All About

**CBD Hemp Extract**

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**DISCOVER WHICH TURMERIC IS RIGHT FOR YOU** p.18

**YOUR DIGESTIVE SYSTEM’S 3 HEALTH BOOSTING HEROES** p.24
Every year with the changing seasons my patients begin asking familiar questions about how to ward off seasonal woes and prepare for the cold weather ahead.

My advice to them is as varied and unique as the individuals asking (no two peoples’ wellness needs are the same!), but there are some improvements we can all make to keep our minds, bodies and homes healthier year-round.

That’s why Healthy Obsession was created—to help you explore wellness that’s unique to YOU, for mind, body and home.

Swanson’s nutritionists and healthcare partners, driven by our obsession with healthy living, are here to help you tackle life’s everyday health challenges. Our team sweats the details—the science, research and latest trends—so you don’t have to. Our obsession means you can focus on thriving and living life, while we make being healthier just a bit easier, no matter what healthier means to you.

I hope you enjoy reading this issue as much as I enjoyed helping bring it to life, and that it helps you elevate your wellness routine through this season and beyond.

Marc Litt, MD, FACC, Cardiologist
Swanson Wellness Advisor
Meet one of our in-house dietitians and the essentials that get her through the cooler, darker days of the year.

1. UP YOUR IMMUNE HEALTH
Perfect for on-the-go immune protection, this effervescent drink mix is stocked with vitamin C and other energizing nutrients, but skips added sugars and artificial flavors. I just pour it straight into my water bottle and I’m off!

Swanson 1,000 mg Energy C with Electrolytes SWU781

2. MIND YOUR MOOD
We all get vitamin D from the sun, but I take it year-round for backup. It helps lift my mood and improve my concentration during the gray winter months. The bonus? It keeps my bones strong, too.

Swanson Vitamin D3 with Coconut Oil - High Potency SWU830

3. SAY NO TO CREAKY JOINTS
Frigid temps are hard on my knees, but not with this formula by my side. The three-part blend of scientifically-studied herbs works quickly, providing comfort benefits in as little as a week.

Swanson Ultra Pure Joint SWU1050

4. WARM UP WITH ANTIOXIDANTS
Once the fall season arrives, I can’t turn down a soothing cup of tea. This caffeine-free blend has a sweet and nutty flavor, and it’s full of protective antioxidants!

Swanson 100% Certified Organic Rooibos Red Tea SWF082

5. ON-THE-GO COMFORT
When holiday travel leaves me feeling frazzled, I roll this guy on my pulse points. The blend of plant-derived cannabidiol (CBD) and cinnamon, basil and lavender oils is the definition of relaxing.

SpaRoom Essentials Relief CBD Oil Roll On SPR011

6. SOOTHE DRY SKIN
Low humidity and gusty winds aren’t kind to my skin, so I rely on this hyaluronic acid serum for balanced moisture in the winter months. I even add it to my body lotion for an extra boost.

Swanson Hyaluronic Acid Serum SW1475

Amy Sunderman, MS, RD
Amy is a registered dietitian, nutritionist and author with 17+ years of experience. She enjoys finding novel nutritional ingredients with strong clinical research behind them to drive innovation at Swanson as the Vice President of Science & Innovation.

Visit swanson.com/amy for education and inspiration.
DOCTOR KNOWS BEST

A Holistic Approach to Heart Health

By Dr. Marc Litt, MD, FACC, Cardiologist
Baptist Health, Jacksonville, FL

As summer temps fade, colder weather means an increase in cardiovascular concerns for many. Read on for your holistic how-to guide for heart health.

Did you know heart health risks increase by as much as 31% when it’s cold out? That’s because cold weather affects circulation and puts strain on the heart. With lower temperatures approaching, it’s more important than ever to take a look at your wellness routine and plan for the season ahead.

**Targeting Heart-Healthy Nutrition**
Good nutrition builds a strong foundation for a healthy heart and overall wellness. A diverse, whole foods diet is best, and you can fill nutrient gaps with supplements. Get plenty of heart-supporting omega-3 fatty acids from fatty fish or flax, folic acid from leafy greens, vitamin E from nuts and seeds, and vitamin C from fruits and veggies. Plus, read on to learn about two heart health nutrients you probably didn’t know you needed—Coenzyme Q10 (CoQ10) & vitamin K2.

**CoQ10 & Your Heart**
CoQ10 is an antioxidant and a critical compound for cellular energy production. Studies show it may have significant heart health benefits while also supporting physical performance and helping maintain healthy blood sugar levels already within the normal range.

Natural CoQ10 production declines with age, as you can see on the chart below, and if you take statins, research shows you may be especially low in this heart-supporting nutrient.

Food sources of vitamin K2 include fermented foods like sauerkraut and animal sources such as high-fat dairy products, egg yolks, liver and other organ meats. Most people eating a Western diet don’t get enough vitamin K2 from their diets alone.

If you are taking statins, talk with your doctor to see if you should begin taking a vitamin K2 supplement.

**Vitamin K2 & Your Heart**
Your body needs vitamin K2 to bind circulating calcium to bones, which helps keep bones strong, but it also plays an essential role in arterial and heart health. Studies suggest statins inhibit K2 synthesis within the body, which can lead to health concerns.

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**NATURAL COQ10 DECLINES WITH AGE**
Coenzyme Q10 concentration typically begins decreasing as early as age 20, suggesting it has a close connection with aging.

![Graph showing CoQ10 levels decline with age](chart)


**Lifestyle Tips for a HEALTHY HEART**
Diet and lifestyle are your best weapons to support heart health. Protect yourself with these top tips.

- Eat Real Foods
- Stay Active
- Practice Yoga
- Meditate Daily
- Manage Weight
- Don’t Smoke
- Target Heart-Healthy Nutrition

**STATIN-FRIENDLY**
Swanson Ultra CoQ10 + Vitamin K2 SWU069
2-in-1 formula with clinically-studied doses

**KICK THAT HABIT**
NaturaBio Smoking Withdrawal NTB015
Reduce tobacco cravings with a non-drowsy, non-habit forming formula

**MEDITATION HELPER**
Irwin Naturals CBD + Ashwagandha IR122
Get your zen on with ashwagandha plus CBD hemp extract

**WEIGHT MANAGEMENT SUPPORT**
Swanson Ultra Pure Weight SWU1067
Promote thermogenesis, a healthy stress response & reduced calorie consumption with clinically-backed ingredients

**SHOP THESE HEART HEALTH PRODUCTS AT swanson.com/magazine**

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**Dr. Marc Litt, MD, FACC, Cardiologist**

Dr. Marc Litt, MD, is a board-certified interventional cardiologist with an interest in cardiac research. He focuses on finding options that educate & motivate his patients to make healthy lifestyle changes.
This time of year should be full of pumpkin spice & everything nice, but sometimes seasonal changes get the best of us. Here are some expert tips for feeling your best in the months ahead.

PREPARE YOUR IMMUNE SYSTEM
A bold winter immune system is built in summer and fall, so start early. Get plenty of sleep, eat nutrient-rich whole foods & reinforce immune health with supplements like probiotics—over 70% of your immune system is in your gut—plus herbal immune helpers like elderberry.

ENERGIZE MIND & BODY
Shorter daylight hours zapping your energy? Try herbs that are scientifically shown to energize the body & mind, like rhodiola rosea, L-theanine & naturally-sourced caffeine from green tea leaves & green coffee beans.

FIGHT RESTLESS NIGHTS
If time changes, busy schedules, or too much screen time has you tossing & turning at night, try melatonin to get your sleep schedule back on track. Melatonin signals your body when it’s time to sleep, and it’s even better when paired with stress-busting GABA & valerian root.

SUPPLEMENT YOUR SUN
There’s a good chance you’ll spend a lot less time outdoors this time of year. That means you’ll make less natural vitamin D, which is important for healthy bones, immune health & a healthy mood. A D3 supplement can help fill diet gaps and fight seasonal woes.

LIFT YOUR SPIRITS
Boost your mood & banish seasonal blues by finding ways to stay active daily. You can also give your mood a helping hand with adaptogenic ashwagandha, SAMe, or stress-busting magnesium.

BOOST HAIR & SKIN HYDRATION
Dry air during colder months can leave your hair & skin feeling parched. Try mixing argan oil into your body lotion & hair conditioner to give your beauty routine a hydrating boost.

SUPPORT SEASONAL RESPIRATORY HEALTH
Promote seasonal immune function & respiratory health the nature-sourced way with antioxidant quercetin, plus bromelain from pineapple—two of the best ingredients for fighting indoor or outdoor seasonal woes.
Cannabidiol (CBD) hemp extract is super trendy, but plenty of people have yet to try this plant-based, wellness-promoting ingredient. It doesn’t matter if you’re a newcomer to the world of CBD hemp extract or you’re simply looking to take your health knowledge to the next level—we want to help. Here’s your guide to CBD hemp extract and how it can benefit your life.

What is CBD?

CBD is a phytocannabinoid present in hemp plants, a species of cannabis, that promotes overall wellbeing. Unlike the well-known phytocannabinoid tetrahydrocannabinol (THC), it doesn’t create psychoactive “high” effects in the body. The human body also makes its own cannabinoids internally, which are known as endocannabinoids.

The Endocannabinoid System

We all have an endocannabinoid system, which is the body’s network of neurotransmitters responsible for binding with cannabinoids in order to maintain vital functions like cognition, fertility, appetite, pain sensation and more.

There are currently two well-known cannabinoid receptors: CB1 and CB2. CB1 receptors reside predominantly in the brain and central nervous system while CB2 receptors exist in the peripheral nervous and immune systems.

Because CBD is a cannabinoid, it interacts within the endocannabinoid system. CBD binds to CB2 receptors but doesn’t bond directly with CB1, which is why it helps maintain vital bodily functions but doesn’t create a psychoactive response.

Is CBD Hemp Extract Legal?

Industrial hemp, from which CBD hemp extract is derived, is federally legal in the United States because it contains less than 0.3% THC, the psychoactive component of cannabis plants, and a bounty of beneficial CBD.

Different Types of CBD Hemp Extract

There are three classifications for hemp-derived CBD:

1. FULL SPECTRUM CBD HEMP EXTRACT
   Hemp oil enriched with CBD, terpenes and other cannabinoids (including less than 0.3% THC) in ratios that were naturally occurring in the original plant

2. BROAD SPECTRUM CBD HEMP EXTRACT
   Contains a variety of terpenes and cannabinoids with trace to no amounts of THC (some manufacturers also add terpenes and other cannabinoids in isolated forms to increase the product’s overall potency)

3. CBD ISOLATE
   The purest form of CBD hemp extract, isolated and purified to reach the maximum concentration of CBD specifically with low to no THC content

Each type of CBD hemp extract can have different effects on the person using it. Always read labels carefully to ensure that you’re buying the specific type of CBD hemp extract product that’s right for you.
How to Shop for CBD Hemp Extract

Choose a supplier that guarantees quality and potency, backed by a certificate of authenticity confirming the product’s makeup. At Swanson Health, every CBD hemp extract product we carry is 100% quality tested and has undergone an extensive review from our science and regulatory teams. That means you’re guaranteed to find the right product to power your wellbeing.

How Do I Use CBD Hemp Extract Oil?

It takes a little experimentation to find the dosage that works best for you. If you’ve never tried CBD hemp extract before, try a lower dose first, see how you feel and then gradually make adjustments.

How Much?

Usually anywhere between 1/2 to a full dropper. Read the label on your bottle carefully and follow the instructions.

How Often?

The higher the potency, the fewer servings you should take daily. Always follow the directions on your product label.

When?

In the morning, during the day or at night. Taking it with food rich in fatty acids can enhance absorption.

How?

Place the drops (or oil spray) in your mouth and hold for 30 to 60 seconds. Or add the oil to your next meal and dig in!

Easy Ways to Add CBD Hemp Extract to Your Meals

Because CBD hemp extract is plant-derived, the taste varies and not everyone enjoys the flavor. Try mixing your hemp-derived CBD oil with flavors you love. Here are some of our favorite ways to mix it up.

1. Blend a dropper into a SMOOTHIE
2. Spray some oil on top of YOGURT with nuts and berries
3. Mix the oil into a cup of APPLESAUCE
4. Top off a bowl of OVERNIGHT OATS with a spray of the oil
5. Add a dropper to a cup of COLD BREW COFFEE
6. Spray some oil on top of a SALAD alongside a vinaigrette

Oil Tinctures

Quickly absorbed & ideal for adding to food

Capsules

Great for people who don’t like the flavor of oil tinctures or sprays

Personal Care Products

Soothing self-care in the form of roll-ons & bath bombs

Salves

Comforting, topical relief for tired muscles

Oil Sprays

Convenient & refreshing for on-the-go

Gummies

Delicious & easy way to get your daily dose

Snacks

Tasty treats that promote overall wellness

For Your Pup

Promote overall wellness in your furry friend, too

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DIY ALL NATURAL

Dish Soap

Tackle those dishes the eco-friendly way with this DIY dish soap made with natural ingredients and scented with uplifting essentials oils. It smells amazing, and it’s so easy to make!

WHAT YOU’LL NEED
- 16 oz. glass or plastic bottle with pump
- 1/2 cup liquid castile soap
- 2 teaspoons vegetable glycerine
- 2 drops of tea tree essential oil
- 2 drops of lime essential oil
- 6 drops of lemon essential oil
- Purified water

WHAT YOU’LL NEED

1. Remove the lid & pump from your bottle
2. Pour in castile soap & vegetable glycerine
3. Add the essential oils
4. Fill the bottle with purified water, allow enough room for the pump
5. Replace the pump & lid
6. Shake well & enjoy!

TOTAL TIME: 5-10 MIN   YIELD: 16+ WASHES

INSTRUCTIONS

Stock your pantry with the ingredients so you can always make more!

MYTH BUSTERS

Home

Top Home Health Myths

Home may be where the heart is, but it’s also where many myths are born. From produce bins to kitchen sponges and more, let’s clear up some common myths about health in your home.

MYTH: Adding Dish Soap Makes it Okay to Put Oil in the Drain
FACT: Soap only breaks down fat temporarily. It ends up in the wastewater & forms a soapy, waxy compound known as a “fatberg.” One was once found that weighed 140 tons!

MYTH: You Don’t Have to Clean Refrigerator Produce Bins
FACT: Naturally-occurring bacteria in fruits & vegetables may cause cross-contamination. Clean bins with hot water & liquid soap often. Rinse thoroughly & dry with a clean cloth or air dry.

MYTH: A Kitchen Sponge Gets Cleaned While You Use It
FACT: One study found coliform bacteria on 77% of kitchen sponges. Microwave a wet, metal-free sponge for 2 minutes or wash in the top rack of your dishwasher. Replace every 2 to 4 weeks.

MYTH: Drip Coffee Makers Don’t Need Cleaning
FACT: Fifty percent of coffee maker reservoirs swabbed had mold & yeast. Once a month, add 4 cups of apple cider vinegar to the reservoir, let sit for 30 minutes, brew & run 2 or 3 cycles of fresh water through the coffee maker.

MYTH: Lemon Peels Freshen the Garbage Disposal
FACT: Lemons smell great! Unfortunately, their peels can clog your disposal. Clean with vinegar, baking soda & hot water, or use 30 drops of lemon essential oil mixed with baking soda, water & unscented liquid castile soap & pour down the drain.
5 Hot Trends from Our Wellness Experts

Explore what’s new on the wellness scene this season—here are 5 expert-backed wellness trends for a healthier you, plus how to try them.

Green Your Routine
From eco-friendly packaging and biodegradable coolers to #plogging—picking up litter while jogging!—going green is on trend. Do your part by choosing products with recycled or biodegradable packaging, and shop with eco-conscious makers. Learn more to green your wellness routine at swanson.com/gogreen.

Drinkable Supplements
Liquid nutrition is taking on trending ingredients—you can now try beverages infused with beauty-boosting collagen, anti-aging retinol, joint-supporting, antioxidant turmeric, hemp-derived CBD for overall wellness and much more. Drinkable supplements are a convenient way to hydrate while getting more nutrition in your day.

Probiotic Skincare
Just as your gut needs probiotics—friendly microbes—to maintain healthy digestion, your skin relies on good bacteria to look and feel its best. And as more and more people realize the many benefits of nourishing your microbiome both inside and out, probiotic skincare is on the rise to help balance your skin just like probiotic supplements balance your gut.

Probiotic-Enriched Foods & Beverages
It isn’t just probiotic skincare that’s trending when it comes to these helpful microbes, gut-boosting probiotics are also showing up in other new places too, like granola bars, fruit juice and even potato chips. See p. 26 to learn more about the gut boosting benefits of probiotics.

Turmeric Skincare
While it isn’t exactly a newcomer to the wellness scene, turmeric is quickly becoming a skincare craze, making its way into radiance-boosting serums, lotions and cleansers. That’s because studies show your skin can benefit from the antioxidant power of turmeric just as much as your body and mind. We love trends that are based on science.

Chlorophyll
It’s the same green pigment that helps plants harness the sun’s energy. Antioxidant chlorophyll is a trending superfood ingredient that supports the body’s cleansing functions. Fans of this increasingly famous green say it also helps balance your pH while aiding skin and weight management. You’re likely to find it offered in a cafe near you as a mix-in for smoothies, lattes and even water.

Hemp-Derived CBD Oil
The 2018 Farm Act paved the way for more research and new wellness products made with CBD hemp extract. We’re loving this trend for promoting overall wellness and comfort, and it’s a great addition to your nighttime routine. Just be sure to look for quality-tested products. Learn more on pp. 10-13.

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Lindsey is a nationally recognized registered dietitian & nutritionist whose advice has been featured in Reader’s Digest, Men’s Health, on The Dr. Oz Show, Lifetime TV and more.

Visit swanson.com/lindsey for education and inspiration.

did you know?
The Many Benefits of Turmeric
After reading the long list of turmeric benefits—for skin, digestion, cognitive function and more—you may wonder how one herb could do so much. Researchers say that’s because it contains powerful bioactive compounds that offer benefits for the whole body. It’s also great paired with other time-tested herbs—see pp. 18-19 for more.

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Hot Trend Picks

Traditional Medicinals
Organic Roasted Dandelion Root Tea
TMD003
Digestive support in a 100% recycled carton & compostable tea bags

Health Direct
Collagen Peptides Sugar Free - Tart Cherry
HD006
Drinkable collagen for supporting healthy skin, joints, hair & more

Adalou Naturals
Brightening Turmeric + C Enlighten Serum
ADN026
Facial serum with nourishing superfood ingredients for your skin

Swanson GreenFoods
Formulas Liquid Chlorophyll
SRW031
Water-soluble chlorophyll derived from alfalfa to help the body eliminate toxins

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Discover Which Turmeric is Right for You

In-the-know wellness seekers are wild about the health-boosting benefits of turmeric for neutralizing free radicals, supporting healthy joints, promoting cognitive health, digestion, healthy skin & more. But with so many options, which should you choose? Here’s a quick guide!

**Turmeric (Curcumin)**
Turmeric supplements deliver the whole herb, while curcumin extract offers a concentrated dose of the most active antioxidant compound within turmeric. Studies show curcumin may be particularly beneficial for cognitive health and healthy joints. For best results, look for products that are guaranteed pure and potent.

**Turmeric + Black Pepper**
Both turmeric and curcumin are fat-soluble and best absorbed when consumed with a meal that contains some fat or oil, but black pepper helps too. A compound in black pepper known as piperine or BioPerine® may help keep turmeric compounds in the body longer during digestion, so you have more time to absorb it and get the benefits.

**Turmeric + Ginger**
A potent, synergistic duo for health, ginger and turmeric are root herbs with a host of wellness benefits to offer. Together they’re particularly suited for promoting stomach health and comfort. Ginger is a time-tested herb to calm queasy stomachs and soothe digestion, and turmeric is backed by science for its ability to support overall health of the digestive system.

**Turmeric + Boswellia**
If you’ve got your eye on turmeric for joint health or digestive support, turmeric with boswellia may be a great option. Like turmeric, boswellia is a traditional herb that is science-backed for promoting healthy joints and digestive health. Boswellia is best known for supporting joint integrity, movement and flexibility. Both turmeric and boswellia have roots in the Ayurvedic health system.

**Turmeric + Tart Cherry**
Tart cherry and turmeric make another amazing joint-health duo. Flavonoids in tart cherries work as antioxidants to help protect joint tissues against free-radical damage while promoting healthy collagen structures. Anthocyanins in tart cherry may help metabolize uric acid to keep it at a healthy level, which plays a role in the wellness and comfort of joints.

**SHOP THESE TURMERIC OPTIONS AT**
swanson.com/magazine

**WATCH OUR VIDEO ABOUT THE BENEFITS OF TURMERIC AT**
swanson.com/turmericvid
Discovering Healthier Together

For Kathy and Larry (ages 65 and 70), growing up in small Michigan towns grounded them—in good values, in a love for the outdoors, and eventually, a love for each other. Now, after 40 years of marriage, they’ve experienced firsthand the importance of taking steps to maintain good health. They’ve raised two children, overcome breast cancer, beat heart disease—all while running a $48 million real estate business. Through it all, health and wellness has been a priority in their life together.

EVERYDAY LIFE
Running a business means juggling a hectic calendar. From the minute Kathy wakes up to the moment she hits her pillow, she’s go-go-go. “She’s constantly thinking, buzzing, moving,” laughs Larry. “It would take a force of nature to get her to sit still!” Kathy spends most of her day running to meetings in the car, which she lovingly refers to as her ‘office.’ “I have to be really purposeful about making room for exercise and self-care in my day,” she says.

To create that space, Kathy wakes up each morning at 4:00 a.m. and dedicates those few hours before the sun rises to growth. “When a tree stops growing, it’s dead, so why should people be any different? Learning is key to staying young.” She spends that early-morning time learning—through videos, exercise and reflection on how to help others—so by the time 7:30 a.m. hits, she’s ready to start her day.

FINDING THEIR HEALTHIER
To balance all that life throws their way, Kathy and Larry spend time together on walks in the woods surrounding their home. “We take four-mile walks, three times a week. It’s peaceful, quiet and keeps us grounded in what matters most—family and each other.”

Kathy is also an avid skier and makes it a priority to keep that as an integral part of staying healthier together. “I joined ski patrol when I was 13—I had to use a men’s jacket because they didn’t even make women’s ski jackets then.”

When we got married, my first Christmas present to Larry was skis—time to learn!” Now, each year they take a ski trip for their anniversary. “40 years of skiing means our joints don’t work as well as they used to,” says Larry. “We try to be proactive about nutrition for our joints so we can keep skiing as long as possible.”

BALANCING MIND, BODY & HOME
With triple-bypass heart surgery under his belt, Larry takes balance seriously. “I love my sweets, but I’m very focused now on protecting my heart.” As someone on statins for cholesterol, he swears by combo formulas focused on CoQ10 and Omega-3s to help replenish these heart-health promoting nutrients. “I love combo formulas—the fewer pills, the better!”

Kathy finds balance through using her personal experience as a breast cancer survivor to inspire others to get serious about prevention. She regularly speaks at the University of Michigan about the importance of self-care and regular mammograms. “I’m very aware of the chance of recurrence. It’s a big driver for me in balancing healthful eating with the occasional indulgence.” Still, Kathy advocates for not getting too hung up on health perfection and letting yourself enjoy good food with friends and family. “Balance isn’t about perfection—it’s about finding a happy medium, emphasis on ‘happy,’” says Kathy. “So splurge on the cake at that party. And listen to that inner voice that says, ‘I am grateful for today, and I get to get up and try again tomorrow.’

Balance isn’t about perfection—it’s about finding a happy medium, emphasis on ‘happy’

READ THE FULL STORY AT swanson.com/greenbottle

Want to share your wellness story?
Email us at greenbottle@swansonhealth.com
YOUR 4 JOINT HEALTH Allies

With the many nutrients available for joint health, it can be confusing to know which ones are right for you. Let’s explore some of the most popular science-backed ingredients for healthy joints.

JOINT COMFORT

Tart Cherry

Tart cherries strengthen vital collagen structures in connective tissue and help to metabolize uric acid, making them a valuable contributor to joint health. They promote joint integrity, movement and flexibility for joint comfort while also providing antioxidant support. You can eat tart cherries, but taking a supplement is more convenient.

MOBILITY

Hyaluronic Acid

Hyaluronic acid is found in every tissue of the body and concentrated in connective tissues such as cartilage and skin. It’s an integral part of joint fluid, where it serves as a lubricant for joints and a shock absorber to provide greater mobility. Oral supplementation of hyaluronic acid is the best way to obtain its joint-supporting benefits.

HEALTHY CONNECTIVE TISSUE

Glucosamine & Chondroitin

As we age, cartilage can weaken and start to break down. Glucosamine and chondroitin are major building blocks of cartilage, and clinical evidence shows glucosamine supplements may support the health of this vital connective tissue. When combined, glucosamine and chondroitin are more effective in supporting joint health. Glucosamine and chondroitin supplements are among the most popular options for joint health.

FLEXIBILITY

Methylsulfonylmethane (MSM)

MSM is a naturally-occurring form of the essential mineral sulfur. It’s easily absorbed in the body and supports connective tissue health including cartilage, collagen and hair. MSM promotes better joint flexibility, movement and physical function. It can be obtained from foods in their natural state such as tomatoes and leafy green vegetables, or obtained in supplemental form from tablets, powders, creams and more.
Your Digestive System’s Health-Boosting Heroes

Occasional bloating or less-than-optimal digestion may seem like facts of life, but it could be impacting your health more than you think. With the right approach you can fight back. Here are 3 ways to help your gut—first by building up your digestive enzymes, then reinforcing and nourishing healthy gut bacteria.

1. Digestive Enzymes

Your body makes many types of enzymes that help with important tasks throughout the body. Digestive enzymes help break down the foods you eat. These are the key digestive enzymes to know.

Supporting Healthy Digestive Enzymes

Some foods—mostly fruits and vegetables, including pineapples, honey, and avocados—contain digestive enzymes, though drinking alcohol and taking certain medicines can alter the pH of the digestive system and reduce enzymes. When the enzymes in your body are affected, your digestive health can be impacted too, since enzymes help you digest the foods you eat. In addition to choosing enzyme-rich foods, supplements are a great way to build up your body’s digestive enzymes.

- **Amylase:** breaks down carbs & starch
- **Lipase:** breaks down fats & oils
- **Protease:** includes pepsin & trypsin & helps digest proteins
- **Lactase:** helps break down dairy

2. Probiotics

Trillions of bacteria live in your digestive tract—researchers estimate about 1 to 2 pounds worth of bacteria is in your digestive tract at any given moment. There are both good and bad bacteria in your gut, and the goal is to make sure the good outweighs the bad for optimal microbiome health. Eating a diet rich in real foods and fermented probiotic foods helps maintain that balance, and probiotic supplements deliver beneficial microbes right where you need them most.

**How to Choose a Probiotic Supplement**

**Select the CFU That’s Right for You**

Probiotics are measured in colony forming units (CFU). This is an estimate of the number of viable (live) bacterial cells. CFU range anywhere from 1 billion to 100 billion. But more doesn’t always mean better. If you’re new, start with 1 to 3 billion CFU, then try 4 to 10 billion CFU before working your way up to find the CFU that’s most effective for you.

**Research the Best Strains**

There are thousands of probiotic strains. Most fit into two categories—Lactobacilli and Bifidobacteria. Each strain offers unique benefits. For digestive issues, you might consider L. fermentum, or L. brevis. For colon health, B. breve may be a good choice. There are strains available for most wellness needs, so do your research to find options that fit with your goals.

**Choose Your Strain Count**

Many probiotic supplements contain more than one strain in a single supplement, but as with CFU, more isn’t always better. When choosing a probiotic supplement that contains multiple strains, research them individually to make sure the strains included all work together to target your own unique wellness goals.

3. Prebiotics

We often compare probiotics and prebiotics to a garden. Adding probiotics is like adding more plants to your garden, and adding prebiotics is like fertilizing those plants. Prebiotics are a special type of dietary fiber that helps feed and stimulate those good microbes.

To be classified as a prebiotic, the fiber must be able to resist breaking down and being absorbed in the upper gastrointestinal tract so it can reach the intestines, then it must selectively stimulate only the good microbes there.

**Where to Get Prebiotic Fiber**

Leeks, asparagus, chicory, Jerusalem artichokes, garlic, onions, wheat, oats and soybeans are all excellent sources of prebiotic fiber. If prebiotic foods aren’t on your menu every day, which is often the case with modern diets, you can take a prebiotic supplement.

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**Shop All of These Digestive Health Heroes at swanson.com/magazine**
A Healthier Gut Means a Healthier You

Improving your digestive health can have long-lasting benefits that extend to the health and harmony of your entire body—from sleep and energy levels to nutrient absorption, immune health and beyond.

**Sleep Quality**
Digestive issues can lead to discomfort that interrupts sleep and researchers have linked better sleep quality with higher levels of beneficial gut microbes, suggesting a correlation.

**Immune Health**
Over 70% of your immune system is in your digestive tract, which means the health of your gut affects the health of your immune system and your overall wellbeing.

**Weight Management**
Your gut microbiome plays a role in maintaining a healthy weight by boosting digestion and impacting how efficiently the body extracts energy from the foods you eat.

**Nutrition & Energy**
The utilization of nutrients from your food starts with digestion, so digestive health is important for supporting both nutrient absorption and your body’s ability to turn food into energy.

**Healthy Skin**
Probiotics and digestive enzymes also play a role in skin health by making it easier for your body to access skin-supporting nutrients from the foods you eat.

**Healthy Mood**
Researchers are studying the brain-gut link and how digestive health can impact mood, since neurotransmitters and other chemicals produced in your gut also affect your brain.

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**Good Health Begins in the Gut**

<table>
<thead>
<tr>
<th>32.3 million doctor visits each year are about digestive concerns</th>
<th>1-2 pounds of bacteria live in your gut—some good, some bad</th>
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</thead>
<tbody>
<tr>
<td>70% of your immune system is in your digestive tract</td>
<td>The key to a healthy gut is to make sure the good bacteria outweigh the bad</td>
</tr>
</tbody>
</table>

**What Impacts Gut Health?**

- Nutrient-poor diet
- Alcohol
- Stress
- Prescription medicines

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**Digestive Health Affects**

- Sleep quality
- Skin health
- Immune health
- Weight
- Nutrient absorption
- Mood

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**How to Support a Healthy Gut**

1. Digestive Enzymes
2. Probiotics
3. Prebiotics

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**Did you know?**

As many as 400 strains of probiotics live in your body

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