

# WAY OF health

SUMMER 2023

## BOOST ENERGY *Naturally!*

WHAT'S INSIDE

**FULL-SPECTRUM  
VISION** COMFORT,  
PERFORMANCE & HEALTH

**NATURAL  
HEALTH TIPS**  
FOR SUMMER

**THE POWER OF  
PRAYER**

**HEALTHY  
RECIPES**

HOMEMADE  
ELECTROLYTE  
LEMONADE

BANANA  
NICE CREAM

➤ **AYURVEDIC HERBS & LIFESTYLE TIPS**

# WELCOME TO THE FAMILY ...



A multivitamin's purpose is to provide nutrients you need but don't get enough of from foods. Yes, that includes vitamins and minerals. But, you also need phytochemicals.

Phytochemicals are factors that exist only in plants. They're why doctors say we need five to nine servings of fruits and veggies per day.

Unfortunately, only 1 in every 10 Americans eat even close to that amount. And those who do, still miss some of

the most profound phytochemicals, because they're found only in the world's great superfoods, superior herbs and adaptogens.

Put simply, a multivitamin can't do its job without a strong blend of these plants.

Our One 'n' Only™ family provides more of these foods and herbs than any other one-a-day multivitamin. Because of that, you'll feel not just better, but also more energetic, relaxed and focused.\* We guarantee it!

**IF YOU USE A ONE-DAILY, MAKE IT COUNT.  
MAKE IT ONE 'N' ONLY™.**



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# DON'T BE SO SNOTTY!

Sometimes, your immune system gets confused, seeing harmless proteins as dangerous invaders. To fight them, it sends out histamines, triggering sneezes, sniffles, rashes or red, itchy eyes.\*

But these things don't have to make you miserable.

Because now, there's AllerFree™.\*

AllerFree™ combines powerful enzymes with quercetin, burdock root and stinging nettle leaf to support a more comfortable, nondrowsy immune response.\*

**For seasonal changes or year-round support, you'll be thrilled with**

**AllerFree™.\* As with all Pure Essence products, it's guaranteed to your complete satisfaction.**



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# STEP UP YOUR IMMUNE SYSTEM

Because bacteria and viruses never take a day off, you're constantly under attack. To stay healthy, you have to win every battle, every day.

Obviously, that's impossible. But, you can improve your odds — with IMMUNIN-6™!\*

Elderberry is famous for supporting a healthy immune response. Andrographis is less known in the

West but is an absolute superstar of immune support in the Ayurvedic tradition.

IMMUNIN-6™ combines the world's most potent elderberry and Andrographis extracts with vitamin C, vitamin D3, zinc and selenium to create an exquisite immune support system.\*

**IMMUNIN-6™ — for a fighting chance.**



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Jery with his family —  
Fellipe, Margareth,  
Katherine, Marianna,  
Elizabeth, Jery  
and Gabe

Summer is here! What a great time to be alive, with gratitude in our hearts for all the beauty that surrounds us this season. In this *Way of Health* issue, we've got some great natural health tips to help you enjoy the summer while feeling your absolute best!

Whatever summertime activities you like to pursue, you'll need energy to make the most of them. If you're feeling low on fuel and want to try something different from coffee, check out our Boost Energy Naturally feature on Page 30. We share some great tips on the foods that can boost cell energy and herbs that boost and balance vital life forces, producing a clean, healthy power surge you can feel!

Since sharp and healthy vision helps us enjoy this season too, we have an in-depth vision nutrition feature on Page 14 to help your eyes stay comfortable, healthy and hydrated this summer.

Speaking of hydration, Page 11 explains (finally!) what electrolytes are and why we need them for health. We also share a deliciously refreshing and hydrating Homemade Electrolyte Lemonade recipe. And, of course, staying hydrated is among one of our many helpful Summer Health Tips on Page 22. Don't forget to check out our banana-based Nice Cream recipe on page 28, it's quite the indulgent treat!

We delve into the remarkable similarities between Ayurveda and Traditional Chinese Medicine (TCM) on Page 40 and how each of them can make profound contributions to your overall wellness. And on Page 45, our Self-Care department details Ayurvedic lifestyle practices that help you maintain a healthy balance.

And, finally, science catches up to faith in this issue, as we explore some of the research-backed benefits behind the Power of Prayer in our Holistic Healing department on Page 49.

Ready to get healthy and feel great inside and out? Just turn the page!

JERY COCHERN  
PUBLISHER

“We delve into the remarkable similarities between Ayurveda and Traditional Chinese Medicine (TCM) on Page 40.”

We've got your natural health news right here! Read on for the latest on this summer's red-hot natural health trends.

# GEAR UP FOR GUMMIES

Have you noticed that gummy supplements are everywhere these days? According to a March 2023 market research report, **the global gummy vitamin market size was valued at \$3.6 billion in 2022 and is expected to reach \$5.5 billion by 2028.**<sup>1</sup> The gummy vitamin market is projected to see big innovations in coming months that overcome some long-standing gummy challenges, such as their use of sugars and gelatin (animal product), as well as their potency limitations. Keep your eyes on health food store shelves for next-generation gummies that take this appealing supplement format to a whole new level of cleanliness, taste and effectiveness.

## YOU NEED KELP!

Have you heard that kelp is this summer's trendy superfood? A type of brown seaweed that thrives near the coast, kelp is fast-growing, doesn't require watering or fertilizers, yet **provides vitamins, omega-3 fatty acids, fiber and minerals like potassium, magnesium and iron.** Kelp is also a noted source of iodine that is used to support thyroid health.<sup>4</sup> In other words, Kelp is an appealing superfood choice for eco-friendly, clean-lifestyle, health-conscious consumers. Functional foods with kelp are now appearing on

health food store shelves, serving up the versatile seaweed and all its wholesome goodness in snack chips, sauces, plant-based burgers and more.



## CHEERS TO ADAPTOGEN MOCKTAILS

Wouldn't an alcohol-free summer be refreshing? Adaptogen drinks are a red-hot trend that many people are picking up when they put down alcoholic beverages. Adaptogens are herbs that enhance mind-body performance, boost stress resistance, and keep our bodies in healthy balance.<sup>5</sup> Health-conscious consumers are attracted to drinks that contain **beneficial phytochemicals** that also produce a pleasant, relaxed state of mind, or support some other aspect of health and well-being. Look for adaptogen drinks supplying **ashwagandha, ginseng, astragalus, reishi mushrooms** and others in ready-to-drink cans, cartons and powder mix forms at your local health food store.



## PROTECT SKIN FROM WITHIN

Lutein and zeaxanthin are phytochemicals known as "internal sunglasses" that protect the eyes from the sun's ultraviolet (UV) rays. As it turns out, lutein may work as "internal sunscreen" to help protect the skin, too. Researchers suggest lutein and zeaxanthin may help filter the short-wavelength visible light that can cause photodamage to the skin, protecting against



sun-induced photoaging and related health concerns.<sup>2</sup> Due to their antioxidant potency and tendency to settle in skin, lutein and zeaxanthin are also suggested to promote skin hydration, elasticity and tone.<sup>3</sup> If you're in the summer sun, slather on that sunblock and **consider lutein and zeaxanthin from leafy greens and supplements for extra skin support.**

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# PUT NIGHTLY BATHROOM TRIPS TO BED

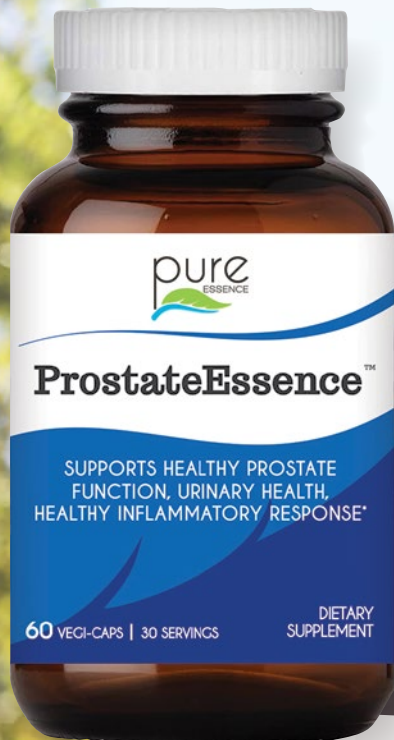
If you wake at night with the need to “go,” you’re in good company. Half of men aged 51 to 60 — even more over 60 — are right there with you.

But, you can get off the merry-go-round.

In clinical studies, 60 to 180 mg per day of beta-sitosterol increased urinary flow, decreased residual bladder volume and improved International Prostate Symptom Scores (IPPS).\*

ProstateEssence™ delivers 180 mg of beta-sitosterol, plus vitamin D3, zinc, selenium, trace minerals and herbs used for prostate support by holistic health systems.\*

So, cut down — way down — on those nightly curtain calls. **Get the most complete prostate support ever with ProstateEssence™!**\*



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# CALMING, RELAXING, ANTI-STRESS\* ... DELICIOUS IONIC MAGNESIUM

Magnesium is vital for 700 body functions. Yet, few of us get enough from food. To get more, millions use magnesium supplements. And, if you use a supplement, ionic magnesium is your best bet.

Ionic-Fizz™ Magnesium Plus™ delivers 300 mg of magnesium per serving — with 13 other

nutrients to help it work better. It comes in three delicious flavors — 100% natural and sugar free.

And, yes, they actually taste good!

For the most calming, soothing, natural stress support possible, don't get plain old magnesium by itself.\* **Hire the whole magnesium team with Ionic-Fizz™ Magnesium Plus™.**



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# ELECTROLYTES

by P.J.S. DOUGHERTY

**If you've ever used the word "electrolytes" without truly understanding its meaning, then this article is for you. Let's clear any confusion right away: Electrolytes are charged minerals that play a crucial role in keeping us happy, healthy and functioning at our best.**

Electrolyte minerals carry electric charges. They are the reason that saltwater conducts electricity much more efficiently than freshwater.<sup>1</sup> In the human body, electrolytes conduct electricity across practically all cells in all tissues, as well as in blood and body fluids.

Electrolytes' all-important role in electrical conductivity enables the nervous-system signaling that powers and coordinates muscles and mind.<sup>2</sup> Electrolytes also maintain the body's hydration level and pH balance, as well as moving nutrients and wastes in and out of cells.<sup>3</sup>

Maintaining electrolyte balance — levels not too high, nor too low — is key for healthy function. Excessive electrolytes lead to overhydration. Far more commonly, low electrolyte levels lead to dehydration. Electrolytes can become depleted by vomiting, diarrhea and drinking too much or too little water. Sweating in hot climates and during exertion, especially endurance exercise, is also associated with electrolyte depletion.<sup>4</sup>

Low electrolyte levels may be accompanied by a range of uncomfortable dehydration symptoms: fatigue, muscle cramps, dizziness, irregular heartbeat and reduced performance. If you're in the middle of a sweaty workout, electrolyte depletion may feel like a "crash." In extreme cases caused by excessive sweating or drinking too much water, electrolyte imbalance may require a trip to the emergency room, where doctors replenish electrolytes via IV.



Electrolytes are also restored with foods, drinks and supplements. If you're engaged in any intense, prolonged activity that has you sweating, be mindful of your body's increased need for electrolytes. Replenishing electrolytes before, during and after exercise or exertion can help to sustain energy levels, reduce fatigue and muscle cramps and improve performance overall.

## Electrolyte options

The most important electrolytes are sodium, potassium, calcium, magnesium, chloride, phosphate (a type of phosphorus) and bicarbonate. Each contributes its own vital roles in supporting the body's nervous system, muscles and general wellness.

Mineral electrolytes are found in fruits like bananas and melons, leafy greens like spinach and kale, dairy products, beans, lentils, nuts and seeds. Always opt for organic versions of these foods if possible, as some

have been shown to have higher levels of the electrolytes magnesium and phosphorus.<sup>5</sup>

Sports drinks are another popular option, but they are not always complete. Some electrolytes, such as sodium and potassium, are practically always found in sports drinks; while others like calcium and magnesium are more readily found in foods and supplements.

Sports drinks are effective for rehydration, but they often contain artificial flavors, colors and sweeteners that you may be trying to avoid. Coconut water is a natural electrolyte-rich alternative: It supplies sodium, potassium, magnesium and calcium, and is an excellent research-backed beverage for whole-body rehydration after exercise.<sup>6</sup>

If you prefer to replenish your electrolytes with powder mixes or capsules, look for supplements that use ionic mineral electrolytes: They are absorbed more efficiently and arrive in your bloodstream in a physiologically active form that the body can use right away.

The homemade electrolyte drink recipe at the end of this article is another option for restoring your electrolyte levels and supporting optimal hydration. It is cost-effective, supplies a more complete range of electrolytes than standard sports drinks and also includes vitamin D, which has been shown to enhance the absorption of some electrolytes.<sup>7</sup>

## Conclusion

Electrolytes' importance goes far beyond simply keeping us hydrated during workouts and hot weather. Without them, performance declines while health risks rise. Maintaining electrolytes is relatively easy, however.

Start with a healthy diet of organic foods that are rich with minerals. To fill in any nutrient gaps, consider taking a high-quality multivitamin that supplies a wide range of mineral electrolytes. And finally, in cases of high-intensity exercise or exertion in oppressive heat, be sure to replenish electrolytes before, during and after activity — for the sake of your performance and your overall wellness. ■



## Homemade Lemonade Electrolyte Drink

**Total Time:** 5 minutes  
**Makes 5 Servings**

Rehydrate with this tasty electrolyte drink that is low in sugar! It's perfect for athletes, those who work in the heat and humidity and anyone else seeking electrolyte support this summer. Each serving supplies sodium, magnesium, calcium and potassium from nature's best sources, plus advanced high-absorption ionized mineral forms. Just 3 grams of net carbs per serving.

### INGREDIENTS

- 1 ½ cups coconut water
- 3 cups cold water
- ½ cup lemon juice
- 1 teaspoon cream of tartar
- ⅛ teaspoon Himalayan pink salt
- 2 scoops Ionic-Fizz™ Magnesium Plus™

### INSTRUCTIONS

Place everything in a jug and stir until well combined and no crystals appear on the bottom. Add some ice cubes if desired and enjoy! Store in the refrigerator until ready to use. Will last up to four days.

*\*Buy all organic ingredients if possible*

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# THE CHEF'S SALAD OF SUPPLEMENTS

If a little is all you need, LifeEssence™ is not for you.

LifeEssence™ has more vitamins. More superfoods. More herbal extracts. More co-nutrients. More everything.

And, those men's and women's formulas with just a bit more zinc or a tad more calcium? Not LifeEssence™! Instead, you get complete nutrient packages to support prostate health, hormone balance and more.\*

If your diet is less than ideal, make your multivitamin count.

**LifeEssence™ — like a meal in a bottle!\***



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➤ **Clear blue skies. Daisy-dotted meadows. Dazzling rainbows. A vibrant spectrum of flowers, fruits and vegetables. Summer's spectacle is a sight to behold, but vision problems can spoil the show. Look to wholesome organic foods and supplements for nutrients that can enhance your eye comfort, performance and health this summer.**



PHOTOS BY ISTOCK / GETTY IMAGES PLUS: BICHOLO\_KARO (LEFT), LOVEISCHIANGRAI (RIGHT)



FULL-SPECTRUM  
**VISION**  
NUTRITION

by MEGAN MOORE

# LION'S MANE: THE MIND MUSHROOM

Want a brain boost? Lion's mane is treasured for supporting cognizance, memory, clarity, focus and mood. It also supports a healthy immune response.\*

But with a jillion choices out there, which lion's mane should you use?

The answer is MyPure™ Lion's Mane 4X. Made from 1:1 and 8:1 extracts of 100% organic, non-GMO, lion's mane fruiting bodies, it's the strongest lion's mane formula you'll find. Yet, it costs only slightly more.

**Try MyPure™ Lion's Mane 4X — the smartest mushrooms ever.\***



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## VISION COMFORT

Itchy, watery, stinging eyes. Most people have experienced these dry eye symptoms from time to time. Dry eye *syndrome*, which affects 20 million Americans, is more serious.<sup>1</sup> It results when there is not enough tear film to adequately cover, coat and protect the eye's transparent outer layer. As a result, familiar dry eye symptoms become more frequent and severe, potentially leading to temporary vision impairment.

Dry eye is often attributed to inflammation, but environmental conditions can also be part of the problem.<sup>2</sup> In the summer, for example, air conditioning or fans, particularly when directed at your face for extended periods of time, can accelerate the evaporation of tear film. In the winter, indoor heating systems and cold outdoor winds can do the same. Hormonal changes, allergies and a lack of blinking when staring at screens may also result in dry eyes.

So how can you soothe your dry, irritated eyes naturally? One option: Start in your kitchen with omega-3 fatty acids like DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). Studies have suggested that these essential fatty acids have inflammation-modulating properties that may help with multiple health concerns throughout the body, including dry eyes.<sup>3</sup>

Increasing intake of omega-3s can make a big difference in helping your body produce better quality tears. Omega-3s are found in fatty cold-water fish like salmon, tuna, herring, sardines and mackerel, as well as in plant sources like flaxseed, chia seed, walnuts and borage oil. Look for quality organic sources of these foods for the highest omega-3 levels and healthiest DHA:EPA ratios.

## VISION PERFORMANCE

From pickleball to golf, fishing to photography, vision performance helps you maximize your summertime fun. It's equally important for many occupations. Drivers, for example, may struggle with vision performance due to blinding headlights and sun glare. Meanwhile, computer workers may suffer eye strain and visual fatigue after long days staring at screens.

Those seeking relief from light sensitivity, glare, visual fatigue, or other performance-limiting vision problems can find help in their local health food store. The produce section's colorful fruits and vegetables are loaded with vision-enhancing phytochemicals, while the supplement section supplies phytochemicals from traditional eye-health herbs.

Lutein and its sister compound zeaxanthin may be the two most research-backed phytochemicals for many aspects of eye health and function. For performance, specifically, they have been suggested to enhance eyesight under the effects of glare, as well as helping the eyes to recover vision faster after being exposed to bright light, such as car headlights.<sup>4,5</sup> Look for lutein and zeaxanthin in organic leafy greens such as spinach and collard greens, as well as in well-designed eye supplements, where it is often sourced from marigold flowers.





Brightly colored fruits, berries and veggies contain antioxidant phytochemicals called carotenoids that further protect the macula.

Extracted from black currants, C3G (Cyanidin-3-glucoside) is another phytochemical associated with vision performance benefits. C3G appears to improve contrast sensitivity, helping you distinguish between subtle shades of light and dark.<sup>6</sup> This can be advantageous in sports and recreational activities, such as tracking a golf ball against a bright sky. With C3G, the eyes may also recover more efficiently from vision fatigue and eye discomfort arising from computer use.<sup>7</sup>

Astaxanthin is an antioxidant increasingly used to support eye health. A pigment compound, it is responsible for the bold pinkish-red color of salmon, shrimp and krill. Research has shown astaxanthin may help enhance blood flow to the retina, which may enable the compound to help minimize visual fatigue.<sup>8,9</sup> Astaxanthin is available in supplements, including vegan-friendly forms sourced from red algae.



RED ALGAE

## VISION HEALTH

The macula is a spot in the back of the eye's retina responsible for clear central vision. In macular degeneration, one of today's most prevalent vision problems in adults over age 55, the macula deteriorates over time due to aging, UV rays, genetics and unhealthy lifestyle practices. As eye cells become damaged, the hallmark symptom of macular degeneration emerges: blurred central vision.<sup>10</sup> If macular health is a concern, you can take steps now to keep your eyes healthy.

The most direct way to support your long-range macular health? Start taking a multivitamin, if you aren't taking one already. The National Eye Institute's Age-Related Eye Disease Study (AREDS) found that supplementing your diet with high levels of zinc and carotenoid antioxidants, such as beta-carotene, Vitamin C and Vitamin E, may reduce the risk of macula-related vision loss by 25%.<sup>11</sup> Vitamin D supplementation may also be advisable; researchers suggest the odds of macular problems are highest in people who are vitamin D deficient.<sup>12</sup>

Brightly colored fruits, berries and veggies contain antioxidant phytochemicals called carotenoids that further protect the macula. Among the vast network of carotenoids, lutein and zeaxanthin are the two most specialized for eye health: They naturally migrate to the retina, where they settle. Here, they help to restore the macular pigment — a protective layer that shields the retina.<sup>13</sup>

Due to these protective bioactivities, lutein and zeaxanthin have been suggested as "internal sunglasses" that can help to shield eyes from the summer sun's macula-damaging UV rays.

# "TODAY, I OPENED TWO GIFTS ... THEY WERE MY EYES."

Eleven million Americans suffer from age-related macular degeneration. This number is expected to double by 2050.

While 6 to 20 mg of lutein and zeaxanthin can support healthy macula and vision, the American diet provides only 1 to 3 mg.

Fortunately, supplements can help. And, VisionEssence™ delivers the most complete vision support you'll find anywhere.\*

Beyond 24 mg of lutein and zeaxanthin, it delivers 4 mg of astaxanthin, plus quercetin, L-taurine, ALA, L-carnosine and several vision-supporting herbs.\*

**Your eyes are vastly complex. But, caring for them isn't. Give them all they deserve with VisionEssence™.**



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**FIRE UP YOUR COGNITION AND VISION** to see how quickly you can find the penguin in this beach scene!

## CONCLUSION

Vision nutrition from your health food store's produce and supplement sections is just one way to keep your eyesight sharp, healthy and comfortable this summer. Lifestyle choices can help, too.

Exercise may help the eyes: In one study, running for two or more kilometers per day reduced risk of macular problems by 36%, while running more than eight kilometers per day reduced risk by 54%.<sup>14</sup> Exercising regularly can also help with two other risk factors for macular issues: excess weight and diabetes.

In terms of dietary changes, avoid junk foods to preserve vision. According to the Archives of Ophthalmology, highly processed snack foods with unhealthy fats are associated with vision problems. Consume eye-healthy fruits, vegetables and fish instead.

Finally, remember that the sun's light not only damages the eye's lens and leads to clouding, but can penetrate all the way through the eye to damage the macula. Phytochemicals like lutein and zeaxanthin can protect the macula from the inside, but it is still advisable to take smart steps to protect eyes externally, especially during summer months, by wearing polarized sunglasses and a wide-brimmed hat. ■

# Can you FIND THE PENGUIN?

**"FIND IT" PUZZLES LIKE THE ABOVE DEMONSTRATE VISUAL SEARCH: A PROCESS THAT COMBINES ATTENTION WITH QUICK-SCANNING EYE MOVEMENTS TO LOCATE A SPECIFIC OBJECT OR TARGET.**

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# STRESS RECOVERY AND ADRENAL SUPPORT

While chronic stress can wreck your health, the modern world keeps pouring it on. If you can't avoid it, you need to recover from it ASAP.

The best stress recovery tools are adaptogens. And, AdrenalStability™ provides the equivalent of over 20,000 mg of these amazing herbs — four times more than similar products.\*

With AdrenalStability™, you'll feel a difference in days. More energy. Better sleep. Sharper focus. Greater calm. On top of profound adrenal support.\*

***You can't stop stress. But, you can manage it. With the adaptogens in AdrenalStability™.\****



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SUMMERTIME INVITES US TO ENJOY GOLDEN SUNSHINE, BUT THE SEASON IS NOT WITHOUT ITS UNIQUE HEALTH RISKS AND CHALLENGES. WITH THE FOLLOWING SUMMER TIPS IN MIND, YOU CAN MAXIMIZE YOUR FUN IN THE SUN WHILE STAYING HEALTHY AND SAFE.

# SUMMER HEALTH

by LEIGH SALAZAR

## Tips

### RESPECT THE SUN

Reduce your sun-related health risks and environmental impact at the same time by choosing reef-friendly sunblock. Bring a beach umbrella to provide cooling shade. And make sure to protect your eyes by wearing polarized sunglasses with UV protection, which can also help you see better in the glaring sun and on the water.<sup>1</sup> If you love wearing essential oils, be mindful of which oils you apply during the day. Some oils, including citrus like bergamot and bitter orange, can cause you to burn faster.



PHOTOS BY ISTOCK / GETTY IMAGES PLUS: RIDOFRANZ (MOTHER AND DAUGHTER); DABOOST (UMBRELLA)

# VITAMIN C... NATURE'S WAY

In foods, vitamin C is not just ascorbic acid. It's ascorbic acid surrounded by rutin, factor F, factor P and other compounds.

Countless health experts believe whole vitamin C is healthier than ascorbic acid alone.

Now, you can get just that with Whole-C™.

Camu-camu is a berry that grows deep in the Amazon rainforest. Whole-C™ delivers 120 mg of whole food vitamin C from this berry, with another 500 mg of supporting fruits and sprouts, as well as absorption enhancing BioPerine®.

**Whole-C™. Pure. Natural. Holistic. The way you want it.**



*Harvesting Camu-camu supports indigenous peoples and protects the rainforest.*



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*Wear a wide-brimmed, breathable straw hat to shade the face and block the sun. ▼*

## ALWAYS BE HYDRATED

Summer heat causes us to sweat more, which increases risk of dehydration. One of the most important, and easiest, summer health tips is to stay hydrated by drinking enough water. Adding a pinch of natural salt and a squeeze of lemon juice can help the body absorb water more efficiently. Drinking coconut water supplies added nutrients, electrolytes and beneficial sugars that can protect heart health, encourage hydration and help the body recover after exercise.<sup>2</sup> Try our Homemade Electrolyte Lemonade recipe on Page 12 for a refreshing, mildly effervescent hydrating drink.



▼  
*Adding a pinch of natural salt and a squeeze of lemon juice can help the body absorb water more efficiently*

## EAT PHYTOCHEMICAL-RICH FRUITS

Colorful fruits, especially red, orange and blue, contain phytochemicals that support healthy aging, immune function, heart health and more. Cherries, blueberries and grapes contain powerful antioxidant anthocyanins that combat free radicals from sunlight, environmental pollution and inflammatory substances. Grapefruit, watermelon, red oranges and tomatoes contain high amounts of lycopene, which can protect cells from sun damage.<sup>3</sup> And buying organic, locally sourced produce ensures you get fewer toxins and more nutritional bang for your buck. For added mental, physical and nutritional benefits, grow your own produce at home.

➔  
**WATERMELON CONTAINS HIGH AMOUNTS OF LYCOPENE, WHICH CAN PROTECT CELLS FROM SUN DAMAGE**



## DRESS COOL, STAY COOLER

People often think wearing less clothing keeps them cool, but that couldn't be more wrong. Secret summer health tip: Wearing loose-fitting, light-colored clothing that covers the body will keep harsh UV rays from burning the skin and sapping moisture from internal organs. It helps regulate body temperature, so you stay cooler on hot, sunny days. Wear a wide-brimmed, breathable straw hat to shade the face and block the sun. Avoid overexertion on hot days and find shade or air-conditioning if you start feeling faint or weak. Carry a spray bottle with ice water or a portable fan with a mister to cool down on long walks.



**SUPPORT HEART HEALTH BY EATING PLENTY OF NUTRITIOUS GREENS AND CRUCIFEROUS VEGGIES**

## MAKE SUMMER HEART HEALTHY

Summer rules heart function and circulation in Traditional Chinese Medicine (TCM).<sup>4</sup> Support heart health by eating plenty of nutritious greens and cruciferous veggies. Cooling foods like fish, watercress, pears, watermelon, pineapple, dill, and mint will help regulate body temperature. Toss spinach with cucumber and tomato for a heart-healthy summer salad. If you crave a sweet treat, yogurt topped with berries makes a perfect, light summertime snack. Chrysanthemum and green teas, which can be enjoyed iced in the summer, are prized in TCM for helping with heart trouble and blood pressure.

## PRACTICE PICNIC FOOD SAFETY

Popular picnic foods often contain temperature-sensitive ingredients and condiments like chicken, eggs, mayonnaise, tuna and lunch meat. Others, like cheese and salads, may taste less pleasant when exposed to warm summer air for too long. Use a cooler filled with ice to keep foods that could become contaminated cold. Include proteins, carbs and fats for a healthy, balanced meal. Pack foods in tightly closed containers to avoid cross-contamination. For the best flavor, make sandwiches fresh on-site and keep spreads and fixings on ice to prevent spoiling.



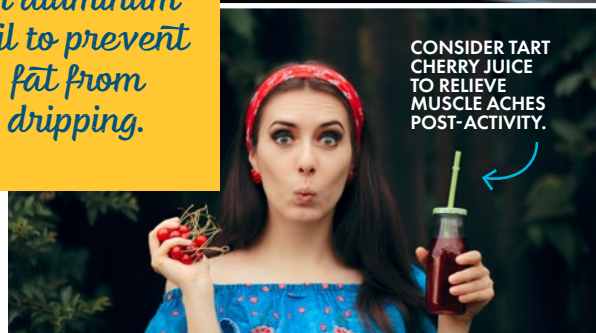
▲ *Use a cooler filled with ice to keep foods that could become contaminated cold.*

## GRILL HEALTHIER

Grilling is a favorite summer pastime. But cooking meat at high temperatures can lead to the formation of heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), carcinogenic chemicals that occur as reactions in muscle meats under high heat or when fat drips on coals below and enters food as smoke.<sup>5</sup> To reduce your risk, avoid blackening meats. Put meat on a grill mat or aluminum foil to prevent fat from dripping. Mild, buttery-tasting avocado oil is the best healthy oil for grilling, with a high smoke point of 520 F. Finally, use nonchemical, natural grill cleaners to clean grill racks.



▶ *Put meat on a grill mat or aluminum foil to prevent fat from dripping.*



**CONSIDER TART CHERRY JUICE TO RELIEVE MUSCLE ACHES POST-ACTIVITY.**

## PROTECT MUSCLES & JOINTS

Many people are more active in the summertime. But diving back into action without taking precautions can cramp summertime activities. Stretching can help by supporting joint movement, decreasing injury risk, increasing flexibility and boosting physical performance.<sup>6</sup> Mix in a serving of healthy protein before or after physical exertion to support muscles and help you stay limber. And consider tart cherry juice to relieve muscle aches post-activity. Glucosamine and chondroitin supplements may help protect cartilage and help with mobility, especially for people with joint discomfort.<sup>7</sup>

# “LIVELY UP YOURSELF”

It's hard to be active without happy joints. In clinical studies, Natural Eggshell Membrane (NEM®), from Stratum Nutrition, reduced joint pain and stiffness in 10 days or less!\*

JointEssence™ combines this special NEM with the world's most advanced Boswellia extract,

AprèsFlex®, five other herbs, and boron to create a truly holistic joint supplement.\*

If you're a little creaky, or a lot, get with the program — fast.

**JointEssence™ — the “quicker lively upper.”**



pure  
ESSENCE

JointEssence™

SUPPORTS JOINT HEALTH,  
RANGE OF MOTION & HEALTHY  
INFLAMMATION RESPONSE\*

60 VEGI-CAPS | 1 MONTH SUPPLY

DIETARY  
SUPPLEMENT



pure  
ESSENCE

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# Nice Cream

## (Banana Ice Cream)

Prep Time: 5 minutes

Total Time: 5 minutes

Servings: 1

### INGREDIENTS

- 2–3 overripe frozen bananas — peeled, sliced into coins and frozen overnight.

### INSTRUCTIONS

- ➊ Add frozen bananas into a blender or food processor and blend until you achieve a soft-serve texture.
- ➋ You can serve immediately or transfer to a container and freeze an additional 30 minutes, then scoop out with an ice cream scoop.

### FLAVORS

**VANILLA:** Use base recipe. Add 1 teaspoon vanilla extract to blender.

**STRAWBERRY:** Use base recipe. Add ½ cup frozen strawberries and ¼ teaspoon pure vanilla extract to blender.

**DOUBLE CHOCOLATE:** Use base recipe. Add 2 tablespoons of cacao powder (unsweetened)

and 1 tablespoon maple syrup (or honey) to blender. After blending stir in 1 tablespoon mini dark chocolate chips or cacao nibs.

**MINT CHOCOLATE CHIP:** Use base recipe. Add ⅛ teaspoon pure peppermint extract (or more if desired) to blender. After blending, stir in dark chocolate

chips or cacao nibs. Optional: Blend in a pinch of spirulina or a small handful of spinach for color and an extra nutrient boost.

**COFFEE:** Use base recipe. Add 1 tablespoon vanilla extract, ½ cup cold brew coffee, and ¼ cup cocoa powder to blender. Top with dark chocolate chips or cacao nibs.

Keep skin extra smooth and safe by using natural insect repellent to prevent bug bites. ▼

## BEWARE OF BUGS

Summertime can be extra buggy. Keep skin extra smooth and safe by using natural insect repellent to prevent bug bites. Most insect repellents contain the chemical DEET, which can cause serious health problems when worn for long periods, especially in children. Repellents containing essential oils are equally effective and come without risks or side effects. Lemon eucalyptus repels mosquitoes and ticks, lemongrass works for gnats and mint repels ants and flies.<sup>8</sup> If you do get bit, chamomile, tea tree and lemongrass oils can fight bacteria, while peppermint and lavender can soothe pain and itching.

## AIR OUT YOUR HOME

Keeping windows closed during cooler months can cause dust and dander to build up on surfaces and linens inside the home. Get rid of that stuffy feeling by airing out your home when the weather begins to warm. Open the windows and dust surfaces with organic household cleaners. Wash bedding, cushions and window coverings to freshen up your entire home. Polish wood trim and furniture with natural essential oils to give it a warm glow. Clean air conditioning units and replace filters, which can gather internal mold with disuse.



LEMON EUCALYPTUS REPELS MOSQUITOES AND TICKS, LEMONGRASS WORKS FOR GNATS AND MINT REPELS ANTS AND FLIES.



Longer days and warm sun are here, so use these tips to stay safe and healthy all season. With a bit of planning, a good grocery list and a few proactive steps, you can stay cool, get active, and make the most of your summer. ■

▶  
Open the windows and dust surfaces with organic household cleaners.



PHOTOS BY ISTOCK / GETTY IMAGES PLUS: OLEKSANDR TODOROV (SPRAY); SUMAR TOYOLEMON GRASS); SCISETTALFIO (EUCALYPTUS); YASONYA (MINT); RYAN MCWAY (WOMAN)

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**IN TODAY'S FAST-PACED WORLD,**  
our energy can have a hard time keeping up.  
Day-to-day stress can drain us to the point of exhaustion.  
Junk foods and artificial energy drinks are no help.  
They just spike and crash your vitality, over and over.  
In this article, we present a better way to build  
natural energy using foods and traditional  
herbs that supercharge your whole being  
— **FROM POWERING UP YOUR CELLS  
TO AMPLIFYING YOUR VITAL LIFE FORCES.**



**BOOST  
ENERGY**  
*Naturally*

by P.J.S. DOUGHERTY





# ENERGY

We all want more energy. To get it, we reach for caffeine, sugar and other stimulants. But they just make things worse.

What can help are superior herbs — plants that transform solar power into energies that holistic systems call prana or qi, this energy is then passed on to you when you use them.

Superior herbs have been used for millennia to build vitality, vigor and stamina. They provide clean, clear energy, so you feel more aware, more alert and more alive.\*

EnergyPlus™ blends 14 superior herbs — and a full gram of spirulina — into an energy boost you'll feel from the very first day.\*

**EnergyPlus™. Pure. Holistic. Better.**

**EnergyPlus™ Has Won  
"Energy Product of the  
Year" Seven Times —  
An All-time Record!**



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## CELL-ENERGY SUPERFOODS

It's no surprise: The quality of the fuel you put into your body directly affects your overall vitality. Foods fuel energy production. The best for a boost are nutrient-dense superfoods containing important factors the body needs to generate and sustain energy at a cellular level.

One superfood that is particularly effective in this regard is a blue-green algae called **spirulina** that supplies many key micronutrients for energy. For example, spirulina supplies iron that carries oxygen that is "burned" by cells for energy, as well as magnesium that is required for cell-energy production.<sup>1,2</sup> Spirulina powder is especially rich in vitamin B12: One heaping teaspoon supplies a whopping 1,460% daily value (DV) of B12, which has been noted for its crucial energy-metabolism roles in cells' powerhouse mitochondria.<sup>3</sup>

The same heaping teaspoon of spirulina supplies a 2,278% DV of vitamin A. Researchers believe vitamin A may also

**Spirulina** can be found in health food stores as capsule supplements and powders that can be added to smoothies.



**Beet juice** taken before exercise has been shown to improve physical endurance.



perform critical functions in mitochondria energy production, noting that when the vitamin is deficient, cell-energy production declines by as much as 30%.<sup>4</sup>

As a bonus, spirulina supplies zinc and chromium, which have been shown in some research to improve capacity for energy and work performance; along with phytochemicals called polysaccharides (rhamnose and glycogen) and the essential fat GLA that assist with cell-energy release.<sup>5,6</sup> Spirulina can be found in health food stores as capsule supplements and powders that can be added to smoothies.

Superfoods deliver more than micronutrients for energy. **Beets**, for example, are a natural source of nitrate, which raises blood levels of nitric oxide (NO). In turn, NO increases mitochondrial efficiency, relaxes blood vessels and enhances circulation — adding up to a natural energy boost. Beets' revitalizing properties are prized by athletes and





**Goji berries** may optimize yet another pathway for energy: metabolic performance.



**Ashwagandha** has been shown to enhance sleep quality, further helping to bolster energy levels.



backed by research: Beet juice taken before exercise has been shown to improve physical endurance.<sup>7</sup>

**Goji berries** may optimize yet another pathway for energy: metabolic performance. In one study, researchers reported that daily consumption of goji's phytochemical polysaccharides — the same amount you would get in 150 grams of fresh berries — increased oxygen consumption and boosted metabolic rate after meals in overweight subjects.<sup>8</sup> Slow metabolism is associated with fatigue.<sup>9</sup>

### VITAL LIFE FORCE HERBS

Wholesome, nutrient-dense superfoods support physical energy directly. Traditional herbs, on the other hand, take a more holistic approach that factors in unseen forces that are difficult for Western healthcare to understand.

Eastern healthcare systems, Ayurveda and Traditional Chinese Medicine (TCM), acknowledge the existence of vital life forces that circulate within the body and play a big part in determining your energy levels. Both systems associate robust vitality with balanced, freely flowing energies. But when there's an energy blockage, deficiency or imbalance, health suffers and symptoms like fatigue begin to appear.

To reorient unbalanced energies, Ayurveda and TCM use Rasayana herbs and Superior Herbs, both of which include herbal adaptogens that keep the body in balance. These traditional herbs contain hundreds of beneficial phytochemicals that support cell energy, like wholesome foods do, but also enhance your life forces and the pathways that carry them, removing blockages to unleash free-flowing vitality.

### RASAYANAS

Ayurveda has three types of energies — prana, tejas and ojas — that correspond to the three doshas, which are forces that combine to form your unique mind-body-spirit makeup at birth. Ayurvedic wellness attributes fatigue and tiredness to depleted prana life force, as well as to overexertion or



PHOTOS BY ISTOCK / GETTY IMAGES PLUS: ALMA JE (BERRIES); ESKYMAKS (ASHWAGANDHA); TATYANAMISHCHENKO (ROOTS); GESHAS (SICHISANDRA)





**Shilajit** has been used as a rejuvenator and adaptogen in Ayurveda and other traditions for thousands of years.



**Schisandra** may benefit other aspects of day-to-day vitality, including endurance, mental sharpness and work capacity.

prolonged inactivity. It addresses fatigue with lifestyle practices and Rasayana herbs like ashwagandha and shilajit.

**Ashwagandha** (*Withania somnifera*) is a top Ayurvedic Rasayana for energy, traditionally used to promote youthful vigor and performance while counteracting fatigue, weakness and nervous exhaustion. Modern researchers believe ashwagandha works by blocking the fatigue-inducing effects of stress hormones and exhibiting strong anti-stress adaptogenic activity.<sup>10</sup> Beyond freeing energy from the grips of stress, ashwagandha has been shown to enhance sleep quality, further helping to bolster energy levels.<sup>11</sup>

**Shilajit** is a dark powder-like substance that seeps from cracks in high mountain rocks. A complex mixture of nutrients, including fulvic acid and degraded organic matter, shilajit has been used as

a rejuvenator and adaptogen in Ayurveda and other traditions for thousands of years.<sup>12</sup> Beyond its vitality-enhancing properties, it is associated with physical strength, antiaging and longevity.<sup>13</sup>

Fulvic acid and humic acid are key active ingredients in shilajit; fulvic acid in particular is suggested to improve symptoms of tiredness, lethargy and fatigue.<sup>14</sup> Shilajit is also perfect for multi-herb energy formulas: it is suggested to amplify the benefits of other herbs by enhancing their bioavailability in the body, thanks to fulvic acid's nutrient-transporting ability.<sup>15</sup>

A mineral-rich adaptogen, shilajit also supplies nearly 85 ionic minerals, including energy-supportive iron and magnesium. Because they are "charged," ionic mineral forms require less energy to break down, ultimately making them easier for the body to absorb, transport and utilize.

## SUPERIOR HERBS

TCM identifies three types of energies for sustaining human life: Jing, Qi, and Shen. Jing is one's essence, associated with growth and comprised of yin and yang energy; Qi is vital life force that animates the body; and Shen is spirit or consciousness energy.

In TCM, yang and Qi are considered the driving energetic forces of life-sustaining biological activities. Yang and Qi deficiency has been linked with fatigue in humans.<sup>16</sup>

TCM uses yang-invigorating, Qi-invigorating Superior Tonic herbs to address fatigue. **Schisandra**, a vining shrub with a berry prized in traditional Asian herbalism, is a prime example. Modern science has attributed schisandra's Qi-invigorating capacity to its antioxidant phytochemicals, which protect the cell mitochondria that generate all life energy.<sup>17</sup> Additional evidence



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Cordyceps is an absolute herbal superstar. It supports healthy energy levels and immune response. Athletes use it to build power, vigor and stamina.\*

But, for real power, you need real Cordyceps — in real amounts. That's why you'll want MyPure™ Cordyceps 4X.

Through the world's most potent Cordyceps extracts, each capsule of MyPure™ Cordyceps 4X delivers the equivalent of 22,000 mg of fresh Cordyceps power.

Up to 40 times more than others.

It's organic, non-GMO and contains no starch fillers. Just whole, pure Cordyceps.

**MyPure™ Cordyceps 4X — for the power you need.\***



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suggests that schisandra may benefit other aspects of day-to-day vitality, including endurance, mental sharpness and work capacity.<sup>18</sup>

**Eleuthero**, also known as Siberian ginseng, is another Qi-invigorating Superior Herb believed to invigorate Qi that has long been used in Asia for adaptogenic benefits. Today, the European Union has authorized eleuthero product claims for helping with symptoms of fatigue and weakness.<sup>19</sup>

Superior Herb **cordyceps**, a natural fungus that grows on butterfly larvae, is esteemed in TCM preparations for fatigue due to its yang-invigorating actions. Today, cordyceps is a popular athletic booster, suggested to enhance oxygen utilization and stimulate cells' powerhouse mitochondria. Researchers suggest cordyceps may improve exercise capacity and resistance to fatigue during both strength and endurance exercise<sup>20</sup>, making it an ideal stim-free energizer for working out or any activities where you need a little extra juice.

## CONCLUSION

There are several types of energy. By renewing not just one, but many energies — including those recognized by holistic health systems for thousands of years — you can promote rejuvenating life vitality with less concern for jitters, side effects or health risks. In fact, by ditching heavy stimulation and instead raising vitality with the superfoods and traditional herbs discussed in this article, you can help to build overall wellness while boosting your energy levels, naturally. ■

# DO CAFFEINE BETTER



WHILE THIS ARTICLE FOCUSES ON STIM-FREE ENERGY, THERE'S NO DENYING THAT CAFFEINE IS THE MOST POPULAR NATURAL ENERGIZER IN THE WORLD.

*If you must do caffeine consider these tips:*

➤ **BUY QUALITY ORGANIC COFFEE.**

Low-grade conventional coffee beans may contain pesticides, toxins and molds.



➤ **WATCH YOUR DOSAGE.**

The National Library of Medicine says 400 mg of caffeine is the maximum safe daily intake.<sup>22</sup>

➤ **TRY YERBA MATE.**

Brewed South American tea with natural caffeine, shown to relieve fatigue and fight stress.<sup>21</sup>



➤ **ADD L-THEANINE.**

Found in green tea, this phytochemical is shown to reduce caffeine jitters and side effects.<sup>23</sup>

➤ **DITCH SUGARY CREAMERS.** Instead try natural monkfruit sweetener and a little cinnamon to balance blood sugar.



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The world's great holistic systems have used mushroom fruiting bodies for centuries to support immunity, energy, stamina, brain health, sexual function, longevity and more.\*

Because of this, mushroom supplements are popping up everywhere. Yet, many "mushroom products" are not mushrooms at all. They're mycelia grown on grain, which contain up to 70% starch.

MyPure™ Mushrooms are the real deal. 100% Organic, non-GMO, fruiting body extracts.

Every lot contains lab assured levels of beta (1,3) (1,6)-D-Glucans. And absolutely no starch fillers!

MyPure™ Mushroom original formulas are up to 10 times stronger than typical grain-grown mycelia or raw mushroom powders. Our new 4X versions are stronger still.

If you want real mushroom benefits, you need real mushroom nutrition. And, if you need real mushroom nutrition, you need MyPure™ Mushrooms.

**MyPure™ Mushrooms – from Pure Essence.**



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# SEVEN DHATUS FIVE ORGAN SYSTEMS

# INFINITE HEALTH

by JERY COCHERN

Despite originating in distinct cultures in different parts of the world, Ayurveda and Traditional Chinese Medicine (TCM) have a lot in common. Especially the shared goal of healthy balance across interconnected body systems: seven dhatus of Ayurveda and five organs of TCM.

Blood  
Rakta

Plasma  
Rasa

Bone  
Ashti

Nervous  
System  
Majja

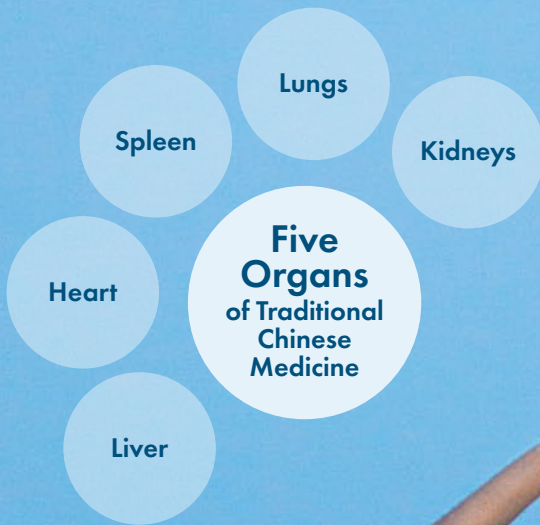
Seven  
Dhatus  
of Ayurveda

Muscle  
Mamsa

Fat  
Medas

Repro-  
ductive  
Tissue  
Shukra





► Let's take a look at how Ayurveda and TCM mirror each other — from their views on body systems to the subtle energetic forces that flow through them. All culminate in lifestyle practices that align in many ways, right down to their shared use of specific herbs for specific health concerns.

## Ayurveda's Seven Dhatus

Ayurveda identifies seven tissues called dhatus that make up the physical body. They include blood (rakta), plasma (rasa), bone (ashti), nervous system (majja), muscle (mamsa), fat (medas) and reproductive tissue (shukra).

Ayurveda's three doshas — vata, pitta and kapha — are elemental forces that determine your physical, mental and emotional makeup at birth and directly impact the seven dhatus. And prana is the vital life force that permeates all levels of the body, from physical to energetic, and animates all living things.

When balanced, these systems work together to ensure optimal physiological function. But imbalance spreads to create far-ranging health concerns. For example, imbalance of vata and pitta doshas cause depletion of the rasa dhatu. Rasa imbalance goes on to affect weight, skin health (medas), reproductive health (shukra), and energy levels (rakta). In turn, imbalances in medas, shukra, and rakta impact other dhatus, and so on.

Because all systems are connected, one unstable system can destabilize the others, leading to a cascade of symptoms and pathologies over time. As a result, maintaining balance is a core tenet of Ayurvedic wellness.

## TCM's Five Organ Systems

Ayurveda's seven dhatus inspired the concept of TCM's five organ systems. While they are not identical, they do share similar principles and functions.

Where Ayurveda has prana, TCM calls the animating vital energy Qi. This subtle life force flows through interconnected pathways in the body known as meridians. These meridians link all bodily systems, including TCM's five organ systems: the liver, heart, spleen, lungs and kidneys.

TCM organ systems are not limited to their primary anatomical functions, but rather influence a wide range of physiological and energetic processes in the body. Each organ system is intertwined and interdependent, and an imbalance in one can affect the functioning of the others.

For instance, the kidneys are linked to bladder function, ear health, water metabolism in the body, and fear-based emotions like apprehension. But kidneys also help power the rest of the body, supplying energy to other organs running low on Qi.

Like Ayurveda, in TCM, maintaining balance and harmony in all organ systems is essential for promoting overall wellness.

## United in Practice


Ayurveda and TCM share similar practices to help balance their respective body systems. Both emphasize meditation and mindfulness practices, which have been shown in research to reduce stress, apprehension, mood problems and physical discomfort.<sup>1</sup>

Ayurveda developed one such practice, yoga, that combines controlled movements and specific poses with intentional breathing. Later, TCM developed tai chi and qi gong, mindful practices that also emphasize movements and breathwork.

Both healing systems include massage and bodywork. Ayurvedic massage balances energy points, called marma points, that connect the organs and other parts of the body. TCM aims to unblock similar meridian points to boost immunity, improve digestion, and regulate discomfort and inflammation. Other popular forms of bodywork in TCM include cupping, acupressure, and acupuncture.

## AYURVEDA'S SEVEN DHATUS INSPIRED THE CONCEPT OF TCM'S FIVE ORGAN SYSTEMS. WHILE THEY ARE NOT IDENTICAL, THEY DO SHARE SIMILAR PRINCIPLES AND FUNCTIONS.

Sleep is another key aspect of both systems. In Ayurveda, an imbalance in one or more dhatus may lead to inadequate or excessive sleep. Alternatively, improper sleep habits can cause dhatus to become unbalanced. In TCM, unbalanced yin and yang energies can lead to poor sleep patterns. And imbalances in the liver, spleen, gallbladder or heart can lead to insomnia.



**Prana**  
Ayurvedic  
word for vital  
energy

## Herbs for all systems

Herbs play many health-supportive roles in Ayurveda and TCM, including balancing the five organ systems and seven dhatus. The best Ayurvedic herbs are known as **Rasayanas**, while the best TCM herbs are known as **Superior Tonics**. Both systems also use **adaptogenic herbs**, which by definition support physiological balance.

Rasayana herbs are a class of Ayurvedic herbs known for their rejuvenating properties. These herbs are believed to enhance vitality, promote longevity and improve overall health and well-being.

**Holy basil** is one of Ayurveda's top Rasayanas. The entire plant is considered a body, mind and spirit rejuvenator and is used to reduce symptoms of stress, apprehension and blue moods. TCM uses holy basil to help kidney

function, support postpartum health and well-being and to reduce water retention or bloating.<sup>2</sup>

Superior Tonic herbs are used in TCM for their broad range of health-promoting benefits and are often taken daily to promote overall health and longevity.

**Ginger** is believed to promote yang energy and is one of TCM's best tonics for relief from immune challenges, coughs, rhinitis and bronchitis, as well as indigestion. Ayurveda uses ginger to address many of the same issues.

Adaptogenic herbs help the body adapt to stress and maintain balance. These herbs are believed to enhance the body's ability to cope with physical, emotional and mental stressors and can help support the immune system, promote healthy aging and boost overall well-being.


**Astragalus** is an adaptogen used in TCM to mitigate the effects of physical, mental, environmental and emotional stressors. Supplying powerful antioxidant phytochemicals with antibacterial and inflammation-regulating properties, astragalus may boost the immune system and support respiratory wellness and liver health.<sup>3</sup>

**Ashwagandha** is an adaptogen used in Ayurveda to support the nervous system, promote healthy sleep, and protect reproductive health in both men and women. Ashwagandha may have antioxidant, inflammation-regulating and anti-stress effects. Studies suggest it may improve memory and reduce cognitive decline associated with some neurodegenerative concerns.<sup>4</sup>

## Conclusion

While Ayurveda and Traditional Chinese Medicine may differ in terminology and specific classifications, the overarching concepts of Rasayanas, Superior Tonics and adaptogens are similar. The main connecting force between Ayurveda and TCM remains rooted in energetic principles, which may be addressed in many ways, including with herbs.

Whether you want to support your seven dhatus or five organ systems; balance your prana or Qi; or support your physical and mental health through prayer, reiki or sound healing, there's a traditional herb that can help to complement your healthy practice. ■



Qi  
TCM word for  
vital energy

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# AYURVEDIC LIFESTYLE

by LISABETH FAUBLE



Engage in morning exercise, particularly yoga, followed by a deep breathing session and 15 minutes of meditation.



**Humans have been exploring ways to reduce stress, improve health and age gracefully for millennia. Along the way, wellness systems have embraced various healthy lifestyle practices to achieve these goals.**

Few have withstood the test of time as well as the daily practices of Ayurveda, which began more than 3,000 years ago in ancient India.<sup>1</sup> Let's take a look at some of Ayurveda's daily lifestyle practices and how they may help support the body's natural healing abilities.

## Morning Routine

A typical day begins with a morning routine designed to help you feel refreshed, energized and ready to face challenges. Ayurveda recommends waking before the sun, when nature's energies are light, loving and pure, to ensure a peaceful start to the day.<sup>2</sup>

You may pray before leaving the bed, drink a glass of room-temperature water, and wash your face, eyes and mouth. Ayurveda emphasizes the importance of good oral hygiene and encourages tongue scraping and oil-pulling or gargling with sesame or coconut oil.

After showering and putting on clean clothing, Ayurveda suggests applying essential oil to boost mood and energy. Once you are feeling fresh, engage in morning exercise, particularly yoga, followed by a deep breathing session and 15 minutes of meditation.

The morning routine ends with a healthy breakfast. An Ayurvedic lifestyle bases diet on your personal mind-body-spirit energies — known as your *doshas* — and on the seasons — with warmer, more substantial meals for colder months and cold, light dishes for hot weather.<sup>3</sup>

After completing the morning routine, an Ayurvedic lifestyle continues with various self-care practices designed to enhance physical, mental and emotional balance throughout the day.

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## Abhyanga Self Massage

Massage therapy provides a vast array of holistic benefits, including relief from the symptoms of many health concerns.<sup>4</sup> In Ayurveda, performing Abhyanga, or self-massage, as part of your daily practice may help improve muscle tone, flexibility, circulation, detoxification, stamina, sleep, vision, hair and the firmness and texture of skin.

Massaging your own body and scalp with warm, scented oil for 15 to 20 minutes each day combines the benefits of massage therapy and aromatherapy to calm the nerves, enhance organ function and reduce and slow the signs of aging. Like other Ayurvedic lifestyle practices, self-massage routines should be tailored to your dominant dosha.



## Panchakarma Cleanse

Traditional Ayurvedic practice includes engaging in a ritual detox called a Panchakarma cleanse three times per year during the three doshic seasons: spring, late summer/early autumn, and late autumn/early winter. A Panchakarma cleanse includes three phases and may last six, 12 or 21 days, depending on the desired intensity of the detox.

Phase one is a preparation stage focusing on a plant-based, whole-food diet. Phase two, the Kitchari stage, initiates the cleanse and supports digestion. During this period, the diet consists only of ghee butter and kitchari, a traditional Indian meal made from mung dahl beans, basmati rice, ghee and Indian herbs and seasonings.

Phase three begins the rejuvenation phase, which encourages wholesome plant-based foods while restricting caffeine, sugar, alcohol and dairy. This phase emphasizes self-massage, meditation, yoga, self-reflection, skin brushing and aromatherapy to restore the body back to normal function after the detoxification.<sup>5</sup>



Your nightly routine may include a warm bath with heart-opening or stress-reducing essential oils like lavender, chamomile, rose, or jasmine.

## Bedtime Routine

A daily Ayurvedic lifestyle practice ends with a bedtime routine that promotes restful sleep so the body can repair and renew throughout the night. Ayurvedic doctor Pratima Raichur suggests creating a relaxing bedtime routine that includes going to bed before 10 p.m. each night. Your nightly routine may include a warm bath with heart-opening or stress-reducing essential oils like lavender, chamomile, rose or jasmine.

## Conclusion

Ayurvedic lifestyle practices offer time-tested support for overall wellness. Even adding just one or two of these practices to your daily routine can return significant health benefits — underscoring the profound impact daily self-care may have on long-term quality of life. ■

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# ESTROGEN: A GREAT THING ... UNTIL IT ISN'T

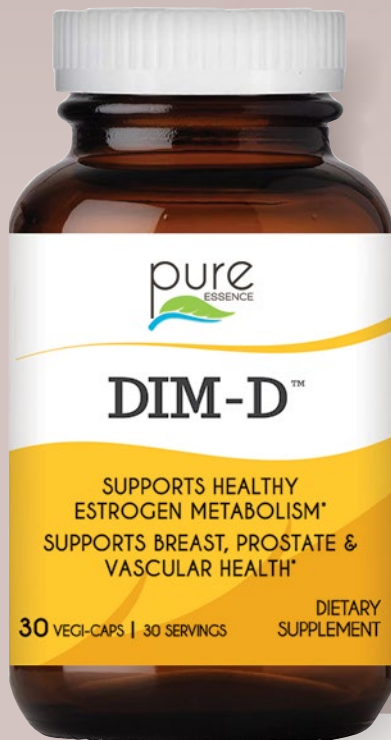
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# THE POWER OF PRAYER

by LISABETH FAUBLE



For thousands of years, religions worldwide have used prayer as a spiritual tool for many purposes, including healing. Now, modern research studies suggest that practice of prayer may indeed have positive effects on mental, emotional and physical health.

Prayer is defined as a solemn request for help or expression of thanks addressed to God, performed as part of a regular practice. In other words: prayer is talking to God. And many people, when feeling unwell or caring for loved ones who are sick, talk to God to ask for assistance. In fact, in one clinical study researchers reported that 79.2% of hospitalized patients prayed for their own health, while 71.9% said that others prayed for their health.<sup>1</sup>

There are various types of prayer that are used for many different purposes. All of these types of prayer may be performed with the intention of healing.

- **Centering prayer** is like mantra meditation and aims to quiet the mind by focusing on a word or phrase;
- **Contemplative prayer** seeks to understand and connect with God or a higher power.
- **Petition prayer** asks God, the universe, the one, a higher self or other spiritual powers for help.
- **Intercessory prayer** asks for something for someone outside yourself.
- **Distance-healing prayer** asks specifically for healing for someone else at a distance.
- **Laying-on of hands** combines prayer with touching the person needing healing or relief.

**While Western healthcare may not acknowledge the invisible forces at work with prayer, research continues to suggest that real health benefits may be achieved simply by asking God for help.**

## Pain Reduction

Due to higher-than-ever demand for safe and effective therapies, pain management is one of modern healthcare's greatest challenges. Many already believe that prayer helps to ease pain. In fact, researchers have suggested that prayer is the second-most common non-drug method of pain management, and the most common method of pain management overall.<sup>2</sup>

In one review, researchers reported that prayer may help improve the

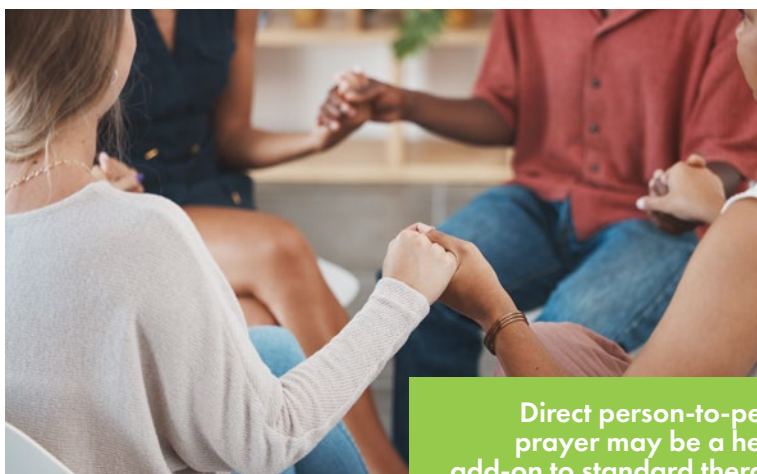
pain tolerance of people in chronic discomfort.<sup>3</sup> This benefit was partly attributed to a phenomenon called cognitive reappraisal, in which people find solace in reframing their problems.

For example, if you are sick, prayer-inspired reappraisal may involve considering those who are afflicted with more severe sickness than what you are struggling with. Cognitive reappraisal may also encourage gratitude for one's blessings rather than focusing on one's illness.

## Mood Support

Many will attest that prayer simply makes them feel better. In one research study, subjects struggling with blue moods and apprehension attended six weekly one-hour prayer sessions. They completed mood questionnaires before, immediately after, one month after and one year after the prayer sessions.

At the study's end, researchers reported that the one-month and one-year evaluations showed subjects experienced significantly less sadness and apprehension, as well as more optimism and greater feelings of spirituality. Researchers concluded that direct person-to-person prayer may be a helpful add-on to standard therapies for mood concerns.<sup>4</sup>



Direct person-to-person prayer may be a helpful add-on to standard therapies for mood concerns.

## Stress & Burnout

Chronic stress is associated with a range of mental health concerns, including apprehension, blue moods, and substance abuse; and physical problems like heart issues, obesity, Alzheimer's, digestive issues, accelerated aging, and blood sugar concerns. Prayer has been suggested to help, and has even been included as a tool used in stress management and burnout prevention programs.

One study suggests that people who regularly practice quiet contemplation appear to have lower levels of stress hormones like cortisol, potentially hinting at stress-regulating benefits.<sup>5</sup>

In another study, teachers participated in a two-month protocol that included individual prayer and a focus group of prayer-reflection while being monitored for job satisfaction, burnout symptoms and general well-being. At the study's conclusion, prayer appeared to be linked to significant improvements in stress symptoms including emotional exhaustion and depersonalization, as well as greater job satisfaction overall. Researchers concluded prayer could be effective in fighting the negative effects of occupational stress, including job burnout.<sup>6</sup>

## Addiction & Recovery

Prayer encourages positive thinking by helping us to focus on what is good in life instead of dwelling on problems or worries. Gratitude and positivity can boost self-esteem and reduce the feelings of sadness or apprehension that are linked with persistent health concerns, including addiction and substance abuse.

The power of prayer may help addicts in a few ways. Researchers have reported that those who maintain a personal prayerful connection with God appear to exhibit fewer addictive behaviors.<sup>7</sup> Meanwhile, researchers have suggested that, among subjects who were in drug rehabilitation programs, those who had been religiously active and prayed regularly had better coping mechanisms and better ultimate outcomes.<sup>8</sup>

## A Personal Practice

While more research is needed on the power of prayer for holistic healing, current evidence suggests praying could confer tangible benefits for body, mind and spirit. However, it's important to remember that there are myriad ways of connecting with a higher power throughout cultures and religions all over the world. Although we may not all share the same religious context, the power of prayer remains constant. ■

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