Inhale. Exhale.

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5 MUSHROOMS FOR IMMUNITY p. 18

DOCTOR KNOWS BEST

Heart Health + COVID-19
WHAT YOU NEED TO KNOW p. 6
This year has been an exceptionally trying one for most of us. The COVID-19 pandemic has heightened uncertainty over the economy, relationships, and of course, our physical and mental health. Our frontline workers have been fighting an epic battle under unprecedented conditions, for which I’d like to personally extend my deepest thanks.

As human beings, we crave security. We want to feel safe, with a sense of control over our lives—especially our wellbeing.

But how can we be in control when the world around us is churning?

Instead of trying to tackle lofty health goals, focus on today or this week. What can you do today to live a little healthier? We all have small steps we can take—reaching out to friends to stay emotionally balanced, taking a short walk to stay physically fit, or keeping up with meds and supplements.

In this issue we’ll explore small steps and habits from our experts to help you take control over your wellbeing, not only during these challenging times, but also the changing seasons ahead.

Remember—the human spirit is remarkably resilient. Each one of us has faced personal loss, disappointment, and failure, and yet we survived—we adapted. The same is true for the pandemic. We will come through this current crisis together, stronger.

Marc Litt, MD, FACC, Cardiologist
Swanson Wellness Advisor

At Swanson, we’re all about an obsession with total wellness—mind, body & home
Meet Our Expert

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 Research & Development.

Visit swanson.com/amy for education and inspiration.

Respiratory Health

Clinical research has confirmed that certain nutrients are essential for healthy immune function. Read on for our experts’ picks.

1. Boost Your Immune Health
Convenient and delicious, this portable drink mix is packed 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 - Orange SWU781

2. The Bees Knees, Only Lips
Chapped lips are almost inevitable when you’re dealing with low temps and blustery winds. The combination of L-lysine and shea butter mixed with a beeswax base helps nourish skin and seal in moisture.

Swanson Lysine Lip Balm SW1628

3. Rejuvenate Your Skin
Wind chill and heated air can make it difficult for our skin to retain moisture. These revitalizing liquid packs carry 4,000 mg of collagen each along with antioxidants and biotin, making on-the-go skin care a breeze.

Applied Nutrition Liquid Collagen Skin Revitalization APT001

4. Stay Full and Fit
Perfect for in between meals or a post-workout recovery, protein shakes are a great way to stave off hunger and stay energized. With 15 grams of protein and only 1 gram of sugar, this shake is a great guilt-free go to.

Atkins Dark Chocolate Royale Shake AK020

5. Healthy Snacking
I always like to carry something to snack on just in case I find myself out longer than I planned. These organic cashews are delicious on their own, but I like to add them to salads to sneak in some fiber.

Swanson Certified Organic Raw, Whole Cashews SWF007

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 Hylauronic Acid Serum SW1475

Nutrients to Nourish Immune Health

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COVID-19 attacks your respiratory system, but what effects could it have on your heart? Our cardiologist weighs in.

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These 8 respiratory heroes are pros when it comes to cold weather woes.

RESPIRATORY HEALTH

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3. The Bees Knees, Only Lips
4. Stay Full and Fit
5. Healthy Snacking
6. Soothe Dry Skin

Questions or Comments? Contact us.
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FALL & WINTER 2020 / VOL.02 / ISS.02
Healthy Obsession
COVID-19 & the Heart
It’s currently thought that cardiac damage may be caused by the inflammatory reaction of SARS-CoV-2 in the body. A healthy immune response sends cytokines to fight infection, but with SARS-CoV-2, something called a “cytokine storm” is released, meaning the immune system produces too big of a response against a virus and a large number of healthy cells are damaged while your body also works to attack the virus. Inflammatory damage occurs in the capillary system, causing smaller blood vessels to clot, which leads to a lack of oxygen and blood flow to other systems, like the respiratory and digestive systems.

There’s also ongoing research on if low oxygen levels as a result of SARS-CoV-2 infection are directly linked to cardiac damage. As SARS-CoV-2 puts pressure on the lungs, research suggests this also puts stress on the heart as it works to obtain sufficient oxygen to function, and it’s likely working especially hard if you have a pre-existing heart condition.

How to Protect Your Heart
Pandemic or not, your heart keeps you moving, so it’s more important than ever that you make moves to keep it healthy. Critical precautionary measures like handwashing are your best methods of defense against COVID-19, but diet and exercise remain your top weapons for heart health.

Eat Heart-Healthy Foods
Reach for heart-healthy foods such as leafy greens and fish high in omega-3s. Most of us aren’t getting enough of these foods in our diets, so try supplementing to get the benefits of these healthy fats.

Talk to Your Doctor
Continue taking prescribed medications and talk to your doctor before adding anything new to your wellness routine. If you’re nervous about coming in for health concerns, many doctors are now offering telemedicine or even video chat appointments.

Exercise Regularly
Try getting at least 30 minutes of low intensity exercise every day. This can include activities like gardening or taking a long walk. Worried about an elevated heart rate? Try breathing-based exercises like meditation or yoga.

Follow Reliable Sources
Stay up to date on COVID-19 and avoid misinformation with reputable sources. Some of my favorites are the American Heart Association (AHA), the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

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.
TAG TEAM BETTER BREATHING

Quercetin is a powerful antioxidant flavonoid found in a wide range of foods and plants including apples, various berries, green tea, red grapes, onions and ginkgo biloba. Quercetin’s antioxidant effects help promote immune health and studies also indicate that it may support sinus and respiratory health.

Quercetin is often combined with bromelain in supplements, since bromelain may enhance the absorption of quercetin. Bromelain is derived from the stem of pineapples and features an impressive range of proteolytic enzymes. Bromelain has been studied for its potential benefits for sinus and lung health. Together, quercetin and bromelain are a winning combo for respiratory support.

ASTRAGALUS FOR AIRWAYS

Loaded with over 100 active compounds, including saponins, polysaccharides, amino acids, flavonoids and more, astragalus is used to support the body in many areas, including respiratory health. Studies indicate that taking an astragalus supplement may give the respiratory system a boost and help soothe the airways.

COMBAT SEASONAL BLAHS WITH BERRIES

You’re likely already aware of some of the health benefits of raspberries, but those delicious berries aren’t the only part of the raspberry plant that’s good for your health. The red raspberry leaf contains nutrients like alpha-carotene, alpha-tocopherol, niacin, boron, calcium, magnesium, selenium, zinc, and antioxidants. Herbalists dating back centuries have used red raspberry leaf as a traditional tonic to help boost respiratory function.

HARD TO PRONOUNCE, EASY ON AIRWAYS

A member of the mint family, coleus forskohlii—pronounced coal-ee-us for-skol-ee-ee—has been used for centuries as a respiratory health staple in Ayurvedic traditions. According to studies, taking a coleus forskohlii supplement may have a soothing effect on respiratory airways.

GOOD FOR PIZZA, GREAT FOR RELIEF

It may be a familiar kitchen herb, but in-the-know health enthusiasts are privy to the fact that oregano is much more than just a flavor-enhancer for your pizza. Researchers have reported that oregano supplements may promote soothing of the respiratory system and improve airflow while boosting immune health.

LUNG-FRIENDLY LEAF

Plantain leaf supplements have been traditionally used for boosting respiratory health and seasonal wellness. While its effects on respiratory health are not fully understood, its benefits may be related to its vitamin C content, which according to studies can play a role in supporting healthy lung function.

ALL BARK, NO BITE

Taken from the bark of the black cherry tree, wild cherry bark is packed with minerals like iron, calcium, zinc and magnesium as well as phytochemicals like quercetin and kaempferol. Studies have shown that wild cherry bark may help calm and support the respiratory system.

THYME TO BREATHE EASY

Like oregano, thyme leaf is another culinary favorite that doubles as a supporter of respiratory health and its use dates all the way back to the time of the Romans. While studies are ongoing, part of thyme’s respiratory health benefits may come from carvacrol, a plant phenol that boosts the body’s immune defenses.
Your Personal Guide to CBD Hemp Extract

Cannabidiol (CBD) hemp extract comes with a ton of benefits, but a lot of questions too. Here you’ll find answers to frequently asked questions so you can make informed decisions.

What is CBD?
CBD is an extract present in hemp plants, a species of cannabis, that promotes overall wellbeing.

Will CBD Get Me High?
No. Unlike tetrahydrocannabinol (THC), CBD hemp extract doesn’t create any psychoactive “high” effects, just total-body wellness benefits.

Did you know?
The human body actually makes its own cannabinoids internally, which are known as endocannabinoids.

What are Some Benefits of Taking CBD Hemp Extract?
CBD hemp extract can offer a wide range of benefits such as:
- Promote comfort
- Support relaxation
- Help you wind down
- Provide relief from everyday stressors

CBD Hemp Extract vs. THC
Swanson only carries the highest-quality CBD hemp extract products with no psychoactive effects—just wellness benefits

<table>
<thead>
<tr>
<th>CBD Hemp Extract</th>
<th>THC</th>
</tr>
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<tbody>
<tr>
<td>Federally legal</td>
<td>Not legal in all states</td>
</tr>
<tr>
<td>Derived from hemp plant</td>
<td>Derived from marijuana plant</td>
</tr>
<tr>
<td>Non-psychoactive</td>
<td>Psychoactive</td>
</tr>
</tbody>
</table>

Where Can I Get CBD Hemp Extract?
It’s important that the CBD products you purchase go through rigorous quality testing. For quality assurance, shop with suppliers who can provide a Certificate of Analysis (CoA) for their CBD hemp extract products. The CoA reflects third-party testing for potency and purity of ingredients.

How Do I Safely Use CBD Hemp Extract?
A great rule of thumb is to follow the directions on your product or start with a smaller dose and see how you feel. CBD hemp extract can be used in many forms ranging from chocolate bars to bath bombs. We encourage you to explore which method and dosing works best for you, as everyone is different.

Top Ways to Try CBD Hemp Extract
Whether you want to satisfy your sweet tooth or soak up a spa treatment, CBD hemp extract comes in a variety of formats.

- **Oils**
  - High potency formula
  - Can be taken orally, mixed into recipes and beverages, or added to personal care products

- **Self Care**
  - Great way to soak in the benefits of CBD hemp extract
  - Helps moisturize skin
  - Supports muscle relaxation

- **Capsules & Softgels**
  - Vegan & gluten-free formula
  - Available in many sizes for convenience and ease of swallowing
  - Longer release time

- **Topicals**
  - Popular for supporting healthy muscles and skin

You Asked, We Answered:

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View Our CBD’s CoAs:
swanson.com/coa

Shop All of Our CBD Products at an Exceptional Value at swanson.com/cbd
Inhale Exhale
4 Science-Backed Ways to Fight Stress

Less sunshine, colder weather, holidays sneaking up—the changing seasons come with their fair share of mental and physical challenges. Use our survival guide’s 4 steps to stress less.

1. De-Stress with Your Diet

Your gut microbiome hosts over 90% of your body’s serotonin receptors, so it makes sense that your diet can have a big impact on mental health. Serotonin is a natural chemical known for contributing to feelings of wellbeing and happiness, so keep fueling your microbiome by stockpiling on nutrients like B vitamins, magnesium and stress-busting adaptogenic herbs that nourish your body and promote relaxation.

2. Explore Essential Oils

Aromatherapy and essential oils have long been lauded for their ability to promote relaxation and relieve stress. Essential oils used in aromatherapy can be added to diffusers and oil burners or sprayed in the air around you. Some essential oils are safe to massage directly into the skin or add to lotions, but check the label first and do a test for skin sensitivity.

Chamomile
Calming scent helps combat nervousness & agitation

Lavender Oil
Soothing, floral scent & may help reduce nervous tension

Rose Oil
May lift your mood & promote tranquility

Ylang Ylang
May relax your body & nourish your spirit

Adaptogenic Herbs
Support a healthy response to stress, promotes a positive mood & can be found in rhodiola rosea root

Magnesium
Supports a healthy, positive mood & can be found in delicious foods like dark chocolate

B Vitamins
Help cope with everyday stress, supports nerve & brain function & can be found in avocados

3. Add More Meditation

Meditation is a powerful mental practice that helps you relax naturally in five minutes or less. It can momentarily declutter your thoughts and leave you feeling centered and emotionally balanced. If you need a nudge to calm down, try using magnesium or rhodiola rosea root before you start. Not sure how to meditate? Here are 4 easy steps to get you started.

1. Sit down and get comfortable.
2. Close your eyes and focus on your breathing. Take the time to focus on your body’s movements as you inhale and exhale.
3. If your thoughts start to wander, don’t get frustrated—acknowledge them and slowly refocus attention on your breathing.
4. Do this for five minutes, then slowly open your eyes. How do you feel?

4. Move More

Research suggests that engaging in physical activity can release endorphins and other feel-good hormones to help boost positive vibes and support mental and emotional wellbeing.

• Do a few sets of 30-second wall sits while brushing your teeth
• Stretch lightly while you check email (& delete the junk!)
• Try leg lifts or lunges while waiting for a kitchen timer or for water to boil
• Walk or pace while you chat with friends & family on the phone

Shop Stress & Mood Picks at swanson.com/magazine

The Sunshine Vitamin: Brighten Your Mood

Many people know vitamin D as “the sunshine vitamin” because your skin produces it in response to sunlight, which helps promote a healthy mood. However, between 75% and 90% of people have a vitamin D deficiency. With shorter days ahead, it’s a good time to supplement.

Solaray Soy-Free Vitamin D3 & K2
Vegetarian capsule delivering 5,000 IU of vitamin D3 to boost mood & 50 mcg of vitamin K2 to promote cardiovascular function SWR441

Swanson Vitamin D3 - Highest Potency
Highest potency at 5,000 IU to help promote calcium absorption & boost mood SW1371

Swanson Vitamin D3 - Higher Potency
Versatile liquid vitamin D in an olive oil base SW1368

Find Excuses to Walk More

• Start a family habit of going for a walk after dinner
• Volunteer to pick up litter in your neighborhood
• Go window shopping or walk around the local mall

We love SW1079 & SW196

We love SW1073 & SW056

We love SW1004 & SWU048

Chamomile
Rose Oil
Lavender Oil
Ylang Ylang
Magnesium
B Vitamins
Swanson Organic Lavender Essential Oil
SWAR001

Swanson.com/magazine

MIND + BODY + HOME

Healthy Obsession Fall & Winter 2020
MYTH BUSTERS

Hand Sanitizer

Hand sanitizer makes a great travel companion since we don’t always have access to running water while out and about. This recipe is simple, quick and uses products you may already have around the house.

Easy to Make  Smells Great  Convenient

WHAT YOU’LL NEED

1/3 cup Swanson® Aloe Vera Gel
2/3 cup 99% rubbing alcohol (isopropyl alcohol)
Small, watertight container(s)
Essential oils for aroma—we love Swanson® Certified Organic Lemon and Sweet Orange essential oils

WHAT YOU’LL NEED

1. Mix together the Swanson® Aloe Vera Gel and the rubbing alcohol
2. Add in your essential oils for aroma
3. Pour mixture into your airtight container(s)
4. Grab, rub and go!

INSTRUCTIONS

Stock up on ingredients for sanitizer on hand year-round.

SUPER SIMPLE DIY

A clean home is a happy home, but how do you keep germs out of the picture? Check out these top 5 healthy home myths to keep your space fresh from the ground up.

MYTH: Vinegar works for everything
FACT: Vinegar is great for cleaning many surfaces, but also causes wear on others like hardwood, marble and more. An all-purpose cleaner is a safe bet for keeping your home clean without losing the sheen.

MYTH: Antibacterial soap is better than regular soap
FACT: Antibacterial additives aren’t needed. Washing your hands with regular soap for a minimum of 20 seconds is the most effective way to remove germs.

MYTH: Regular soap and water kills germs
FACT: The physical act of washing your hands actually sloughs away germs, while disinfectants are what kills them.

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: The harder you scrub your hands, the better
FACT: Scrubbing can actually cause cuts and abrasions that microorganisms and germs can then grow in. If your skin is dry or damaged, try using hand lotion with ingredients like vitamin E to calm and moisturize.

3 Simple Tips for Cleaner Hands

1. Lather on the soap, but be sure not to scrub too hard
2. Always wash or sanitize your hands before eating food to reduce risk of ingesting germs
3. For dry or cracked hands, look for lotions with vitamin E to moisturize

Shop the recipe at swanson.com/magazine

SWA261 (aloe), SWAR009 (orange), SWAR002 (lemon)

Our Favorite Scents

Healthy Obsession

FALL & WINTER 2020
5 Hot Trends from Our Wellness Experts

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

**Elderberry**

Elderberry was once part of Hippocrates’ wellness routine thousands of years ago. As people are looking for more ways to support immune health, elderberry has re-entered the modern scene. This nutrient is loaded with more antioxidants than blueberries and is great for boosting immune health. Whether you prefer capsules or syrups, you can bolster your body’s defenses with multiple formats. [Check Out #1](#)

**Back to Basics**

With an exceptionally crazy year, many people are looking to return to simpler habits. Stock your pantry with simple cooking staples like coconut oil, or sneak in some new baking ingredients like beet sugar to keep your kitchen and diet healthy. Cap off daily exercise with a foot soak using Epsom salt and soothing essential oils to unwind and get back on track. [Check Out #2](#)

**Balance Your Microbiome**

The microbiome is a community of microorganisms in your gut. It is made up of bacteria, both good and bad. It makes sense that this system helps regulate digestion, but did you know it impacts your immune system too? Adding prebiotics and probiotics to a healthy diet is a great way to maintain good bacterial balance to support immune and microbial health. [Check Out #3](#)

**Emotional Wellness**

From self-care days to mental health awareness, emotional wellbeing is finally being prioritized. If you want to take time for yourself, try practicing meditation or tuning into a wellness podcast. You can add ambience and improve air quality by using a salt lamp or enjoy calming fragrances with an oil diffuser. A cozy drink like tea pairs perfectly with colder weather, and adaptogens such as ashwagandha are great for helping your mind respond to stressors. [Check Out #4](#)

**CBD + Beauty Products**

You’ve seen softgels and oils, but did you know you can enjoy CBD hemp extract topically? Promote overall wellness and moisturize skin without leaving your house slippers with balms, lotions and bath bombs infused with CBD help extract. Nourishing ingredients like shea butter, aloe and coconut oil combined with comfort-promoting CBD hemp extract makes a soothing combination for the optimum self-care routine. [Check Out #5](#)

**did you know?**

**Ashwagandha Can Change Your Mind**

What makes ashwagandha such a powerful nutrient? Part of the reason is that it’s an adaptogen—an herb that helps our minds and bodies fight stressors by supporting normal levels of cortisol. By promoting emotional and mental wellness, this Ayurvedic powerhouse works to combat the chaos life throws our way.

**Meet Our Expert**

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 Research & Development. Visit swanson.com/amy for education and inspiration.
Mushrooms for Immunity

Next time you’re taking a walk outdoors remember that just beneath our feet are massive amounts of mycelial networks some call “Nature’s Hidden Treasures.” With such abundance, it can be easy to forget that mushrooms contain potent immune-supporting phytonutrients like clinically proven beta glucans and vitamin D2 (ergocalciferol). They’re also adaptogenic, which means they help bolster the body’s ability to thrive under stressful situations.

Wondering how each is unique? Read on!

Reishi

Reishi mushrooms are a relatively rare find in nature so more often than not, you’ll find them cultivated. Fear not, cultivated mushrooms can provide distinct benefits including consistent polysaccharide profiles and the increased ability to capture elusive spores. Reishi spores are believed to contain a mixture of several long-chain fatty acids that may contribute to the mushroom’s many immunological benefits and contain even more triterpenes than the fruiting bodies.

Lion’s Mane

This unmistakable shaggy mushroom grows wild in North America, Europe, or Asia and naturally contains high amounts of beta glucan polysaccharides and hericenone and erinacine terpenoids. While promising research suggests potent nervous system health benefits, lion’s mane’s bioactive components are also believed to interface with immune cells, particularly those found in the gut, to help regulate the immune system.

Shiitake

Probably more popular for its culinary possibilities than its potential for immune health, shiitake has been highly prized in Asia for thousands of years—as both a food and for its health supporting benefits. One of its many bioactive components is the well-researched polysaccharide lentinan, a type of beta glucan believed to support immune function by stimulating the body’s defenses and offering antiviral properties.

Turkey Tail

Turkey tail mushrooms grow plentifully on trees in beautifully curved and richly colored concentric circles that resemble turkey tail plumes. They’re also showing up in some of the most exciting modern scientific studies. Recent research looks at how this fungi functions as a prebiotic and may benefit immune health by instigating positive changes within the microbiome. Turkey tail polysaccharides PSK and PSP may also activate a healthy immune response.

Cordyceps Sinensis

This unique combination of a caterpillar and fungus is found only in extremely high-altitude locations. Long honored as a longevity-promoting botanical, cordyceps has been used traditionally by both Chinese and Tibetan cultures for centuries to support immune health by enhancing stamina and endurance. More recent research continues to explore the myriad potential this fungus holds for immune health, including respiratory benefits.

We love

SW1444 & SWF194

We love

SW1383 & NW538

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DB120 & SW1716

We love

SLR461 & SW1096

We love

MMX012 & SWH150

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SHOP THESE MUSHROOMS AT

swanson.com/magazine
One Size Does Not Fit All

Ever had that feeling that if you could just change one aspect of your life, the rest would sort of fall into place? Radio personality Jodee Woods knows the path we pave for our personal health journey isn’t always straightforward—but that finding one that fits can change everything. For years she struggled with maintaining a healthy lifestyle, often finding herself in a vicious cycle, “I yo-yo dieted, trying everything but nothing seemed to stick. I managed to gain weight and feel worse.” At her highest weight she was winded when she walked up the stairs—it was then Jodee was ready to make a permanent change. Life was waiting for her, such as replacing mashed potatoes with mashed cauliflower or radishes and easily finds something.” She includes alternatives that work for her, such as replacing mashed potatoes with mashed cauliflower or radishes and easily finds new recipes online with so many people out there also exploring the keto landscape.

COMMITTING TO KETO

More than a diet, “keto” truly requires a lifestyle change, because the goal is to maintain ketosis, also called being fat-adapted, which happens when the body burns fats and ketones for energy instead of glucose. Essentially, those on a keto diet consume fats and proteins while mostly avoiding carbs. But first the body has to learn how to use fat as fuel. This can prove a difficult balance to maintain since even certain vegetables or an excess of protein can push the body out of ketosis. For Jodee, that means the difficult choice to cut out foods she loves, “I have a serious sweet tooth and I love potatoes, and both are too carb heavy for keto.” While challenges can potentially overwhelm any unique way of eating, Jodee believes her success with keto partially resides in her ability to blend a balance of new and old eating habits. “I can still eat many of the foods I love while fitting within my keto lifestyle, so I don’t feel like I am missing out on something.” She includes alternatives that work for her, such as replacing mashed potatoes with mashed cauliflower or radishes and easily finds new recipes online with so many people out there also exploring the keto landscape.

AVOIDING PERFECTION PARALYSIS

Sometimes the determination to succeed on a new diet can mean trying to adhere to the plan so rigidly that it can lead to failure—and more disappointment. “Many people who live a keto lifestyle are clean eaters and avoid any processed foods. I follow the ‘dirty keto’ lifestyle,” she says, “which means I focus on staying within my daily allowed limits of carbs, protein, and fat, while still eating some processed foods.” Jodi’s built-in concessions allows her to stay focused on maintaining overall improved eating habits. And these efforts have paid off. “In one year of only changing my eating habits, no real focus on exercise, I’ve lost 35 pounds,” Jodee says. In addition, she just feels better in her own skin, “My energy level has increased dramatically, and I have an amazing overall feeling of wellbeing that I didn’t even realize I was missing. I just feel lighter and better.”

BEYOND THE FINISH LINE

Health evolutions can be hard—and humbling. We try new things, but they may not work in the way we expect them to, or the way they did for others. Other times taking steps toward better health may pay off with even better results than we’d hoped. The important part is to keep looking. These days Jodee finds herself ready for the next step in her keto journey. Buoyed by her newfound sense of self and energy, she has started working out at a gym, “something I never, and I mean NEVER, thought I would do,” she says.

READ THE FULL STORY AT
swanson.com/greenbottle

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

If you toss and turn at night or constantly feel drowsy, you’re not alone. A recent Consumer Reports survey showed that 27% of Americans report they have difficulty falling asleep or staying asleep. Don’t become a statistic—take charge of your slumber with these essentials for better sleep.

Sleep Through the Night

Melatonin

Melatonin is a hormone your body produces naturally to signal that it’s time to sleep, but sometimes your sleep-wake cycle can get thrown off by light pollution or too much screen time. Melatonin supplements may help you get back on track by mimicking the natural melatonin in the body.

More Restful Sleep

Magnesium

Magnesium helps you get a more restful night’s sleep by encouraging healthy functioning of brain neurotransmitters called GABA receptors. These play a key role in helping your brain “shut off” at night so you can rest. Magnesium reduces muscle tension, supports the healthy functioning of nerves and helps regulate stress hormones that left unchecked can leave us awake and staring at the ceiling at night.

Fall Asleep Faster

Valerian Root

This sleep-promoting herb features more than 100 different compounds to calm nerves and help you fall asleep faster. Dating back to ancient times, valerian root is one of the oldest natural sleep remedies—and it sort of smells like it too. But don’t judge a root by its scent, the benefits are well worth it.

Stay Asleep Longer

5-HTP

A precursor to serotonin, 5-HTP is used for encouraging sleep. Since serotonin is a precursor to melatonin (triggered when you are in a dimly lit environment), assisting your body’s serotonin production with 5-HTP may help you stay asleep longer and feel more rested.
Immune health is one of the hottest topics worldwide this year. Learn the science behind this complex system, plus the healthy habits and nutrients you need to help support immune function.

What is the Immune System?
Your immune system is a network of specialized cells, organs, proteins and tissues in the body responsible for protection against external biological influences, such as bacteria, viruses, fungi and toxins. Along with providing defense against foreign invaders, your immune system remembers each germ it has destroyed so that it can respond quicker in the future.

How the Immune System Works
White blood cells, or leukocytes, circulate through blood and lymphatic vessels, working to identify suspicious, foreign activity in the body. When white blood cells detect non-native proteins or intruders on the surface of cells in your body, they launch an immune response. Antibodies are released to process and eliminate the non-native proteins from your system.

What Can You do to Improve Immune Health?
Many factors can impact immune health—how much you sleep, the foods you eat, age and even the weather. While you can’t control everything, there are ways take control of your immune health.

Slow Down, Stress Less
Researchers estimate that stress accounts for between 75% and 90% of all doctors’ visits. Take steps to reduce stress by taking a warm bath, listening to soothing music or practicing breathing exercises.

Try L-lysine to help your body produce immune cells & promote a healthy response to stress

Zinc helps boost immune health by protecting against free radicals

Build a Defensive Diet
A balanced diet is vital to a healthy immune system, but what nutrients keep it humming? Research shows that high protein intake and micronutrients that support immune function include zinc, selenium, iron, copper, folic acid, vitamin A, vitamin C, vitamin E and vitamin B6.

Sleep Tight So You Can Fight
When you sleep, your immune system releases special proteins called cytokines that it uses to fight foreign invaders. When you’re sleep-deprived, your body doesn’t produce enough of these proteins, leaving your immune system vulnerable.

If you have trouble sleeping, try a sleep-promoting supplement like melatonin

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Fortify Your Exercise Routine
Scientists theorize that exercise helps white blood cells circulate more efficiently, meaning your body can fight back faster when it faces an attack. Fit in 30 minutes of physical activity a day to support immune health and stay active.

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Immune System

IMMUNE HEALTH 101: The Science of Your

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Immune System

Stay hydrated when you’re working up a sweat—H2O not only helps to flush toxins but also helps carry oxygen to cells to promote healthy immune function
Clinical research has confirmed that certain nutrients are important for healthy immune function. Here are our experts’ top picks.

**Elderberry**

Studies have found that elderberry can supply the body with an additional boost of antioxidants, increasing your natural immune response and supporting a healthy resilience.

**Vitamin C**

Research indicates a higher supply of vitamin C may support several immune system parameters, including maintenance of cellular health and providing antioxidants to defend against oxidative stress.

**Zinc**

Dubbed as the “Gatekeeper of Immune Function,” this antioxidant functions in cellular signaling pathways. But researchers are certain that isn’t the extent of its immune-supporting superpowers. Research into zinc’s effect on the immune system continues, specifically its role in responding to intruders.

**Vitamin D**

Along with its well-known bone building benefits, this nutrient also contributes to immune cell modulation and response, making the sunshine vitamin a hot pick year-round.

**Herbs & Spices**

- Turmeric
- Garlic
- Ginger
- Tea
- Thyme

**Foods**

- Citrus fruits
- Sweet potato
- Poultry
- Dark leafy greens
- Low-fat yogurt

**Did you know?**

Herbs and spices can boost your health in addition to adding flair to your food. Turmeric, garlic, parsley and more offer potent, immune-boosting antioxidants.

**How to Support the Cycle**

- Slow down & stress less
- Get enough restful sleep
- Exercise regularly
- Stay hydrated
- Eat a balanced diet
Crafted in America, expert formulated & 100% quality tested CBD hemp extract—all at an exceptional value

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