.

The gut microbiome, the community of microorganisms residing in our gastrointestinal tract, has been found to influence our skin's well-being through a bidirectional communication pathway known as the gut-skin axis. Let's delve into the scientific intricacies of how gut microbiome health can impact skin health.

The gut and skin are interconnected through a remarkable communication network called the gut-skin axis. This bidirectional pathway enables the gut microbiome to communicate with the skin and vice versa. Through immune responses, neural pathways, and the production of specific metabolites, the gut microbiome influences various aspects of skin health.

One of the critical ways in which the gut microbiome affects skin health is by modulating inflammation. Imbalances or dysbiosis in the gut microbiome can trigger chronic inflammation, a low-grade systemic inflammation that contributes to skin conditions like acne, eczema, psoriasis, and rosacea. The inflammatory response can manifest in the skin as redness, swelling, and irritation. Addressing gut microbiome imbalances can potentially alleviate these inflammatory skin conditions and promote healthier skin.

Enables the gut microbiome to communicate with the skin

The gut plays a pivotal role in educating and modulating our immune system. It helps train the immune system to differentiate between harmful pathogens and harmless substances. A healthy and balanced gut microbiome promotes a well-regulated immune response, preventing excessive inflammation and immune-mediated skin conditions. Additionally, the gut microbiome produces antimicrobial peptides that can directly inhibit the growth of certain pathogenic bacteria on the skin, helping to maintain a healthy microbial balance.

The gut microbiome is intricately involved in the breakdown and absorption of nutrients from our diet. It produces enzymes that assist in digesting complex carbohydrates, fibers, and other indigestible compounds. Disruptions in the gut microbiome can impair nutrient absorption, leading to deficiencies in key nutrients such as vitamins, minerals, and fatty acids. These deficiencies can negatively impact skin health, contributing to conditions like dry skin or impaired wound healing. Ensuring a diverse and balanced gut microbiome can help optimize nutrient absorption and support healthy skin.

Disruptions in the gut microbiome can impair nutrient absorption

Dysbiosis in the gut microbiome can disrupt hormone regulation, potentially impacting skin health. For example, certain bacteria in the gut can produce an enzyme called beta-glucuronidase, which can influence estrogen metabolism and contribute to hormonal imbalances. Maintaining a healthy gut microbiome through proper diet and lifestyle choices may help support hormonal balance and improve skin health.

Your gut's influence extends to the central nervous system through the gut-brain axis, a bidirectional communication pathway between the gut and the brain. This communication can affect stress responses, mood, and behavior, all of which can impact skin health. Stress and psychological factors have been linked to skin conditions like acne, eczema, and psoriasis. Nurturing a healthy gut microbiome can contribute to improved mental well-being and potentially healthier skin. Practices such as stress reduction, regular exercise, and sufficient sleep can help promote a balanced gut microbiome and support overall skin health.

Nurturing a healthy gut microbiome through a nutrient rich diet, actively supporting a positive mental state and a healthy lifestyle can potentially promote a well-balanced gut-skin axis and contribute to healthier skin.

While more research is needed to fully understand the intricacies of this relationship, taking steps to support gut microbiome health is a promising approach for maintaining and improving skin health.

Reconnect with real.

The Aromatic Elixir

Coffee, the aromatic elixir that graces our mornings and energizes our afternoons.

There is almost nothing more satisfying than a morning coffee ritual. Grinding of beans, filtering water, the bubbling of perfectly tempered water. There is almost no replacement that jumpstarts our cognitive abilities and enhances the soul.

Coffee, far from being merely a satisfying beverage, stands tall as a significant source of antioxidants in the Western diet. Antioxidants play a vital role in neutralizing harmful free radicals and safeguarding the body against oxidative stress and chronic inflammation, both of which contribute to the development of various diseases. Coffee is particularly abundant in chlorogenic acid and polyphenols, two potent antioxidants renowned for their health-promoting properties. These compounds have been linked to a reduced risk of numerous conditions, including age-related cognitive decline.

Moreover, the antioxidant activity of coffee has been found to be superior to that of many fruits and vegetables, further solidifying its status as a beverage brimming with wellness-enhancing potential.

At the heart of coffee's brain-boosting prowess lies caffeine, a natural stimulant found abundantly in coffee beans. Caffeine's primary mechanism of action involves blocking adenosine receptors in the brain, thereby reducing fatigue and promoting wakefulness. Additionally, caffeine stimulates the release of neurotransmitters like dopamine and norepinephrine, which play pivotal roles in enhancing mood, memory, and cognitive function. A myriad of scientific studies has corroborated the positive impact of caffeine on attention, reaction time, information processing, and overall mental performance.

Coffee is much more than a morning indulgence or a social beverage. Its consumption in moderation can offer an array of potential health benefits that span both mind and body.

ANABOLIC OMEGA-3'S

Omega-3 fatty acids are essential nutrients that are known for their numerous health benefits. They are commonly found in fatty fish, nuts, and seeds. A recent study (PMC6742725) has shown that omega-3 fatty acids may have anabolic potential, which means they could promote muscle growth and maintenance.

The study aimed to determine the effect of nutrition and hormone therapy on lean body mass, muscle strength, fatigue, quality of life, muscle protein synthesis, and other factors. It also examined the interaction between mitochondria, omega-3 fatty acids, and rates of muscle protein synthesis in skeletal muscle.

They found that omega-3 fatty acids may have anabolic potential and could promote muscle growth, maintenance, and may also improve muscle health in various contexts such as counteracting muscle atrophy, and promoting recovery.

This is an amazing study that opens the doors to completely new areas of impact for omega-3's as this nutrient is often associated with inflammation, cardiovascular and brain health.

Omega-3 fatty acids may have anabolic potential





Curation of The Month

Things I like, use and connect with

Body

No BS toothpaste tablets
<https://betterbiom.com>

Peppermint pure-castile liquid soap
<https://www.drbronner.com>

Real food endurance gel's
<https://myspringenergy.com>

Basic everyday electrolytes
<https://redmond.life/products/re-lyte-hydration>

Mind

Hagakure
The Secret Wisdom of The Samurai:
by Yamamoto Tsunetomo

Environment

Have your home smelling like the 1400's
<https://www.wholefoodsmarket.com/product/whole-foods-market-defend-essential-oil-blend-05-fl-oz-b07pt6748k>

Get Back To You

SOUL