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Health & Nutrition Magazine

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Volume 14 Issue 5

CANCER

A PHD NUTRITION SCIENTIST'S
DAILY SUPPLEMENT STACK

Vitamin D for Colorectal Cancer

Cancer and the Nervous System

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Stay Well This Fall with 4 Immune-Supporting Supplements

Now that it's fall, the kids are back in school, and everyone is spending more time indoors around everyone else. Other than the old standbys of washing your hands, getting enough sleep, and eating well, what can you do to stay well?

Fortunately, there are several superstar natural ingredients that can help your immune system stand strong this fall.

Elderberry is a tried-and-true herb for immune function — studies show it can shorten the duration of immune challenges.* It also makes them easier to get through, because this purple berry supports normal body temperature and respiratory comfort.*¹⁻³

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

N-acetyl-L-cysteine (NAC), derived from the amino acid L-cysteine, has a special affinity for the lungs. It breaks up mucoproteins to support easy breathing and supports a healthy inflammation response.*⁴⁻⁶

Bromelain, an enzyme derived from pineapple, has been shown to support respiratory health.*^{7,8} It helps clear airways, loosens secretions, and promotes lung capacity and function.*

Oil of oregano has a long history of traditional use for supporting respiratory wellness. Compounds in the oil, including carvacrol and thymol, have been shown in laboratory studies to help fight foreign invaders.*^{9,10}

Beta glucans. Wellmune® is a beta-glucan sourced from the yeast *Saccharomyces cerevisiae*. Backed by 17 human clinical studies in diverse populations such as athletes, older adults, children, and people under stress, Wellmune provides immune and upper respiratory health benefits.*¹¹⁻¹⁴

Mushrooms have been used in many cultures to support immunity for hundreds of years. Many kinds — such as cordyceps, chaga, lion's mane, maitake, reishi, and shiitake — have been shown to help modulate the immune system.*¹⁵⁻¹⁸ Bonus: mushrooms also support cognitive function and a healthy response to stress.*

You can find these trusted ingredients in the following immune formulas from Natural Factors:

- **Sambucus Black Elderberry Standardized Extract** features a hand-harvested 64:1 elderberry concentrate that is extracted using a clean, solvent-free process. The fast-acting softgels exclusively contain ElderCraft® European black elderberry — from the clinically studied Haschberg variety.
- **Lung, Bronchial & Sinus Health.** This comprehensive formula nourishes and supports the whole respiratory system. It features NAC and bromelain along with five herbs that support respiratory comfort, including marshmallow, wild cherry, and mullein extract*.
- **Oil of Oregano**, available as a certified organic liquid and easy-to-swallow softgels, features a highly concentrated oil standardized to 80% carvacrol — the active constituent — compared to 55–60% seen in other brands. It is extracted from wild-crafted oregano with steam, not solvents.
- **Whole Earth & Sea® Super Mushroom** combines Wellmune® beta glucan from *Saccharomyces cerevisiae* and MycoFusions® Activated Mushroom Complex, a blend of immune-supporting mushrooms featuring cordyceps, chaga, lion's mane, maitake, reishi, and shiitake in a nourishing whole-food base. ■

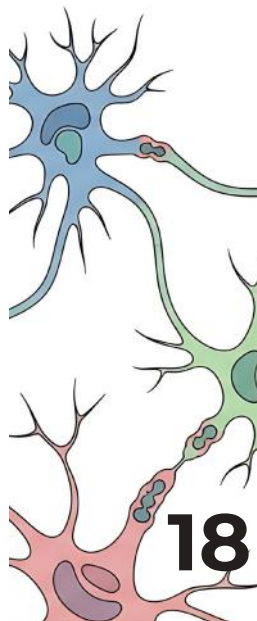
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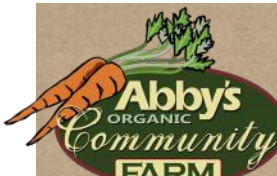
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Boosting Immunity Naturally:

How herbs support your body's frontline defense*

In today's fast-paced world, keeping your immune system strong is more important than ever. While regular exercise, balanced nutrition, and quality sleep lay the foundation, there's a deeper layer to immune health that's gaining attention: your gut microbiome and enteric nervous system (ENS), often referred to as your "second brain," which is 70% of your immune system. This complex ecosystem of beneficial bacteria, nerves, and immune cells modulates neurotransmitters, calms inflammation, and helps your body manage stress. The good news? You can nourish this system naturally — with herbs.*

Here are a few powerhouse herbs that have stood the test of time:

Echinacea – Think of it as your immune system's lookout tower. Echinacea helps increase white blood cell activity, priming your body to recognize and respond quickly to unwanted invaders.*

Elderberry – Rich in flavonoids like quercetin, elderberry helps maintain a healthy inflammatory response in the respiratory tract and can reduce recovery time from seasonal challenges.*

Astragalus – A key herb in Traditional Chinese Medicine, astragalus root is believed to help support overall immune resilience.*

Goldenseal – This bitter root is a mucous membrane tonic, which means it helps fortify the gut lining — a critical barrier in your immune defense. It contains berberine, which is a powerful compound to have at the frontline of your body's defense system.*

Together, these herbs do more — they support the delicate interplay between your gut, brain, and immune system. Think of them as nature's way of helping your body stay balanced, resilient, and ready for whatever comes your way.*



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NOURISH YOUR BODY with HERBAL GOODNESS



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THE BEST TIME TO CARE FOR YOUR HEALTH *is before you need to.*

For many people, the journey toward better health doesn't begin until they're forced to stop and pay attention.

A diagnosis. A health scare. The loss of someone they love.

In those moments, priorities change almost overnight. Sleep becomes more important. Nutrition matters. Stress is no longer something to ignore. Time with family feels more meaningful. Suddenly taking care of yourself isn't something you'll get around to someday—it's something you do today.

The truth is, none of us knows what tomorrow holds.

So why do we wait?

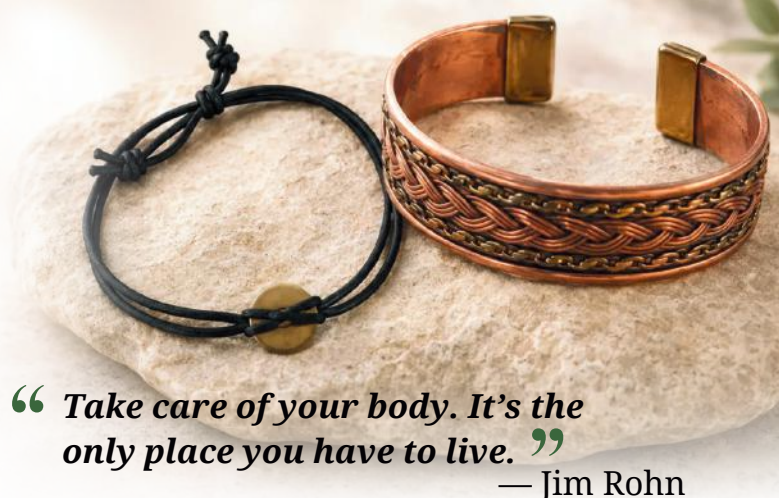
What if we chose to care for ourselves before life demanded it? What if we made our health a priority while we still felt well?

Wellness isn't about living in fear of illness. It's about giving your body the support it deserves every single day.

THE POWER OF DAILY CHOICES

Great health isn't built in a day. It's created through the small consistent choices we make:

- **Nourish your body** - Choose whole, nutrient-rich foods.
- **Stay active** - Move your body every day.
- **Prioritize sleep** - Rest, recover, and recharge
- **Manage stress** - Create moments of calm.
- **Build strong connections** - Surround yourself with support.
- **Stay proactive** - Keep up with regular checkups.



“Take care of your body. It's the only place you have to live.”

— Jim Rohn

ONE MORE WAY TO INVEST IN YOUR HEALTH

Many people also choose to incorporate wellness products into their daily routines. While these tools are not intended to diagnose, cure, or prevent any disease, they can become part of a broader commitment to supporting overall well-being.

Miracle Bands are designed to support your body's natural state of balance—without adding complexity to your routine.

Each band contains a decorative metal disc made from a proprietary blend of polarized metals, designed to work in harmony with your body's natural electrical activity. When worn on the wrist or ankle, many users report feeling more relaxed, more centered, and better able to rest.

Because they are worn throughout the day and night, they provide a simple, continuous way to support your overall wellness.

Many people use Miracle Bands to help support:

- stress and tension
- sleep quality
- mental clarity and focus
- an overall sense of calm and balance

Miracle Bands aren't meant to replace healthy habits—but to support them. Because when your body is supported from multiple angles, the results can feel more consistent, more natural, and easier to maintain.

Products of The New You Miracle Band are sold here at Abby's as a Tampa Exclusive

The New You Miracle Band

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See our ad on the back cover.

Products are not FDA approved and is not intended to prevent or cure illness. WE MAKE NO REPRESENTATION OR WARRANTIES ABOUT THIS POTENTIAL HEALTH BENEFITS OF THIS PRODUCT. IF YOU HAVE ANY QUESTIONS OR CONCERNS CONSULT YOUR PHYSICIAN BEFORE WEARING. WE DO NOT REPRESENT THAT THIS IS A MEDICAL DEVICE. The results stated are from the testimony of thousands of satisfied users.

DEEPER IMMUNE SUPPORT

By Emerald Labs

A healthy functioning immune system is essential for the prevention of infections as well as guarding against cancer. Proper nutrition, sleep, stress reduction, and detoxification are essential for a healthy immune system. Deep Immune by Emerald Labs is a product designed to support a healthy immune system.

Two of the key ingredients in Deep Immune include the well-studied mushroom extracts Turkey Tail and Maitake. Extracts from these mushrooms are used by integrative doctors around the world. There are hundreds of published studies demonstrating their ability to stimulate an immune response. One of the keys to proper effectiveness is hot water extracts, where the active immune stimulating beta glucans are concentrated from the tough mushroom cell walls.

Turkey tail has human research showing benefit for those with a history of cancers of the stomach, colorectal, esophageal, and breast cancers. It has also shown to reduce the side effects of chemotherapy and radiation. In addition, Maitake has specialized beta-glucans that stimulates many types of immune cells including natural killer cells. It also has been shown to support patients who are undergoing chemotherapy and radiation.

Astragalus and Turmeric extracts are additional unique components of Deep Immune used to support the immune system and provide anti-inflammatory support. Astragalus has a long history of use in Chinese herbal medicine for immune system enhancements. Turmeric has many modern studies demonstrating immune support and healthy cell division.

Deep Immune is a great choice for long-term support of the immune system. Discuss the supportive use of Deep Immune with your doctor if you have cancer. ■

Reference: Outside The Box Cancer Therapies by Dr. Mark Stengler and Dr. Paul Anderson (Hay House, Inc).

Go Deeper for Immune Support

Advanced botanical support
for better immune health.*

Hot-Water Extracted Mushrooms

- **Maitake PD-Fraction®**
- **Turkey Tail** (Coriolus Versicolor)

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MEDITERRANEAN DIET AND CANCER PREVENTION: WHAT THE EVIDENCE SHOWS

By Michael Merth, RD,
Registered Dietitian specializing in oncology nutrition



If you want one eating pattern with the strongest track record for lowering cancer risk, the Mediterranean diet is the safest bet. It's not a fad, it's not a cleanse, and it doesn't ask you to cut out whole food groups. It's a way of eating built around vegetables, fruit, whole grains, beans, fish, and olive oil, and the research connecting it to lower cancer risk is some of the most consistent in all of nutrition.

If you have finished treatment, the survivor-specific version of this pattern is in *The Anti-Inflammatory Diet for Cancer Survivors: What to Eat to Reduce Recurrence Risk*. Here's the honest version of what it can and can't do, and exactly how to eat this way without overhauling your life. Fatty fish with roasted vegetables is a cornerstone of the Mediterranean pattern tied to lower cancer risk.

Does the Mediterranean Diet Lower Cancer Risk?

Yes, modestly but reliably. People who follow it closely get cancer less often than people who don't, across several cancer types. A 2017 systematic review and meta-analysis in *Nutrients*, led by Lukas Schwingshackl, pooled dozens of studies and found that high adherence to the Mediterranean diet was linked to lower overall cancer mortality and a lower risk of colorectal, breast, gastric, liver, and head and neck cancers. The size of the effect was meaningful: about a 14 percent lower risk of colorectal cancer and a 6 percent lower risk of breast cancer in those who followed it most closely compared to those who followed it least. Those percentages sound small, but they show up across millions of people and many separate studies, which is what makes the pattern trustworthy. Researchers traced most of the benefit back to three things people on this diet eat more of: fruits, vegetables, and whole grains.



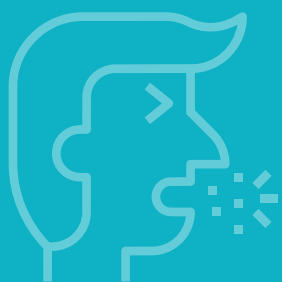
PREDIMED: A Mediterranean Diet With Olive Oil Cut Breast Cancer Risk by Roughly 60% in a Randomized Trial

Most diet-and-cancer research is observational, meaning it watches what people already eat. PREDIMED is different. It's one of the few randomized controlled trials, the gold standard, that actually assigned people to a diet and followed what happened.

Published by Estefania Toledo and colleagues in *JAMA Internal Medicine* in 2015, the breast cancer analysis followed 4,282 women in Spain, ages 60 to 80, at high cardiovascular risk. They were randomly assigned to a Mediterranean diet supplemented with extra virgin olive oil, the same diet supplemented with nuts, or a control group told to cut back on fat. Women in the olive oil group developed invasive breast cancer at roughly 60 percent the rate of the control group. ■

The Immune Health Nutrient Almost Nobody Talks About

Most people only think of vitamin D as the nutrient behind strong bones. But your immune system needs it just as much. Many crucial immune cells, including B cells and T cells, carry vitamin D receptors, and once vitamin D binds to them, it helps activate those cells so they can respond to threats.



Thanks to less time spent outdoors

41.6%

of U.S. adults are vitamin D deficient

Of course, immune activation isn't vitamin D's only job. It's also responsible for pulling calcium from your food into your bloodstream. But getting that calcium where it needs to go is a separate job, one vitamin D can't finish on its own.

Vitamin D's Partner in Crime

That's where vitamin K2 comes in. Think of K2 as a traffic cop for calcium, directing it to your bones and teeth, and keeping it away from places it doesn't belong, like your arteries.

And unless you're regularly eating natto or organ meats, you're probably not getting much K2 from your diet at all.

Researchers estimate up to

97%

of the population has a K2 deficiency

Which means even if you're already taking vitamin D, you're only getting part of the benefit without K2 alongside it.

The Easiest Way to Get Enough of Both

A daily supplement that covers both D3 and K2 makes it a lot easier to stay consistent. But not every supplement gets D3 and K2 right.

Just Thrive K2-7 Plus D3 delivers both nutrients in their highest potency forms:

- Vitamin D3: 5,000 IU per capsule, the same form your body produces from sunlight*
- Vitamin K2-7: 200 mcg per capsule, sourced from non-GMO chickpea natto, guaranteed to deliver 100% potency*



Give your immune system, and total body health, the daily support it needs.



JustThriveHealth.com

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A PhD Nutrition Scientist's Daily Supplement Stack

By MegaFood Team

A simple, science-informed routine built to support energy, post-workout recovery, and consistency

For David Gundermann, a PhD-trained scientist and MegaFood's Principal Nutrition Scientist, supplementation is less about adding more and more—and more about building a routine that works overtime. **"Optimizing health is a journey of consistency."** His daily supplement stack reflects that approach. It's simple, intentional, and designed to support the body across the day—from foundational nutrients in the morning to muscle and joint support after movement.

Time of Day	Focus	Supplements
Morning	Foundational support, energy, and nutrient utilization	Vitamin D3 5000 IU with K & K2, Omega-3 Fish Oil, Ashwagandha Gummies, Complex C
Evening	Daily nutrient coverage	Men's Whole-Body Multi Gummy
Post-Activity	Muscle relaxation, joint comfort	Relax + Calm Magnesium Soft Chews, Fast Acting Turmeric Capsules

Starting the day with nutrient synergy in mind

David's morning routine is **built around how nutrients are absorbed and used in the body. Rather than taking supplements individually, he focuses on combinations that work together.** He pairs Vitamin D3 5000 IU with K & K2 with Omega-3 Fish Oil, combining fat-soluble vitamins with a source of dietary fat. **"D & K are both fat-soluble vitamins, so I make sure to take them with fats like Fish Oil for absorption."** This approach reflects a broader principle—thinking not just about what nutrients to take, but how the body uses them. Together, these nutrients support bone, heart, and immune health as part of a daily routine.†

Supporting energy and vitality over time

Alongside foundational nutrients, David includes Ashwagandha Gummies as part of his morning routine. This adds a more targeted layer of support, focused on maintaining energy and physical vitality over time. **"As I age, I've found KSM-66® ashwagandha to be particularly beneficial for supporting hormonal balance, specifically testosterone levels."** His perspective reflects how nutritional needs can shift over time. Rather than relying on short-term boosts, his approach is centered on steady, consistent support that fits into a long-term routine.†

Layering in antioxidant support

To round out his morning routine, David includes Complex C as a daily antioxidant. It's a simple addition that complements the rest of his stack without adding complexity. **"A powerful antioxidant that I lean on for added immune support."** Antioxidants like vitamin C help support the body's immune system, making it a natural fit alongside foundational nutrients that support overall wellness.†

A simple approach to daily nutrient coverage

In the evening, David shifts his focus to overall nutrient intake. Even with a strong background in nutrition, he recognizes that daily eating patterns can vary. His solution is Men's Whole-Body Multi Gummy, which provides a broad range of essential nutrients in a format that's easy to take consistently. **"This is my nutritional safety net. If my diet fell short, these gummies ensure I fill those essential gaps."** This part of his routine reflects a practical mindset—supporting daily nutrient intake in a way that fits into real life, without overcomplicating things.



Supporting restoration as part of the routine

Post-workout support plays a key role in David's overall approach, especially when it comes to maintaining consistency in movement. After physical activity, he focuses on supporting muscle function, relaxation, and overall body and joint comfort. He includes Relax + Calm Magnesium Soft Chews as part of his post-activity routine, often incorporating them into his evening to support both muscle relaxation and rest.† **"I prioritize Magnesium after physical activity to support occasional nighttime muscle cramps and sleep quality."** Magnesium supports muscle and nerve function while also helping support muscle relaxation, making it a natural fit after movement.† He also incorporates Fast Acting Turmeric Capsules, particularly when his routine includes higher-impact activity. **"It allows me to stay active while reducing joint discomfort that usually follows high-impact activities."** Turmeric is often used to support joint health and a healthy inflammation response, helping to support a more consistent and active routine over time.†

A routine built for consistency

David's supplement stack is not about doing everything—it's about doing a few things consistently. Each part of his routine supports a different aspect of daily health, from foundational nutrient intake to energy and post-workout recovery. By keeping his routine simple and repeatable, he creates a system that supports long-term health in a way that fits into everyday life. **"Optimizing health is a journey of consistency."** ■

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1% of all MegaFood purchases are donated to key partners that **advance the health of women, children, and farmers.**



What is Turmeric?

By: New Chapter



Turmeric (*Curcuma longa*) is a flowering plant native to Southeast Asia. Turmeric is a member of the Ginger family (*Zingiberaceae*), and sometimes even referred to as “yellow ginger.”

The part of the Turmeric used for cooking and health is the rhizome, a word that comes from the Greek for “mass of roots.” A rhizome is actually different than a root—it’s like a long tuber that grows horizontally underground. Each section or node of a rhizome has the potential to sprout roots below and leaves above... each piece contains the whole. Once the rhizome sprouts, Turmeric begins a journey into splendor. Pale shoots stretch upward and quickly grow dark green leaves on a sturdy stem. The mature plant can be up to six feet high, and it blooms in a whorl of gorgeous petals. After harvest, the clusters of rhizomes are washed and then gently processed as powders or extracts. While the dirt-bound Turmeric rhizome may seem unassuming at first glance, generations of cooks and healers have found that it hides bright gold. Turmeric’s distinctive saffron color and earthy taste give many curries, pickles, and condiments their sunny look and complex character.

How Often Should You Take Turmeric?

In many cultures, Turmeric is embraced as an essential culinary spice and it’s consumed every day. There is not a set recommended amount for daily Turmeric like there is for, say, Vitamin A. But you can definitely start getting its benefits daily with a high-quality and potent Turmeric supplement. New Chapter’s Turmeric Force™ products are designed to provide Turmeric’s best qualities—and they’re formulated so your body can really absorb the good stuff. We always recommend talking to your healthcare practitioner about supplements you’re taking or planning to start.

History of Turmeric as a Medicine

From ancient healing systems to hundreds of modern scientific studies, Turmeric reigns supreme for having unique compounds and many benefits.

Use of Turmeric Traditionally

For starters, Turmeric has been revered as a longevity tonic in Ayurveda and in Traditional Chinese Medicine, two of the oldest healing traditions in the world. Turmeric has at least 53 different names in Sanskrit, including Bhadra, which means auspicious or lucky. In the Ayurvedic tradition, Turmeric has long been used to support digestion, liver health, respiratory health, and healthy inflammation response, and Turmeric is also used topically for balancing skin health. In Traditional Chinese Medicine, Turmeric belongs to a category of herbs known to invigorate the blood, remove stagnation, and facilitate the movement of Qi, or life force.

Scientific Research on Turmeric Supplements

Turmeric is one of the most scientifically researched botanicals in the world. Modern research has affirmed Turmeric’s support for multiple systems in the body, including a healthy inflammation response, and importantly, healthy aging! And it doesn’t stop there. Some of the world’s most prestigious institutions have investigated the health benefits of Turmeric, and this illustrious spice holds up to scrutiny. Among other clinical and preclinical studies, Turmeric has been researched for its distinctive antioxidants and phytonutrients that support the cardiovascular system, liver detoxification, and modulated inflammation.

What to Look for in a Turmeric Supplement

Turmeric is amazing, obviously, and there are a ton of supplement options available that make it easy to add Turmeric to your routine every day. But how do you find the best Turmeric for you? Here’s a quick list of things to keep in mind as you compare labels. Look for full-spectrum extracts of whole-herb Turmeric, not just isolated Curcumin (a single compound found within Turmeric). Check on absorption. Is the product formulated for absorption with whole Turmeric rhizome that the body can recognize and use as a food? Or is it only isolated curcumin extract plus additives like black pepper to try to increase absorption? Compare third-party validations. For example, is the supplement Non-GMO Project Verified? Certified gluten free? Is the company a Certified B Corporation? How about the sourcing story—is the Turmeric ethically and sustainably sourced?

How Does Turmeric Work?

Turmeric works through the action of its phytonutrients, which means plant compounds. There are actually over 100 bioactive constituents that have been identified in Turmeric, and each has its own unique activity. Ideally, the body recognizes Turmeric as a food and breaks it down, and then the various constituents get to work. For example, Turmeric's natural compounds have antioxidant action in the body, meaning they help defend your cells against oxidation and free radicals.

What is Curcumin?

You may have heard about one compound in Turmeric known as Curcumin (no relation to the spice cumin). Curcumin supplements are extremely popular, and they follow drug development trends of isolating and intensifying a single herbal component for medicinal use. Curcumin tends to steal the limelight and has often been called the "active ingredient" in Turmeric. Many published articles look at the action of curcumin alone, rather than studying the symphony of compounds found in whole Turmeric. However, the Curcumin compound is only 5% of what whole Turmeric has to offer. On top of that, isolated Curcumin is difficult for the body to absorb. The truth is, Turmeric has a range of other active compounds. For example, it's rich in volatile oils, such as Turmerones, as well as many other "non-curcuminoids." Recent research suggests these actives may be just as valuable as Curcumin. The non-curcuminoids in Turmeric like those oil-based Turmerones actually enhance the bioavailability of Curcumin and help the body to absorb Curcumin properly. The moral of the story is that the wisdom of the whole is greater than the sum of its parts. The dynamic potential of the whole plant cannot be captured in just one constituent, because all of the compounds in Turmeric work together to deliver nature's wisdom and the full spectrum of antioxidant activity.

Does a Turmeric Supplement Need Black Pepper?

If you shop for curcumin supplements you may notice some contain additives like black pepper or DLPA. Why is that? Well, because curcumin has notoriously low absorption and "useability" in the body, companies add black pepper or its derivative, piperine, to many standardized curcumin supplements. But while research has shown that piperine may enhance absorption of curcumin, a whole-herb Turmeric supplement that's been formulated for absorption doesn't need black pepper to do the job. New Chapter believes nature got it right the first time. Our Turmeric Force

Clinical-strength turmeric

Dual extracts for optimal
curcumin absorption

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products are made with two types of whole Turmeric extracts to deliver the hundreds of compounds in the balance that nature intended, complete with Curcumin, Turmerones, and many more. Our Turmeric is expertly formulated for optimal absorption, to unlock multiple health benefits. Think of curcumin as a star player on your favorite sports team. No matter how valuable that player may be, you need the whole team to win a game. So, the answer is—curcumin supplements may need black pepper, but our whole-food Turmeric supplements do not. What's needed for optimal absorption is the synergy delivered in whole Turmeric!

Continued on page 29



This New Review Highlights the Important Role of Vitamin D for Colorectal Cancer

Colorectal cancer rates are increasing significantly, especially in countries that follow or have adopted a Western lifestyle and diet. It is the second most common cancer in men and the third most common in women. A new review highlights the important role vitamin D can play in correcting this concerning problem. The comprehensive literature review included 50 studies of the role vitamin D plays in preventing colorectal cancer.

The results indicated that maintaining adequate levels of vitamin D reduces the risk of colorectal cancer. One 2023 meta-analysis of case-controlled studies found a 39% lower risk with higher levels of vitamin D (*Crit. Rev. Food Sci. Nutr.* 2023, 63, 1–17).

A 2022 meta-analysis of 31 studies found a 25% reduction in the risk of colorectal cancer in the group with the highest vitamin D intake versus the lowest (*Nutrients*. 2022;14:1448). The large Nurses' Health Study found that women with the highest vitamin D intake had a 58% reduced risk of colorectal cancer (*J. Natl. Cancer Inst.* 1996;88:1375–1382).

Several studies have shown that supplementing vitamin D reduces the risk of colorectal cancer. A 2022 meta-analysis showed that every 100IU of vitamin D supplemented a day reduced the risk of colorectal by 4% (*Cancer Causes Control*. 2022;33:167–182).

Several studies have also shown that vitamin D leads to better outcomes in people with colorectal cancer, including better survival times in cases of advanced colorectal cancer (*Oncotarget*. 2017;8:40214–40221; *Cancer Epidemiol. Biomark. Prev.* 2012;21:582–593; *Clin. Cancer Res.* 2019;25:7497–7505).

This important new review concludes that vitamin D “plays a crucial role in both CRC prevention and treatment.”

Nutrients. 2025;17(8):1351.

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GARLIC REDUCES THE RISK OF GASTROINTESTINAL CANCERS

By: Dr. Judy Morgan

Gastric cancer is the fifth most common cancer in the world and fourth most common cause of cancer death. Colorectal cancer is the third most common cancer in the world and the second leading cause of cancer death. That's a lot, so any help is important. Help could come from garlic.

This systematic review and meta-analysis included 20 studies of garlic intake and colorectal cancer. 11 of the studies were on gastric cancer, and 9 were on colorectal cancer.

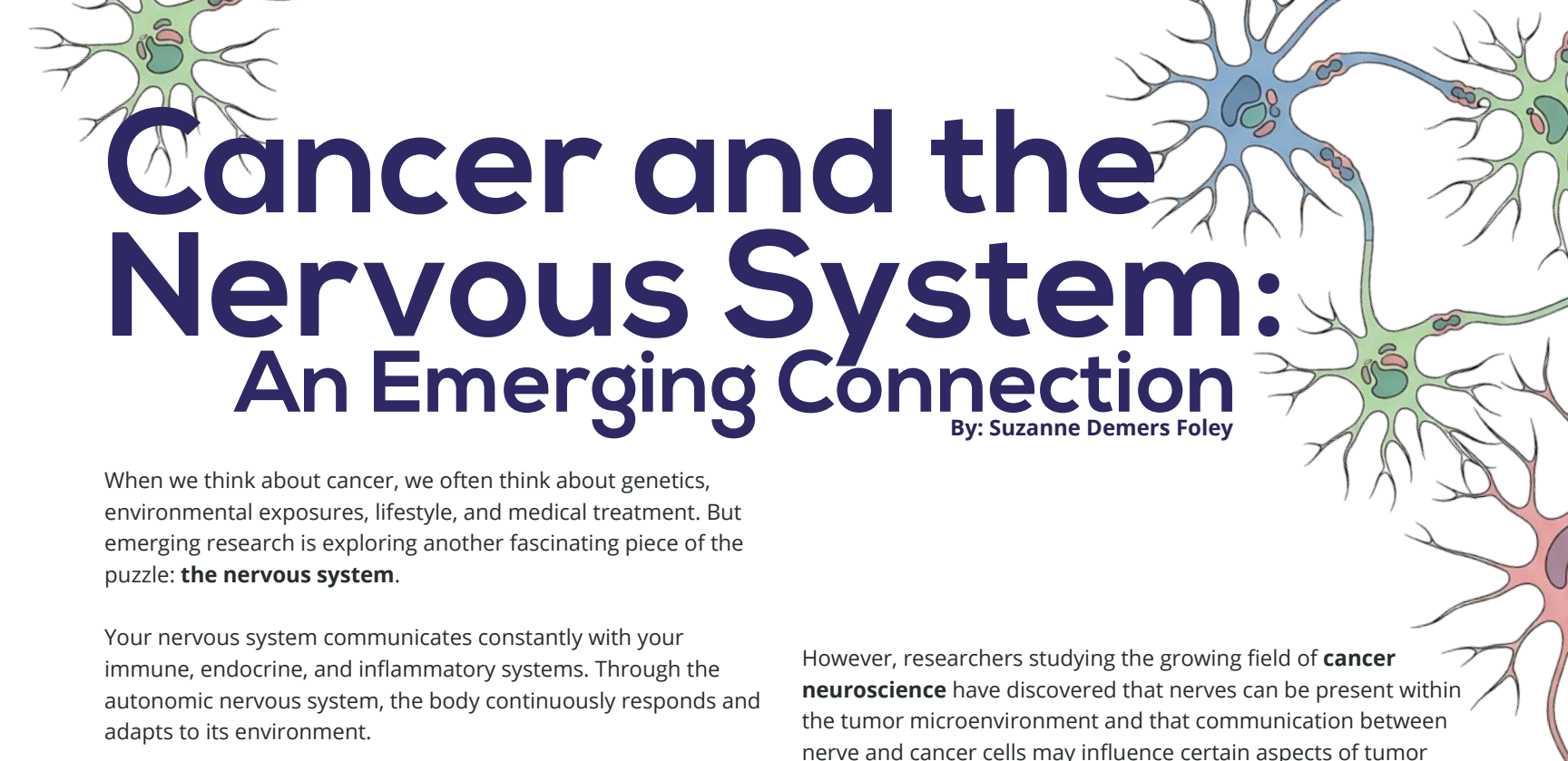
Garlic intake was associated with a significant 35% reduction in the risk of gastric cancer and a significant 25% reduction in the risk of colorectal cancer.

This study suggests that one way to reduce your risk of gastrointestinal cancers is to increase your intake of garlic.

Oncol Lett. April 2022;23(4):125



AbbysFarm.org

An illustration of several neurons with cell bodies and branching dendrites. Some of the cell bodies and dendrites are colored green, blue, or red, and are marked with small red dots, representing cancer cells. The background is white.

Cancer and the Nervous System: An Emerging Connection

By: Suzanne Demers Foley

When we think about cancer, we often think about genetics, environmental exposures, lifestyle, and medical treatment. But emerging research is exploring another fascinating piece of the puzzle: **the nervous system**.

Your nervous system communicates constantly with your immune, endocrine, and inflammatory systems. Through the autonomic nervous system, the body continuously responds and adapts to its environment.

Short-term stress is normal and necessary. But when stress becomes chronic, prolonged activation of the body's stress response can influence cortisol, inflammation, sleep, and immune activity. This does **not** mean stress causes cancer. Cancer is complex and influenced by many factors.

However, researchers studying the growing field of **cancer neuroscience** have discovered that nerves can be present within the tumor microenvironment and that communication between nerve and cancer cells may influence certain aspects of tumor biology.

This reinforces an important concept: our body's systems don't function independently—they communicate constantly. Supporting nervous-system health through restorative sleep, movement, nutrition, stress management, emotional support, and appropriate supportive care cannot treat or cure cancer. But these strategies can help support resilience and quality of life alongside appropriate oncology care.

As science continues to uncover the connection between the nervous system, immunity, and disease, one message becomes increasingly clear: **caring for the whole person matters.** ■

A close-up photograph of two hands, one light-skinned and one dark-skinned, clasped together in a supportive grip. The background is blurred.

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Stan Watson Will Be Missed. His Legacy Lives On...

By Jeff Nursey

I received a call from a dear friend—someone who knew how much I had come to respect Stan Watson. The news of his passing was heartbreaking. Some people make noise in this world. Others make impact. Stan made impact—quietly, powerfully, and without ever needing the spotlight.

The first time I met Stan, on a Saturday in December, he greeted me with a warm smile and a calm, grounded presence that immediately put me at ease. There was no ego, no pretense—just authenticity. The kind you don't question... you just feel.

But what stayed with me most wasn't what he did—it was how he made people feel.

Stan had a smile that felt like a quiet hug. The kind that lets you know you're seen, respected, and valued without a single word being spoken. That kind of presence is rare. And once you experience it, you never forget it.

When I heard the news of his passing, I found myself asking God why.

Life isn't always fair. It isn't always easy. But moments like this remind us of something deeply important: we are only here for a short time. As Scripture says, life is like a vapor—here for a moment, then gone. That truth calls us to live more intentionally. To speak up. To tell people we love them. To remind them they matter.

Stan mattered.

He wasn't just a good man—he was a quiet force behind something much bigger. As Vital Planet shared, he was the strength behind the mission, with fingerprints on every product, every relationship, and every life touched along the way.

That kind of legacy isn't built overnight—it's built through consistency, humility, and purpose.



Alongside his wife, Brenda Watson, Stan helped create a movement centered around natural health and true wellness. Together, they dedicated their lives to helping people heal, grow, and take control of their health.

Stan didn't just talk about wellness—he lived it.

That's not just business—that's transformation. That's legacy in action. If you want to understand the man, listen to those who knew him. As Victor Karydis of Abby's said, "Stan was an inspiration to everyone he touched—he was a hero in my eyes. He was a leader in any community that he touched and he had a light that shined around him." That says everything.

A devoted husband. A grandfather. A friend. A man who understood that what truly matters isn't what you build—it's who you impact along the way.

Brenda, we love you. And we stand with you. You are not alone. Your strength and grace carry forward a mission that has already changed so many lives.

Stan Watson will be deeply missed.
But his life leaves us with a challenge:

Live with purpose.
Love people well.
And leave a quiet—but lasting—impact on everyone you meet.
Because that's what Stan did.
And that's a legacy that will never fade. ■

Organic Support for a Healthier Body



How organic probiotics and plant-based fiber can support digestion, regularity, immune health, and everyday wellness

Start with the Gut

Keeping the body healthy starts with giving it the daily support it needs. An organic lifestyle, built around nutrient-rich foods and thoughtfully made supplements, can help support digestion, regularity, immune function, and overall well-being.

The digestive system does much more than process food. It helps the body absorb essential nutrients, supports the immune system, and removes waste. When digestion is functioning well, the body is better able to use the nutrients it receives and maintain a healthy internal balance.

Support a Balanced Microbiome

Organic probiotics can help support this balance by adding beneficial bacteria to the gut microbiome. A diverse, multi-strain probiotic formula helps maintain a healthy digestive environment, supports regularity, and promotes normal immune function. Because much of the immune system is connected to the gut, supporting the microbiome is an important part of maintaining whole-body wellness.

Make Fiber a Daily Priority

Fiber also plays an essential role in keeping the body functioning properly. A varied blend of organic plant fibers helps move waste through the digestive tract, supports comfortable bowel movements, and promotes the body's natural elimination process. Prebiotic fiber goes one step further by feeding the beneficial bacteria already living in the gut, helping them grow and work more effectively.



Build Healthier Habits

Choosing organic products can complement other healthy habits, including eating more whole foods, drinking plenty of water, exercising regularly, and getting enough sleep. These everyday choices work together to support the body's natural processes.

Good health is not created by one major decision. It is built through consistent habits that help the body digest, absorb, eliminate, and maintain balance every day.



Fuel Your Body with Organics



Holistic Cancer Treatment for Dogs

By Charlotte Hacker, PhD, MS.

Reviewed by Veronica Higgs, DVM

Hearing the word “cancer” from your veterinarian is difficult. Conventional treatment options such as chemotherapy, immunotherapy, radiation, and surgery can be overwhelming. However, there may be other options under the umbrella term of integrative medicine treatment. Integrative medicine treatment includes conventional treatment plus holistic or alternative treatment options. Essentially, integrative medicine provides additional aspects of holistic medicine that can complement conventional treatment plans. Discussing your goals, budget, and dog’s specific needs with your veterinarian can help you determine what treatments are best for your pup and their specific type of cancer.

What Is Holistic Cancer Treatment in Dogs?

Holistic remedies have been around for thousands of years. Despite this, their use in treating cancer in dogs has only recently started to gain traction in veterinary medicine.

There are many reasons why a dog parent might seek holistic cancer treatment for their pup, including:

- Holistic cancer treatments may be less expensive if pet parents are on a budget.
- Holistic cancer treatments can help complement conventional cancer treatments by boosting their success rate and minimizing negative side effects.
- Conventional cancer treatments may not be an option because of a dog’s type of cancer or any underlying health conditions they may have.

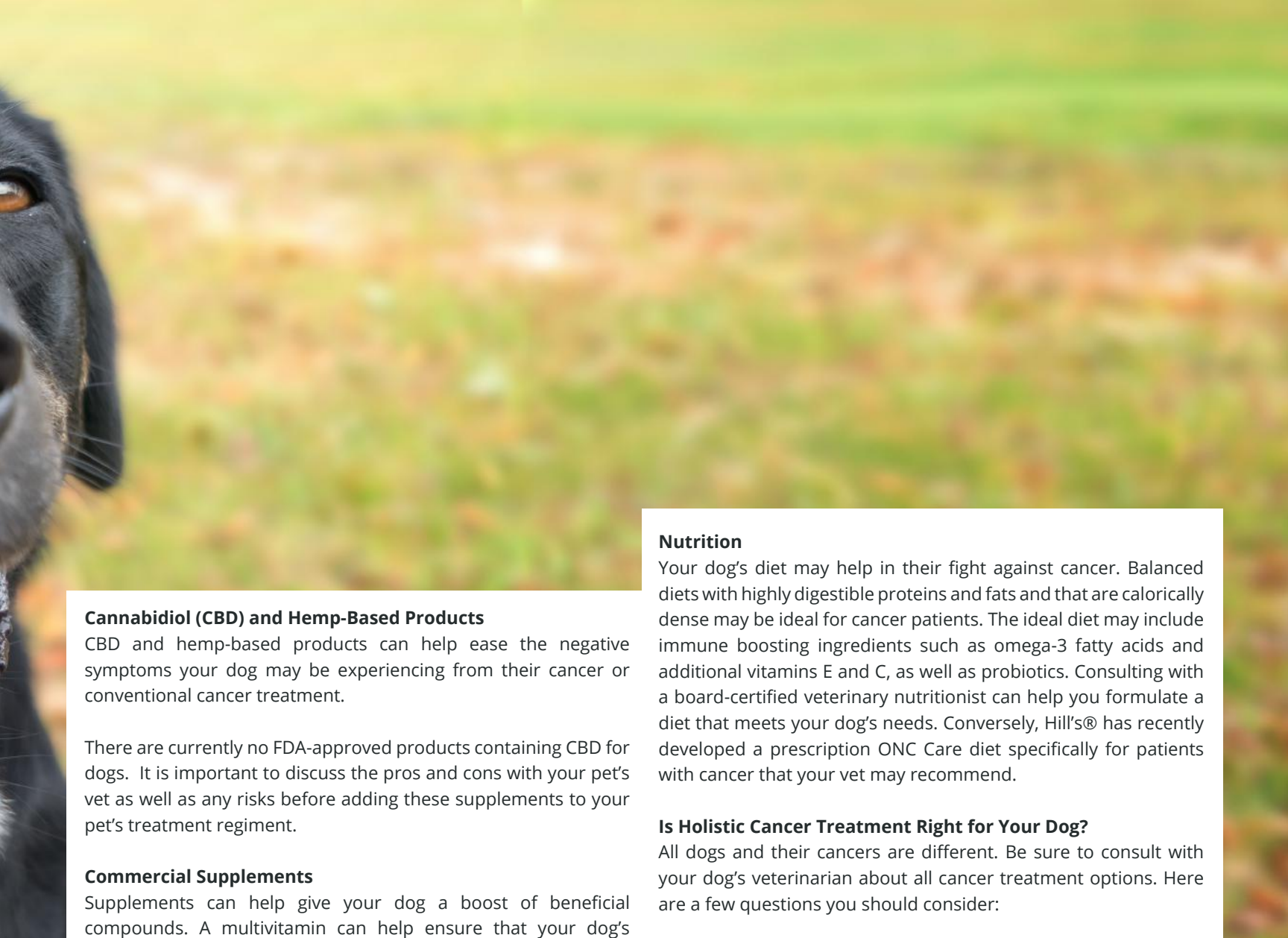
Conventional cancer treatment is typically the gold standard of care due to evidence-based medicine. Your vet may offer integrative treatment options alongside conventional care to create a robust treatment plan depending on your dog’s health.

How Effective Is Holistic Cancer Treatment?

Holistic cancer treatment options can be controversial. Most of these treatments lack definitive scientific evidence proving that they are effective. However, as part of a comprehensive treatment plan, these treatments may help improve the dog’s quality of life when paired with conventional medical treatment. Choosing the right complementary or integrative medication supplements and therapies should be done in partnership with your veterinarian and specifically tailored for your pet.

What Are the Options for Holistic Cancer Treatment in Dogs?

There are many holistic dog cancer treatment options. Most of the time, holistic cancer treatments will be used in conjunction with more conventional therapies. Your veterinarian can help you decide which treatment is best, depending on your dog’s cancer and medical history.



Cannabidiol (CBD) and Hemp-Based Products

CBD and hemp-based products can help ease the negative symptoms your dog may be experiencing from their cancer or conventional cancer treatment.

There are currently no FDA-approved products containing CBD for dogs. It is important to discuss the pros and cons with your pet's vet as well as any risks before adding these supplements to your pet's treatment regiment.

Commercial Supplements

Supplements can help give your dog a boost of beneficial compounds. A multivitamin can help ensure that your dog's nutritional needs are being met if they are struggling to eat due to their cancer or cancer treatment.

Traditional Chinese Veterinary Medicine

Traditional Chinese Veterinary Medicine (TCVM) has been in practice for thousands of years and now can be used to help companion animals. It includes the use of herbs and herbal formulas, acupuncture, and massage. Some herbs can be given for their immune boosting or anti-inflammatory properties in dogs. Acupuncture can help stimulate your dog's central nervous system. Massages can help reduce your dog's anxiety and physical pain.

Medicinal Mushrooms

Medicinal mushrooms contain compounds that help stimulate the immune system and prevent tumor growth. In a study on canine hemangiosarcoma, dogs that were given a high dose of turkey tail mushrooms (*Coriolus versicolor*) had longer survival times than dogs receiving chemotherapy. Mushrooms may be prescribed on their own or as part of a blend of other herbal supplements. Dogs are given mushrooms orally, and they can be in capsule, powder, chewable tablet, or liquid extract form.

Nutrition

Your dog's diet may help in their fight against cancer. Balanced diets with highly digestible proteins and fats and that are calorically dense may be ideal for cancer patients. The ideal diet may include immune boosting ingredients such as omega-3 fatty acids and additional vitamins E and C, as well as probiotics. Consulting with a board-certified veterinary nutritionist can help you formulate a diet that meets your dog's needs. Conversely, Hill's® has recently developed a prescription ONC Care diet specifically for patients with cancer that your vet may recommend.

Is Holistic Cancer Treatment Right for Your Dog?

All dogs and their cancers are different. Be sure to consult with your dog's veterinarian about all cancer treatment options. Here are a few questions you should consider:

- What holistic options are best for my dog's type of cancer?
- Are there holistic treatments that may be harmful to my dog?
- Is a combination of holistic and conventional treatment possible?

Holistic treatment may be the right choice for your dog if they aren't a candidate for conventional treatment options or if there are financial constraints.

Consider Pet Insurance

Costs for conventional treatment and holistic treatment will vary depending on where you live and the veterinarian's office. Pet insurance may help offset these costs, including insurance programs such as Chewy's CarePlus. Unfortunately, cancer is common in dogs. However, pet insurance companies recognize that conventional cancer treatment coverage is important for pet parents. If your pup was recently diagnosed with cancer and you're curious about their treatment options, speak with your veterinarian. Your vet can help provide insight into what treatment plan is best for your dog.

petmd.com/dog/general-health/holistic-cancer-treatment-for-dogs ■

Q&A with Collin

Collin Gow, C.N.C. is a certified nutritional consultant who has been working in the fields of health and nutrition for over 15 years and researching for over 21 years. Collin is currently employed at Abby's Health and Nutrition consulting and educating in the Tampa Bay area.



Q: Coconut milk vs. soy milk. In your opinion which is better, and which is best if one is trying lower their cholesterol? I always am concerned about the estrogenic effects of soy products. Is that a legitimate concern or fact? We are older adults, too. Appreciate your response. Thank you.

A: Organic soy milk would be better for lowering cholesterol. Some research has shown that coconut oil, for instance, can raise both good and bad cholesterol. As far as the estrogenic effects of soy, generally speaking, I wouldn't worry about it. There are different types of estrogens. Soy contains phytoestrogens, which are natural, weak, plant estrogens that attach to beta estrogen receptors, which is the healthy and protective side of estrogen. The phytoestrogens in soy generally modulate estrogen, rather than raise bad estrogen. I did an hour and forty-five-minute video on soy a few years back, where I covered 40 scientific studies on the subject of whether soy is healthy or not. You can find it on Odysee.com under the title: "Soy - Is It Healthy? - 40 Scientific Studies" or go to this link: <https://odysee.com/@collingowcnc:7>

The conclusion: overall, soy is healthy, and the phytoestrogens are not a concern. Xenoestrogens are a concern (artificial chemicals that mimic estrogen), not natural plant estrogens. The longest living population studied and the country with the longest living population eat the first and second highest amounts of soy of any populations, so, that should also convince people that soy is healthy.

Q: What are your favorite allergy products? Stinging nettles?

A: I like a combination of butterbur, licorice, and quercetin or butterbur, licorice, and Boswellia.

Q: Hi Collin. When I met with you at Abby's, I mentioned that DMSO and silver combination had been recommended to me by a health clinic topically for inflamed joints and microbes. Is there a product you could recommend? Thanks so much.

A: As far as what Abby's carries, try a combination of Nature's Gift "DMSO Gel with Aloe Vera" and Silver Water "First Aid Gel". Thanks for the question. Be well.

Q: I'm hitting a plateau with weight loss. I want to lose more weight, but it's not coming off anymore. What can I do?

A: Eat fermented foods, seaweeds, spices, sour fruits, bitter foods like dandelion greens, and consume green tea and apple cider vinegar. Consume less oils, high fat foods, refined foods, and grains. Everything you eat should be organic. Try a combination of carnitine and green coffee bean, as well. One is a fat transporter that aids in fat burning, the other is an appetite suppressant. Hopefully that helps.

Q: My wife broke her wrist. What nutrients would help to heal that?

A: For the bones: calcium, magnesium, vitamin D3, and MK-7. Silica and boron would be good also. For the surrounding tissue: collagen, turmeric, and bromelain.

Q: What foods are good for heart health? I have 40% blockage of my artery.

A: Pomegranate, dark chocolate, garlic, tomatoes, arugula, walnuts, Brazil nuts, and oatmeal. Eat more whole plant foods and less animal foods. Consider nattokinase or serrapeptase supplements. Be well. ■

Be well



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Prostate Problems: When the Drugs Just Aren't Enough

When the drug you are given for your enlarged prostate, or benign prostatic hyperplasia, just isn't doing the trick, your doctor must add a second drug. Or does she?

This 6-month study of men with moderate-to-severe benign prostatic hyperplasia (BPH) added a 5-alpha-reductase inhibitor 320mg of saw palmetto berry extract to the drug they were already on: tamsulosin.

International Prostate Symptom Scores improved by 6.7 points in the saw palmetto group and by 7.7 points in the drug group. That difference was not significant, meaning adding the herb worked just as well as adding the drug.

But here's the real difference: 26.5% of the drug group experienced an adverse event versus only 10.3% who added the herb. The most common side effects in the drug + drug group were erectile dysfunction, reduced libido and inability to ejaculate.

Saw palmetto berry extract is a well-established treatment for BPH. This study adds the new use that saw palmetto is just as effective and safer as an add on to tamsulosin. ■

J Clin Med. June 22, 2022;11(13):3615.

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SELECTION OF SAW PALMETTO**

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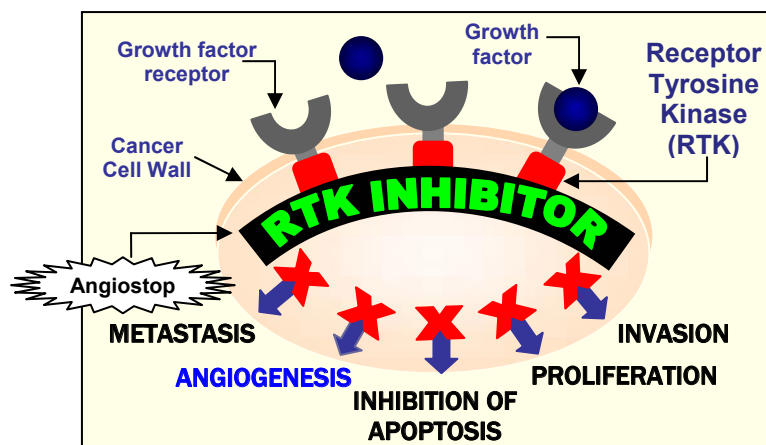
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LD₅₀=4.3g/kg

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VEGFR, FGFR, PDGR, EGFR
- Inhibits new blood vessel formation
- Induces apoptosis

Angiostop is an extract of a special sea cucumber which islanders from the South China Seas have used for centuries.

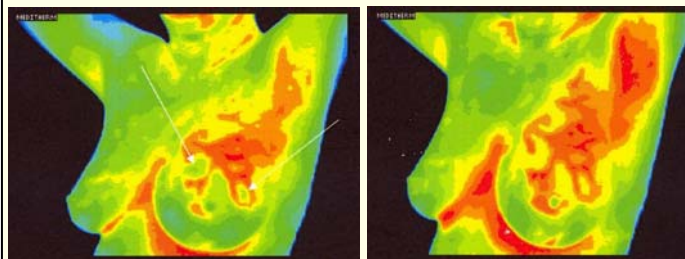


Inhibiting the vascular endothelial growth factor receptor (VEGFR) is the most important because it stops angiogenesis, cutting off nutrient and blood supply to the tumor. Angiostop also inhibits EGFR (epidermal), PDGFR (platelet-derived), and FGFR (fibroblast), for a broad-spectrum inhibitory effect. Adding this supplement to one's existing therapy will produce a synergistic effect.

References

- (1) Tong Y. et al. "Phillinopside a, a novel marine-derived compound possessing dual anti-angiogenic and anti-tumor effects" International Journal of Cancer. May 2005; 114(6):843-53.
- (2) Chi, T.T. "Benefits of a special sea cucumber extract in anti-angiogenic therapy and RTK inhibition for cancer." Nutritional Perspectives: Journal of the Council on Nutrition of the American Chiropractic Association. Oct 2005; 28(4):8-18.

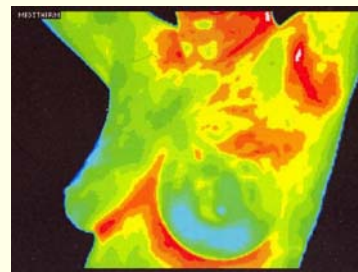
Angiostop inhibits angiogenesis illustrated by thermal imaging



4/11/2005

6/28/2005

Between 4/11/05 and 6/28/05, this 42-year-old female patient took no herbs and had a positive mammogram and ultrasound. Beginning 6/28/05, patient took Angiostop and results have been remarkable. It appears angiogenesis has receded, which is the best possible outcome.



8/24/2005

-- by Medi-Therm Imaging Co.

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CDC researchers link cancer cells from parasite to human tumors

Unique case raises questions about misdiagnosis and treatment

Scientists at the Centers for Disease Control and Prevention have discovered cancer cells originating in a common tapeworm may take root in people with weakened immune systems, causing cancer-like tumors. It is the first known case of a person becoming ill from cancer cells that arose in a parasite – in this case, *Hymenolepis nana*, the dwarf tapeworm.

The report, in the Nov. 5 issue of the *New England Journal of Medicine*, raises concern that other similar cases, if they occur, may be misdiagnosed as human cancer – especially in less developed countries where this tapeworm and immune-system-suppressing illnesses like HIV are widespread.



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"We were amazed when we found this new type of disease – tapeworms growing inside a person essentially getting cancer that spreads to the person, causing tumors," said Atis Muehlenbachs, M.D., Ph.D., staff pathologist in CDC's Infectious Diseases Pathology Branch (IDPB) and lead author of the study. **"We think this type of event is rare. However, this tapeworm is found worldwide, and millions of people globally suffer from conditions like HIV that weaken their immune system. So, there may be more cases that are unrecognized. It's definitely an area that deserves more study."**

Puzzling case solved

In 2013, doctors in Colombia asked CDC to help diagnose bizarre biopsies from lung tumors and lymph nodes of a 41-year-old man who was HIV positive. The tumors looked similar to a human cancer, but initial CDC lab studies revealed the cancer-like cells were not human. That revelation kicked off a nearly three-year hunt for the cause of the man's illness.

Researchers with IDPB, the CDC unit dedicated to investigating cases of unexplained illness and death, initially questioned whether it was an unusual cancer or an unknown infection. The growth pattern was decidedly cancer like, with too many cells crowded into small spaces and quickly multiplying. But the cells were tiny – about 10 times smaller than a normal human cancer cell. The researchers also noticed cells fusing together, which is rare for human cells.

They doggedly kept researching – performing dozens of tests – before eventually finding DNA from *H. nana* tapeworms in the man's tumor in mid-2013. Unfortunately, the man died 72 hours later.

(He died 72 hours after tests?)

Figuring out how to help a patient who suffers from a similar ailment could be tricky for doctors – drugs to treat tapeworm infections may not be effective against tapeworm cancer cells in people. It is not clear whether human cancer treatments would help, although researchers think they might be beneficial. Physicians in developing nations should be aware of the possibility of similar illnesses, especially if they have patients with weakened immune systems who have tumors.

The most common tapeworm in humans

H. nana infects up to 75 million people at any given time, making it the most common tapeworm infection in humans. People get the tapeworm by eating food contaminated with mouse droppings or insects or by ingesting feces from someone else who is infected. Children are most often affected. Most people show no symptoms. However, in people whose immune systems are weak, including people who have HIV or are taking steroids, the tapeworm thrives.

Some 3,000 kinds of tapeworms are known to infect animals. **But *H. nana* is the only one that can complete its entire lifecycle from egg to adult tapeworm within an individual's small intestine.** This can lead to large numbers of *H. nana* in the intestine, especially in people with weakened immune systems whose bodies have a harder time fighting the parasite. Researchers theorize that the mechanism that allows parasites like *H. nana* to avoid human immune systems may also have allowed the tapeworm's cells to proliferate unchecked in the Colombian man.

H. nana infection is most common in areas where sanitation and handwashing are challenging. When traveling in less developed areas, people should protect themselves by washing their hands with soap and warm water and by washing, peeling, or cooking all raw vegetables and fruits with safe water before eating.

Did the CDC know in 2015?

The study investigated tapeworms from the collections of the Natural History Museum in London. Peter D. Olson, Ph.D., a researcher and tapeworm expert at the Natural History Museum in London, provided information about the worms' genetic data and helped interpret results. He said, **"This study is an example of natural history and public health experts working together to uncover fascinating new details about the natural world. It represents an enormous advance in our knowledge and raises questions about the conditions under which cells may become cancerous."**

For more information on *H. nana*, please visit: <https://www.cdc.gov/parasites/hymenolepis/>. For more information on IDPB, please visit: http://www.cdc.gov/nceid/dhcpp/infectious_disease/index.html.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Source: Centers for Disease Control and Prevention ■

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CDC researchers link cancer cells from parasite to human tumors

Unique case raises questions about misdiagnosis and treatment

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If you're concerned about a parasitic infection, the first step is knowing what you're actually dealing with.

Different **parasites** require different **treatments**, and no single medication works for all of them.

Ivermectin and **Mebendazole** are two antiparasitic medications that may be used for certain infections, depending on the parasite involved.

Ivermectin + Mebendazole

- **Ivermectin** – Backed by science and honored with a **Nobel Prize**, Ivermectin delivers precise treatment against parasitic infection, ensuring effective care and wellbeing for your family with trusted protection.
- **Mebendazole** – Trusted by healthcare professionals, Mebendazole targets and eliminates intestinal parasites with precision, ensuring your family's health and wellbeing with proven efficacy and safety.
- Ivermectin and Mebendazole combine **dual-action** forces to effectively treat parasitic infections in adults.
- Tested for potency, each capsule containing **25mg Ivermectin + 250mg Mebendazole**.
- The Gold Standard: The only product of its kind compounded by a **50-state licensed U.S. pharmacy**

Mebendazole and ivermectin treat parasitic infections through different mechanisms and are FDA-approved for different parasites. Mebendazole targets common intestinal worms (pinworm, roundworm, whipworm, hookworm) by blocking glucose uptake. Ivermectin treats tissue-resident parasites (strongyloidiasis, river blindness) by paralyzing them via nerve channels. Combination protocols exist where coverage gaps overlap.

If you've already done the basic comparison and want the practical differences — what each does, when each is prescribed, and how the combination protocol changes the picture — that's what this guide covers. ■

MEBENDAZOLE vs IVERMECTIN: What's the Real Difference?

MEBENDAZOLE	VS	IVERMECTIN
 Benzimidazole Blocks glucose uptake in parasites by disrupting microtubules.	 Macrocytic lactone Paralyzes parasites by binding to glutamate-gated chloride channels in nerve cells.	
 MEBENDAZOLE 100 mg Antiparasitic 6 TABLETS	 IVERMECTIN 6 mg Antiparasitic 6 TABLETS	
 DIFFERENT MECHANISMS	 DIFFERENT TARGETS	
 SMARTER TREATMENT	 SMARTER TREATMENT	

Two drugs. Two different ways of working.
Targeting parasites more effectively.

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Continued from page 13

How is Turmeric Extracted?

Over the years, scientists have found various methods for extracting phytonutrients from herbs. But some of these extraction techniques can use harsh ingredients like the chemical hexane. New Chapter is different. We choose only gentle methods to deliver super-pure, super-potent herbal extracts. We honor the holistic wisdom of the whole plant by aiming to deliver its full spectrum of natural phytonutrients—nothing isolated out or stripped away.

Traditional Extraction

There are different ways of unlocking an herb's unique profile of phytonutrients for our bodies to recognize and use. One of the most common methods used traditionally for centuries is simple yet effective—it's the use of water to extract a plant's beneficial compounds. Using water extracts the water-soluble compounds from a plant, and the result is called an aqueous extract. When you make a cup of tea, for example, the water-soluble compounds in the tea leaves dissolve in the hot water, flavoring the liquid to give you the taste and other benefits you associate with tea. Some of Turmeric's phytonutrients are water soluble and can be delivered as aqueous extracts.

Supercritical Extraction

Not all compounds are water soluble. Some are best extracted using ethanol (alcohol), and others may be fats or oils that won't dissolve well in water or alcohol. What is a safe, effective way to preserve all of a plant's beneficial compounds and organic nuances, including its beneficial fats and oils? New Chapter uses a gentle, clean extraction method with natural carbon dioxide gas, known as supercritical CO2 extraction. Supercritical extraction captures the delicate volatile oils, including Turmerones, that may be left out of other formulas (like those curcumin isolates). At the same time, the method can also highly concentrate phytonutrients, in ratios as high as 25 to 1, so the active constituents of the finest whole herbs can be delivered in just one small capsule. Combining supercritical compounds with an aqueous extraction helps deliver the full spectrum of Turmeric's beneficial phytonutrients. At New Chapter, we formulate our products with the natural complexity of the whole plant in mind, to deliver botanicals the body can actually absorb. Supercritical extraction guarantees a natural, whole-herb approach, delivering the full Wisdom of Nature for your maximum benefit. We don't want to leave anything out! Where Does Turmeric Come From? When you are committed to sourcing the highest quality botanicals, you go around the globe to find them. It makes sense that the heart of Turmeric's tradition is where it grows best, in the rainy tropics, particularly in India. Here the soil conditions and climate are ideal for growing the most phytonutrient-dense Turmeric on the planet. New Chapter partners with sustainable and organic farms with a high regard for soil integrity to source the highest quality raw materials, expertly

extract them, and deliver them to you. In fact, our supercritical Turmeric extract is sourced from regeneratively farmed Turmeric.

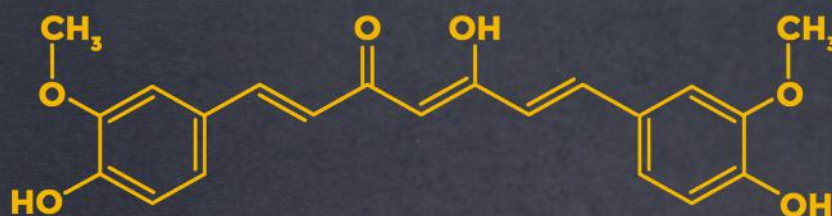
Regenerative agriculture is a set of forward-thinking farming methods that help restore and retain topsoil and can even help reverse climate change. (Learn more on our [blog](#) about the regenerative movement!) ■



What are curcuminoids and why do they matter more than turmeric itself?

By: Dan Stearns

Turmeric, Curcumin, and Curcuminoids: understanding the difference



Curcumin



These three terms are often used interchangeably in supplement marketing, but they describe different things.

Turmeric is the whole root (*Curcuma longa*), the golden spice used in cooking and traditional medicine. It contains hundreds of compounds—essential oils, polysaccharides, minerals, and more—but its active component is the curcuminoids, which represent only a small percentage of the whole root.

Curcuminoids are a group of three bioactive polyphenol compounds concentrated in turmeric: curcumin, bisdemethoxycurcumin, and demethoxycurcumin. Each contributes distinct biological activity. Together, they are the heavy lifters behind turmeric's well-documented ability to support healthy inflammation response, provide antioxidant protection, support brain health, and maintain joint and muscle comfort.*†^

Curcumin is the most abundant and most studied of the three curcuminoids—which is why it often serves as the benchmark for product standardization. But a full-spectrum curcuminoid complex provides the synergistic action of all three compounds, which research indicates is more beneficial than isolated curcumin alone.

†Occasional inflammation due to exercise or overuse. ^Protection from oxidative stress and damage.

Why most turmeric supplements don't deliver what you expect

A product labeled "turmeric supplement" or "turmeric powder" may contain very little of the curcuminoids that drive health benefits. Turmeric root powder—even high-quality cooking turmeric—is typically only 2–5% curcuminoids. Without explicit standardization to curcuminoids, a turmeric capsule could be largely inactive from a therapeutic standpoint.

But even standardized curcumin extracts face a second, equally important challenge: poor bioavailability. Curcumin is naturally fat-soluble, and its poor absorption is well known. Studies have documented that much of a dose of standard curcumin never reaches meaningful blood plasma concentrations. This is why high doses of generic curcumin supplements are often recommended—as a compensatory measure for poor absorption rather than because high doses are inherently more effective.

How BCM-95® solves the bioavailability problem

BCM-95® curcumin is a patented curcumin extract that addresses the absorption problem through a specific and elegant solution: it blends the curcuminoids with turmeric essential oil. This is not an added synthetic compound or a foreign absorption enhancer—it is turmeric's own oil, restored to the extract to replicate a more complete form of the plant's active compounds.

A human crossover clinical study published in a peer-reviewed journal demonstrated that BCM-95® boosted curcumin absorption significantly over a standard curcumin extract. Critically, BCM-95® achieves this without piperine (black pepper extract), which is used in many formulas. Piperine works by inhibiting liver enzymes, which can inadvertently affect the metabolism of certain drugs, so care must be taken when using with many prescription medications. Additionally, after the initial boost from piperine, curcumin levels quickly drop and are barely detectible in as little as three hours after intake, while curcumin with turmeric essential oil is still going strong for at least eight hours.

Beyond bioavailability, ar-turmerone has documented biological activity of its own—supporting healthy neurological function and antioxidant defense—meaning BCM-95® delivers more than improved absorption of curcumin alone.*

CuraMed®: the full-spectrum curcuminoid standard

Terry Naturally's CuraMed® family is built on BCM-95® curcumin and is specifically standardized to deliver a **full spectrum of curcuminoids**—curcumin, bisdemethoxycurcumin, and demethoxycurcumin—at consistent, meaningful levels in every dose. This standardization is what separates CuraMed from products that mention curcumin on the label but don't specify the actual curcuminoid content or standardization level.

One CuraMed 750 mg softgel provides 500 mg of curcuminoids—a dose that, when delivered through the BCM-95® bioavailability-enhanced form, provides meaningful therapeutic concentrations of active curcuminoids in the bloodstream. Even the Chewable CuraMed 100 mg tablet, the smallest dose in the CuraMed line, delivers 45 mg of curcuminoids per dose—which exceeds what is found in many competing “extra strength” products on the market.

This means that when you compare CuraMed to competitors not just on price but on actual curcuminoid content per dollar, **CuraMed consistently represents greater value**—delivering more of the compounds that actually matter, in a form the body can absorb.*††

††Based on SPINScan Condition Specific Supplements Other (Item rank) curcumin total sales 52-week overview as of 12/1/2024.

Finding the right CuraMed formula for your needs

The CuraMed line spans several formulations to match different preferences and health goals:

For those who prefer softgels and want the highest curcuminoid dose, CuraMed 750 mg delivers 500 mg of curcuminoids per softgel. For those who prefer chewables—whether due to difficulty swallowing capsules, a preference for taste, or a lower daily maintenance dose—Chewable CuraMed is formulated with GammaSorb® for enhanced absorption and is appropriate for both kids and adults.‡ For targeted acute pain support, CuraMed Acute Pain Relief† pairs BCM-95® curcumin with BOS-10® boswellia and black sesame oil for a triple-action approach to occasional pain.*†

†Occasional inflammation or muscle pain due to exercise or overuse. ‡GammaSorb has been shown to increase the absorption of certain hard to absorb (fat soluble) dietary ingredients.

*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. ■





How to Help Reduce Cancer Risk – 10 Natural Ways

By Eric Berg, DC

Cancer risk is strongly influenced by diet and lifestyle factors that affect inflammation, metabolic health, immune surveillance, and cellular repair. Strategies such as carbohydrate restriction, fasting, regular movement, and restorative sleep can help create an internal environment that limits abnormal cell growth and supports long-term health. Cancer prevention begins with making dietary and lifestyle choices that limit exposure to cancer-causing compounds while strengthening the body's capacity to detect and eliminate cancerous cells. Here's how to reduce cancer risk with ten simple but highly effective strategies that support overall health, enhance immune function, and minimize exposure to harmful substances.

How do lifestyle choices affect cancer risk?

While genetic factors and family history influence an individual's risk of developing cancer, lifestyle choices also play a significant role in either increasing or reducing cancer risk.

Data published by the American Cancer Society (ACS) reports that cancer is the second most common death in the U.S. and that certain dietary patterns and lifestyle habits are critical contributors.

Cancer development requires a specific environment in which abnormal cells can survive, grow, and multiply. Factors such as chronic inflammation, excess body fat, high blood sugar, hormonal imbalances, and oxidative stress—all linked to diet and lifestyle choices—can create conditions that allow cancerous cells to evade the body's natural defenses.

10 quick tips to reduce cancer risk

1. Follow a Healthy Keto® diet
2. Practice fasting
3. Maintain a healthy weight
4. Prioritize antioxidant-rich foods
5. Engage in regular physical activity
6. Opt for organic produce
7. Prioritize sleep
8. Incorporate stress-reduction techniques
9. Foster social connections
10. Reduce exposure to cancer-causing substances

The majority of cancer cases are linked to lifestyle factors rather than inherited genetics. Limiting excess glucose by following a Healthy Keto diet in combination with fasting may deprive potential cancer cells of the fuel they need to proliferate. Maintaining a healthy weight, staying physically active, and prioritizing antioxidant-rich foods further support normal cellular functions and longevity. Adequate sleep, stress management, and strong social connections help regulate immune and hormonal balance, two critical factors for effective cancer risk reduction. Reducing exposure to toxins, ultra-processed foods, and environmental chemicals is an important part of cancer prevention. ■

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ULTRA BOTANICA THC-Free ONCO-ADJUNCT

The Ultra Botanica ONCO-ADJUNCT Pathway 4-Pack Bundle is an integrated cellular support system utilizing patented ProtiSorb liquid protein scaffold technology to maximize the bioavailability of plant-based polyphenols

The Ultra Botanica ONCO-ADJUNCT Pathway 4-Pack Bundle is an integrated nutritional regimen designed for cellular, metabolic, and immune support. Because many beneficial plant polyphenols normally have very poor absorption in the human digestive system, this system utilizes a patented, innovative protein carrier method called ProtiSorb™ technology (also referred to as Liquid Protein Scaffold™ or LPS™ technology).



Developed by Ultra Botanica researchers, this protein-scaffold delivery mechanism binds poorly absorbed plant bioactives (like curcumin, resveratrol, and berberine) to a protein carrier. This drastically improves their solubility and bioavailability in the human digestive track, allowing the body to maximize the cellular and immune benefits of the polyphenols.

ProtiSorb™ technology. By binding active botanicals to specific protein scaffolds (such as whey or brown rice), the body can effectively dissolve and assimilate these compounds. Onco-Adjunct 4-Pack Bundle combines four distinct nutritional formulas that use protein scaffold technology to help the body absorb plant compounds.

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AVAILABLE AT ABBY'S HEALTH & NUTRITION

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AHCC® is an effective, well-researched, highly absorbed proprietary mushroom extract that amps up the body's immune defenses.* A daily 3-g dose provides advanced immune support for healthy cells throughout the body.*

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- Used in over 1,000 clinics worldwide
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Quality of Life was the first company to introduce AHCC® back in 2002 when it won the prestigious NutrAward for **Best New Product of the Year**. Since then, it has remained our most popular and highly rated product. ■

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



AVAILABLE AT ABBY'S HEALTH & NUTRITION



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.

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