Superberries
Learning to love nature's healthy treats

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“The great thing about taking small steps is that the more you take, the easier the big steps become.”

I want to remind you that when it comes to your health, every little step counts. No matter how small the action is, it matters. The road to health and wellness is made of many little steps, not a few great leaps … although we certainly can take great strides too.

Several articles in this issue of the magazine talk about the importance of iodine. Reading the articles reminded me that just because a particular nutrient isn’t currently a hot topic that we hear about all the time, it doesn’t mean it isn’t important. The iodine articles are a perfect example of yet another small step toward a healthier body.

Parking farther from the grocery store so you have to walk just a little bit more might not seem like much, but it is yet another small step. Drinking an extra glass of water every day, replacing thirty minutes of watching television with thirty minutes of walking, cutting out one fast-food meal a week, packing a single apple with your lunch – all these are small steps that quickly snowball into very large benefits.

Beginning on the road toward wellness can be intimidating. I understand this because I have felt that intimidation just as you have, so I know exactly how you feel. But the great thing about taking small steps is that the more you take, the easier the big steps become. I guarantee that one day you will look back and realize you made massive strides simply by taking small steps. When you reach this point, it’s a surprising and wonderful feeling.

If reading this magazine is your first small step to health and happiness, then I am glad you have joined us on this exciting journey. I look forward to walking next to you.
Stop and smell the roses

Feeling stressed out? Stop and smell the roses. Roses, as well as lavender, basil, mangos and oranges, contain linalool, a phytochemical that has been shown to help reduce stress. The simple act of smelling these delightful aromas can help reduce stress levels, which will ultimately help protect your overall health.

Pecans

Grab a handful of nuts for a quick energy boost. And if you want to help your cholesterol levels at the same time, reach for pecans. Recent research has shown that pecans are rich in gamma-tocopherols, which are a form of vitamin E that helps reduce LDL cholesterol. Often termed “bad” cholesterol (as opposed to “good” HDL cholesterol), higher LDL levels correlate with cardiovascular disease.

Apples

There may be more truth to the old saying “An apple a day keeps the doctor away” than once thought. Clean, organic apples are full of a powerful group of antioxidants called polyphenols. These compounds help neutralize free radicals, thereby helping protect the body from oxidation that can accelerate the aging process.

Fiber

Make fiber your partner in weight loss. Fiber-rich foods such as many fruits and vegetables can help keep you feeling fuller for longer and help prevent the munchies.

Dark chocolate

Protect your heart with a dark and sweet treat. Several small, short-term studies have shown more evidence that chocolate, specifically dark chocolate, has potential benefits for the heart. From decreased blood pressure and blood clotting to increased blood vessel health and improved LDL cholesterol, flavonol-rich dark chocolate – the darker the better – may be one of the most delicious heart-healthy treats. Just remember that products that contain health-supporting chocolate can be calorie-dense, so enjoy them in moderation.
“It will expose you to fresh air and sunlight, which will leave you feeling invigorated in ways the gym simply can’t.”
There’s no denying that gym workouts are great for improving fitness levels and managing weight. Whether you spend your time on a treadmill or stationary bike for a cardiovascular workout or use the gym’s free weights for strength training, your body will thank you for staying active. But why spend all that time cooped up indoors during these nice summer months when you can get a great workout outdoors while enjoying fresh air, sunshine and nature?

A recent study performed by California Pacific Orthopaedics and Sports Medicine found that on average, outdoor exercisers lost almost seven and a half pounds and just over 6 percent of body fat after eight weeks of outdoor activity. That’s because when you are outside, your body is constantly challenged by inclines, declines, twists, turns and other obstacles that you just don’t find in a gym. The sunshine and fresh air are great too!

The most basic outdoor activity is also one of the most effective cardiovascular activities there is. Walking or stepping up to jogging or running will get your heart rate up, which is the core benefit of aerobic exercise.

If your run takes you through a park, you can break up the routine by stopping to add an extra challenge. When you come across a bench, try this routine before continuing on your run, jog or walk. First, sit on the bench with your hands on either side of your hips. Slide your elbows and bring your upper arms almost parallel to the ground, and then straighten your elbows to return to your starting position. Keep your lower back as close to the bench as possible and complete ten to fifteen reps before moving on.

You can also stop at a set of monkey bars or a tree with a low-hanging branch to do pull-ups or a set of hanging crunches. To do hanging crunches, just take hold of a sturdy branch, palms facing forward with arms fully extended. Bend your knees and bring them slowly up toward your abs. Repeat as many times as you can before returning to your path.

Peppered in activities such as these as you make your way along your normal path will make your exercise routine more fun and even more beneficial for your body. If it sounds too challenging, start with something less intimidating, such as a few jumping jacks or squats after every lap around the block.

If you’re tired of the same old workout routines and scoff at the thought of going down the same paths again and again, you might benefit from getting a little wild. A growing number of trainers and health experts are suggesting we break out of the norm and look into a workout based on the skills and movements that our ancestors relied on simply to survive in nature – walking instead of driving, squatting because there are no chairs, climbing trees to gather food, running from danger, balancing to cross a stream with no bridge, throwing rocks or spears to hunt. These daily actions were once necessary for survival, and today coaches combine these movements and environments in exciting and unpredictable sequences. Often coaches have participants changing actions one after another in rapid succession to create powerful workouts that never get boring. This new concept of fitness combines old movements with modern knowledge of strength and conditioning principles. They are called Wild Workouts, and they are becoming so popular that a quick internet search should find a Wild Workout coach in your area.

There are countless ways to move your favorite exercises out of the gym and into the great outdoors – after all, most of the exercises you find in the gym are actually based on activities we once did outside. Stationary bikes convert to regular bicycles, rowing machines can be replaced with boat trips and stair steppers are nothing more than simulated hills; any resistance exercise can easily be moved outdoors with the right equipment. Or you could look into a Wild Workout that utilizes rocks, logs and other natural weights to give you an unbelievably good primal workout.

Taking your workout outdoors is more than just a way to break out of the routine you might feel stuck in at the gym. It will also expose you to fresh air and sunlight, which will leave you feeling invigorated in ways the gym simply can’t. Whether you realize it or not, our bodies are conditioned from centuries of life spent outdoors, and reconnecting with nature during your workout will leave you feeling good inside and out while toning your body and improving your health.
Protein Power – Part 1

Protein is a powerful nutrient used in the art of growing young that is so powerful, it deserves a two-part series. In the first part of this series we look at what protein is and why the body needs it. The second part, coming out in the next issue, will delve into how to increase the amount of high-quality protein in your diet.

Protein is the most abundant substance in the body after water. It is found in every cell throughout the body and is a major structural component of cells, especially muscles. It is also found in the body’s internal organs, hair and skin. Because it is such an abundant nutrient, it’s not hard to see why protein is so important for the body.

Proteins are polymer chains made of amino acids that are linked by peptide bonds. Unless you are a chemist, this probably doesn’t mean much to you. And that’s just fine. For anyone interested in protein as a nutrient, the important thing to understand is that proteins are made up of amino acids – more than twenty of them. Eight of these amino acids are classified as essential, meaning the body is not capable of manufacturing them; therefore, they must be supplied by the diet.

Most humans consume these amino acids in protein-rich foods. These include meats such as beef, venison, chicken and fish. Animals are unable to synthesize amino acids, so they obtain them from plants. As they accumulate in the animal’s body – particularly in muscle tissue – that animal then becomes a source of protein. The protein-rich meat we eat is muscle tissue.

The same proteins and amino acids found in meat can be found in plant sources such as whole grains, pulses, legumes, soy, nuts and seeds. However, it is important for vegetarians and vegans to consume a wide range of these foods in order to get enough of all the essential amino acids the body needs.

During the digestion process proteins are converted into smaller units called peptides and then into their base units, which are the amino acids. This breaking-down process typically involves exposure to digestive acids and chemical reactions caused by enzymes called proteases throughout the digestive tract.

A few of the amino acids the body receives from protein may be converted to glucose for short-term energy (substantially more are converted if the body is in starvation conditions or on a carbohydrate-free diet), but the vast majority are used for replacement of the protein component of muscles, enzymes and hormones. We often refer to these as “building blocks” rather than “fuel.” The body tends to use sugars and starches much more readily for fuel.

The versatility of protein was demonstrated in a famous study conducted in 1930 by two Arctic explorers who had been impressed by the Inuit people’s ability to live all winter on nothing but caribou meat and marine mammal fat (both high in omega-3 fatty acids) while performing strenuous work in the Arctic environment. These two men, Stefansson and Anderson, came back from their expedition and volunteered to be studied by researchers at a hospital in New York City.

The two men lived in the hospital for a year and ate an all-meat diet consisting of 75 percent fat and more than 2,500 calories a day. At the end of a year, both had lost about six pounds of weight. Even more astonishing was that their cholesterol levels and other blood chemistry values were normal, and neither experienced any adverse effects. They did not develop scurvy from the lack
FY Skin Formula tablets provide nutrients to help you maintain healthy looking skin. The blend of nutrients in this unique food supplement is derived from a proprietary marine extract. In addition to its proprietary marine extract, FY Skin Formula tablets contain hyaluronic acid, amino acids, and other nutrients known for their ability to help support healthy collagen levels. These ingredients help nourish your skin to help you maintain a healthy-looking appearance.

Beauty begins from within!
of vitamin C either. Because almost all mammals other than humans are able to synthesize vitamin C, their diet provided this critical nutrient we tend to associate mainly with citrus fruits.

While this groundbreaking study does show how important protein is for the body, one should not immediately adopt an all-meat diet – remember that the most widely available meats today are produced on factory farms from animals fed grain-based diets and allowed very little physical activity – a far cry from wild caribou and marine mammals. There were plenty of nutrients that Stefansson and Anderson were not able to ingest on their diet, and their bodies would eventually suffer from the inadequacy. A diet rich in fresh fruits and vegetables along with sources of lean protein is still far superior. The source of protein is also an important factor.

For years doctors and nutritionists have been telling people to avoid fatty meat and dairy products, all of which happen to be high in protein. Consequently, protein has become an unexpected casualty of the war on fat. A low-fat diet is certainly a healthy one, but you must be careful not to eliminate protein. Many people thrive on plant-based proteins, but there may be people who are genetically “wired” to do better with some animal protein in their diets – people can have widely varying nutritional requirements, depending on their ancestry, their environments, their age and health status, and the kind of work they are doing.

There’s another reason you don’t want to cut down on your protein intake – it helps you feel fuller for longer. Anyone trying to maintain a healthy weight can appreciate help in avoiding midday snacks. A study in which a group of volunteers who doubled their protein intake to 30 percent of their daily caloric intake, and reduced fat intake to 20 percent of caloric intake, found it easier to lose weight. On average, the people in the group were eleven pounds lighter in just three months.

When protein is digested it causes the body to release specific chemicals that tell the brain that you feel full. This goes beyond simply filling your stomach up and can be a great aid in portion control.

“A study in which a group of volunteers who doubled their protein intake to 30 percent of their daily caloric intake, and reduced fat intake to 20 percent of caloric intake, found it easier to lose weight.”

It’s good news for dieters that avoiding hunger can be as easy as serving up a little extra protein. A high-protein diet actually has a twofold effect on weight loss: It curbs hunger and provides muscles with critical amino acids, as we learned earlier. Increasing dietary protein intake after physical activity has been proven many times over to help speed muscle growth. And because muscle burns fat and calories, the more muscle mass you have, the more calories you can burn. That not only makes workouts more effective but also helps increase your calorie burn in every activity you engage in throughout the day. Not to mention that a higher lean body mass helps you look and feel good too.

So now we better understand why protein is so important for the body. In part 2 of the series we will discover healthy strategies for increasing protein intake.
Secret #1: Happy people embrace new experiences. Happy people don’t let themselves get stuck in the boring routine of simply existing in life. They know that one of the secrets of becoming truly happy is to embrace new experiences in order to truly live. Don’t allow yourself to get stuck in a rut or routine. Live your life in a way that allows you to explore new avenues of life, go beyond your comfort zone and have fun being you. New experiences are wonderful for your mood and will actually help keep your mental faculties spritely as you age. Learning and challenging yourself are two of the most important exercises you can give your brain to keep it healthy, which will in turn help keep you happy.

Secret #2: Happy people know how to let go of the past.

Experiences in the past are wonderful for the happy memories they created and the lessons they taught. But truly happy people have learned to cherish these good memories and let go of the negative ones. Clinging to resentment, anger and frustration from things that happened in the past, whether yesterday or twenty years ago, will prevent you from being happy. We attract into our lives the things that we focus on. So if we continuously dwell on grudges from the past and dredge up bad memories, we will attract only more negative things, people, experiences and circumstances. It’s hard to be happy with such negativity surrounding you. Instead of dwelling on bad experiences, remember yesterday’s good times fondly and look forward to what the future holds – but focus on living in the present.

Secret #3: Happy people allow themselves to be themselves.

Be yourself. Don’t be who you think you should be or who you think others want you to be. Happy people don’t get caught up trying to impress everyone around them. They understand that you simply cannot be happy if you do not allow yourself to be yourself. Embrace who you are and love yourself. You are a special person with unique and wonderful qualities that no one else on Earth has. Happy people don’t just understand this; they take pride and joy in it. Overcoming a self-conscious attitude can be challenging after years of trying to please everyone around you by pretending to be something different than what you are. But at the same time, acknowledging your beauty and uniqueness is a refreshing and life-changing move that will bring much happiness into your life.

Secret #4: Happy people know that diet affects mood.

Like any other organ in your body, the brain needs nutritional support to function at optimal levels. Omega-3 fatty acids, vitamins D and B, and other nutrients all have been linked to brain health and mood. Happy people may not understand the complex relationship between nutrition and mood, but they understand that the foods we eat affect the way we feel physically and emotionally. An unhealthy diet full of preservatives, premade meals, refined sugars and saturated fats tends to leave people feeling dull and sluggish. But a diet rich in fresh fruits and vegetables, complex carbohydrates, low-fat dairy, lean sources of protein and invigorating spices gives the body the energy and support it needs to feel good inside and out, which directly affects mood in a positive way.

Secret #5: Happy people focus on happiness.

Last but certainly not least, happy people know how to focus on being happy. Everyone attracts both positive and negative people, experiences and situations into their lives depending on what they are focused on. This is referred to as the Law of Attraction. Truly happy people have realized this and have learned how to use it to their advantage. They know that if they spend all their time focusing on things that they don’t want, they will never be able to focus on the joy and happiness they already have. You can have fun learning how to utilize this important secret, especially if you have a partner who will do it with you. Remind each other to pay attention to how you feel. Are you joyfully thinking about the happiness you already have, or are you dwelling on a negative experience? In time, changing your focus to align with the positive will become automatic. By learning to pay attention to your emotions, you can create the life you want in your finances, health, relationships, experiences and everything else. Understanding that the emotions you choose to focus on attract similar experiences into your life is quite possibly the most important secret of all.
At just eighty calories per cup and with virtually zero fat, blueberries are a healthy and delicious snack. They are stuffed with fiber, manganese, vitamin C and antioxidants, especially anthocyanins. Just one serving of blueberries will provide nearly 25 percent of your daily vitamin C requirement!

Blueberries are probably the most well-known superberry due to their nutritional content, but they are far from being the only nutrient-rich, low-fat superberry. Other good berries include wolfberries (goji), acai berries, elderberries, cranberries, strawberries, blackberries, aronia berries, lingonberries and black currants.

The newest fruit to reach superberry status is the acai berry. Grown in Central and South America, these small purple berries are packed with polyphenol and antioxidant potency. In addition to their free radical-fighting antioxidants, acai berries also contain fiber. Because they are relatively fragile, fresh acai berries are hard to find for people living outside the few regions where they are grown. However, as they have gained fame as a superfruit, acai drinks, powders and supplements have shown up on health food store shelves.

Cranberries are a tart treat that have been used for hundreds of years to help ward off urinary tract infections (UTIs) caused by Escherichia coli (E. coli). Modern science has shown that nutrients in cranberries prevent these bacteria from attaching to the walls of the urinary tract. Many studies have supported the idea that the use of this superberry, either in capsule or juice form, may indeed help maintain a healthy urinary system.

Beyond their usefulness for a healthy urinary tract, cranberries also contain vitamin C, fiber, manganese and an assortment of other essential micronutrients.

Because they are so tart, the most common use of cranberries is as juice. However, if you choose to get your supply of this superberry from juice, be sure that yours is 100 percent juice with no sugar added.

Wolfberries (also called goji berries) are common in Asia. Containing eleven essential minerals, twenty-two trace minerals, eighteen amino acids, six essential vitamins and a host of nutrients, these bright orange-red berries are truly worthy of superfruit status. Fiber-rich and widely available outside Asia in dried, juice and pulp forms, wolfberries can help add an exotic flavor and nutritional boost to any diet.

Elderberries comprise a genus of about thirty species of shrubs and trees. These superberries have been used medicinally for hundreds of years and have recently been studied for possible antiviral properties. Like many other superberries in this list, elderberries are rich in nutrition and low in fat and calories.

Due to their incredibly dense nutritional content and comparatively low calorie count, superberries make the perfect snack any time of day. Whether it’s a handful of blueberries on your cereal in the morning, a glass of cranberry juice with lunch or a cup of mixed berries for dessert, including more superberries in your diet will give your body a delicious nutritional boost that is sure to leave a smile on your face. Try them fresh at room temperature, right out of the refrigerator or even frozen on warm summer days. Kids love them too.

Superberries are a group of delicious, nutritious and vibrantly colored fruits in the berry family. These low-fat, health-boosting treats are sweet enough to be a dessert and so nutritious that they are listed along with other mega-healthy superfruits.
"The reason behind Japan’s iodine-rich diet is that the ocean contains the most abundant source of iodine. Consequently, diets that are rich in seafood and sea vegetables provide much more iodine than do diets based on land plants and animals.”
There is a nutrient deficiency going on right now that is about to reach epidemic proportions, and you’ve probably never even heard about it. Very few people discuss the issue, but those who do are becoming more and more worried. With a growing number of people decreasing their sodium intake, iodine deficiency is quickly becoming one of the biggest and quietest nutritional problems we face.

Some recent estimates suggest that almost 74 percent of otherwise-healthy adults don’t consume optimum amounts of iodine. To understand why this is happening, you must first know where iodine comes from and how most of us consume this vital nutrient.

Iodine is a very important micronutrient, meaning that even though the body requires iodine in relatively small amounts, it is absolutely vital for a healthy body to receive regular doses of iodine in the diet. Iodine is a relatively rare element that is found almost exclusively in the oceans. Because iodine’s presence in the ground is so very low, you cannot obtain enough of it from the fresh fruits and vegetables or lean sources of meat you eat on a regular basis. Even some of the most nutrition-conscious eaters are unaware that although they may be doing their best to eat a healthy diet that covers all their nutritional needs, their iodine intake may still be inadequate.

Because it is so rare, most people in the industrialized world get their iodine requirements through iodized salt. And this is where the problem really begins. Over the course of the past forty years iodine deficiency has increased more than fourfold. It’s no coincidence that this same time period has seen significant decreases in sodium intake, because iodized salt is the main source of iodine for most people in the developed world. If you pay close attention to the labels on various brands of table salt in the grocery stores, you will notice that many of them do not contain iodine today. This is due to a serious misconception about iodine among food suppliers and the public in general.

Even the salt we do consume may contain less iodine than we think. Not long ago, researchers concerned with the growing rate of iodine deficiency made a startling discovery. They looked at the iodine content of samples of salt and discovered that less than half the samples they tested contained the amount of iodine we need to consume for optimum health.

To sum up the problem, many of us meet our iodine requirements by consuming salt. But due to a low-sodium diet trend and diminishing amounts of iodine in the salt we do eat, iodine deficiency is quickly rising.

Iodine may be a silent necessity in that it is probably far from the top of the list of nutrients you try to consume on a daily basis, but it is no less important than the more prominent ones such as vitamin C, folate, antioxidants and other minerals. The human body requires iodine to ensure proper brain development in children and to maintain a healthy-functioning thyroid in people of all ages. Many organs besides the thyroid require iodine for optimum function, especially the breast and uterus in women and the prostate in men.
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The thyroid is located in the front of your neck, just below your voice box. It produces two forms of thyroid hormone that help to control the body’s metabolism. When it can’t produce enough of this hormone several symptoms occur – unexplained weight gain, slowing of the heart rate, dry skin, loss of hair, weakness and more. Iodine is important for thyroid function because it is one of the primary building blocks used to create the important thyroid hormones. If your body does not receive enough iodine, it may not be able to create enough thyroid hormones, and these symptoms may occur.

Iodine deficiency has been linked to a long list of health concerns, including obesity, heart disease, fibrocystic breast disease and cognitive impairment. Iodine-rich foods have a long history of use as natural components of healthy menus for people focused on maintaining a healthy cardiovascular system. As interest in iodine is growing, so too is evidence that the nutrient’s history of use in healing has scientific merit.

The currently accepted daily allowance of iodine for healthy adults is around 150 to 290 micrograms. But there is evidence that these numbers are far lower than they should be. In fact, these amounts were established some years ago simply as the amount the body needs to help prevent a goiter (an enlarged thyroid gland caused by iodine deficiency – once very common in areas where the soil is low in iodine and before the iodination of salt was instituted as a public health measure). More recently, daily doses of up to 6,000 micrograms have been used in studies without signs of side effects. Greater still, Japanese populations consume as much as 13,800 micrograms of iodine on a daily basis (from fish and seaweed in the traditional Japanese diet). Not only do they not see harmful side effects, but they appear to experience a host of benefits from elevated levels of iodine. In particular, there is mounting evidence of iodine’s role in healthy breast tissue, which is a major concern for women all around the globe.

The reason behind Japan’s iodine-rich diet is that the ocean contains the most abundant source of iodine. Consequently, diets that are rich in seafood such as cod, sea bass, haddock and perch, as well as sea vegetables such as kelp, dulse, nori, kombu and wakame, provide much more iodine than do diets based on land plants and animals. Seaweed is actually the most abundant source of iodine there is. The thought of consuming seaweed may seem unsettling for people not used to seeing it on menus. But in reality, seaweed is just a vegetable, not that much different from lettuce or spinach. There are actually many different and delicious ways to prepare and eat it.

Iodine is a silent necessity because it’s one of the many nutrients that we just don’t hear much about. But that doesn’t mean it isn’t a critical part of our health; the opposite is true. Iodine is critical for optimum health in many areas of the body, from the heart to the brain to the thyroid and many places in between.
Herbs & Supplements
Iodine is a micronutrient, meaning it is a nutrient that humans must consume in small quantities to enable the body to perform certain physiological functions. Iodine is probably far from the top of the list of nutrients we actively seek out and consume. This is evident in some estimates that suggest that nearly three-quarters of otherwise-healthy adults don’t consume optimum amounts of iodine. Do you?

Iodine is vital for a healthy thyroid, and iodine deficiency has been linked to numerous health concerns, including obesity, heart disease and cognitive impairment. It is vital for proper brain development in children, healthy breast and uterine function in women, and healthy prostate function in men.

The current recommended daily allowance of iodine for adults is between 150 and 290 micrograms. However, some nutrition researchers believe these figures may be far too low. The numbers were established years ago as the amount sufficient to help prevent a goiter (an enlarged thyroid gland due to iodine deficiency). Daily doses of up to 6,000 micrograms (6 milligrams) have been used in studies without signs of adverse side effects.

So how does one consume enough iodine? That’s not always clear, because iodine is a relatively rare element that is found in the form of a salt, mostly in the oceans. In fact, its presence in the ground is very low, which means it isn’t found in the fresh fruits and vegetables we consume on a regular basis. Even though you may be doing your best to eat a healthy diet that covers all your nutritional needs, your iodine intake may still be suboptimal.

For most people in the industrialized world, iodized salt is the chief source of iodine. However, a few years ago researchers concerned about iodine deficiency made a startling discovery. After looking at eighty-eight samples, they found that less than half the samples tested contained the amount of iodine needed for optimum health.

Low-sodium diets, which have become popular due to concerns about salt contributing to high blood pressure, have also contributed to the decline in iodine intake. However, a healthy diet can include enough iodine-enriched salt to help ensure that your body is receiving the nutrition it needs without increasing the risk of developing sodium-related health problems.

A few salt tips to remember: Kosher salt and sea salt contain little or no iodine. Use salt on your food at the dinner table, because over 60 percent of salt’s iodine content can be lost during cooking. Sweat contains salt and iodine, so if you exercise regularly, you may need to increase your iodine-enriched salt intake.

Although iodized salt is still the richest source of and easiest way to consume iodine, there are several natural sources you may turn to as well. Seafood such as cod, sea bass, haddock and perch are all good sources of iodine because they live in ocean water, which contains iodine. Sea vegetation, especially kelp and dulse, grows in the ocean and is very rich in iodine. It is commonly sprinkled on food as a condiment, like salt and pepper. Statistically, Japanese people consume far more iodine because their diets contain iodine-rich seaweed. The estimated average daily intake of iodine in traditional Japanese diets (rich in fish and sea vegetables) is between 8 and 15 milligrams.

On the other hand, studies have been done both in the United States and Europe, especially Germany, showing a large degree of iodine deficiency.

Iodine is critical for optimum health, and yet we hardly ever think about how much of it we are consuming. As a micronutrient it tends to be skipped over for the vitamins and minerals we are more familiar with. However, because it is so critical for thyroid function and easy to consume in the form of iodized salt, fish and seaweed, there is no reason anyone should be iodine-deficient. All it takes is a little planning and a dash of salt.
“Set rules such as no texting at the dinner table and no video games an hour before bedtime. These kinds of rules will help your child learn there are some situations where plugging into technology is not a good idea for one reason or another.”
Our children are plugged into a world that was not around ten years ago, much less thirty, forty or fifty years ago when we were kids ourselves. Smartphones, laptop computers, iPads, Facebook, video games – this technological revolution has brought unprecedented amounts of information into our homes, which is great for learning and experiencing things we may otherwise not have access to. But there is a downside that also comes along with all the great resources we are attached to through the internet and cell phone towers.

Our children may be able to virtually go places we never dreamed of as kids ourselves, but they do it at the expense of spending time just a few feet away in the backyard. Virtual worlds offer none of the healthy benefits that come with playing outside with neighborhood kids. And this is one of the biggest challenges young kids face today. Overconnected kids are not getting anywhere near the amount of exercise that kids from earlier generations did. This is clearly reflected in the current epidemic of childhood obesity and early onset diabetes. Research has suggested that children who spend too much time plugged in are more likely to be overweight and suffer from depression.

We live in a time unlike any other, and that means that as parents we must look after our children in new ways. The first is to set clear limits on the amount of time spent plugged in – this is something our own parents simply didn’t need to worry about when we were young. But times have changed. Video games, chat rooms, Facebook and other activities in front of a screen take up time that used to be spent being physically active. For many kids, setting weekly or daily limits on TV, video game and computer time is a must these days.

In addition to time limits, set rules such as no texting at the dinner table and no video games an hour before bedtime. These kinds of rules will help your child learn there are some situations where plugging into technology is not a good idea for one reason or another. Texting while eating with the family can be seen as rude because that person is ignoring the people he or she is with, and playing video games right before bed can disrupt sleep, especially because the blue light frequencies emitted by TV and computer screens disrupt melatonin production by the pineal gland, and melatonin is essential to healthy sleep.

It’s also important to lead by example. You may think it’s a sad sight to see a group of teenagers sitting at a table together, all silently texting or surfing the internet. How often do you find yourself idly tapping at your smartphone instead of making conversation with the people around you? Do your own children see you withdrawing from the conversation in order to check your phone, or do they see you actively engaging in the world around you? Whether they realize it or not, children emulate their parents. If you lead by example and show them that there is a time and a place for everything, including using your smartphone, they will grow up to be more socially engaged with the people around them.

Be aware that plugging in can be a shy child’s defense mechanism against scary social situations. Some kids turn to their phones or computers because they are just not comfortable talking with people face-to-face. If your child seems more comfortable typing “LOL,” “BRB” or “C U L8ER” than looking people in the eye and speaking sentences, he or she might benefit from a little coaching. To help these introverted kids avoid getting overwhelmed in public, work with them beforehand to arm them with topics and information they can talk about comfortably. You can also encourage them to interact with people you meet throughout the day. Let your son hand the money to the cashier at the grocery store or have your daughter ask the hotel clerk where the pool is located.

The internet can be a wonderful tool for learning and growing. It can connect kids directly to new people and cultures from the other side of the world that they wouldn’t otherwise be able to experience. Even cell phones and computer games can be part of a healthy child’s life. But taking a few precautions will help your child experience all the great things technology has to offer without the danger of becoming overconnected and too sedentary.
“One of the best foods you can eat for your skin is fish, such as salmon, mackerel, sardines and herring.”
Your skin is your body’s largest organ and obviously one of the most important. It’s your first line of defense against germs and the first thing people notice about you. It is of major importance in maintaining fluid balance as well. Just like any other organ in your body, if you take care of your skin, it will help take care of you.

There are many ways to take care of your skin. Fortunately, none of them are difficult if you give them just a little focus. And the more you choose to do that, the healthier, smoother and more vibrant your skin can become.

Your skin is one of the many places in the body where free radicals accumulate over time. Because it happens to be the part of your body that everyone sees, it is also the easiest place on your body to view the effects of oxidation and other forms of aging. Both collagen and elastin, which are important components of skin tissue, are particularly susceptible to free radical attacks, which prematurely break down these connective tissues and contribute to aging.

If your skin looks years older than you really are, it may be due to excessive free radicals, which is why your skin deserves a steady supply of free radical-fighting antioxidants. Vitamin C does more than just help prevent free radical buildup that destroys collagen. It also increases collagen synthesis in the body, for smooth, supple skin. Vitamin C can be found in broccoli, kiwi, red pepper, lychee, parsley, virtually any citrus fruit and many other foods. Vitamin E and OPCs are also well-known, potent antioxidants that are good for your skin’s health.

Beyond antioxidant content, diet can play a very large role in the health of your skin. From foods that cause rashes and allergic reactions to foods that contain the basic building blocks of new skin cells, the things you eat can change your skin for better or worse. One of the best foods you can eat for your skin is fish, such as salmon, mackerel, sardines and herring (the smaller fish accumulate less mercury and other environmental contaminants). Clinical trials have proven time and time again that the omega-3 fatty acids found in these fish help protect skin from sun damage. One study looking at the omega-3 fatty acid EPA found that daily doses of 95 percent EPA omega-3s for three months could significantly reduce a person’s sensitivity to sunburn. Partner to the omega-3 fats is the specialized fatty acid known as gamma-linolenic acid (GLA), found in the seeds of black currants, borage and evening primrose. When ingested with omega-3s, GLA leads to the manufacture of a potent anti-inflammatory compound called prostaglandin E1. Omega-3 fatty acids become prostaglandin E3 (also anti-inflammatory). These balance the inflammatory prostaglandin E2, which comes from linoleic acid and arachidonic acid – two fatty acids that are overabundant in Western diets due to grain-fed meats, grains and warm-weather vegetable products such as corn, soy, safflower, sesame and canola oils. Only olive oil, avocado oil and macadamia nut oil provide predominantly omega-9 fatty acids, which do not contribute to inflammation. So a skin-healthy diet minimizes grains, grain-fed meats and most vegetable oils (with the above exceptions).

If you don’t like the taste of fish, fish oil supplements have been shown to support the maintenance of healthy skin. Other good sources of omega-3 fatty acids are flax (linseed), kiwi, lingonberries, acai berries, and fortified foods or supplements. However, none of these alternatives contain the same amounts and specific types of omega-3 fatty acids found in fresh fish or supplements.

During this time of year in the Northern Hemisphere we are more prone to excessive sun exposure during hours when ultraviolet rays are at high intensity. Too much sun, and sunburn especially, is often responsible for prematurely damaged skin. Take care of your skin by taking a few simple precautions. Avoid prolonged exposure during peak ultraviolet hours by staying indoors or in the shade. If you are going to be outside for a long time, cover up with long sleeves and a wide-brimmed hat. Too much sun may be a bad thing, but so is too little. The body needs sunlight to manufacture essential vitamin D. Don’t avoid daylight altogether. Just twenty to thirty minutes a day in full sunlight is usually all most people need to manufacture enough vitamin D without harming their skin.

There are plenty of other nutrients that may be good for your skin too. Dry, scaly skin and premature wrinkles are both associated with a diet lacking in adequate amounts of B vitamins. The carotenoid lycopene, which is abundant in tomatoes, watermelon and guavas, is thought to help protect the skin against UV rays from the sun. Even cocoa, with its high flavonol content, has been linked to healthier-looking skin. It’s no coincidence that skin-healthy nutrients are those that are found in what we know to be a healthy diet – one that contains lots of fresh fruits and vegetables and low amounts of fats and sugars. The skin is, after all, an organ, and we know that nutrition plays an important role in the health of all our organs.

There are countless ways to take care of your skin, and none of them are really difficult. So why not take a few precautions such as eating a healthy diet, using daily moisturizers, minimizing time spent in the sun and drinking plenty of water? These small things add up to something big – the health of your skin.
“Walking and stretching in warm pools of water soothe the joints as they are put through a range of motions while building muscle and improving flexibility.”
Doctors tell us that lack of exercise can result in weak muscles, stiff joints and reduced mobility. The effects can accumulate with age, meaning the older you are, the more important it is for you to stay active in order to help maintain healthy joints. But the simple fact is, you are never too old or too young to feel the benefits of taking better care of your joints.

Nearly all low-impact aerobic exercise will help your joints and related muscles and connective tissue. And it’s never too late to start, even if you already are experiencing joint pain at your current age. There are lots of very-low-impact exercises that are gentle on the joints but still benefit the body greatly. Tai chi and yoga are wonderful for promoting healthy, strong joints. Both forms of exercise build strength, improve range of movement and enhance balance.

Exercising in warm water is good for achy joints too. And you don’t have to be a great swimmer to experience the benefits. Walking and stretching in warm pools of water soothe the joints as they are put through a range of motions while building muscle and improving flexibility. Because the body is naturally buoyant in water, the danger of falling due to weak and unstable joints is virtually eliminated, making water exercises particularly appealing for people who are just getting back in shape after being sidelined with joint injuries.

Diet can play a key role in joint health as well. A large number of clinical trials studying joint health have been done on dietary supplements that include the compounds glucosamine and chondroitin sulfate, which are the building blocks for the maintenance and repair of cartilage. One breakthrough study looking at glucosamine sulfate found that it may be able to help prevent the progression of joint deterioration. This is huge news for the millions of people already suffering from a disease that causes joint pain.

Another nutrient that has seen considerable research on its positive effects on joints is methylsulfonylmethane (also called MSM or dimethyl sulfone). MSM has been studied since the 1970s for its role in supporting joint health by helping maintain healthy collagen and other factors relative to healthy joint function.

Some joint deterioration may be due to excessive buildup of free radicals. Some parts of the human body naturally deteriorate with age – skin loosens, muscles weaken, etc. However, many of the negative consequences of age we once thought were inevitable we now realize are worsened by free radicals. It’s possible that supplying the body with enough antioxidants can help keep joints strong and mobile late into life. People who eat diets with high levels of antioxidants have been reported to show a much slower rate of joint deterioration compared to people on diets low in antioxidants. This is probably due to the fact that antioxidants neutralize free radicals and prevent them from accumulating in joint tissue.

It is clear that clean, natural foods that are rich in micronutrients are dramatically increasing our options and means for maintaining and improving joint health. Whether your joint pain comes from an injury sustained in your youth or from natural deterioration from age, the food you eat and the activities you perform can have a profound impact on keeping your joints flexible and strong late into life. Because joint health is so necessary for remaining physically active, and because physical activity is so necessary for staying healthy, taking care of your joints will help ensure a long, happy life.
“Any activity that gets your heart pumping is good for you: mowing the lawn, biking to work, walking the dog, cleaning the house.”
The health of your heart is most directly affected by two factors – diet and exercise/activity level. In some individuals, genetics can play an important role too.

The heart is seen as a mysterious and important organ unlike any other in the body. In many ways this is true, because it is so easily influenced by emotions. But at the same time, the heart is actually just a large and specialized muscle, not that different than any other muscle in your body. As such, it needs to be exercised in order to stay strong and healthy.

Unlike your biceps, your heart doesn’t require resistance training to get strong. It actually needs cardiovascular exercises such as jogging, bicycling, swimming, walking or any other activity that gets your pulse rate up for an extended period of time. Of course, these kinds of activities produce results on other muscles. However, the simplest, easiest form of exercise is also the most beneficial. That exercise is walking, and it is known to be the single most effective form of exercise for a healthy heart.

Walking is wonderful for your heart, but it is far from the only heart-healthy exercise there is. Any activity that gets your heart pumping is good for you: mowing the lawn, biking to work, walking the dog, cleaning the house, walking while on the telephone, parking farther from the store – every little activity throughout the day will help keep your heart in shape.

Your heart is also directly affected by the foods you eat on a regular basis. If your diet contains high amounts of saturated fats, trans fats, processed foods and refined sugars, your heart health may be compromised. However, if your diet is rich in fresh fruits and vegetables as well as lean sources of protein, your heart will be supplied with the nutrition it needs to function at optimal levels.

To eat a heart-healthy diet, reduce intake of red meat, fatty dairy and premade foods. Even frozen meals that contain vegetables can be full of hidden fats and unnatural ingredients. Protect your heart by learning to read and fully understand food labels in order to catch these hidden ingredients before you accidentally consume them.

The ways in which you prepare your foods also matter to heart health. Baked, broiled and steamed foods always are healthier than fried ones, even if “healthy” oils are advertised. This is because even oils we think of as healthy, such as olive oil, can become unhealthy when heated to the levels needed in order to cook with them. The high heat of frying actually alters the oil at a molecular level, oxidizing the oil and causing it to become harmful. When using an oil for high-heat cooking, small amounts of a saturated oil, such as coconut or palm oil, are actually best – but amounts should be minimized.

Other important ways to take care of your heart include avoiding tobacco products, limiting alcohol to moderate amounts and engaging in regular stress-reducing activities.

Taking care of your heart will help ensure that you live a long and happy life. But if you are still not convinced that a healthy heart matters, think about this: Physically active people with healthy hearts save more money in healthcare costs than less-active people do. A healthy heart improves productivity at work and in your home. Common activities such as walking up a flight of stairs become easier when you have a healthy heart.

**TIPS FOR A HEALTHY HEART**

- Limit intake of fast food and premade food.
- Always trim excess fat off meat before cooking.
- Replace full-fat dairy products with low-fat or fat-free versions.
- Eat real food, mostly plants.
- Walk at least thirty minutes every day.
- Find ways to limit stress, anger and other negative emotions.
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.
Ask The Expert

Will too much stress make me sick?

It seems as though nearly every day more evidence is found linking our emotional health to our physical health. Studies have shown that negative emotions such as stress, anger and depression can have a negative effect on your health. Think about the last time you felt really stressed for a prolonged time. Did you have a headache or suffer neck pain? Those are just two of the obvious and common reactions the body has to stress. There are plenty of others, including a spike in blood pressure. Too much stress for too long can have a serious negative impact on health. If you think you might have a problem with stress, look into relaxation exercises. From exercise to meditation, from being alone to talking with a friend, there are more ways to deal with stress than there are causes for it. Simply find the ones that work for you and use them to make your life happier and healthier.

Why is it hard to find foods rich in vitamin D?

There are some foods relatively rich in vitamin D, such as fish, fish liver oil, eggs and beef liver, but spending adequate time in the sun can be the most important way you can help ensure adequate levels of this bone- and mood-boosting vitamin. When your bare skin is exposed to ultraviolet rays from the spring, summer and early fall sun, your body manufactures vitamin D. Just twenty minutes of direct sunlight during peak summer hours (without sunscreen, which prevents vitamin D production) is okay for most people. However, other people, especially those with dark skin, may require considerably more time. Of course during seasons when the sun isn’t as bright, it takes more time to get enough sunshine, and very little vitamin D is produced, even when sunbathing on a clear day at noon during the winter in temperate climates.

Is it possible to have too little salt in my diet?

The health benefits of a low-sodium diet have been well established, but there is also such a thing as too little salt. When doctors and scientists realized too much salt in the diet can lead to high blood pressure, cardiovascular disease and other problems, there was a big push to lower the amount of salt people eat. While this is often a healthy choice, there can be downsides if you are not careful. Too little salt can result in muscle cramps, dizziness or, worse, electrolyte disturbance, which can cause neurological problems. Another concern regarding very-low-salt diets is iodine deficiency, as we have discussed in other articles in this issue. Iodized table salt is the primary source of iodine for many if not most people in the Western world. Iodine plays a vital role in thyroid function. Therefore, iodine deficiency has been linked to a number of health concerns, including obesity, cognitive impairment and heart disease. So how much salt should you consume? As with most things in life, moderation is key. Excessive salt intake is certainly not healthy, but don’t be afraid to season your meals with a little salt, because your body absolutely requires both the sodium and iodine contained in table salt – just avoid too much of a good thing.
Daily BioBasics™ nutritional drink has just what you need to support overall health. With its balance of vitamins, minerals and fiber, it provides the nutrition you need to stay at your physical and mental best. The innovative and proprietary blending process ensures that you have a smooth, creamy texture with every drink.