Contents

4 From the Editor

5 Nutritional News

   Fitness
6 Natural Fuel Foods for Workouts

   Lifestyle
12 Overcoming Apprehension About Change

   Nutrition
14 An Apple a Day…

   Herbs & Supplements
20 Relax with Lavender

   Family Health
22 Are You Getting Enough of the Nutrients You Need?

24 Healthy Kidneys

26 How Herbs Help Promote Healthy Aging

28 Dry Skin Problems and Vitamin C

31 Ask the Expert

Features

8 Rating Major Life Stresses

16 The Calcium-Magnesium Synergy
Giving Thanks

As the year comes to a close, people naturally tend to look back at everything that has happened over the course of the year. We also start to look toward the upcoming year, set new goals and plan for the future. Before the New Year arrives and we start making our New Year’s resolutions, let’s stop and be grateful for all that we already have and everything we have already accomplished.

Giving thanks for what we have is a great way to help attract more success into our lives. Focusing solely on the things we want to happen can lead to negative consequences. It can lead to a mind-set of always wanting more—always wanting the next big thing. However, taking the time to give thanks for what you have and experience a feeling of gratitude for your life will help align your thoughts and emotions with positive feelings.

I am grateful for many things. I am grateful for the chance to work on this magazine. I am thankful that I have this great opportunity to touch the lives of so many people. It is my sincere wish that you discover that you, too, have much to be grateful for this year. And I hope that by giving thanks, you find you are able to experience even more happiness in the upcoming year.

I’m not trying to say you shouldn’t have dreams and set goals. Of course you should. These things will help make your life better. But as you look forward and continue on your personal quest toward better health, never stop being thankful for what you already have. Through your gratitude, you will experience a life full of happiness and joy. Gratitude helps you remain in perfect harmony with the positive.

“Giving Thanks” by Dwight L. McKee, M.D.

“I am thankful that I have this great opportunity to touch the lives of so many people.”

Dwight L. McKee, M.D.
A few seconds of quiet, deep breaths or other stress-reducing exercises is all it takes to help you feel better when stress starts building up. Because stress is associated with increased risk factors for a variety of health concerns, taking just a few seconds to proactively deal with your feelings is a great way to stay healthy and happy.

The number of calories that can be cut in a day by going to bed earlier. A recent study has shown that people who go to bed later tend to eat more calories and weigh more. Researchers believe that a late sleep-wake cycle may throw the body out of its natural circadian rhythm of sleeping at night and eating during the day, thereby altering appetite, eating behavior and metabolism.

Adding a few spoonfuls of marinara, spaghetti and other tomato-based sauces to your daily diet is an easy way to eat more important phytochemicals with antioxidant properties. Adding slices of fresh tomato to sandwiches, salads and garnishes will help too.

Simply owning a dog is often enough to help a person get daily exercise. Dog walkers are also more likely to step up to a faster pace and receive a moderately intense workout. In addition to helping relieve stress and giving people a sense of purpose by taking care of another living being, dogs can make great companions for older people living alone.

Number of minutes spent walking just three days a week to help maintain brain mass as you age. The part of the brain associated with creating memories normally shrinks 1 to 2 percent every year, which can gradually increase the risk of cognitive decline. According to a recent study, people who spent one year with this walking regimen were able to actually increase this area by about 2 percent.

Percentage of dog owners who walk their four-legged friends. Simply owning a dog is often enough to help a person get daily exercise. Dog walkers are also more likely to step up to a faster pace and receive a moderately intense workout. In addition to helping relieve stress and giving people a sense of purpose by taking care of another living being, dogs can make great companions for older people living alone.

Milligrams of lycopene that, when eaten every day for several weeks, were shown to help lower LDL (bad) cholesterol levels in a recent study. Adding a few spoonfuls of marinara, spaghetti and other tomato-based sauces to your daily diet is an easy way to eat more important phytochemicals with antioxidant properties. Adding slices of fresh tomato to sandwiches, salads and garnishes will help too.
Fitness
If you’re not eating the right foods at the right time, you’re not maximizing your workout potential. The foods you eat provide the energy you need during exercise and the nutritional support the body requires afterward.

Eating the right foods for maximizing workouts is important. Eating them at the correct time is equally important. There are important nutritional choices to be made before, during and after a workout.

The body requires energy to function. The harder it works, the more energy it needs to consume. Complex carbohydrates will provide lasting energy to power you through any workout, from a simple walk around the block to a high-intensity weight-lifting session. Complex carbohydrates come from foods made from whole grains, such as whole-grain breads and pastas. They are harder for the body to break down into simple sugars, which means they provide a longer-lasting supply of energy than do refined foods full of simple carbohydrates.

Complex carbohydrates should be consumed between 30 minutes and an hour before working out. During prolonged endurance exercises, you may benefit from a periodic boost in energy by consuming an energy bar or other small source of complex carbs. Just be careful, because eating too much can cause an upset stomach or cramps and slow your workout.

During the workout, the importance of drinking water cannot be overstated. Fresh, pure water is essential for feeling your best and performing at peak levels. Becoming dehydrated is one of the quickest ways to end a workout before you’re ready. Begin drinking water 30 minutes before exercise to ensure that your body is fully hydrated before you start to sweat.

Becoming dehydrated during exercise has numerous negative consequences. Aside from making you feel bad, dehydration can reduce your aerobic endurance performance and result in increased body temperature, heart rate and perceived exertion, according to a study conducted by the Department of Nutrition at the University of British Columbia. Dehydration can also cause fatigue and headaches, both of which can end a workout session prematurely.

Working the body puts stress on it, especially the muscles. Every time you exercise, you very slightly damage your muscles. The body then rebuilds them to be better and stronger than they were before the workout. This kind of stress is a healthy, natural process. To help make sure that the body can perform this process as efficiently as possible, it needs to be supplied with the right materials.

To rebuild muscle tissue, the body needs plenty of branched-chain amino acids, as well as a carbohydrate source such as raw honey. 30–40 minutes after a workout will help maximize the body’s ability to rebuild itself. This nutritional support will also help boost energy and keep you from experiencing a post-workout slump.

A lifestyle that includes regular physical activity is a healthy one. But it also requires antioxidant support. It’s possible that during extended periods of intense exercise, free radical levels can spike. Eating a diet that is full of fresh fruits and vegetables, and taking supplements of concentrated antioxidants, will help provide the antioxidant support the body needs to combat these spikes and the resulting oxidative stress.

Physical activity performed most days of the week will help burn fat, build muscle and make you feel good. Eating the right foods before, during and after a workout will give your body the support it needs to maximize your workout potential.
“Reading a book, listening to soothing music, going to the gym, talking with friends, and on and on—any activity that makes you feel better and lowers your level of stress will be helpful.”
Stress is a part of life. In the right amounts and of the right kind, it can be a positive, motivating force in your life that helps you meet goals and finish projects. However, prolonged negative stress can take a toll on your health. The more intense this negative stress, the bigger effect it can have on the body. There are times in life when it can be especially beneficial to monitor stress levels and take extra care to set aside time for relaxation and stress-busting activities.

In 1967, two psychiatrists, Thomas Holmes and Richard Rahe, devised a study in order to record and rank the major stresses in life. First they examined medical records from over 5,000 patients as a way to determine whether stressful events might cause illnesses. Then they asked patients to rate a list of 43 major life events based on a relative score. Holmes and Rahe discovered a connection between major life stresses and illnesses. Since this groundbreaking study took place, several others have supported this link between stress and illness, validating the idea that stressful events in life can contribute to illness in a variety of ways.

According to the stress scale developed by Holmes and Rahe, the most stressful event an adult can go through is the death of a spouse—divorce and separation follow right after. Losing a spouse can be devastating to the mind and body. The extreme stress felt during this period of time can manifest in any number of ways. Whether it takes the form of depression, eating disorders, acting out, mania or anything else, this stressful event will more often than not take a physical toll on the body. Stress can weaken the immune system, making the body more susceptible to illness. It can cause moodiness and make focusing on work nearly impossible.

A little below losing a spouse—whether to death, divorce or separation—is personal injury and illness. Losing the ability to function normally because of illness can lead to a host of negative emotions. Frustrations over prolonged illness cause stress, which, in turn, makes it harder to get healthy again. Consequently, meditation, relaxation, visualization techniques and other stress-reducing exercises, including exercise itself—which is an excellent way to decrease stress and relieve depression—and even gentle water exercises can be done during recovery from injury or illness. All these can be great for your mind and body during times of prolonged illness.

Even positive experiences can cause negative stress. For example, getting married ranked as the seventh-most-stressful life event on the Holmes and Rahe scale. Of course, marriages are a happy time of celebration as two people begin their lives together. However, as most spouses know, putting together a wedding and going through all the changes involved with merging two lives can be incredibly stressful. The constant drain on energy and worrying about all the details of making the big day special are very stressful for the couple.

Even though they are all generally thought of as happy, positive events, vacations, pregnancies, holidays and promotions all show up on the list of major life stresses. It’s important to remember that even though a major life event may be positive, it can have negative effects on health. So when you find yourself going through one of these times, be sure to remember to take care of yourself. That could mean eating a healthier diet to give your body more of the nutrients it needs to take care of itself from the inside out. Or it could mean going to the gym a little more often or even setting aside a few minutes every day for relaxing.

Major life stresses can occur at any stage of life. A modified Holmes and Rahe scale has been created for non-adults. Although many of the same events show up on both scales, there are a few interesting differences that show up on the new scale. For example,
Discover the refreshing benefits of pure plant essences with the Forever Young Botanicals line.

Connect with your body in a very real way. Experience plant-derived body care for every inch of your hands, feet, body and scalp. Nurturing blends for the shower or bath with natural aromas that energize, refresh and calm.

Which do you choose for your skin—clouds of chemicals or bursts of pure botanical essences? With Forever Young® Botanicals, you can rejuvenate your body with natural and herbal ingredients that contain pure plant aromas. The botanical benefits for cleansing, smoothing, soothing and moisturizing.
change in acceptance by peers can be a huge life stress for young adults. Changing social circles can feel life shattering for teenagers and cause unhealthy amounts of stress. Parents can help during these times by encouraging healthy eating habits, proper sleep patterns and regular physical activity, because a healthy body is much more capable of dealing with stress.

Breakups, parents divorcing, unwed pregnancies, bad grades and parents remarrying all show up on the list for young adults. Just as happy events can cause stress during middle age, young adults and teenagers can also feel stress during good times. Marriages, beginning to date, new siblings, and an increase or even a decrease in fighting with parents can cause stress. Any change in life brings some amount of stress. As parents, it is our responsibility to watch over our children and help them deal with stress in a positive manner, even if that stress comes from something we perceive as “good.”

There are many ways to help reduce stress for people at every age. There is no one way that will help everyone. Simply find an activity that you find relaxing and calming. Reading a book, listening to soothing music, burning incense, going to the gym, playing sports, talking with friends, and on and on—any activity that makes you feel better and lowers your level of stress will be helpful.

Throughout life, major events will cause elevated stress levels. As a general rule, the more disruptive the event, the more likely the stress levels will be high enough to affect health. Even during times that are not thought of as stressful, it is good to regularly practice stress-busting exercises and take care of the body. That way, when stress starts to build up, you will already be in the habit of taking care of yourself emotionally. The more you are able to control these stressful times, the less likely you will be to get sick from too much stress.

Holmes and Rahe Stress Scale

1. Death of a spouse
2. Divorce
3. Marital separation
4. Imprisonment
5. Death of a close family member
6. Personal injury or illness
7. Marriage
8. Dismissal from work
9. Marital reconciliation
10. Retirement
11. Change in health of a family member
12. Pregnancy
13. Sexual difficulties
14. Gain a new family member
15. Business readjustment
16. Change in financial state
17. Death of a close friend
18. Change to different line of work
19. Change in frequency of arguments
20. Major mortgage
21. Foreclosure of mortgage or loan
22. Change in responsibilities at work
23. Child leaving home
24. Trouble with in-laws
25. Outstanding personal achievement
26. Spouse starts or stops work
27. Begin or end school
28. Change in living conditions
29. Revision of personal habits
30. Trouble with boss
31. Change in working hours or conditions
32. Change in residence
33. Change in schools
34. Change in recreation
35. Change in church activities
36. Change in social activities
37. Minor mortgage or loan
38. Change in sleeping habits
39. Change in number of family reunions
40. Change in eating habits
41. Vacation
42. Christmas
43. Minor violation of law
“Changing your hairstyle is a small change, but it can be a reinvigorating one that helps boost self-confidence.”
Change can be a beautiful, positive force in your life, or it can be a scary, daunting challenge. Change can lead you on wonderful adventures in life, or it can freeze you with fear. No matter how you feel about making changes in your own life, the fact remains that change is a powerful force. If you accept it and embrace what it brings, your life will be full of happy surprises.

Some people are naturally able to accept change with little or no fear. But not everyone is so lucky. Many people are intimidated by even the smallest change that may disrupt their normal routine. Some people are downright afraid of change—often, for good reason. Change isn’t always easy. Big changes such as moving across the country for a new job, taking the next step in a relationship, finding new friends with similar interests or improving your lifestyle are challenging. Drastic changes can be mentally and physically demanding.

Fortunately, for those of us who find even smaller changes such as beginning a new workout routine to be daunting, there are tricks we can use to overcome our apprehension.

It’s always best to start small when change doesn’t come easy. Generally, when we feel the need to change, even if we are apprehensive about it, the feeling comes from a desire to live a healthier, more positive life. Look for small ways to make that happen. You could change the route you take to work in order to avoid stress-inducing traffic jams. Or you could change the way one room in your house is arranged, in order to make it more peaceful.

Even something as small as changing your brand of toothpaste can be enough to help overcome apprehension about change. Small changes will help your brain become comfortable with the process of doing things differently. Eventually, larger changes won’t feel so challenging anymore and you will find new doors opening up in your life everywhere you look.

When a change is so big that you just feel like you will never be able to make it, try taking baby steps toward your ultimate goal. For example, if your goal is to change your diet but you are uncomfortable with new and different dishes, begin with small changes. Start by including a small salad with every meal or switching to low-fat dressings. Every time you go to the grocery store, buy one new healthy item. Slowly substitute healthier choices for unhealthy ones until your daily diet is full of delicious fresh fruits and vegetables. With every small step you take, you will gain confidence in making the next step toward your end goal.

Don’t feel as though you must make life changes alone. Finding someone with similar goals can help a great deal as you change together. Working with a partner is great motivation for both people to stick to a plan. Having someone to support you during your time of change will do wonders for easing feelings of apprehension.

Change comes in all sizes, and every one of them can be a rewarding experience. Changing your hairstyle is a small change, but it can be a reinvigorating one that helps boost self-confidence. Nobody would argue that changing your career midway through life is an easy change to make. But if you are unhappy with what you are doing, stepping out of your comfort zone and changing to a new career path that will make you happier is a change that needs to be at least considered.

Always remember that it’s never too late to change. No matter how you might feel about where you are in life, don’t allow yourself to feel as though it’s too late to change for the better. You are never too old (or too young, for that matter) to experience the benefits of change.

The thought of doing something different can be a paralyzing fear, but overcoming apprehension about change will open many doors on your journey toward better health. From changing what we eat for breakfast to changing where we live, every change has its own reward. When used to make your life better and happier, change is one of the most powerful tools you have in the Art of Growing Young.
Numerous studies have shown that cider vinegar may indeed be beneficial in controlling weight loss and other conditions such as diabetes. In other studies, apple juice concentrate has shown promise in helping prevent cognitive decline. While more research is needed to confirm these results, there is enough preliminary evidence to convince many doctors and nutritionists to recommend eating apples and other fruits in order to help maintain optimum health.

One tablespoon of apple cider vinegar diluted in a glass of water that has been mixed with a fiber supplement can be a great tool in weight control. While the fiber supplement will promote feelings of fullness and help move food through the body, the cider vinegar will help acidify the stomach, which will help improve digestion.

If you find you like the tart taste, apple cider vinegar can also be added to many recipes to add a tangy health boost. It makes a great healthy addition to sauces, spreads and salad dressings.

Apples are rich in antioxidants, such as quercetin, that are important to help fight free radical attacks within the body. Free radicals tend to accumulate in the body as we age. They cause oxidative stress that, in recent years, has been shown to cause many of the health problems that were once thought to be inevitable side effects of aging. For optimum health, the body needs a constant fresh supply of antioxidants. Apples and other fresh fruits and vegetables provide this much-needed protection.

While they may not have the same high levels of nutrients as other fruits and vegetables, apples are a good source of fiber—especially their outer skin—and vitamin C, phosphorus and potassium. They also contain a relatively high amount of water. With their fiber and water content, apples make a great zero-fat snack option, because water and fiber both help promote feelings of fullness. This is yet another reason why apples may help dieters achieve their target weight.

Another benefit to be gained from eating apples is fresh breath. Fresh apples are able to help with several reasons a person can have bad breath. First, their fiber content can help clean leftover food out from between teeth when a toothbrush is out of reach. The high water content in apples can help flush impurities out of the mouth and gums. Finally, eating an apple can also help keep chemical balances in the mouth in check, which helps keep breath fresher.

There are more than 7,500 known cultivars of apples throughout the world today. No matter where you live, fresh apples are available at grocery stores and farm stands. The next time you want a healthy snack between meals or need a quick breath freshener, pick an apple.

There’s an old saying that goes “An apple a day keeps the doctor away.” While this adage may not be 100 percent correct, the idea behind it is sound. The more phytoneutrients we eat every day from fruits and vegetables, the healthier we will be—and apples are full of these nutrients. In fact, one recent study of over 150 women found that women who ate dried apples every day for a year had lower levels of LDL (bad) cholesterol. At the same time, they had higher levels of HDL (good) cholesterol.
If you are an adult with a job, you probably make regular deposits into your bank for your financial well-being. Did you know that children should be making regular deposits into a bank too? There’s just one difference: children should be depositing nutrients into their bone bank.

From the time we are children until the time we reach early adulthood, our bodies are actively producing new bone tissue. During these years it is vitally important to consume enough calcium, magnesium, vitamin D and other bone-supporting nutrients, because later in life the body will need to make withdrawals.

Diseases such as osteoporosis, which causes mineral depletion within the bone structure, can result in brittle, weakened bones that break easily under minimal force. Spontaneous compression fractures of the vertebrae associated with osteoporosis are common and very painful for long periods after they occur. The more deposits into your bone bank you made as a child, the less likely it is for problems such as these to occur.

Many of us were taught at a young age to drink milk because calcium is good for bones. While this is definitely true, calcium alone is not enough to strengthen and protect bones. Other nutrients must be consumed too. Moreover, they should be consumed in the same meals so that they can interact with each other synergistically within the body.

The synergy of nutrients is one of the reasons it is so important to eat a wide variety of fresh fruits and vegetables. Not only does eating several different fruits and vegetables a day (10 servings a day is now recommended by many nutrition experts) help ensure that your body receives all the nutrients it needs, it also helps ensure that every individual nutrient is able to work as efficiently as possible.

For example, while calcium is good for bone health and magnesium is also good for bone health, when the two are consumed together the result is larger than the sum of the parts. As a matter of fact, it is now known that supplementing just with calcium can actually be detrimental, yet magnesium and calcium taken together support healthy bone. The next time you want a bone-healthy snack, try combining a calcium-rich, low-fat dairy product with nuts, oatmeal, fortified cereal or other foods that contain healthy levels of magnesium.

The relationship between calcium and magnesium is one of the most actively researched yet still not fully understood mineral-to-mineral relationships. So what makes calcium and magnesium so special?

Malabsorption of magnesium has been reported to occur commonly in postmenopausal women with osteoporosis. Bone levels of magnesium measured by infrared spectroscopy have been shown to be low in women with osteoporosis. Likewise, blood levels of magnesium in postmenopausal women with osteoporosis have been found to be lower than in women of similar age without osteoporosis. So we know for certain that women with osteoporosis have low levels of magnesium.
If you are someone who is on the go but still wish to take a comprehensive multiple-vitamin mineral supplement in tablet form, TVM-Plus is for you. TVM-Plus contains all the essential vitamins and minerals, except sodium, potassium and iron. Sodium and potassium are abundant minerals, even in diets of poor quality.

Most people do not need more iron than their healthy diet supplies. TVM-Plus contains no added iron, which can stimulate free radical production. TVM-Plus is also formulated in the exclusive Lifeplus PhytoZyme® Base of plant enzymes and synergistic fruit, vegetable and herbal concentrates.

TVM-Plus assures you receive your ‘essential’ nutrients, plus more.
Magnesium supplements were given to patients in a controlled trial of people with osteoporosis. While one group took only the magnesium, another group of patients worked with dietitians who helped them avoid processed foods; emphasized eating vegetable protein over animal protein; and helped them limit consumption of salt, sugar, alcohol, caffeine and tobacco. This group also received a daily supplement that included calcium and other nutrients.

After about nine months, the intervention group showed an amazing 11 percent average increase in bone density. An increase in bone density this great in such a short amount of time has not been seen in any other controlled clinical trial. But it does clearly show the important connection between magnesium and calcium.

Because of their unique relationship, there have been, and continue to be, many studies conducted on these two nutrients. While they appear to work together in remarkable ways, there are conflicts too. Magnesium and calcium can actually compete with each other, causing problems with absorption into the body. However, at this point, it appears that the benefits of taking magnesium and calcium together greatly outweigh any concerns—especially if the two are just part of your daily nutritional intake.

There are many complex relationships such as these between nutrients of all kinds. Scientists have seen a similar relationship between magnesium and potassium in the body. Potassium is more easily moved in and out of our cells if magnesium is present. Researchers have also noted a connection between magnesium and certain building blocks of protein. This is just a tiny sampling of the many nutrients we’ve seen interacting positively with each other. Considering how relatively young the field of nutritional science is, there are many interactions we have yet to discover. But it stands to reason that the more nutrients you consume, the more likely your body will benefit from their synergistic effects.

It takes more than just depositing calcium, magnesium, vitamin D and trace minerals into your bone bank to create a lifetime of strong, healthy bones. Together with plenty of weight-bearing physical activity, a healthy diet that includes these nutrients and a variety of others, consumed at the same time so they can interact with each other, will help ensure that your bank account stays in the black for a lifetime.
Herbs & Supplements
Lavender is a purple plant grown all over the world and known for its distinctive coloring and delightful scent. Lavender was described in Roman times, when it was added to baths in order to scent the water. Romans also thought the plant would restore the skin; consequently, a single pound of lavender could cost a month’s wages. Far less expensive now and much more widespread, the plant is actually thought to have originated in Asia. It has since spread throughout Africa, Europe and the rest of the world, both in gardens and in the wild.

Despite the fact that they are most often planted simply for their looks and scent, lavender plants are edible. The small blue-, violet- and lilac-colored flowers are often candied and used as edible cake decorations. The flowers also lend a relaxing scent and flavor to black, green and herbal teas.

Although culinary use is still not widespread, the flowers add a sweet, floral taste to dishes. It is especially delicious when paired with chocolates, cakes, and sheep’s or goat’s milk cheeses. With their sweet taste, the flowers also make a delicious syrup that can be used as an ingredient in recipes or poured onto nearly any food to which you wish to add a sweet, flowery taste.

Lavender flowers also produce ample amounts of nectar that bees use to make a delicious, high-quality honey. Mainly produced around the Mediterranean and in France and Spain, monofloral lavender honey is light yellow in color and has a taste often described as woody or floral.

The fresh, relaxing scent of lavender essential oil and the petals from which it is derived has led to lavender’s extensive use in aromatherapy, either by itself or mixed with other lightly scented herbs. Many people have found at least some headache relief by applying lavender oil to the temples.

Dried or fresh lavender put in pillows or near the bed can help soothe and relax at bedtime. A folk remedy for sleeplessness actually calls for three lavender flower heads to be infused in a cup of boiling water and drunk just before going to bed. Science may be confirming this particular use, because a recent study found that taking lavender oil in capsule form actually helped relieve anxiety and related sleep disturbances in the study participants.

The oil has antiseptic and anti-inflammatory properties, which are utilized in bath products such as herbal shampoo, body wash and bath oil. Depending on the species it is produced from, lavender essential oil can be sweet or sharp. The sweet smell of English lavender is often used in cosmetics such as balms, salves, lotions, shampoos and perfumes. During World War I, many hospitals actually put lavender’s antiseptic properties to work and used it to disinfect floors and walls. These disinfecting properties were also used in folk remedies for insect bites, mild burns and acne.

Despite its many uses, lavender is still most commonly used for ornamentation. However, the next time you feel a headache coming on or just feel like you could use a little extra help relaxing, you may find great relief from the small purple plant and its delightfully fresh scent.
Are You Getting Enough of the Nutrients You Need?

Nutrients are compounds that the body uses to build and repair tissues and regulate internal processes and that it converts into energy. Essential nutrients are those that the body cannot create itself and therefore must be consumed in the diet.

The list of nutrients that the body needs for optimum health is staggeringly long. Calcium, magnesium, potassium, folic acid, iron, biotin, copper, niacin, vitamin A, carotenoids and vitamin D are just some of the many essential nutrients. While some are thought of as being more important than others, the truth is that every nutrient has a role to play. Although human physiology is quite different from the inner workings of a machine, consider this question: What is the most important part of a car engine? Spark plugs, cylinders, water pump, fuel pump, valve seals? The absence of any single component will cause the engine to fail sooner or later. Furthermore, nutrients almost always work best when they are consumed with other nutrients. This is because many nutrients work synergistically with each other in their support of many body functions.

Synergy is most easily described as $1 + 1 = 3$ (or 11, as in the Lemon-McKee law of synergy!). Essentially, when two nutrients work together synergistically, they provide more support than the sum of their parts. But in the case of nutrition, the equation can be even more amazing, even as much as $1 + 1 = 20$! That’s an amazing concept.

Calcium is a great example of a nutrient capable of using synergy, because it works best when it is able to interact with vitamin K. We know that a woman’s body begins to lose calcium as she grows older. Studies have found that after two weeks of daily supplementation with 1 mg of vitamin K, urinary loss of calcium was reduced and circulating levels of osteocalcin (an important protein for bone synthesis) increased. Without vitamin K, a woman could be consuming more than her RDA of calcium and yet she still might not be receiving all the protection she needs.

Another reason nutrients work best when consumed in groups is because, occasionally, when a nutrient is consumed in large and unreasonable quantities by itself, it can actually be detrimental to health. For example, calcium, when taken frequently without magnesium, can actually increase your risk for stroke and cardiovascular disease by increasing magnesium insufficiency, because these two minerals compete for absorption. Most of us were taught at a young age that calcium is critical for growing strong bones and teeth. But we were not taught that it works best when it can interact with magnesium.

Even when a nutrient isn’t known for working in a synergistic group it can still be an essential and important part of the diet. Folate is an essential B vitamin that has been shown to have protective effects against a wide variety of health concerns. It’s also known for being a natural mood booster. For most adults, the recommended daily allowance for folic acid is 400 mcg, and this can double to 800 mcg for pregnant women. Beans, eggs, beef liver, spinach and fortified breakfast cereals are a few of the best sources of B vitamins.

Another essential nutrient is vitamin D, but it’s different than most nutrients because it cannot be obtained from the diet in sufficient quantities. Also, unlike other essential nutrients, vitamin D actually is created in the body by exposure to the ultraviolet spectrum of sunlight or ingested in the form of supplements. However, it can be produced only when the body is exposed to sunlight. Similar to vitamin B, vitamin D is considered a great natural health and mood booster. If both nutrients are capable of helping you feel good on their own, imagine what they can do together!

Magnesium is yet another essential nutrient that works best when combined with other nutrients. Magnesium deficiency has been linked to several illnesses, including asthma, diabetes and osteoporosis. Although frank magnesium deficiency is rare in developed parts of the world, insufficiency—that is, suboptimal levels of magnesium—is quite common. Intracellular magnesium is correlated with intracellular potassium, which is a good sign that the two work best when consumed together. Green leafy vegetables, spices, nuts, coffee and tea are all rich sources of magnesium.

There are far too many essential nutrients to go into depth on each one. To ensure that your body is given all the tools it needs to perform at maximum levels, it is important to eat a diet that is rich in a variety of fresh fruits and vegetables and lean sources of protein. The synergy of nutrients is one of the reasons it is so important to eat a wide variety of fresh fruits and vegetables. Not only does eating several different fruits and vegetables a day (optimally 10 servings) help ensure that your body receives all the nutrients it needs, but it also helps ensure that every individual nutrient is able to work as efficiently as possible by having all its companion nutrients available at the same time.
During the coldest times of the year, when people are indoors more and not outside sweating in the heat, people tend to drink less water than normal. In some cases, it can be less water than is even healthy. Virtually all vital organs rely on a constant supply of water to function.

For the body to function optimally, many doctors agree that adults should drink eight 8-ounce glasses of water every day. For most people, it is difficult to drink more water than is healthy for them (especially in warm weather or while exercising). But drinking too little water can quickly have negative effects in the body.

The human body can consist of up to 78 percent water, depending on a person’s age and size, and it relies on water for many reasons. Water permeates every area of the body and is continuously used in many functions and processes throughout the body. One particular area where water is important for optimum health is the kidneys.

Your kidneys perform several vital functions in the body. The role most people are familiar with is filtration. Working as a natural filter, kidneys remove waste from the blood and divert it to the bladder. The kidneys are responsible for excreting a variety of waste products that are produced by a healthy metabolism. These wastes include urea, a nitrogenous waste produced from protein catabolism, and uric acid, a waste product of nucleic acid metabolism.

The kidneys are also responsible for homeostatic functions, including electrolyte regulation and maintenance of a healthy acid-base balance. They also help regulate blood pressure by maintaining a healthy balance between water and salt. The kidneys help the body reabsorb water, needed glucose and amino acids. Finally, they produce essential hormones such as calcitriol, the activated form of vitamin D, and erythropoietin, which aids in red blood cell production.

Because your kidneys are responsible for filtering out waste and toxins, it is imperative that they be able to perform their jobs at peak capacity. To help ensure healthy kidneys, drink plenty of fluids. Fresh, clean water will help flush these waste products out of the kidneys.

Some studies have even linked inefficient water intake to an increased risk of developing painful kidney stones.

When water intake isn’t enough for the kidneys to perform all their functions, other parts of the body are affected as well. Some of the work that the kidneys would normally do falls onto the liver, which, in turn, cannot operate at peak levels when it is doing the jobs of multiple organs.

By the time you feel thirsty, your body has already often become dehydrated. In order to avoid feeling thirsty, steadily consume water throughout the day. If you know you are going to be in a situation that causes water loss, such as exercise, begin drinking water 30 to 40 minutes before the activity begins. Don’t wait until you start to sweat, because it will already be too late.

People tend to associate dehydration with hot summer weather, exercise and illnesses that cause water loss through vomiting or diarrhea. While these are all valid hydration concerns, many people don’t realize that dehydration is just as likely to occur during cold winter months. This happens because people tend to drink less water during the winter. When we don’t sweat every time we step outside, and when we are not looking for ways to cool off, we just don’t think about staying hydrated. And keep in mind that the heating of our homes during the winter months usually results in much more dry air in our homes, which results in our need to consume more water.

One of the reasons some people develop dry, itchy skin during the winter is because they are not drinking enough water. When your skin is dry and itchy, think about what might also be happening to your kidneys and other areas inside your body.

Even when it’s not hot outside, it is important to drink plenty of fresh, clean water every day. Keeping the body hydrated will not only help ensure that every part of your body is working at optimum levels, but it will also help you feel better inside and out.
How Herbs Help Promote Healthy Aging
Herbs have been used by humans as both food and medicine for many thousands of years. The ancient practice of using plants and plant extracts for medicinal purposes is gaining newfound attention, because modern medical and analytical science is now able to observe the effects of plant ingredients in the body. Many of these folk remedies and ancient healing systems, such as Ayurveda from India and Traditional Chinese Medicine, passed on through generations are being validated in controlled scientific tests today. As researchers are discovering the complex ways in which herbs and their nutrients affect the body, new discoveries are being made that show how natural herbs may be among the best tools a person can use in the Art of Growing Young.

Ounce for ounce, herbs tend to be packed with substances that support numerous body functions. Accordingly, one of the ways that herbs tend to help promote healthy aging is by supporting vital nutrients that tend to decrease as we get older. Horsetail, for example, is very rich in silicon, a mineral associated with healthy skin, cartilage, bones and connective tissues. As silicon levels in the body decrease with age, it may be prudent to consume more silicon-containing foods, including horsetail.

Herbs also can help promote healthy aging with their high levels of antioxidants. As the body ages, it tends to accumulate free radicals from pollution, stress, illness, smoking and countless other sources. A diet that includes lots of antioxidant-rich herbs will help give the body additional antioxidants to counteract free radical build-up from stress and environmental pollution. This is important because of many of the unpleasant side effects that excessive free radicals play in the role of aging, especially accelerated aging.

Clove, sage, thyme, cinnamon, oregano, marjoram, tarragon, peppermint, echinacea, savory, basil and dill are a few herbs with abundant antioxidant content. It’s no coincidence that many of these herbs are also included in dietary supplements promoted for their antioxidant content. Cinnamon, in addition to its potent antioxidant content, has been found to be very helpful in maintaining healthy levels of blood glucose.

They may not be herbs, but spinach, broccoli, kale and yeast extract are all powerful natural tools for healthy aging too. Like herbs, they are rich in antioxidants. Specifically, these foods contain alpha-lipoic acid (ALA), which is a powerful antioxidant. ALA, like OPCs, not only helps prevent damage from free radical attacks but also helps recycle other antioxi-

dants, such as vitamins E and C, from their oxidized form. These nutrients work together synergistically to give you even greater protection against free radicals, which, as doctors have discovered, are at least partially to blame for many of the negative physical changes associated with aging and disease.

Herbs can also be used to help relax the mind and body. As modern society becomes more and more fast paced, making an extra effort to find relaxation is becoming more and more important. Drinking soothing herbal teas and using herb-based aromatherapy are two ways in which herbs can help reduce stress.

Herbs with relaxing scents can be used to promote healthy sleeping habits too. Lack of sleep is yet another way stress is able to accumulate in the body. Sleeplessness is more than just an annoyance—it can take a physical toll on the body. The scent of herbs such as lavender put near the bed can help soothe and relax your mind when it’s time to go to bed. Herbs such as lemon balm (Melissa officinalis) taken internally have relaxing and sleep-promoting properties.

Astragalus is an herb with a long history as a natural way to help promote healthy aging. And although more studies are required for validation, preliminary research has found evidence suggesting that astragalus may have potential benefits for the immune system, heart and liver. There are also specific components of astragalus that induce an enzyme known as telomerase, which lengthens the ends of DNA sequences in chromosomes, known as telomeres, which have been closely linked to aging by Nobel Prize-winning research.

Not only do many herbs seem to help support the healthy aging process, but they taste great too! There is no reason not to include more of these delicious plants in your daily meals. The special subset of herbs known as spices is currently a hotbed of cancer prevention research, especially at the world-renowned MD Anderson Cancer Center in Houston, Texas. Turmeric, the bright-yellow spice that contains compounds called curcuminoids, is the centerpiece of this research. Turmeric may also be related to the dramatically lower incidence of Alzheimer’s disease in the elderly population of India, where this spice is routinely consumed as part of curry recipes.

So the next time you sit down to dinner, add a few extra herbs and spices to your fresh salad or garnish your plate with edible protection against diseases associated with aging.
Many people battle dry skin during the winter months, when the air is dry, and they tend to drink less water. While creams and lotions can help moisturize skin from the outside, there are other steps you can take to nourish skin from the inside out.

Remember, drinking more water during the year’s colder months can help prevent dehydration, which will, in turn, help keep skin feeling smooth and supple. Including more vitamin C-rich foods in the diet may help as well, because the vitamin is widely believed to help keep skin firm and smooth.

The body uses vitamin C to form collagen, a protein that acts as a sort of glue holding the skin together. Moreover, collagen and a similar compound called elastin are responsible for maintaining your skin’s elasticity. When you stretch your skin by pinching it softly and see it snap back into place smoothly, you are seeing the effects of collagen and elastin. Without them, your skin would become wrinkled and sagging.

Vitamin C also plays an important role in helping heal wounds, which makes the vitamin important for helping the body properly heal the many minor cuts and scrapes we all experience. This protection can be of extra benefit during the colder times of the year, when we are more prone to accidentally injuring ourselves when scratching dry patches of skin.

Many of vitamin C’s youth-promoting effects on skin may be due to its antioxidant properties, which help protect against ultraviolet rays and other free radical attacks. Vitamin C and other antioxidants protect against oxidative damage and free radical attacks. Without a supply of antioxidants, free radicals tend to accumulate in the skin, becoming more concentrated as we age. This accumulated damage can cause the skin to look and feel older than it actually is.

Vitamin C is a great antioxidant on its own, but its power can be increased dramatically when combined with oligomeric proanthocyanidins (OPCs). These superpotent antioxidants, found in grape seeds and pine bark, are among the most powerful free radical scavengers currently known. And when taken at the same time as vitamin C, OPCs can drastically increase the effectiveness of vitamin C, offering skin even more protection against free radical attacks.

The body can neither make vitamin C on its own nor store the antioxidant-rich vitamin for later use. Therefore, vitamin C must be routinely replenished by dietary means and supplements when necessary. Most citrus fruits and fruit juices made from citrus contain high levels of vitamin C. Cantaloupe, kiwi, strawberries, blueberries and watermelon are other fruits rich in the vitamin. A few vitamin C-rich fruits and vegetables are broccoli, tomatoes, green peppers, sweet potatoes, cauliflower and leafy green vegetables such as spinach.

Vitamin C can be a great tool to help keep your skin smooth and healthy, but it isn’t the only skin-friendly nutrient. Sulfur (especially in the form of methylsulfonylmethane, abbreviated as MSM), omega-3 fatty acids, vitamins A and E, lycopene, alpha-lipoic acid, zinc, selenium, copper, and manganese are all nutrients that help keep skin healthy. But this list is far from exhaustive. Fortunately, a healthy diet that includes a wide variety of different fresh fruits and vegetables, herbs, and spices will help provide the body with all the nutrients it needs for optimum skin health.

Many of us take our skin for granted. We don’t stop and think about how it is actually a vital organ that is continuously carrying out a variety of life-sustaining functions. It’s also one of the first things people notice when meeting you for the first time. When thinking about your own wellness, don’t forget about the health of your skin. For optimum skin health, be sure to eat a diet that includes plenty of fresh water and vitamin C-rich foods. If you take care of your skin, it will help take care of you.
OmeGold sets itself apart by including a specialized mix of essential plant oils, which are potent fat-soluble antioxidants. Each softgel capsule contains a precise blend of DHA and EPA omega-3 fatty acids combined with vitamin D and an exclusive proprietary blend of antioxidant-rich essential oils. OmeGold is a safe and effective way to help ensure your entire family is supplied with essential omega-3 fatty acids.

OmeGold is full of the Omega-3 fatty acids that play an important role in a healthy diet.
What parts of my body are vulnerable to free radicals?

Free radicals can accumulate in any part of your body. Damage occurs in cell membrane structures and mitochondria and to proteins and lipids inside cells. They can even attack our DNA. But some places seem more prone to free radical buildup and the resulting oxidative stress. However, you don’t need to worry about the damage from free radicals if your diet contains enough antioxidants and you pay attention to the management of stress you have day by day. These antioxidants are able to stop or limit the chain reactions that cause oxidative stress. A diet that is rich in fresh fruits and vegetables, herbs, and spices, combined with a generally healthy lifestyle and the avoidance of tobacco and excess alcohol consumption, will go a long way in helping ensure that your body is given ample amounts of antioxidants.

What are prebiotics?

To understand prebiotics, you must first know what probiotics are. The term “probiotics” refers to a group of different strains of bacteria that colonize the human digestive tract. These beneficial bacteria, such as Lactobacillus acidophilus, Bifidobacterium bifidum and Lactobacillus salivarius, aid in digestion, help promote a healthy acid/alkaline balance in the colon, work with the immune system, and compete for resources with unhealthy bacteria and microorganisms. Because they are living organisms, probiotics need food to survive.

The term “prebiotics” refers to the nutrients that help probiotics grow and thrive. Maltodextrin-soluble fiber and other fibers are often called prebiotics because they feed beneficial colon bacteria. It may seem gross that there are trillions of microscopic organisms living in your gut, but they are actually good for you, and a healthy diet high in fiber will provide them with the prebiotics they need to help keep you feeling healthy.
DNA Immune & Immune Formula

Additional Nutritional Support for Healthy Immune Function

DNA Immune and Immune Formula are two of the most distinctive products from Lifeplus®. They incorporate the latest scientific technology to help nutritionally support healthy immune function.

DNA Immune and Immune Formula – your strongest defense this season.