Abby's 2.0
Health & Nutrition Magazine

~~$12.95~~ FREE

AbbysMagazine.com
Volume 14 Issue 6

HEART HEALTH



WHAT IS THE BEST DIET FOR HEART DISEASE?

A Heart-Smart Approach to Cholesterol

Can Fasting Lower Cholesterol?

fall into a
HEART-HEALTHY
routine



isura®
VERIFIED CLEAN NON GMO

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

natural Factors®

Beyond Blood Pressure & Cholesterol

Clinically Studied Supplements for Holistic Heart Health

When you think about maintaining heart health, your mind probably jumps to keeping your blood pressure and cholesterol in check. That's a good instinct, but just part of the picture. Caring for your heart also means meeting its high energy demands, supporting healthy blood flow, protecting against free radical attack, and supporting healthy inflammatory responses. Fortunately, certain clinically studied supplements can help.

Check out the entire selection of Natural Factors products for Gut Health at Abby's today!

Energy

Your heart is an energy-hungry organ, working around the clock to pump blood through your body. **Coenzyme Q10 (CoQ10)** is crucial for the production of ATP, the body's primary energy storage molecule.*[1] A newer entry to the field is **ElevATP®**, an award-winning combination of ancient peat and apple extract clinically shown to raise ATP levels.*[2]

Good Circulation

Circulation ensures a ready supply of blood to your hardworking heart. In addition to its role in energy production, **CoQ10** also promotes normal blood viscosity, which promotes steady blood flow.*[3] Another circulation-enhancing ingredient is **nattokinase**, which supports already-healthy levels of blood clotting factors.*[4]

Antioxidant Protection

Antioxidants promote heart health by supporting the cells lining the blood vessels.* Numerous supplement ingredients act as antioxidants, including **garlic, CoQ10, superoxide dismutase (SOD),** and **glutathione. SOD** forms the frontline of defense against oxidative stress within cells.*[5] Known as "the master antioxidant," glutathione regenerates other antioxidants like vitamins C and E.*[6]

Healthy Inflammation Response

A balanced inflammation response makes sure inflammation is there when you need it but turns off once it's done its job, supporting heart and blood vessel function. **CoQ10** and **garlic** both promote a healthy inflammation response.*[3,7]

Healthy Blood Pressure Already within the Normal Range

Maintaining normal blood pressure keeps your heart from having to work too hard and supports the health of your arteries. Both **CoQ10** and **garlic** help maintain blood pressure already within a normal range.*[3,7]

Healthy Cholesterol Already Within the Normal Range

Normal cholesterol levels contribute to healthy and flexible arteries. **Berberine** and **garlic concentrate** — both plant-derived — have been found to maintain already-healthy levels of total cholesterol, LDL (bad) cholesterol, HDL (good cholesterol), and triglycerides.*[7–9] You can find these trusted ingredients in several products from Natural Factors: Berberine LipoMicel Matrix 500 mg features a unique technology that improves berberine's absorption in these soft gels. Coenzyme Q10 delivers 100 mg of all-natural ubiquinone per softgel with rice bran oil and vitamin E for enhanced absorption. GarlicRich® Garlic + Reishi provides concentrated garlic powder (the equivalent of 4.5 cloves) combined with organic reishi mushroom extract for adaptogenic support, in vegetarian capsules.* Nattokinase 100 mg is made from whole natto concentrate derived from GMO-free, fermented soybeans and is provided in a highly stable form.

RegenerLife® Mitochondrial Energy, a powerful blend starring CoQ10, ElevATP, and SOD, is available in watermelon-flavored powder and vegetarian capsules. ■



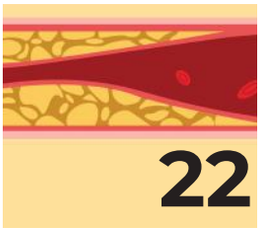
*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

1. Saini R. J Pharm Bioallied Sci. 2011;3(3):466-467. doi:10.4103/0975-7406.84471
2. Joy JM, Vogel RM, Moon JR, et al. BMC Complement Altern Med. 2016;16:224. doi:10.1186/s12906-016-1222-x
3. Kumar A, Kaur H, Devi P, Mohan V. Pharmacol Ther. 2009;124(3):259-268. doi:10.1016/j.pharmthera.2009.07.003
4. Jang JY, Kim TS, Cai J, et al. Lab Anim Res. 2013;29(4):221-225. doi:10.5625/lar.2013.29.4.221
5. Younus H. Int J Health Sci. 2018;12(3):88-93.
6. Galan N, Soliman M. Medical News Today. August 9, 2024. https://www.medicalnewstoday.com/articles/323936
7. Ansary J, Forbes-Hernández TY, Gil E, et al. Antioxidants. 2020;9(7):619. doi:10.3390/antiox9070619
8. Dong H, Zhao Y, Zhao L, Lu F. Planta Med. 2013;79(6):437-446. doi:10.1055/s-0032-1328321
9. Ju J, Li J, Lin Q, Xu H. Phytomedicine Int J Phytother Phytopharm. 2018;50:25-34. doi:10.1016/j.phymed.2018.09.212

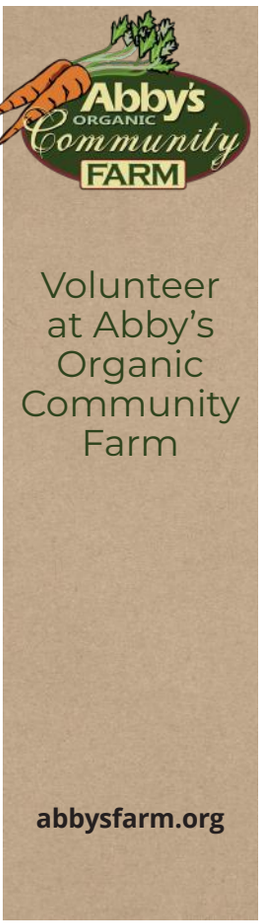
CONTENTS

03. Beyond Blood Pressure and Cholesterol Clinically Studied Supplements
05. Heart and Cholesterol Health
06. The Frequency of a Kind Heart
07. Heart Nurturing Goals
08. Is your Heart Getting Enough of this Overlooked Nutrient?
10. How to Choose an Omega-3 Supplement
12. Longevity Is Built Every Day
14. Heart Rate Variability & Chiropractic
16. The Evidence for Olive Leaf
17. Mushrooms the Kyolic Way
18. Pets Probiotics
19. A Heart-Smart Approach to Cholesterol
22. Can Fasting Lower Cholesterol?
23. Cellular Support & Energy
26. Cholesterol and Vitamin D
28. Heart Smart Fats
30. What Is the Best Diet for Heart Disease?
34. Café Eden Recipes









Abby's Magazine
AbbysMagazine.com

Mission Statement:
Educate, empower and enable you to discover your personal path to preventative medicine and lifelong optimal health!

EDITORS:
Victor Karydis
Peter Kaye Karydis

DESIGN:
Infoswell Media, Inc.

EDITORIAL ASSISTANTS:
Stacy Karydis, Janet Landry

WRITERS:
Natural Factors, Vital Planet, New Chapter, The New You Miracle Band, Oregon's Wild Harvest, Emerald Labs, Just Thrive, Plant Fusion, Café Eden staff, MegaFood team, Dr. Suzanne Demers Foley, Peter K. Kyolic, the Dr. Eric Berg editorial team, Carlson Labs.

PHOTOGRAPHY & ILLUSTRATION:
Natural Factors, MegaFood, Vital Planet, Oregon's Wild Harvest, Plant Fusion, Emerald Labs, The New You Miracle Band, Jeff Nursey, New Chapter, Nordic Naturals, Kyolic, Dr. Health Radio, Café Eden, Enzymedica, Carlson Labs, Just Thrive, Asier, Loginova, volff, Yeti Studio, rdnzl, robynmac, ydumortier, Julian, irissca, Lumina Stuido, teguhjatipras, Abby's staff.

DIGITAL EDITOR:
Peter Kaye Karydis

WEB DESIGN & HOSTING:
Infoswell Media

ASSOCIATE DIGITAL EDITORS
Kaylee Ryan, Anna Duckett

Publication: **#78 - Volume 14 Issue 6**
Since 2013

Abby's Mag is published six times a year (every other month) by Abby's Health Food Inc.

AbbysHealthFood.com
Tel: 760-793-4463
Via e-mail: AbbysMag@gmail.com

Send All Magazine Mail Correspondence:
26025 Newport Rd #F477
Menifee, CA 92584

We do not make our mailing list available to other companies. The health content in Abby's Mag is intended to inform, not prescribe or advise, and is not meant to be a substitute for the advice and care of a qualified health care and/or health nutrition professional. The views and opinions expressed in editorials and advertisements are those of the authors and do not necessarily reflect the official policy or position of Abby's Magazine, Abby's Health Food Inc., and its affiliates.

HEART AND CHOLESTEROL HEALTH

By: Emerald Labs



Cardiovascular disease remains the number one killer in America. A massive amount of research has demonstrated that a healthy diet, lifestyle, and specific nutritional approaches are critical for a healthy heart and blood vessels. Fortunately, one can be proactive in reducing their cardiovascular risk.

For those who need extra support for lipid balance, Emerald Cholesterol Health has been used for several years to lower total and LDL cholesterol while increasing HDL cholesterol. The formula contains a therapeutic amount of Red Yeast Rice extract which has several studies for improving lipids. It is supportive by other natural compounds such as garlic, CoQ10, and other nutrients.

Another formula available by Emerald is Bergamot+. This formula contains clinically studies Bergamot extract known as Bergavit. Studies demonstrate that it also lowers lipids, including dangerous LDL particles. It also supports healthy blood vessels prone to plaque formation. Additional natural compounds in the formula include healthy cardiovascular antioxidants such as pomegranate extract, camu-camu fruit, and amla extract.

For people require additional support for healthy arteries and veins the Emerald formula known as Heart: Artery & Vein Health is a great choice. This product contains vitamin K2, a unique form of vitamin K that promotes calcium flow to the bones and reduces excess accumulation in the blood vessels. It also contains natural compounds that protect arteries and veins such as tocotrienols, pomegranate juice powder, garlic, turmeric extract, and green tea extract. Moreover, cayenne powder and hawthorn berry extract are included to improve blood flow. ■



THE FREQUENCY OF A KIND HEART

A thoughtful approach to heart health and everyday wellness.



Your heart is always at work. Day and night, an internal electrical system produces the impulses that coordinate each heartbeat. An electrocardiogram—an EKG or ECG—records that electrical activity.

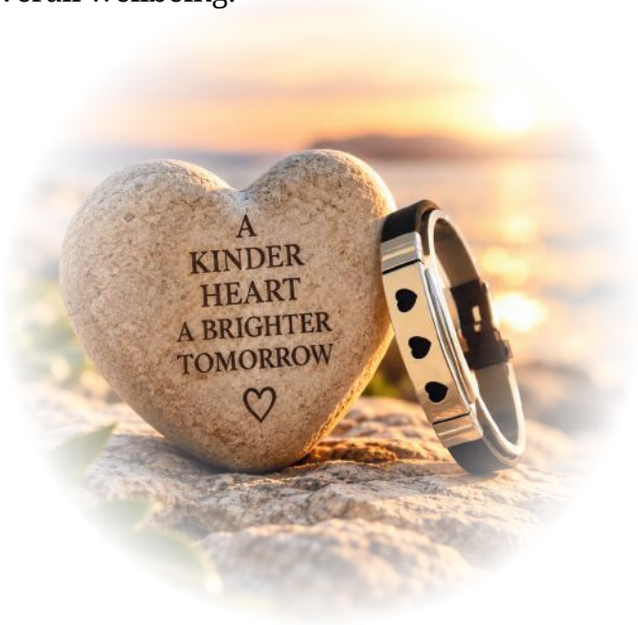
The heart's rhythm responds to movement, rest, breathing, stress and emotion.

MORE THAN A RHYTHM

Our hearts do far more than keep us alive—they respond to how we live. Stress, kindness, gratitude and the way we treat others can all influence our mood, our choices and our overall wellbeing.

We often say someone has "good energy." We know what it feels like when kindness softens a tense conversation, when gratitude changes the atmosphere, or when bitterness follows us into a room.

Science does not assign kindness, hate, thoughts or words their own measurable emotional frequencies. But frequency is a powerful metaphor for how our inner life shapes our behavior, relationships and overall wellbeing.



> ***"Watch your thoughts, they become words; watch your words, they become actions."***
> — Frank Outlaw

A kind heart changes what we bring into the room.

WHEN LIFE GETS OUT OF RHYTHM

Stress can change your heart rate and breathing as the body prepares to respond. That reaction is natural. But when tension becomes nearly constant, it can be harder to slow down, rest and recover.

We cannot control everything around us. We can become more intentional about how we respond—and heart health is shaped, in part, by the small choices we repeat each day.

CHOOSE WHAT YOU WANT TO CULTIVATE

The thoughts and attitudes we practice can shape how we respond to the people and moments around us.

- **Kindness over cruelty**
- **Gratitude over resentment**
- **Connection over division**
- **Peace over constant turmoil**
- **Love over hate**

The next rhythm begins with the next choice.

Heart-Nurturing Goals

How can I help support my heart naturally? This is one of the most common questions our blog contributor, Dr. Chris Meletis, N.D., gets from his patients.

There are three basic cornerstones of good health:

EXERCISE — As our friend Sir Isaac Newton said, "An object in motion stays in motion; an object at rest stays at rest." That goes for bodies, too! Dr. Meletis recommends pursuing physical activity appropriate for your level of health and fitness. The heart is a muscle, too. So, just like working out your arms or legs too much, it is important not to overwork one's heart either.

FOOD AS FUEL — We are what we eat. You are fueling 60,000 miles of blood vessels! It goes without saying that avoiding trans fats and processed foods is key, and try to drink about 64 ounces of pure water per day as a minimum.

RESTORATION — Your heart needs rest, too. If your average heart rate is 72 beats per minute, that means your heart beats 103,680 times a day. It deserves a rest.

When supplementing a heart-healthy diet, Dr. Meletis encourages his patients to focus on four major heart-nurturing goals:

— Blood fluidity, including water, but also including the use of herbs such as Garlic and Ginkgo.*

— Control inflammation with herbal blends that synergistically help keep inflammation in check. Inflammation is an independent risk factor for heart disease and makes many of the other risk factors even bigger overall concerns. Omega-3 fatty acids are also a must. Also, inflammation has been denoted in medical scientific literature as an "Inflamm-Aging" factor.

— Cholesterol always needs to be considered. A higher-fiber diet, good bowel elimination, stress reduction, and exercise can help. So can keeping one's blood sugar under control.

— Lastly, the silent killer, high blood pressure. He encourages all his patients to own and use a home blood pressure monitor, as it needs to be monitored closely. It is important to know how your body functions under various circumstances: before and after exercise, before and after watching the news, after a hard day, when you are tired, etc. Remember, data is power when it comes to your health.

NURTURE YOUR BODY WITH NATURE'S BEST



Oregon's Wild Harvest SINCE 1994 HERBAL SUPPLEMENTS
USDA ORGANIC
OREGON TILTH
VERIFIED NON-GMO
GF
VEGAN

OREGONSWILDHARVEST.COM



* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Is Your Heart Getting Enough of This Overlooked Nutrient?



Despite huge advances in medicine, heart disease is still America's #1 killer. But new research shows you may have more control than you think—starting with what's on your plate and in your supplement routine.



Some research suggests people with higher K2 intake may have a



lower risk of heart-related events.

The Surprising Role of Vitamin K2

Most people know about vitamin K1 for blood clotting. But vitamin K2? That's the heart-helper that too many miss. Unlike K1, which is found in leafy greens, K2 is rare in most modern diets. It's mostly in aged cheese, egg yolks, and fermented foods—things most of us don't eat much of.

Vitamin K2 (especially the MK-7 form) helps keep calcium out of your arteries—where it can harden and cause trouble—and puts it back in your bones, where you need it. This simple shift is key for a healthy, flexible cardiovascular system.

The "Calcium Paradox": Are Your Arteries at Risk?

Calcium is vital for strong bones and a beating heart. But when calcium goes to the wrong places—like your arteries instead of your bones—it can cause stiff, narrowed blood vessels and raise your risk of heart problems. As we age, or if we don't get enough K2, calcium is more likely to leave the bones and settle in arteries, where it can cause trouble.

Vitamin K2 acts like traffic control for calcium. Studies have shown that people low in K2 are more likely to develop hardened arteries. In fact, large clinical studies have found K2 can help keep arteries clear and flexible.



K2 to the rescue! K2 helps keep arteries healthy and flexible.

K2 Supports Healthy Arteries & A Strong Heart

Vitamin K2 helps activate a key protein (MGP) that keeps calcium out of arteries and supports flexible, healthy blood vessels. Clinical trials show that K2-7 supplementation can help improve artery flexibility and support healthy circulation.* Maintaining healthy vitamin K2 levels is associated with better overall cardiovascular health.*

In one published eight-week clinical trial, adults who took vitamin K2-7 daily showed measurable improvements in blood vessel flexibility and heart function.

Are You Missing K2?

Most diets are low in vitamin K2. That's why many experts suggest paying closer attention to this overlooked nutrient, especially for heart and artery health.

The Takeaway: Don't Leave Your Heart Health to Chance

Diet and exercise matter. But so does making sure you're getting enough K2—something most people miss. Support your heart and arteries the smart way with Just Thrive Vitamin K2-7, formulated with MenaquinGold™.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.

NORDIC NATURALS®

Is Your Heart Missing Omega-3s?



Get science-backed support for a healthy heart with powerful omega-3 formulas that fit your needs.*

heart mind body

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Doering Family Dental
TampaDentalCare.com



David F. Doering
D.D.S. • PLLC

1201 West Linebaugh Avenue
Tampa, Florida 33612

813.933.5365

How to Choose an Omega-3 Supplement

By Katherine Innis

Did you know fat is a MUST in the human diet—and should be about 20-35% of your daily calorie intake? Of course, some fats are healthier than others. Today we'll look at some of the best fats for wellness: Omega-3 fatty acids.

What is an Omega-3 Supplement?

Your body needs Omega-3 fatty acids to function, but the body does not make enough Omega-3 fatty acids on its own. In general, we need to get Omega-3 fatty acids from food. You can also take an Omega-3 supplement as a reliable way to get these good fats into your routine. Omega-3 supplements are typically in the form of softgels, capsules, gummies, or liquids. As you're researching supplements, you'll probably notice there are several types of Omega-3s. Here are three main ones (we'll get into more details below!):

- ALA—alpha-linolenic acid
- DHA—docosahexaenoic acid
- EPA—eicosapentaenoic acid

Benefits of Omega-3s

So, what is Omega-3 good for? Omega-3 fatty acids, particularly DHA and EPA, are found to have a number of critical benefits.

1. Heart Support: Omega-3s have been linked to significant benefits for heart and blood vessel health. These include reducing triglycerides in the blood and slowing the buildup of plaque on artery walls.
2. Brain Support: Researchers have studied the benefits of Omega-3s for brain health across age groups—including in young adults, pregnant mothers, and older adults. In general, DHA and EPA intake has been linked to improved cognitive function and brain health support.
3. Joint Support: Omega-3s have been researched for helping with joint health support.*
4. Eye Support: The retina of the eye is partly made up of Omega-3 fatty acids, specifically DHA. Researchers have suggested that taking Omega-3s can help support eye health.
5. Pregnancy & Lactation Support: For women who are expecting a baby or breastfeeding, Omega-3 fatty acids help support baby's visual and cognitive development. The important fatty acids a mother consumes help to form the functional tissue of her baby's brain. Omega-3s from mom pass to her baby both during pregnancy and during lactation.



Where Do Omega-3s Come From?

Beneficial Omega-3s have two main sources—from plants and from the sea.

1. Plant Omegas: ALA is a plant-derived Omega-3 found in oils of certain nuts and seeds, such as flaxseed oil and canola oil.
2. Marine Omegas: EPA and DHA are found in marine animals, such as fish or krill (tiny crustaceans that are food for penguins and whales). However, these sea animals actually do not synthesize their own Omega-3 (similar to us humans!). They get it from their own diet. The original sources of marine Omega-3s are microalgae. You may be wondering, which is the best Omega-3? One thing to keep in mind is that DHA and EPA are more researched for their health benefits. When you consume ALA, the body can convert it to DHA and EPA, but the conversion rate is relatively limited. So, you may want to go directly for DHA and EPA.

Can Vegans Take Omega-3 Supplements?

The short answer: yes! There are definitely Omega-3 supplements for vegans. To get the equivalent good fats that you'd get from fish, vegans can opt for Omega-3 straight from the microalgae that are the potent, original source of EPA and DHA. Just be sure to read labels to make sure the product is 100% vegan—like our Vegan Omega-3 Complex.

How Much Omega-3 Should You Take?
Omega-3s do not have a recommended intake or assigned % Daily Value like some vitamins or minerals. Nutrition experts recommend eating smart by choosing more unsaturated "good" fat options in your day (see foods with Omega-3 listed below to help). Limit or avoid saturated fat and trans fats, which are linked to heart disease. Furthermore, the American Heart Association suggests having 2 servings of fatty fish per week to ensure you're getting those critical Omega-3s. Microalgae oil is another way to get the same Omega-3s that we treasure in fish. Talk to your healthcare professional about how to choose the right omega-3 supplement for you.

Which Foods Have Omega-3s?
Wondering which plants, which fish, or which nuts have Omega-3s your body needs? Grab your shopping list and we'll break it down!

Some common foods that provide dietary ALA are Flaxseeds (ground) or flaxseed oil, Chia seeds, Walnuts, Soy foods, Canola oil.

Some common foods that provide dietary DHA and EPA are Salmon, Mackerel, Anchovies, Sardines, Trout, Cod, Shellfish (shrimp, crab, clam, oyster).

Choosing a Quality Omega-3 Supplement.
Our family of Omega-3 products has something for everyone. We source the finest quality ingredients on earth and formulate products your body can really absorb. Ask yourself the following questions to pinpoint the perfect Omegas for you!

Want clinically studied whole fish oil with 17 Omegas, including essential DHA & EPA?
Then Wholemega Fish Oil is perfect. This 2-gram daily dose of extra-virgin Wild Salmon oil (2 softgels daily) is the equivalent of eating 3 servings of Salmon per week. (It also comes in easy-to-swallow Tiny Caps™.)

Want that same heart-healthy fish oil in an easy one-daily maintenance dose?
Check out our Omega-3 Complex.

How about a purely vegan option, with naturally concentrated DHA & EPA from fermented microalgae ?
Our Vegan Omega-3 Complex is for you. It's a one-daily dose and delivers more of these key Omegas per gram than our fish oil!

Are you pregnant or planning to be?
Moms-to-can get prenatal DHA and EPA in a tiny, easy-to-swallow size with Wholemega Fish Oil for Moms. New Chapter is here to help keep your wellness goals going strong, including getting excellent quality good fats like DHA and EPA into your day. We're here to make it easy to get the highest quality ingredients for feeling your best! ■



Longevity Is Built Every Day

Bringing Together the Habits That Support Healthy Aging Across the Lifespan

By MegaFood Team

Longevity can sound like a distant goal. Something measured in decades, driven by genetics, or shaped by breakthroughs still waiting to be discovered. But throughout this series, we have explored a different way of thinking about longevity. Healthy aging is not simply about adding more years to life. It is about supporting healthspan: the years we live with strength, mobility, cognitive clarity, resilience, independence, and the ability to participate fully in the lives we have built. And while the science of longevity is complex, many of the factors that shape healthspan are surprisingly familiar: the foods we eat, the ways we move and recover, the relationships we maintain, and the routines we return to over time. Longevity is not something that begins at a certain age. It is being built every day.

The Body Ages as a Connected System

Throughout our Longevity Series, we have looked closely at individual aspects of healthy aging. But no part of the body functions in isolation. The gut communicates with the brain. Joints rely on muscles, bones, and connective tissue. The nervous system influences digestion and recovery. The nutrients we eat provide building blocks used throughout the body for energy production, tissue maintenance, cellular function, and more. That interconnectedness is one of the most important lessons of healthy aging. Supporting longevity does not mean optimizing every system separately. It means creating an environment in which the body has the resources it needs to adapt, recover, and function well across the lifespan.

Nourish the Systems That Support You

Nutrition is one of the most consistent inputs we give our bodies. Protein and amino acids provide building blocks for tissues throughout the body. Healthy fats support cell membranes and provide essential fatty acids. Vitamins and minerals participate in processes related to energy metabolism, nervous system function, connective tissue health, and antioxidant support. Fiber and fermented foods can help support digestive wellness and the gut microbiome, while colorful plant foods provide phytonutrients that complement the body's antioxidant systems. Adequate hydration also helps support normal function throughout the body. No single food or nutrient determines how we age. What matters most is the broader pattern of nourishment we build over time. That is also where supplements can fit. A food-first approach provides the foundation, while thoughtfully chosen supplements can help support nutrient intake and individual wellness needs.

Keep Moving

If there is one theme that connects nearly every part of this series, it is movement. Movement helps maintain the muscles, bones, joints, and connective tissues that allow us to stay mobile and independent. It also helps the body continue adapting to physical demands over time. Supporting longevity does not require one perfect form of exercise. Walking, strength training, mobility work, gardening, dancing, hiking, and other activities all provide opportunities to keep the body engaged. The goal is not simply to exercise more. It is to keep doing the things you want to be able to do.

Make Space for Recovery

Healthy aging is not built through activity alone. The body also needs opportunities to restore and reset. Recovery supports the systems involved in physical repair, nervous system balance, mental clarity, and adaptation. It gives the body space to respond to what life asks of it and prepare for what comes next. That can look different from person to person. For some, it may mean protecting a consistent bedtime. For others, it may include quiet time, time outdoors, reflection, or simply creating more space between periods of demand. Recovery is not separate from a longevity-focused lifestyle. It is part of what allows the rest of it to continue.



Support the Gut-Brain Connection

The gut is another reminder that healthy aging is a whole-body conversation. Beyond digesting food and absorbing nutrients, the digestive system communicates continuously with the nervous and immune systems. This connection helps explain why digestive health can influence much more than the gut alone. Supporting digestive wellness does not require a perfect diet. A varied, fiber-rich eating pattern, fermented foods when you enjoy them, adequate hydration, and consistent daily routines can all help support the gut over time. The bigger lesson is one that runs throughout this series: when one system is well supported, the benefits often extend far beyond that system alone.

Stay Curious, Connected, and Engaged

Some of the most meaningful parts of healthspan cannot be measured in a lab. Brain health allows us to continue learning, communicating, solving problems, maintaining relationships, and engaging with the world around us. Supporting that engagement also means continuing to use it: learning something new, reading, creating, solving problems, maintaining meaningful relationships, and staying curious. Longevity is not only about preserving function. It is about preserving our ability to use that function to participate in life.

Think in Decades, Act in Days

There is no single longevity diet, supplement, workout, or routine that determines how well we age. Healthy aging is shaped by patterns. One nourishing meal does not transform health overnight. Neither does one walk, one restorative evening, or one afternoon spent with people we love. But repeated over months, years, and decades, these choices become part of the environment in which our bodies age. That is what makes longevity both a long-term practice and something we can support today. You do not have to overhaul your life or optimize every moment. Start with what fits your life now. Nourish your body well. Keep moving in ways that feel sustainable. Give yourself opportunities to recover. Stay curious. Stay connected. Then keep going. Because ultimately, longevity is not about chasing the greatest possible number of years. It is about supporting the strength, resilience, mobility, clarity, and connection that allow us to keep living those years well. ■

MegaFood

Real *food.* Added *nutrients.*
Trusted *science.*

Support optimal health & wellness with MegaFood.

Certified B Corporation Learn more at bcorp.com

1% FOR THE PLANET MEMBER

TESTED FOR 150+ PESTICIDES

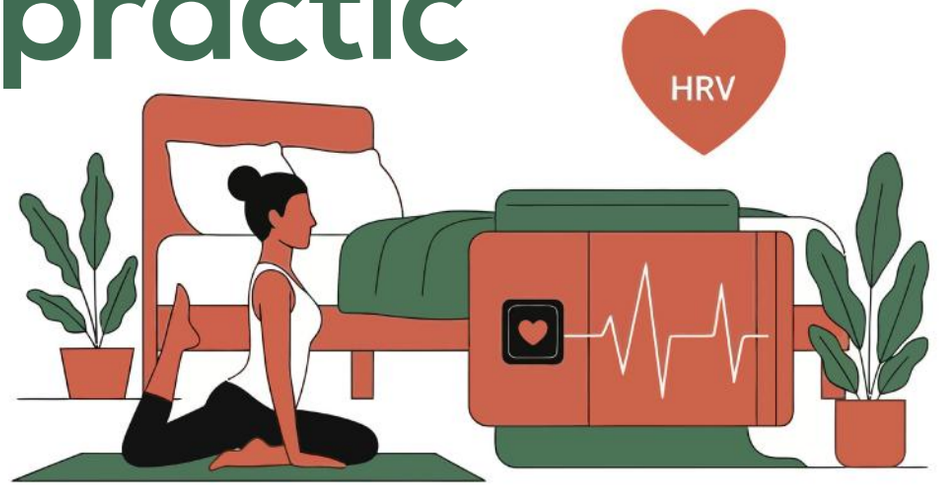
MADE WITHOUT 9 FOOD ALLERGENS



REAL FOOD ADDED NUTRIENTS TRUSTED SCIENCE REAL FOOD ADDED NUTRIENTS TRUSTED SCIENCE

Heart Rate Variability & Chiropractic

By: Dr. Suzanne Demers Foley for Seagate Chiropractic



Heart Rate Variability, or HRV, is the subtle variation in time between each heartbeat. Rather than your heart beating like a perfectly steady metronome, those tiny changes reflect how well your nervous system is adapting to stress, recovery, sleep, exercise, and everyday life.

HRV gives us a window into the balance between the sympathetic nervous system, your "fight or flight" response, and the parasympathetic nervous system, your "rest, digest, and recover" response. In general, greater variability can reflect a nervous system that is more flexible and adaptable, while lower HRV may be associated with increased stress, poor recovery, lack of sleep, illness, alcohol use, or overtraining.

The most important thing to remember is that HRV is highly individual. Rather than comparing your number to someone else's, pay attention to your own trends over time.

Simple habits can support healthy HRV, including consistent sleep, regular movement, slow diaphragmatic breathing, good nutrition, meaningful social connection, and adequate recovery.

HRV isn't just another number on your wearable. It can be a helpful tool for understanding how your body is responding to the demands of life—and when your nervous system may be asking for more support. ■

Seagate Chiropractic – Maxliving Health Center

SeagateChiropractic.com

SEAGATE CHIROPRACTIC
GATEWAY TO YOUR HEALTH

Hours
Monday: 8:30am-10:45am, 3:00pm-5:45pm
Tuesday: CLOSED
Wednesday: 8:30am-10:45am, 3:00pm-5:45pm
Thursday: 9:00am - 12:00pm
Friday: 8:30am - 11:30am

facebook.com/seagatechiropractic
maxlivingcarrollwood@gmail.com

3602 Madaca Ln.
Tampa, FL 33618
(813) 217-3539

B/P Stabili-T™

Blood Pressure Support

30% OFF
NOV – DEC 2026

Formulated with tonic herbs that have been used for centuries to promote heart health, normal blood pressure, and circulation.*

Product Overview

- Promotes healthy circulation and normal blood pressure*
- Protects against plaque buildup in blood vessels*
- Helps regulate the circulation of stress hormones*

Key Ingredients

Hawthorn Berry · Arjuna · Ashwagandha

Common Supplement Results

Customers report seeing initial benefits within 1 to 2 weeks, with results that build over time with daily use.

Everyone is different, and results will vary.



LifeSeasons®
Nature Works. For You.

LifeSeasons Heart
Synergistic formulas tested for purity and potency*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





There's never been a better time to quit with Group Quit

Tobacco Free Florida's Group Quit Sessions (in-person or virtual) now offer participants $25 - $125 in gift cards for their attendance.*

Group Quit offers free, expert-led in-person or virtual sessions for all Florida residents regardless of insurance status. Upon class completion, participants are eligible for nicotine replacement therapy such as patches, gum, or lozenges.**

Pre-registration required

Call USF AHEC today at:
813-974-7889

**while supplies last*
***if medically appropriate for those 18 years of age or older*

Learn more about all of Tobacco Free Florida's tools and services at TobaccoFreeFlorida.com/QuitYourWay.

AHEC USF AREA HEALTH EDUCATION CENTER PROGRAM | Florida HEALTH | Tobacco Free Florida .com

ENZYMEDICA®

Digestive Happiness Start Here

Compare formulas from the #1 enzyme brand

Start Simple

Breaks Down
4g fat
4g protein
32g carbs



Step It Up

Breaks Down
13g fat
8g protein
45g carbs



Go All In

Breaks Down
34g fat
16g protein
86g carbs



The Evidence for Olive Leaf's Cardiovascular Benefits Just Got Bigger



Though less famous than olives and olive oil, olive leaves contain way more of the beneficial phenolic compounds and may be even better for your heart.

Studies have shown that olive leaf extract improves cholesterol (*Eur J Nutr* 2017;56(4):1421-1432) and, especially, blood pressure *(Phytother Res.* May 2025;39(6):2863-74). One study has even suggested that olive leaf extract is as effective as the drug captopril for lowering high blood pressure.

A new systematic review and meta-analysis has now added to the evidence for olive leaf extract as an important heart herb.

30 controlled studies were included in the analysis. The meta-analysis demonstrated that olive leaf extract significantly reduced total cholesterol, the damaging LDL cholesterol, oxidized LDL cholesterol and triglycerides. Apolipoprotein A1, the major protein in the heart healthy HDL cholesterol rose significantly. Higher levels of apolipoprotein A1 mean lower risk of heart disease.

Olive leaf extract also continued its impressive record for blood pressure, significantly reducing both systolic and diastolic blood pressure.

And here's a bonus for you and your heart. Olive leaf extract also significantly reduced body mass index and weight.

This carefully designed study adds to the growing body of evidence suggesting that olive leaf extract is an important herb for heart health. ■

Nutrition, Metabolism and Cardiovascular Disease. 2026;36.



MUSHROOMS + AGED GARLIC EXTRACT™



Mushrooms, The Kyolic® Way

Mushrooms Grown the Way Nature Intended

- *Naturally grown without chemicals, using pure air, deep-well water, and hardwood substrates.*
- *Hand-harvested and carefully dried to preserve active nutrients and flavor.*
- *Processed in GMP-certified facilities with purified water and clean-room standards.*
- *Tested multiple times for microbes, heavy metals, and pesticides — exceeding USP standards.*
- *Measured for key active compounds like beta-glucans to ensure real, reliable benefits.*
- *Third-party verified in North America for purity, potency, and safety.*

Source: *Nammex*

Science shows that mushroom fruiting bodies provide powerful benefits on their own, but Kyolic Specialty Series Mushrooms+ adds more.*

Our Mushrooms+ formulas combine the power of functional mushrooms with the scientifically proven benefits of Kyolic® Aged Garlic Extract,™ synergistic herbs, and vitamins to give superior results.*

We use pure mushroom fruiting bodies, never grain fillers, to offer the highest concentration of key bioactive compounds possible, like beta-glucans and triterpenoids.

Function, not fillers!

Smart Mushrooms+
For Mental Performance*

GMO Free, Gluten Free, Vegan

Organic Lion's Mane with Kyolic® AGE, clinically studied Brainberry® Aronia Berry Extract, Selenium, and B12 *to improve response time, clarity, and brain health.**



Sleep Mushrooms+
For Restful Sleep*

GMO Free, Gluten Free, Vegan

Organic Reishi mushroom fruiting bodies, Valerian root extract, Suntheanine,® and Kyolic® AGE *to help you sleep soundly and wake up feeling refreshed—without the grogginess.**



Immune* Mushrooms+
For Wellness & Energy Support*

GMO Free, Gluten Free, Vegan

Organic Chaga, Cordyceps and Turkey Tail mushroom fruiting bodies with Kyolic® Aged Garlic Extract,™ Zinc, Oregano, and vitamin B12 *to support immunity, energy, and overall wellness.**



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WAKUNAGA
WAKUNAGA OF AMERICA

Call your Wakunaga Rep Today | kyolic.com
info@wakunaga.com

Kyolic® SPECIALTY SERIES

Happy Gut, Healthy Pet:
Why Probiotics Matter More Than You Think

What Are Probiotics and Why Do They Matter?
Probiotics are quickly becoming a go-to solution for pet parents looking to support their animal's overall health. These "good bacteria" live in the digestive system and help keep the gut balanced, which plays a much bigger role in your pet's wellness than you might think.

Digestive Support for Dogs and Cats
For dogs and cats, probiotics are best known for improving digestion. They help break down food more efficiently, support nutrient absorption, and can ease common issues like diarrhea, constipation, and upset stomach. In fact, research shows probiotics can restore healthy gut bacteria, reduce inflammation, and even shorten the duration of digestive problems.

Stronger Immunity from the Inside Out
But the benefits go beyond the gut. A healthy microbiome also supports the immune system, helping pets better defend against illness. Probiotics have been shown to enhance immune responses, reduce harmful bacteria, and promote a stronger intestinal barrier. Some studies even suggest they may help with metabolism and weight management by improving how the body uses nutrients.

More Than Digestion: Whole Body Benefits
Pet owners may also notice improvements in energy, coat quality, and even behavior. Because the gut and brain are closely connected, a balanced digestive system can support mood and reduce stress-related issues in both dogs and cats.

Beyond Cats and Dogs: Benefits for Other Animals
While most probiotic products are designed for cats and dogs, other animals can benefit too. Birds may experience better digestion and nutrient uptake, especially during times of stress, while horses often use probiotics to support gut health during diet changes or travel.

A Simple Step Toward Better Health
In short, probiotics are a simple way to support your pet's health from the inside out, helping them feel their best every day.



A Heart-Smart Approach to Cholesterol

How the right kinds of fiber and omega-3s can support cardiovascular health from two different directions

Keeping your heart healthy involves more than focusing on a single number. Cholesterol, triglycerides, diet, physical activity and other lifestyle factors all contribute to cardiovascular wellness. Two nutrients that have received considerable attention for their heart-health benefits are dietary fiber and marine omega-3 fatty acids. Choosing the right forms of each can provide complementary nutritional support for maintaining healthy cholesterol and triglyceride levels.

Fiber: More Than Digestive Support

Fiber may be best known for keeping digestion regular, but certain types can also play an important role in cardiovascular health. Soluble fiber is particularly valuable because it can help reduce the absorption of cholesterol in the digestive tract, supporting healthy LDL and total cholesterol levels.

When choosing a fiber source, look for a blend that provides meaningful amounts of dietary fiber and includes a variety of plant-based ingredients. Prebiotic fibers offer an additional advantage by feeding beneficial bacteria in the gut. A diverse blend of fibers from fruits, vegetables, greens and other plant sources can help increase the variety of plant foods in the diet while supporting both digestive and overall wellness.

Omega-3s: Look Beyond "Fish Oil"

Not every fish oil provides the same amount or form of omega-3s. For cardiovascular support, look closely at the actual amounts of EPA and DHA rather than simply the total milligrams of "fish oil" listed on the front of a package. EPA and DHA are the long-chain omega-3 fatty acids most closely associated with cardiovascular benefits, including support for healthy triglyceride levels.

Quality matters, too. A concentrated fish oil can provide substantial EPA and DHA without requiring a large number of capsules. Omega-3s in triglyceride form are another consideration when comparing supplements, along with independent testing for purity, freshness and potency.

Two Nutrients, Complementary Benefits

Fiber and omega-3s approach heart health differently. Soluble fiber is particularly relevant to healthy cholesterol management, while EPA- and DHA-rich omega-3s are strongly associated with maintaining healthy triglycerides. Together with a heart-healthy diet, regular movement and other healthy habits, getting enough of these important nutrients can be a simple way to provide daily nutritional support for cardiovascular wellness.



VISIT OUR WEBSITE



Recipes, Health Practitioners, News & Events, Specials, Cafe' Eden's Personalized Meals, OnLine ordering, Past issues of Abby's Magazine and more.

abbyshealthfood.com

MISSED AN ISSUE?

No worries! They're all online!

Find endless resources in 75 issues at:

AbbysMagazine.com





LIFE EXTENSION®

PREMIUM-QUALITY SUPPLEMENTS
LE
SINCE 1980

Show Your Heart Some Love!

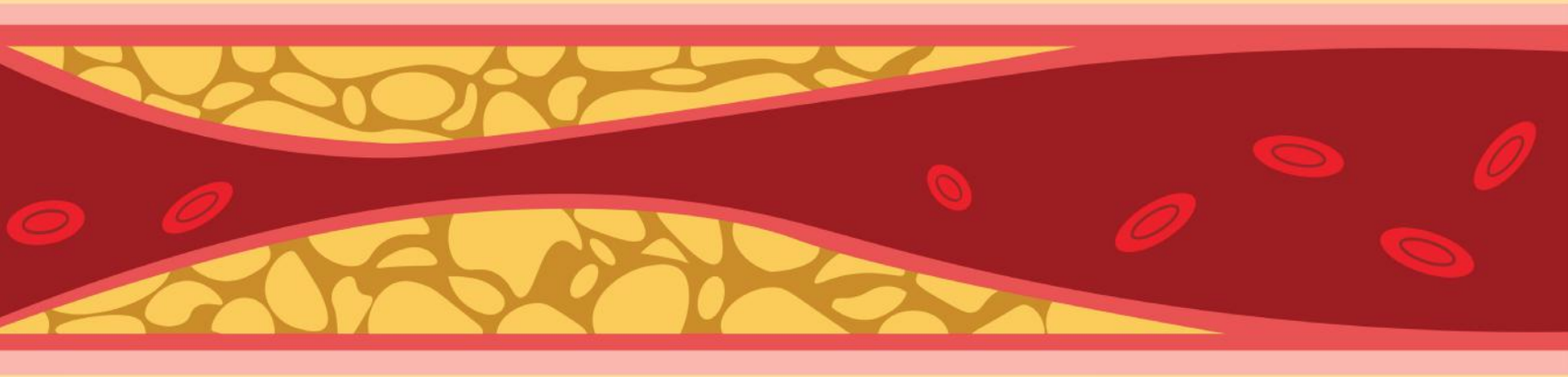


Keep the beat with powerful antioxidant protection—add CoQ10 to your daily routine today!

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Can Fasting Lower Cholesterol?

Time-restricted eating has various profound health benefits, but can fasting lower cholesterol? Yes, intermittent fasting has been shown to improve lipid metabolism, reduce triglycerides, and support healthier cholesterol levels by enhancing insulin sensitivity and promoting fat burning. Let's debunk a few common cholesterol misconceptions and discover why fasting is an excellent tool for supporting cholesterol balance and heart health.



What is cholesterol?

Cholesterol is a type of lipid with a wax-like consistency. It is produced in liver cells and plays a vital role in cell membrane structure, hormone balance, vitamin D production, and digestive processes. Its impact on cardiovascular health is widely discussed, as certain cholesterol-containing lipoproteins can accumulate in arterial walls and contribute to plaque formation. This process, known as atherosclerosis, leads to narrowing and stiffening of the arteries. It is associated with elevated blood pressure and an increased risk of stroke and heart attacks. However, cardiovascular risk depends more on how cholesterol is transported in the blood than on total cholesterol levels. Cholesterol travels bound to lipoproteins. These include high-density lipoprotein (HDL), known as good cholesterol, which is linked to improved heart health. Low-density lipoprotein (LDL), often called bad cholesterol, can promote plaque buildup. *"Especially small, dense LDL particles are particularly prone to penetrating arterial walls and promoting plaque formation, whereas larger, buoyant LDL particles are less likely to contribute to cardiovascular disease risk,"* explains Dr. Berg. This underscores the importance of detailed lipid panel tests that measure lipoprotein types, particle size, and triglycerides. Such tests offer a more accurate assessment of heart health than total cholesterol alone.

Can fasting lower cholesterol?

Fasting has long been recognized for its profound benefits on various clinical health markers, including cholesterol balance. Following a time-restricted eating pattern reduces meal frequency and shortens the eating window, thereby lengthening the periods during which the body must rely on stored body fat as an energy source. This not only supports weight loss, which is associated with more balanced cholesterol levels, but also shifts liver metabolism from producing new fats toward breaking down fatty acids. As fatty acids are utilized as an energy source, the liver reduces LDL cholesterol synthesis, which in turn can help lower circulating LDL levels. At the same time, fasting-stimulated fat burning promotes the production of beneficial HDL cholesterol, which transports cholesterol and other lipids from peripheral tissues back to the liver for processing and excretion. This has been confirmed by evidence published in *The Journal of Nursing Research*, which compared the effects of intermittent fasting and alternate-day fasting with a standard diet on cardiometabolic risk factors in overweight or obese adults with prediabetes. Both fasting protocols led to significantly more weight loss than the standard diet and improved HDL levels while lowering LDL cholesterol. The authors concluded, *"These findings indicate the potential benefit of integrating intermittent fasting regimens into normal dietary patterns to reduce the risk of diabetes and cardiovascular disease."* While fasting is an excellent strategy for supporting overall heart health, it can sometimes cause temporary cholesterol imbalances during the early stages, particularly when significant weight loss occurs. Rapid fat breakdown mobilizes large amounts of lipids, including cholesterol, into the bloodstream, which can temporarily elevate blood cholesterol levels before long-term improvements are seen.

CONTINUED ON PAGE 24

PlantFusion

CELLULAR SUPPORT & ENERGY

The Next Frontier In Anti Aging & Longevity

UROLITHIN A
500 MG
WITH POMEGRANATE (ELLAGIC ACID)

500 mg Urolithin A Per Capsule

Pomegranate With Ellagic Acid



NON GMO

VEGAN

1. DIRECT UROLITHIN A
Delivers 500 mg of Urolithin A per capsule. Since many people naturally produce very little Urolithin A from foods like pomegranates, PlantFusion provides it directly.†

2. POMEGRANATE POWERED
Includes 50mg of pomegranate extract standardized to 40% ellagic acid, the natural plant precursor that beneficial gut bacteria can convert into Urolithin A.†

3. SUPPORTS CELLULAR HEALTH
Supported by a growing body of clinical research, Urolithin A helps maintain healthy cellular function and energy.†

UROLITHIN A
ADVANCED
CELLULAR ENERGY

NMN & PQQ

Fisetin & Sperrmidine

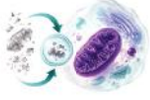


NON GMO

VEGAN

OPTIMIZING CELLULAR ENERGY IN 3 STEPS

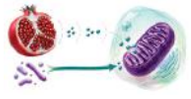
1. CLEAN & RENEW
Support cell cleaning & regeneration of aging cells with **Fisetin** and **Spermidine.**†



2. ENERGIZE
Supports cellular energy production by increasing NAD levels with **NMN** and supporting ATP production with **PQQ.**†



3. UROLITHIN A
If your body does not easily convert ellagic acid from food into **Urolithin A,** supply it with a direct source **(500 mg).**



VEGAN | DAIRY FREE | GLUTEN FREE | GMO FREE

30% OFF Nov - Dec 2026 AT ABBY'S

PlantFusion®

CONTINUED FROM PAGE 22

> Autophagy has emerged as a major regulator of cardiac homeostasis and function. Autophagy preserves cardiac structure and function under baseline conditions and is activated during stress, limiting damage under most conditions.

Other factors that affect cholesterol

While animal-derived foods contain cholesterol, research published in Nutrients highlights that dietary cholesterol has little to no effect on the body's total cholesterol levels, as the liver tightly regulates cholesterol balance by adjusting its production in response to intake. In contrast, **high consumption of sugar, refined carbohydrates, and ultra-processed foods can significantly disrupt the body's ability to maintain balanced cholesterol**. These foods cause blood sugar and insulin levels to rise, which signals the liver to produce more fatty acids. This process increases LDL cholesterol to transport these lipids and may contribute to the development of atherosclerosis. Evidence published in *Genetic Research* found that diets high in carbohydrates and processed foods are also a primary cause of weight gain, contributing to a body composition characterized by visceral fat around the organs. Visceral fat constantly releases fatty acids into the bloodstream. The liver attempts to process them by packing them into small, dense LDL particles, which are linked to cardiovascular disease. In addition, genetic predisposition, a sedentary lifestyle, poor liver function, and health conditions such as metabolic syndrome, insulin resistance, and thyroid dysfunction have been linked to abnormal lipid profiles, including elevated LDL cholesterol levels.

More ways fasting supports cardiovascular health

In addition to supporting balanced cholesterol levels, a consistent intermittent fasting regimen has additional benefits that can support heart health and help lower your cardiovascular risk. Here are four more ways fasting supports cardiovascular wellness and overall health.

1. Helps lower inflammation

Fasting triggers various hormonal changes and cellular adaptations that help the body manage inflammation. This is crucial for maintaining optimal vascular function and lowering the risk of atherosclerosis. Periods of caloric restriction help support stable blood sugar and insulin balance, allowing the body to switch to fat burning and minimizing the pro-inflammatory effects of elevated insulin.

2. Supports a healthy body weight

Fasting can support sustainable weight management, especially when combined with a nutrient-dense, low-carbohydrate ketogenic diet and an overall healthy lifestyle. By reducing meal frequency and promoting steady insulin levels, an intermittent fasting diet encourages the body to rely on stored body fat as its primary fuel source.

3. Aids blood pressure control

A study published in *Nature Communications* highlights that fasting has shown therapeutic potential for reducing high blood pressure and, therefore, supporting overall cardiovascular health. The combined effects of fasting, including a healthy body composition, lower inflammation, and improved insulin sensitivity, are believed to contribute to these heart-health supportive benefits. Healthy blood pressure reduces stress on blood vessel walls, supporting overall circulatory health and lowering cardiovascular strain, which is linked to an increased risk of stroke and heart attack.

4. Activates autophagy

Not only does fasting help you lose weight, but it can also trigger and enhance cellular repair and recycling processes known as autophagy. Caloric restriction acts as a mild, controlled metabolic stressor. In response, cells shift into a maintenance mode that facilitates the breakdown and recycling of damaged proteins, dysfunctional mitochondria, and other cellular debris. By clearing out impaired cellular components, autophagy helps reduce oxidative stress-related inflammation, which is vital for healthier vascular function for reducing the risk of arterial plaque formation. ■







The Power of Pomegranate

This unique combination of pomegranate oil and fruit extract provides powerful support for heart and blood vessel health, plus healthy hormone balance for breast and prostate tissue.*†

Pomegranate Oil features a more complete source of pomegranate nutrients, without the sugar and calories found in juice. It's the extra pomegranate power you need every day.

Pomegranate is the only plant that delivers omega-5 (punicic acid) from Supercritical Oil—along with potent phytosterols, and oleic and linoleic acids. This oil extract supports healthy hormone balance and a strong heart.*†

Pomegranate Fruit Extract contains polyphenol antioxidants to protect against oxidative damage to DNA and support healthy cellular replication throughout the body.*

Omega-5 Protection*^
Punicic acid is a unique and a rare omega fatty acid (omega-5) that has been shown to support heart and blood vessel health, plus the delicate balance of hormones that affect breast and prostate cells.† This formula delivers cell protecting power.*^ ■

†Supports healthy levels already within normal range.
^Protection from oxidative stress and damage.
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



AVAILABLE AT ABBY'S

Cholesterol and Vitamin D:

How Are They Connected?

Vitamin D and cholesterol metabolism are closely connected. Without cholesterol, your body can't produce vitamin D, and without adequate vitamin D, the liver may struggle to maintain balanced cholesterol levels. Let's take a look at the link between cholesterol and vitamin D status and how maintaining optimal vitamin D levels promotes healthy lipid balance and supports cardiovascular function.



What is vitamin D?

Vitamin D, also known as the sunshine vitamin, is produced when the skin is exposed to ultraviolet B (UVB) radiation in sunlight. UVB rays can penetrate the skin's epidermal layer, triggering a biochemical chain reaction that converts the precursor 7-dehydrocholesterol into active vitamin D3. Vitamin D is crucial for calcium absorption and bone health and supports several immune system functions. Unfortunately, vitamin D deficiency is common, and it's believed that more than 40 percent of U.S. adults lack adequate levels. Factors such as inadequate sunlight exposure, geographical location, darker skin tone, age, and the use of steroid drugs can significantly impact vitamin D production. While sunlight remains the body's primary source of vitamin D, regularly consuming dietary vitamin D sources, such as fatty fish, egg yolks, and organ meats, can also help support healthy levels.

What is cholesterol?

Cholesterol is a waxy, fat-like substance essential for many physiological functions, including cellular regeneration and hormone production. The role of cholesterol in health is often misunderstood, and there's a common misconception that all cholesterol increases the risk of heart disease. However, whether cholesterol has any adverse health effects depends on the type of lipoprotein that carries cholesterol through the bloodstream. Certain types of low-density lipoprotein (LDL), also known as harmful cholesterol, can accumulate in the walls of arteries, which is a risk factor for atherosclerosis and cardiovascular disease. In contrast, high-density lipoprotein (HDL), often referred to as good cholesterol, is linked to a lower risk of heart disease and helps to remove potentially harmful LDL cholesterol from the bloodstream. Rather than relying solely on total cholesterol levels to determine heart disease risk, a more accurate blood marker for assessing cardiovascular health is the ratio between HDL and LDL cholesterol. Research published in *PLOS ONE* confirms that cholesterol profiles characterized by high LDL and low HDL cholesterol levels can impact cardiovascular health and increase the risk of atherosclerosis. On the other hand, a high HDL to low LDL cholesterol ratio supports heart health and may prevent clogged arteries and heart attacks.



Why cholesterol is essential for vitamin D production?

When UVB rays penetrate the skin, they trigger the photochemical conversion of the vitamin D precursor 7-dehydrocholesterol into cholecalciferol, also known as vitamin D3. Without adequate levels of this cholesterol-containing precursor, the body cannot produce enough vitamin D. Cholesterol is also crucial for producing bile salts needed to digest and absorb fat-soluble nutrients, including vitamin D. This explains why a low-cholesterol diet can impact vitamin D production in the skin and may lower intestinal vitamin D absorption. Interestingly, the relationship between cholesterol and vitamin D is two-directional. While cholesterol is necessary for vitamin D production, evidence suggests that vitamin D deficiency can contribute to an imbalance in cholesterol levels. A study published in Metabolites found that individuals with low vitamin D levels are more likely to have elevated triglycerides and LDL cholesterol than those with optimal vitamin D status. The authors summarize, *"Low vitamin D levels could result in dyslipidemia, and lipid abnormalities—that is, an increase in triglyceride (TG), total cholesterol (TC), and low-density lipoprotein cholesterol (LDL-C) levels and a decrease in high-density lipoprotein cholesterol (HDL-C)."*

Can statins reduce vitamin D?

Statins are a group of drugs that block cholesterol-producing pathways to lower total serum cholesterol levels. This cholesterol reduction may lead to lower cellular levels of 7-dehydrocholesterol and potentially impact normal vitamin D synthesis. Despite several studies investigating the link between statins and vitamin D, further research is needed to fully understand if the cholesterol-lowering effects of statins impact vitamin D levels. If you are taking statins, it's recommended to talk to your healthcare provider about the potential benefits of regular vitamin D blood tests to monitor your vitamin D status. The National Institute of Health (NIH) published a report suggesting that vitamin D serum levels of 20 ng/mL (50 nmol/L) or above are adequate for most people to support overall health, and levels below 12 ng/mL (30 nmol/L) are considered deficient. ■



Heart Smart Fats:

Exploring the Many Cardiovascular Benefits of Omega-3s

By Jolie Root, LPN, LNC



As cardiovascular diseases continue to be the leading cause of mortality worldwide, the exploration of dietary components that contribute to heart health has become increasingly paramount. Among these, omega-3 fatty acids have garnered significant attention due to their potential benefits in promoting cardiovascular well-being. This article delves into the multifaceted advantages of omega-3s, specifically eicosapentaenoic acid (EPA), docosapentaenoic acid (DPA), and docosahexaenoic acid (DHA), in supporting heart health.

Understanding Omega-3 Fatty Acids: EPA, DPA, and DHA

Omega-3 fatty acids are polyunsaturated fats essential for human health, which must be obtained through diet or supplementation as they cannot be produced by the body. The primary types relevant to cardiovascular health include EPA, DPA, and DHA. These long-chain fatty acids play crucial roles in maintaining cellular membrane integrity and modulating inflammatory processes. While EPA and DHA are more commonly discussed, emerging research highlights DPA's unique contributions to cardiovascular protection.

The Mechanism of Action: How Omega-3s Benefit Heart Health

The cardioprotective effects of omega-3 fatty acids can be attributed to several mechanisms. Firstly, they balance inflammation by influencing the production of eicosanoids—bioactive compounds that regulate inflammation and thrombosis. Secondly, omega-3s improve endothelial function, thereby enhancing vascular reactivity and contributing to arterial elasticity. Additionally, they support healthy triglyceride levels, healthy blood pressure, and inhibit platelet aggregation, collectively contributing to a a healthy heart.

4. Clinical Evidence Supporting Cardiovascular Benefits of Omega-3s

A substantial body of clinical evidence underscores the cardiovascular benefits of omega-3 fatty acids. Randomized controlled trials and epidemiological studies have consistently demonstrated that higher intake of omega-3s is associated with a decreased incidence of myocardial infarction, stroke, and sudden cardiac death. Numerous randomized controlled trials (RCTs) and epidemiological studies support the cardiovascular benefits of omega-3s, here are just a few. GISSI Prevenzione Trial: Conducted in Italy, this landmark study demonstrated that patients who consumed omega-3 supplements after experiencing a heart attack had significantly lower rates of subsequent cardiovascular events compared to those who did not.

JELIS Trial: This Japanese study focused on individuals with high cholesterol levels and found that adding EPA to statin therapy resulted in a marked reduction in major coronary events. Framingham Heart Study: As an ongoing observational study, it revealed that participants with higher blood levels of omega-3s experienced fewer instances of atrial fibrillation—a common arrhythmia linked to increased stroke risk. These studies collectively highlight the protective role omega-3s can play in reducing various cardiac threats.



Comparative Analysis: EPA, DPA, and DHA in Cardiovascular Prevention

While all three forms of omega-3s contribute to heart health, each exhibits distinct physiological effects. EPA is primarily recognized for its potent inflammation balancing actions and ability to support healthy triglycerides. DHA contributes significantly to structural components of cell membranes in the heart and brain while also supporting healthy heart rhythm. Emerging research suggests that DPA may offer additional benefits by integrating properties of both EPA and DHA, potentially providing enhanced cardiovascular protection.

Dietary Sources and Recommended Intake for Optimal Heart Health

To achieve optimal heart health benefits from omega-3s, it is recommended to consume sources rich in these fatty acids regularly. Oily fish such as salmon, mackerel, sardines, and anchovies are excellent dietary sources. For individuals unable to meet dietary recommendations through food alone, omega-3 supplements derived from fish oil or algal oil provide viable alternatives. The American Heart Association suggests consuming at least two servings of oily fish per week or achieving optimal omega-3 intake through supplementation of 1000 to 4000 mg combined EPA, DPA and DHA daily.

In conclusion, omega-3 fatty acids—EPA, DPA, and DHA—are integral components of heart-smart nutrition strategies aimed at reducing cardiovascular risk factors and promoting overall heart health. Their diverse mechanisms of action supported by robust clinical evidence affirm their role as valuable allies in combating cardiovascular diseases. By incorporating adequate amounts through diet or supplements while considering individual health needs and potential risks, one can harness the full spectrum of benefits these essential fats offer for a healthier heart. ■





What Is the Best Die

Nearly 128 million adults in the U.S. have some form of heart disease, with 800,000 people experiencing a heart attack each year. While there are many potential contributing factors, dietary habits can significantly impact heart health and cardiovascular disease risk. Discover the common causes of cardiovascular problems and learn how to approach the best diet for heart disease.

What is heart disease?

Heart disease is a broad term for several debilitating or life-threatening heart conditions, including blood vessel disease, heart valve or muscle disease, and irregular heartbeats, also referred to as arrhythmias. Poor cardiovascular health is the leading cause of death in the U.S., with the most common form being coronary artery disease (CAD). CAD occurs when the arteries to the heart become narrow due to plaque buildup, known as atherosclerosis. Many heart diseases are silent killers, meaning those with cardiovascular conditions often don't notice significant signs until they experience arrhythmias or a major event, such as a heart attack, cardiac arrest, stroke, or heart failure. Here are common cardiovascular events and their symptoms:

- **Arrhythmia:** Fluttering, pounding, or racing heartbeat, accompanied by shortness of breath, fatigue, or lightheadedness
- **Heart attack:** Chest pain, shortness of breath, arm, neck, and jaw pain, sweating, rapid heartbeat, nausea, lightheadedness, or unusual tiredness
- **Cardiac arrest:** Palpitations, chest pain, shortness of breath, sudden collapse, no pulse or breathing
- **Heart failure**: Fatigue, weakness, shortness of breath, swelling in the legs, ankles, and feet, persistent cough, wheezing, abdominal swelling

Lifestyle factors, such as a diet high in sugar and refined carbohydrates, physical inactivity, smoking, and alcohol misuse, are well-established primary causes of heart disease. In addition, high blood pressure, known as hypertension, as well as diabetes and high cholesterol levels, can also raise the risk of developing heart disease.

Understanding dietary fats and cholesterol

Cholesterol is a fat-like substance found in every cell. The liver produces 80 percent of the body's total cholesterol, while the remaining 20 percent is obtained from dietary sources. Dietary cholesterol can be acquired from animal products, such as eggs, full-fat dairy, and fatty meats. The liver adjusts cholesterol production to maintain healthy levels in response to dietary fat intake. **Although it's widely believed that a diet high in saturated fat raises cholesterol, carbohydrates and sugars are significantly more detrimental to heart health. Ultra-processed, sugary foods can accelerate cholesterol production and contribute to atherosclerotic plaque buildup and coronary heart disease.** While saturated fat and animal-based foods can influence cholesterol metabolism, they don't necessarily raise the types of cholesterol linked to a higher risk of arterial blockages and heart disease.

Types of cholesterol

High-density lipoprotein (HDL) cholesterol, widely known as the good cholesterol, carries excess cholesterol from the arteries to the liver for removal, which helps prevent plaque buildup. In contrast, low-density lipoprotein (LDL), called bad cholesterol, transports cholesterol from the liver to the body's cells and tissues. High LDL levels increase the risk of arterial blockage and heart disease. However, there are two primary types of LDL particles—small dense, and large buoyant—and their health effects can differ significantly based on particle size. Large-buoyant, known as type A LDL particles, are less likely to penetrate the artery walls and contribute to plaque formation. Higher levels of type A LDL are associated with saturated fat intake from animal-based foods and may not be a cause for concern. Conversely, small-dense type B LDL particles are linked to high-carb diets and can increase cardiovascular disease risk, as they're more compact and can penetrate the arterial walls more easily.



et for Heart Disease?

The Dr. Berg Editorial Team

Blood pressure and sodium explained

Sodium and potassium form the sodium-potassium pump, which regulates the cellular movement of sodium and potassium ions to maintain the body's fluid balance and blood pressure levels. **Most people consume large amounts of sodium from ultra-processed and salty foods while not getting enough potassium.** This can lead to electrolyte imbalances that can increase blood pressure and cardiovascular disease risk. A study published in the Journal of the Academy of Nutrition and Dietetics found that 90 percent of Americans consume excess amounts of sodium, and only 2 percent meet daily potassium needs.1While healthcare professionals agree that avoiding excess salt benefits cardiovascular function, few note the importance of high potassium intake to achieve an optimal sodium-to-potassium ratio crucial for maintaining heart health.

The best diet for heart disease

The Standard American Diet, rich in sugar and refined carbohydrates, causes repeated spikes in blood sugar and insulin levels. Over time, this constant demand for insulin can lead to insulin resistance, a key driver of metabolic and cardiovascular disease. Insulin resistance is a metabolic imbalance characterized by cellular inability to effectively absorb blood sugar, which may contribute to heart disease through several mechanisms. High blood sugar levels increase oxidative stress, inflammation, and the accumulation of small-dense LDL particles, all of which can damage blood vessels and contribute to atherosclerotic plaque buildup. Obesity is another condition associated with insulin resistance that strains the heart and prevents it from pumping blood effectively. This explains why a heart-healthy diet rich in healthy fats, low carbs, and large amounts of non-starchy vegetables promotes insulin sensitivity and supports normal heart function. A study published in Nutrients found that ketogenic diets significantly reduced insulin and fasting glucose, while raising beneficial HDL cholesterol, thereby lowering several primary risk factors of cardiovascular disease development.

The best heart-healthy foods

Choosing the right food significantly influences your heart and overall health, including blood pressure, cholesterol levels, and inflammatory markers. Here are six foods to add to a heart-healthy eating plan.

1. Wild-caught fish

Oily fish, such as salmon, tuna, cod, and sardines, are rich sources of omega-3 fatty acids, a type of unsaturated fat widely known for its heart benefits. Omega-3 fats have been shown to boost cardiovascular function by increasing HDL cholesterol, inhibiting arterial plaque formation, promoting antioxidant activity, and reducing oxidative stress markers.

2. Liver

Beef liver is a nutritional powerhouse, containing significant amounts of B vitamins, vitamin D3, and K2, iron, and coenzyme Q10. These nutrients are vital for red blood cell synthesis, energy production, oxygen transport, and nerve function, all of which are critical for maintaining the heart's ability to pump effectively. Vitamin K2 and D3 can also help relax the blood vessels and transport calcium away from soft tissues into the bones and teeth. This helps reduce the risk of arterial calcification and plaque formation.

3. Extra virgin olive oil

Extra virgin olive oil (EVOO) offers exceptional concentrations of oleic acid, a healthy monounsaturated fat that helps lower LDL and raise HDL cholesterol levels. EVOO also contains potent antioxidants, including vitamin E, that help mitigate artery damage and regulate blood pressure. Evidence published in the *Journal of the American College of Cardiology concluded, "...those with higher olive oil intake had 14% lower risk of cardiovascular disease and 18% lower risk of coronary heart disease."*



4. Almonds

Almonds contain several heart-supportive nutrients, including healthy fats, magnesium, and vitamin E, which boost blood flow, help protect the heart from free radical damage, and support blood pressure regulation. Magnesium also helps maintain the heart rhythm by facilitating the movement of calcium and potassium in and out of the cells, which is essential for heart muscle contractions and relaxation.





5. Raw sauerkraut

Sauerkraut is an excellent source of fiber, vitamins C and K2, and potassium, which promotes antioxidant activity and mitigates calcium buildup in the arteries. Raw sauerkraut is also a rich source of probiotics. These beneficial microbes have been found to help balance cholesterol levels and support healthy blood pressure.





6. Dark leafy green vegetables

Leafy greens, such as kale, spinach, collard greens, and bok choy, are an excellent source of vitamin K, antioxidants, and minerals that help protect the arteries from calcification. Eating large salads also boosts nitrate intake, thereby promoting arterial elasticity and healthy blood pressure. Research published in the *European Journal of Epidemiology* found that consuming just one cup of nitrate-rich leafy green vegetables daily lowered cardiovascular disease risk by up to 26 percent.



Foods to avoid in order to protect your heart
Contrary to popular belief, saturated fat from meat, high-fat dairy products, and other animal products isn't the primary culprit for heart and cardiovascular disorders. Here are four foods to avoid in order to reduce your risk of heart disease.

1. Sugar and starches
Refined sugar and starches promote chronic inflammation in blood vessels, raise blood sugar and insulin, and contribute to hypertension and obesity, which are significant risk factors for various heart conditions.

2. Gluten
In individuals with celiac disease or gluten sensitivity, gluten can trigger immune-related inflammation and damage the intestinal lining. Removing gluten-containing grains, such as wheat, barley, and rye, may help reduce systemic inflammation and improve nutrient absorption, potentially supporting heart health and overall cardiovascular wellness.



3. Refined seed oils
While minimally processed seed oils contain monounsaturated and polyunsaturated fats, heavily processed cooking oils, such as canola or soybean oil, are highly unstable and prone to oxidation. Fat oxidation during high-heat cooking can generate the formation of inflammatory compounds that can damage heart cells. These oils are also high in pro-inflammatory omega-6 fatty acids and often processed with hexane. This chemical solvent can trigger chronic inflammatory pathways and has been linked to increased heart disease risk.

4. Trans fats
Trans fats, also known as trans fatty acids or partially hydrogenated oils, are volatile fats found in processed foods, especially in fast food, baked goods, snack foods, and deli meats. Diets high in trans fats are linked to cholesterol imbalance and inflammation, greatly increasing the risk of heart attacks and stroke.

More diet tips for a healthy heart
Intermittent fasting, which involves time-restricted periods of eating and fasting, can be a great addition to a heart healthy diet. This is likely due to its beneficial effects on inflammation, weight management, and insulin balance, which can reduce the likelihood of developing heart conditions. Carefully reading food labels can also help you identify hidden sugars and starches and reduce your exposure to artificial ingredients, minimizing damage to the cardiovascular system. Additionally, avoiding alcohol can significantly reduce the risk of heart disease, as excess consumption is linked to elevated blood pressure, arrhythmias, and weakened heart muscle function. This also includes alcoholic beverages believed to be heart-healthy, such as red wine.

> **When you drink any type of alcohol, the liver converts ethanol into acetaldehyde, This highly toxic byproduct can trigger oxidative stress and cellular damage in the heart, liver, and other major organs.**
>
> **~ Dr. Berg**

Finally, drinking green tea can enhance the body's antioxidant capacity and help break up plaque in the arteries, likely attributed to a plant compound called epigallocatechin gallate (EGCG). ■

Café Eden RECIPES



Organic Granola Crusted Brussels Sprouts

6-8 Servings

1 pound organic Brussels Sprouts
1 tablespoon organic garlic, minced
½ tablespoon organic ginger, minced
½ tablespoon organic curry powder
½ teaspoon organic cumin seeds
3 tablespoons organic sesame oil
1 tablespoon organic agave syrup
½ tablespoon organic lemon juice
½ tablespoon organic coriander powder
½ teaspoon pink Himalayan salt
¼ teaspoon organic ground pepper
¼ cup organic almond roasted granola
(or your favorite organic granola)

Sauté the minced garlic, ginger, and all other condiments, except the agave and the granola. Add the Brussels sprouts to the mixture and mix well. Preheat the oven to 350 degrees. Place the Brussels sprouts on a baking sheet and roast for 20 minutes. Once the Brussels sprouts are roasted, remove from oven and top with the granola of your choice and drizzle with agave syrup. Serve and enjoy!



Organic Beet Salad with Red Onions

6-8 Servings

2 pounds (approximately 10 medium-sized) organic red beets, roasted
1 cup organic red onion, sliced
2 teaspoons organic red wine vinegar
2 tablespoons organic sunflower oil
2 teaspoons organic basil, chopped
2 teaspoons organic balsamic vinegar
Pink Himalayan salt to taste

Preheat the oven to 350 degrees. Remove the tops and the roots of the beets. Cut the beets in half. Toss with ½ the sunflower oil. Place on a baking sheet and roast for 35-40 minutes. Once roasted, peel the beets and cut into slices. Mix with red wine vinegar, remaining sunflower oil, balsamic vinegar, and salt. Garnish with chopped organic basil and red onion.



Non-GMO, Antibiotic/Hormone-Free Turkey Picadillo

6-8 Servings

2.5 pounds non-GMO,
antibiotic/hormone-free ground turkey
2 tablespoons organic olive oil
1 cup organic onion, diced
2 tablespoons organic garlic, minced
1 6-ounce can organic tomato paste
1.5 pounds organic tomatoes, diced
1.5 tablespoons organic cumin powder
1.5 tablespoons organic oregano, dried
¾ tablespoon pink Himalayan salt
¼ tablespoon organic back pepper
2 organic bay leaves
1 cup organic raisins
1 cup organic green olives
5 tablespoons organic agave syrup

Sauté onions and garlic until transparent over high heat. Add ground turkey in small amounts and brown. Stir in seasonings. Stir in tomato paste and mix until well blended. Lower heat to medium. Add diced tomatoes, raisins, and olives. If desired, serve over a bed of rice and enjoy!

USDA ORGANIC · GLUTEN FREE · DAIRY FREE · VEGAN · NUTS FREE · VEGETARIAN

NON GMO VERIFIED

"We do not support the use of any chemicals, antibiotics, hormones, artificial colors, artificial flavors or G.M.O.'s in our foods"

NON GMO VERIFIED



Fresh, Organic Meals Made Daily

Café Eden evolved in 2001 as an addition to Abby's Health & Nutrition. We pride ourselves in using the highest quality ingredients; you won't find artificial flavors or colors in our kitchen. We are happy to provide a wide variety of gluten-free, vegetarian and vegan options to our customers. We are committed to using organic ingredients whenever possible. Our proteins are always non-GMO, antibiotic and hormone free and our fish is wild-caught. We proudly support independent farmers and source locally when available.

Organic Food, Made Fresh

We pride ourselves in using the highest quality ingredients. You won't find artificial flavors or colors, high-fructose corn syrup or MSG in our kitchen. Our dishes are for everyone, with gluten-free, vegetarian and vegan options available. We are committed to using organic ingredients, as well as support independent farmers and source locally whenever possible. Our proteins are always non-GMO, antibiotic and hormone free and our fish is wild-caught.

Catering

Whether a small group or an entire office, we can cater any size party! We offer a variety of platters including, but not limited to: cheese and fruit, wraps and sandwiches, salads, desserts and more. A 72-hour notice is requested for all catering orders.

Personalized Meals

Our personalized meals consist of antibiotic and hormone-free chicken, turkey and beef dishes, as well as vegetarian and wild-caught fish. We require a minimum order of three meals and 24-hours' notice is requested. Orders must be prepaid in advance and are taken from 8:00AM - 8:00PM.

Custom Cakes & Cupcakes

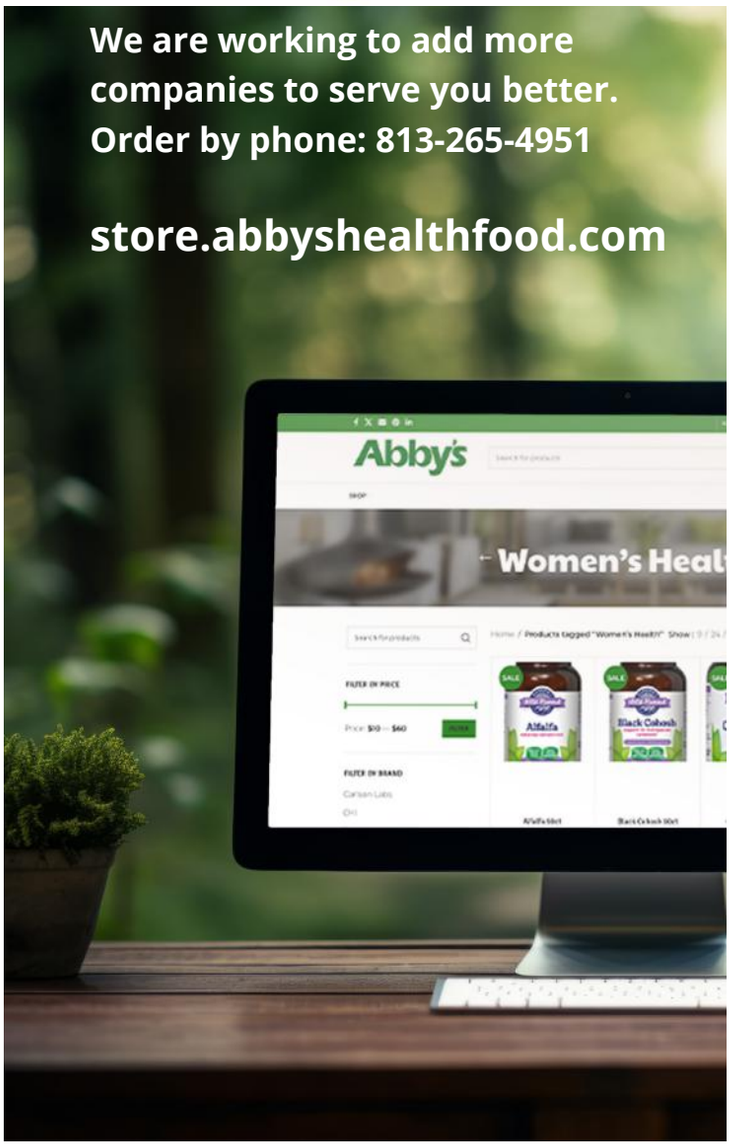
Our in-house baker offers custom cake and cupcake orders. Gluten-Free and vegan options are available. A 72-hour notice is requested for all catering orders. Orders must be prepaid in advance.

813-265-4951
AbbysHealthFood.com

Mon-Sat 8pm - 7pm or Sunday 9am - 7pm
14374 N. Dale Mabry Hwy. Tampa, FL 33618

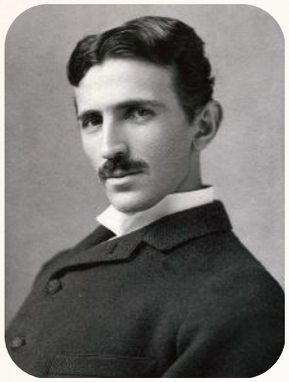


CHI HEALTH · Biosil · Probulin · Carlson · Oregon's Wild Harvest · Brenda Watson's VITAL PLANET



CHANGE YOUR FREQUENCY
CHANGE YOUR LIFE

THE NEW YOU MIRACLE BAND



"If you could eliminate certain outside frequencies that interfered in our body, we would have greater resistance toward disease."

NIKOLA TESLA

SUPPORTS RELIEF FROM

- Arthritis
- Joint Pain
- Fibromyalgia
- Carpal Tunnel
- Improve Strength and Balance
- Protection from 5G and EMFs

Miracle Bands are designed to support your body's natural balance as part of a healthier, more active lifestyle.

Feel Better. Move Better. Live Better.

AVAILABLE AT

Abby's
Health & Nutrition
Better Health Through Education

TNYMB®
The New You Miracle Band

CHECK OUT OUR WEBSITE

TNYMB.COM