

XYMOGEN[®]

MAGAZINE

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CHARGED***

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SOOTHE YOUR INSIDES



GI Soothe features mucosa-targeting GutGard®—a deglycyrrhizinated licorice—paired with herbs traditionally used for gastrointestinal (GI) wellness. These herbal ingredients help preserve and maintain the mucosal lining and sustain digestive comfort. GI Soothe is a preventive, protective supplement for individuals exposed to irritating factors that may induce mild GI symptomatology.*

Supplement Facts

Serving Size: 1 Chewable Tablet
Servings Per Container: 90

	Amount Per Serving	%Daily Value
Marshmallow (<i>Althaea officinalis</i>)(root)	150 mg	**
Slippery Elm (<i>Ulmus fulva</i>)(bark)	100 mg	**
Licorice Extract (<i>Glycyrrhiza glabra</i>)(root)(3.5% glabridin) ^{S1}	75 mg	**

** Daily Value not established.

Other Ingredients: Xylitol, microcrystalline cellulose, ascorbyl palmitate, natural flavors, sea salt, and monk fruit extract.

S1. GutGard® is a registered trademark of Natural Remedies Ltd.

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James Munro, ND

HMM AND AH-HA MOMENTS

I love asking questions, much to the chagrin of my husband. I'm inquisitive and curious. But I can also see how I might come across as nosy and overly analytical. The truth is, I like digging into just about any topic and having a hmm or ah-ha moment.

For example, when I was pregnant, I found out that hormone disruptors could be lurking in plastic bottles and containers or personal care products I might use. I asked my midwife a ton of questions and was educated on the common household items that could have hormone disruptors in them. Pregnant or not, you can arm yourself with more knowledge on hormone disruptors by reading "Hidden Chemicals" on page 24. It might just make you go, hmm.

Then, after I had my son, gummy nutritional supplements started appearing on the scene, and I talked to my pediatrician and questioned if "candifying" nutritional supplements was a good idea. I learned a lot. Read "Let's Chew It Over" page 10 to educate yourself on the pros and cons of gummy supplements for adults or children. You could find yourself going ah-ha.

And now that my 11-year-old has found the glory of gaming and wants to grow up to be a professional gamer, I've started asking heaps of questions about nootropics, a blanket term often used for nutritional supplements



aimed at supporting focus and overall health for gamers and e-athletes. Get the knowledge you seek from our wise practitioner in "Leveling up Your Game" page 6 It might zap you into a new way of thinking.

I enjoy learning more about what's new, changing, and evolving in integrative health. I hope you do too, and that you find a story or column in this magazine that will give you pause and make you say hmm... or maybe even ah-ha!

To your health,

Tarre Beach
Editor

Leveling Up Your Game

What are nootropics, and can they support an e-gamer's performance?

James Munro, ND

Q : I'm an e-gamer, and I've heard a lot about nootropics for focus and better health for e-athletes. What are the benefits and challenges of e-athletes taking nootropics?

A The term “nootropic” generally refers to a substance that has a positive impact on cognitive function or mental performance. Many people have already used nootropic compounds without even realizing it. Caffeine, omega-3 fatty acids (fish oils), ashwagandha, L-theanine, bacopa, Rhodiola, Lion's Mane mushrooms, and many more are considered nootropics.

While it's true that nootropics may be a helpful hack that provides a mental performance edge for e-gamers or anyone else for that matter, before we can get into that discussion, I have to be a bit of a buzzkill. No amount of nootropic supplements can counteract the effects of poor lifestyle choices. Or, put another way, the best nootropics, so to speak, come from healthy lifestyle choices. If you are looking to support and optimize your mental performance, supplements should not be at the top of your list. Here are some of the most important factors to consider.



AFK & Sleep

Even though gaming may be significant to you, going AFK (away from the keyboard) to get restful sleep is even more important. The body typically requires seven to nine hours of sleep every night. Numerous studies have shown that sleeping less than this amount can negatively impact memory, attention, alertness, judgment, and decision-making. This results in clearly impaired cognitive performance. In a more extreme example, the effects of sleep deprivation have been demonstrated in some research to be similar to the effects of alcohol intoxication. You certainly wouldn't drink alcohol if you were striving for optimal cognitive performance. Additionally, adequate sleep is required to maximize your cognitive performance.

Your IRL Health Bar

Your character's health bar may be at 100%, but what about your IRL (in real life) health? The brain and the rest of the body require regular consumption of all the essential nutrients. A poor diet may deprive the body of those essential nutrients, preventing the brain from performing at its full potential. It is crucial to avoid the detrimental effects of consuming excessive sugar, alcohol, refined carbohydrates, and processed foods, which can increase inflammation and oxidative stress, which may result in insomnia, fatigue, depression, reduced cognitive function, impaired memory, as well as numerous chronic diseases. By doing so and focusing on a diet consisting of nutrient-dense whole foods, you can optimize your cognitive function, which could up your game.



Don't be an NPC

NPCs (non-playable characters) can't do anything. But you can. Want to increase circulation to the brain and promote the expression of brain-derived neurotrophic factor (BDNF) to support your playing prowess? Then, exercise regularly. Both of these mechanisms increase circulation and BDNF levels, which are critical for optimal cognitive function. In fact, low levels of BDNF are associated with neurodegenerative diseases like Parkinson's disease, Alzheimer's disease, multiple sclerosis, and more. Many of the most talked about nootropics are sought after because they might increase or prevent the decline of BDNF levels. If there were a supplement or prescription drug that could reliably and consistently boost memory, improve problem-solving, increase cognitive flexibility and thinking skills, and improve quality of sleep while reducing the risk for dementia, depression, anxiety, and its "side effects" were reducing the risk for chronic diseases and aiding healthy weight management, well, it would be the single most successful supplement or prescription drug ever created. However, we don't need a supplement or drug to realize these incredible benefits. Regular exercise takes care of all of this.

If you have already optimized the three pillars of health—sleep, diet, and exercise—but are still seeking

an extra mental performance boost, talk to your healthcare provider. But you might be surprised at how much these simple mods (modifications) can enhance your cognitive function and potentially elevate your MVP (most valuable player) status without needing any nootropics at all.



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GA, and is currently the owner of his self-named private practice and serves as the medical director and senior director of innovation for XYMOGEN.

Under the Sea

Nori, kombu, Irish moss, and spirulina—they're all seaweeds or sea vegetables, which have been used by many cultures in healthy and delicious ways.

Mary Gocke, RD, CDN

S seaweed, sometimes also called sea vegetables, may not be a typical side at Denny's or McDonald's. However, they are commonly used in dishes found in China, Japan, and Korea. As a nutrient-dense vegetable that doesn't have roots, seaweed absorbs all its nutrients directly from the ocean, making it highly nutritious. Sea vegetables, of which there are many varieties, provide essential minerals, vitamins, fiber, and bioactive compounds that can contribute to your health and well-being.

Here are some specific nutrients, and their functions, found in seaweed:

- **Iodine:** Needed for thyroid function and the hormones produced by the thyroid. Iodine helps the body regulate metabolism, growth, and energy production.
- **Calcium:** Essential for bone health, muscle function, and nerve transmission.
- **Iron:** Important for producing hemoglobin, which carries oxygen in the blood, and for energy metabolism. This type of non-heme iron is less readily absorbed than heme iron from animal sources but still contributes to our iron stores.
- **Magnesium:** Involved in more than 300 enzymatic reactions in the body and is important for muscle function, nerve function, and bone health.
- **Vitamins:** Vitamin A is helpful for vision and immune function; vitamin C is an antioxidant that supports immune function and collagen synthesis; vitamin E is an antioxidant that protects cells from damage; and vitamin K is important for blood clotting and bone health.

Seaweed is a rich source of both soluble and insoluble fiber. These fibers play a crucial role in digestive health,

promoting regular bowel movements, and supporting blood sugar and cholesterol management. The various antioxidants found in sea vegetables, such as flavonoids, carotenoids, and phycocyanins, not only help protect cells from free radical damage but also may have anti-inflammatory properties, contributing to overall wellness.

Some types of seaweed, such as certain species of brown algae, contain omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are important for heart and brain health.

There are more than 12,000 sea vegetable varieties, each offering uniqueness, flavor, and culinary uses.

Here are some of the more common seaweeds still eaten today:

- **Kombu:** Brown in color, it is a member of the kelp family and is used in making dashi, a Japanese vegetarian soup stock.
- **Wakame:** The thick dark-green fronds are slightly sweet and are used for miso soup and seaweed salad
- **Dulse:** A red seaweed that some say has a smoky bacon flavor. It is often used dried and crushed as a condiment for popcorn, salads, and eggs.
- **Irish Moss:** Made popular by being an ingredient in a spiced and sweet Jamaican "health" drink. This seaweed, however, gets its name from when the Irish ate it to survive the "Great Potato Famine."
- **Spirulina:** Historians say this blue-green alga was an Aztec staple. It was dried and mixed with corn meal and beans to help energize messengers and athletes. Today, it is often found in protein powders.



Japanese Seaweed Cucumber Salad (Sunomono) Recipe

Ingredients

Salad:

3 small cucumbers
(Japanese, Persian, or
pickling-style are best)

3 tbsp dried wakame
seaweed (makes 3.5 oz.
rehydrated)

Dressing:

¼ cup rice vinegar

2 tbsp sugar

2 tsp roasted sesame
seeds

1 tsp soy sauce

¼ tsp salt

½ tsp sesame oil

Instructions

1. Thinly slice the cucumbers. Do not use the ends of cucumbers. Place the sliced cucumbers in a strainer, add ½ tsp salt, and mix well. Leave for 10-15 minutes for the water to draw out.
2. Rehydrate the wakame in a bowl with water. Room-temperature water is fine. Let sit for 8-19 minutes until completely rehydrated and very pliable. Drain from water.
3. Prepare the dressing by mixing the vinegar, sugar, roasted sesame seeds, soy sauce, and sesame oil together in a bowl. Set aside.
4. Squeeze out as much water from the cucumbers as possible. This ensures that your dressing isn't too diluted when dressing the salad.
5. Mix the cucumber, wakame, and the dressing together. Portion into small plates or bowls and sprinkle with extra sesame seeds, if desired. It's best to eat immediately after being made.

Yield: 3 servings

Nutritional information (approximate):

Calories:	149
Protein:	6.8 g
Carbohydrates:	19.5 g
Fiber:	2 g
Fat:	6 g
Carotene, beta:	146 mcg
Iodine:	210 mcg
EPA:	8000 mcg

Sources: Thefoodietakesflight.com, Verywellfit.com, and Nutrionvalue.org



Mary Gocke, RD, CDN, is a registered dietitian and certified dietitian/nutritionist. She graduated from the University of Florida. She is the owner and founder of The Human Frame. TheHumanFrame.com



LET'S CHEW IT OVER

Do gummy supplements provide the same nutritional value as traditional supplements?

Heather Flint

When thinking of gummy vitamins, most people automatically associate them with children, but that isn't necessarily the case. Actually, gummy supplements have taken the market by storm in recent years, accounting for a global value of \$4.3 billion and nearly 50% of all multivitamins sold in 2023. This means that more people are starting to integrate gummy vitamins into their daily supplement protocols—but are they still getting the same nutritional value as those in a traditional delivery system? Let's chew it over.

What Are Gummy Supplements?

Gummy supplements are an alternative delivery system to traditional pill forms of dietary supplements, mainly comprised of vitamins and minerals. They were originally introduced in the 1960s with the Flintstones chewable vitamins, which were developed to offer children a more palatable and fun way to take their daily multivitamins. This evolved from a hard candy-like substance that was considered to be too “chalky” to a gummy that is made from gelatin, cornstarch, water, and sugar, along with added flavors.

Gummies are an option for the most common supplements, including multivitamins for men, women, and children, vitamin C, melatonin, apple cider vinegar, prenatal vitamins, and much more. In an interview on

the “Today Show”, Dr. Andrea Wong, senior vice president for scientific and regulatory affairs at the Council for Responsible Nutrition, stated, “Gummies are a great choice for people who have difficulty swallowing pills or capsules. They also taste good, which makes them a great option for picky kids.”


In fact, the taste and candy-like nature of gummies are making them a preferred choice among all age groups, not just children. The surge of celebrities from Kourtney Kardashian to Jennifer Lopez endorsing or promoting their own line of gummy supplements for sleep, stress, mood, or skincare is further catapulting them into the forefront of nutraceutical options. But are gummies really the better alternative?

Too Much Sugar

What makes gummies so attractive to most people is the same thing that can be the most harmful: elevated sugar content. The American Heart Association recommends limiting added sugars to no more than 6% of calories each day. For women, about six teaspoons of sugar, and for men, about nine teaspoons, or 25 to 37 grams. Children should stay under 25 grams. The average gummy vitamin contains between three and five grams of sugar, so just one gummy can account for 20% of your total daily sugar intake.

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While choosing a gummy with no added sugar is an option, those are often sweetened with sugar alcohol. Ingesting too much sugar alcohol could have adverse effects on your digestive system, causing nausea, bloating, cramping, and diarrhea. When discussing supplements with your healthcare professional, talk about which type of delivery system would best suit your needs.

The Label Matters

Another issue with gummies is their inherent instability, a trait not found in traditional supplements. On the "Today Show" segment, Dr. Tod Cooperman, president of ConsumerLab.com, highlighted this, stating, "There are many more quality problems with gummies than there are with tablets or capsules." He further explained, "Companies realize that things are breaking down faster in gummies ... so they're putting in twice as much, three times as much when they're making the products." This means that the label may not accurately reflect the actual contents of the bottle, adding to the unpredictability of gummy vitamins.

Dr. Wong further elaborated that because the Food and Drug Administration requires most dietary supplements to have 100% of the ingredients on the bottle, "companies will put more than that amount in the product to ensure that it meets 100%, even as ingredients degrade over time." Dr. Cooperman reiterated, "Any ingredient we can get too much of, like melatonin, folic acid, just about every vitamin out there ... there certainly can be health consequences."

This point can be of particular interest when it comes to children's gummies. As children may not understand that their gummy vitamin is more of a medicine than candy, they could end up eating more than the daily recommended dose, which can lead to toxicity and overdose.

A study from the *Australian Prescriber* found that the most common adverse effects of eating too many gummy vitamins are an upset stomach, diarrhea, headache, or vomiting.

However, if this is a one-time incident, it does not have long-term effects. If someone continually eats too many gummy vitamins, it could put them or their child at risk of vitamin or mineral toxicity. The nutrients that can cause an overdose include fat-soluble vitamins and minerals, like calcium, iron, vitamin D, vitamin A, and vitamin C.

Choosing the Right Gummy

Not all gummy supplements are created equal, so choosing the right one for your needs is important. As mentioned, the label is essential. Not only can you see what vitamins and minerals are in your gummy, but you can also find the "other ingredients." Be sure to check for allergens like soy, gluten, dairy, or artificial additives that can be potentially harmful to you or your child. You can also identify the sugar or sugar alcohol content to ensure you follow the daily recommended limits.

Another thing to consider is the type of gelatin used. Some gelatin is made from animal bones and tissues, which is not a vegan-friendly option. The color and flavor of the gummy are also important. Some colors and flavors can be from natural or artificial sources, so going with all-natural coloring and flavoring will help keep the additives to a minimum.

Finally, look for the "seal of approval." Having a USP verification mark on the bottle means that the supplement has gone through added levels of scrutiny to ensure it's clean, the ingredients have been verified, and the facility in which it was manufactured adhered to FDA standards and is GMP certified. While the FDA doesn't regulate supplements the same way as pharmaceuticals, having these types of verification marks means that these supplements go through additional testing and are of a higher quality.

Gummies, Capsules, and Powders, Oh My!

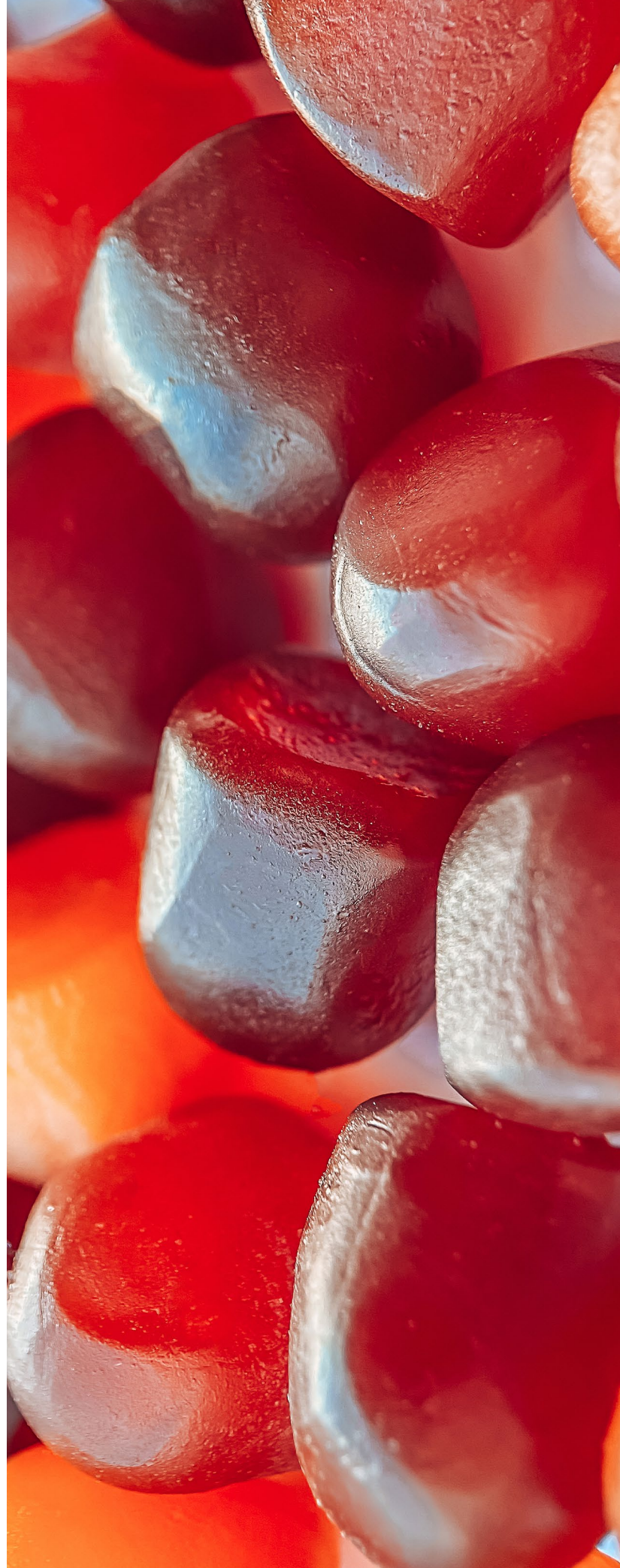
Dietary supplements can be found as more than gummy and tablet forms. There are

Story Continued on page 14

powders, liquids, softgels, capsules, and chewables to choose from. Each delivery system is specific and serves a purpose to help best support your needs while maximizing the effects of the ingredients. So, determining what you need and why is the first step in choosing the right supplement.

There are a lot of delivery systems out there for dietary supplements, and determining which one is best depends more on your personal needs and preferences than anything else. Each type of delivery system has its positives and negatives, so doing some additional research, checking the label, and talking with your healthcare professional are all great recommendations before starting a new supplement.

When it comes to nutrition, dietary supplements are not a cure-all. It's important to have a healthy foundation in place: Eat nutritious, whole foods and maintain a balanced diet, exercise regularly, get restful sleep, and reduce stress as much as possible. Use supplements to help fill the gaps and give you the extra boost to keep you on the path to optimal wellness.



BREATHE FREELY LIVE FULLY



Quercetin 20x Plus is scientifically formulated to support the respiratory system, including nasal passages. It features Quercefit®, a highly absorbable Quercetin formulated with Phytosome™ technology, combined with nettle extract and antioxidant compounds to target immune-system-related pathways connected to respiratory symptoms.*

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving	%DV
Vitamin C (ascorbic acid)	200 mg	222%
Quercetin Phospholipid ^{§1}	250 mg	**
Nettle Extract (<i>Urtica dioica</i> and/or <i>Urtica urens</i>)(leaves)	200 mg	**
N-Acetyl-L-Cysteine	100 mg	**

** Daily Value (DV) not established.

Other Ingredients: Capsule (hypromellose and water), ascorbyl palmitate, and silica.

QUERCEFIT® Quercefit® and Phytosome™ are trademarks of Indena S.p.A., Italy.

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RESILIENT
STABLE
EFFECTIVE



ProbioMax® Spore features spore-forming probiotic strains, carefully selected for both stability and the ability to support digestive health and bowel regularity. Sporulated strains naturally contain a unique protective outer layer to ensure viability throughout manufacturing, storage, and transit through the low pH of the stomach so they can actively support a healthy gut microbiome.*

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

	Amount Per Serving	%Daily Value
<i>Bacillus subtilis</i> DE111 ^{S1}	18.2 mg (2 Billion CFU†)	**
<i>Bacillus clausii</i> CS108 ^{S2}	9.1 mg (1 Billion CFU†)	**
DuoPro ^{S3} Blend	2.9 mg (1 Billion CFU†)	**
<i>Bacillus subtilis</i> Bss-19 ^{S3} <i>Bacillus coagulans</i> SANK 70258 ^{S3}		

** Daily Value not established.

Other Ingredients: Microcrystalline cellulose, capsule (hypromellose and water), ascorbyl palmitate, hydroxypropyl cellulose, and silica.

† Colony-Forming Unit

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Same Powerful Formula

now available in a smaller serving size



Original GHI: 210 calories & 8 g fat/serv
GHI Lite: 105 calories & 4 g fat/serv

OptiCleanse® GHI Lite is formulated to support the body's natural response to toxic substances by providing high-quality macro- and micronutrients associated with detoxification mechanisms. Many of these nutrients also cooperatively foster gastrointestinal health and balanced cytokine activity—important variables in the body's handling of toxic substances. This advanced formula features VegaPro™, XYMOGEN's proprietary amino acid and pea/rice protein blend; Aminogen® provides proteases, which facilitate protein absorption; activated B vitamins like 5-MTHF and patented mineral amino acid chelates for optimal nutrient bioavailability; and key herbal extracts and phytonutrients. OptiCleanse GHI is a low allergy-potential, monk fruit-sweetened formula that boasts a superior taste without added sugars or stevia and is suitable for vegans.*

Supplement Facts

Amount Per Serving		%DV	Amount Per Serving		%DV
Serving Size: 1 Packet (about 28.5 g) Servings Per Container: 10					
Calories	105		Sodium (from ingredients with naturally occurring sodium, sodium sulfate anhydrous, and sodium ascorbate)	290 mg	13%
Total Fat	4 g	8%	Potassium (from tripotassium citrate and ingredients with naturally occurring potassium)	252 mg	5%
Saturated Fat	1 g	2%			
Total Carbohydrate	7 g	3%			
Dietary Fiber	3 g	11%			
Protein (from Pea Protein Isolate and Rice Protein Concentrate)	13 g		Stabilized Flavonoid	2.8 g	**
Vitamin A (as natural beta-carotene)	3.75 mcg	45%	Typical Alpha-Linolenic Acid	644 mg	**
Vitamin C (as sodium ascorbate)	125 mg	139%	Typical Linoleic Acid	196 mg	**
Thiamin (as thiamine HCl)	7.5 mg	62%	Pomegranate Extract (<i>Punica granatum</i>) (whole fruit)	200 mg	**
Riboflavin (as riboflavin 5'-phosphate sodium)	2.5 mg	192%	(30% punicalagins A+B and punicalic A+B)		
Niacin (as niacinamide and niacin)	20 mg	125%	Betaine Anhydrous (trimethylglycine)	125 mg	**
Vitamin B6 (as pyridoxal 5'-phosphate)	2.5 mg	147%	Lemon Bioflavonoid Complex (Citrus x limon) (fruit peel)	125 mg	**
Folate (as [6S]-5-methyltetrahydrofolate acid, glucosamine salt) [†]	170 mcg DFE	43%	Quercetin (as quercetin dihydrate from <i>Dimorphandra mollis</i>) (pod)	125 mg	**
Vitamin B12 (as methylcobalamin)	25 mcg	1,042%	Potassium epigallocatechin gallate	125 mg	**
Biotin	75 mcg	250%	Rutin (from <i>Sophora japonica</i>) (bud)	100 mg	**
Pantothenic Acid (as d-calcium pantothenate)	17.5 mg	350%	Turmeric Extract (<i>Curcuma longa</i>) (rhizome) (95% total curcuminoids complex, including curcumin, curcuminoids, and volatile oils) (95% curcuminoids)	100 mg	**
Choline (as choline bitartrate)	50 mg	9%	Isolate (oleo) (95% curcuminoids) (65% curcumin) [§]	75 mg	**
Calcium (as dicalcium malate [‡] and ingredients with naturally occurring calcium)	112 mg	9%	Isolate (oleo) (95% curcuminoids) (65% curcumin) [§]	75 mg	**
Iron (naturally occurring)	3 mg	17%	Ginger (<i>Zingiber officinale</i>) (rhizome)	75 mg	**
Iodine (as potassium iodide)	30 mcg	20%	Methylsulfonylmethane (MSM)	60 mg	**
Magnesium (as d-magnesium malate) [‡]	70 mg	17%	Sodium Sulfate Anhydrous	50 mg	**
Zinc (as zinc bisglycinate chelate) [¶]	5 mg	45%	Green Tea Aqueous Extract (<i>Camellia sinensis</i>) (leaf)	41 mg	**
Selenium (as selenium glycinate) [¶]	50 mcg	91%	(80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)		
Manganese (as manganese bisglycinate chelate) [¶]	1 mg	43%			
Chromium (as chromium nicotinate glycinate chelate) [‡]	30 mcg	86%			
Molybdenum (as molybdenum glycinate chelate) [‡]	17.5 mcg	39%			

[†] Percent Daily Values are based on a 2,000 calorie diet.

[‡] Daily Value (DV) not established.

[§] Curcumin

Other Ingredients: High-oleic sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, taurine, glycine, cellulose gum, xanthan gum, fungal proteases[§], L-glutamine, monk fruit extract, guar gum, and silica.

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Race Day Plan

Whether you're a first-time or experienced racer, learn some key points for planning your race..

Sarah Blackburn King, PES, GPTS, FMCHC

Are you finally ready to challenge yourself and sign up for a race but unsure where to start? Depending on your physical and emotional state, developing the endurance for a run such as a marathon or even a shorter community 5K walk takes planning and training.

Below are some guidelines to help you prepare for your big day.

Assess Your Current Fitness Level

Before starting your training, assess your current fitness level and exercise experience. If you want to run a marathon but haven't run in years, choosing something like a four-week training plan may not be enough time to develop your strength and endurance to reach the finish line. There are no fast fixes here. The lower your fitness level, the more time you'll need to prepare. Even well-conditioned athletes may train for up to a full year to prepare their bodies and minds for a big race.

Checking well in advance with a professionally qualified trainer, fitness coach, and/or healthcare practitioner is a good idea before planning any kind of race.

Set Clear Goals

Establish your goals for the race, whether it's simply to cross the finish line or achieve a personal best time. Specific, attainable goals will keep you on track and motivated throughout your training. Make sure your goals are realistic. They should challenge you but not demoralize you. Setting goals that are out of your reach won't help you grow.

Build Your Base

Begin your training by establishing a baseline mileage—

something you can do right now. Start with one to two walks/runs a week at your baseline, incorporating intervals. Intervals could be one minute of moderate walking/running and one minute of light walking/light running. Gradually increase your weekly mileage and change up your intervals to close the recovery gap, build endurance, and prepare your body for the demands required for your race.

Switch It Up

Include speed work, such as tempo runs/walks, intervals, and inclines, to improve your efficiency, speed, and lactate threshold. (Your lactate threshold is the specific level of effort or pace when your fatigue accelerates.) Incorporate cross-training, such as yoga, cycling, swimming, and/or strength training, to prevent overusing your muscles and strengthen them with your bones.

Rest and Recovery

Prioritize rest and recovery in your training plan. Take rest days to allow your body to recover and repair. Listen to your body, and don't hesitate to adjust your training if you feel overly fatigued or experience pain. Take a day off if your body tells you that you need it. This is critical to being successful. Not listening to your body could lead to injury, make you miss your race, and/or make you unable to exercise for a long period of time.

Nutrition and Hydration

Eighty percent of overall fitness comes down to your nutritional habits. Don't eat for fun; eat for fuel. Feed your body a balanced diet rich in unprocessed carbohydrates, proteins, healthy fats, and micronutrients. Stay hydrated before, during, and after training to maintain optimal health and performance. Studies suggest drinking half your body weight in ounces of water every day can benefit brain, organ, muscle, and digestion functions, help regulate mood, and support healthy energy production.

Adding a teaspoon of salt or a mix of electrolytes (sodium, calcium, and potassium) to your water can help restore essential minerals you lose through your sweat.

It's Go Time!

In the final weeks before your race, slowly reduce your training volume to allow your body to recover properly.



Begin visualizing yourself doing your race, including imagining yourself crossing the finish line. Now is the time to pump yourself up and have some pep talks in the mirror or journal about how you believe in yourself. And remember, when you're well prepared, you can do just about anything you put your mind to.

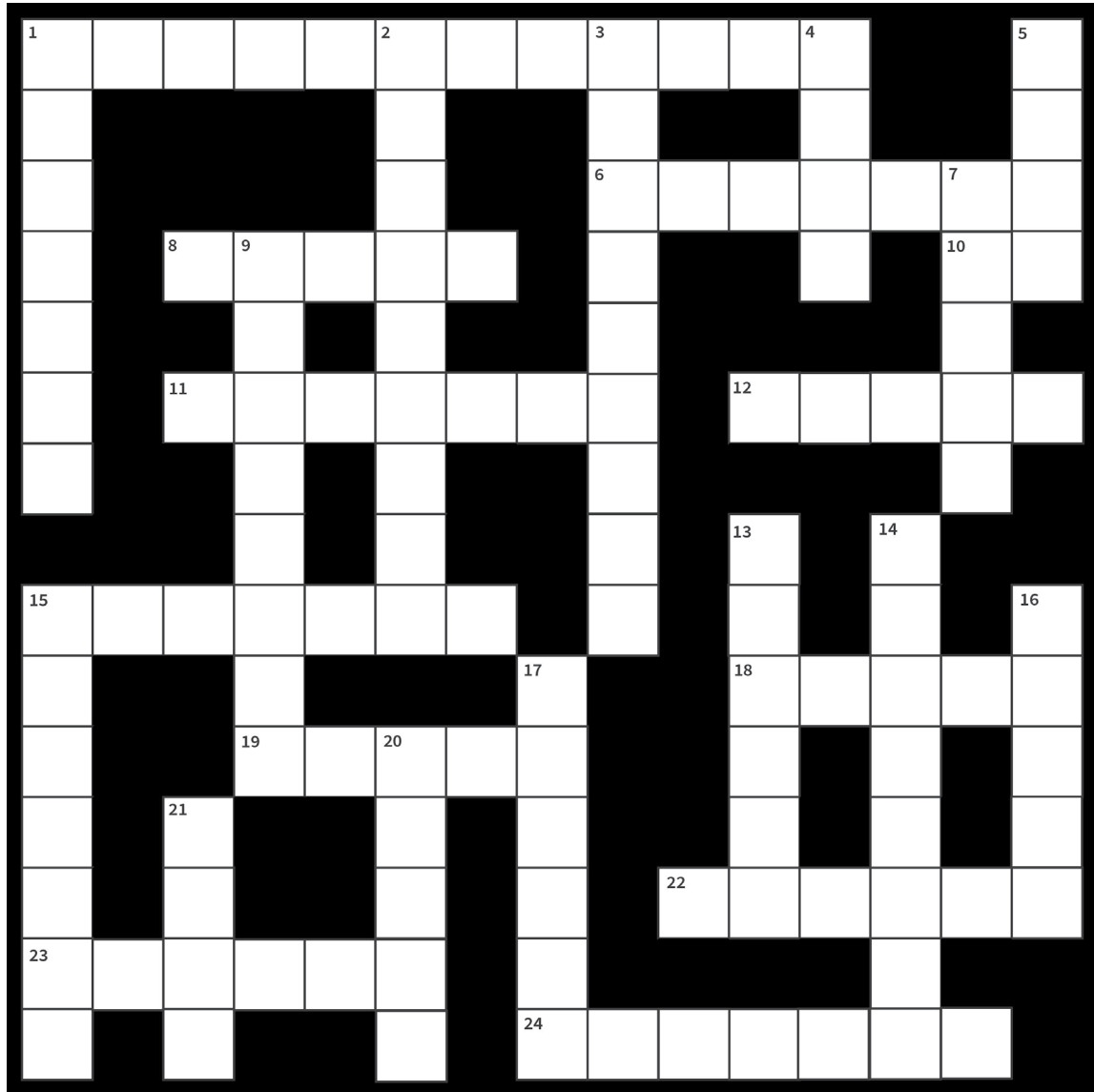


Sarah Blackburn King, PES, GPTS, FMCHC, is a performance enhancement specialist and group personal training specialist certified by the National Academy of Sports Medicine, as well as a health coach certified by

the Functional Medicine Coaching Academy. She is the founder and director of XYMOGYM, a full-service gym located in Orlando, FL, and is the director of XYMOFIT, a corporate wellness program. Xymogym.com

Crossword Puzzle

Gummies, Gaming, and Growing Up



Down

1. Stage of adolescence
2. Person before "teen time"
3. Tart fruit grown in bogs
4. Sushi wrapper from the sea
5. Hold on to
7. A type of bear
9. Endocrine secretions
13. Shows: "Modern ____" and "____ Guy"
14. Hot Indian curry
15. Spoon or knife, e.g.
16. Kinds, sorts

17. Apples, oranges, and bananas
20. E-sports player
21. Young goats or folks

Across

1. Kid doctor
6. Garden variety, typical
8. Sheep's haircut
10. Opposite of down
11. Job of the lungs
12. Expected standards
15. The body's "waterworks" system

18. It can't buy love
19. Crystals used in coffee or tea
22. Goes through repeated phases
23. Thyroid necessity and cut treatment
24. Gulp down

Answers found on **page 35**

TOTAL HEALTH

Unlock your full health potential with high-quality supplements from XYMOGEN®.

Cardiovascular, brain, respiratory, and digestive health are important to many body systems. XYMOGEN offers several trusted formulas that can serve as building blocks to support overall wellness.

Gut Health

ProbioMax® Daily DF is a four-strain probiotic featuring the extensively studied HN019® strain of *Bifidobacterium lactis*. These live microorganisms have proven gut health benefits and gastrointestinal, immune system, and cytokine balance support, and offer a well-established safety profile.*

To further support the delivery of microorganisms to the small intestines, XYMOGEN employs DRcaps™ gastro-resistant capsules. These specially designed, innovative capsules help slow exposure of actives to stomach acid and ensure more targeted release.*

Cardiovascular and Methylation Support

With three times the absorption rate of an equivalent dose of other leading fish oils, Omega MonoPure® 1300 EC features enhanced MaxSimil® monoglyceride fish oil. XYMOGEN ensures every batch of fish oil is IFOS five-star certified, the world's highest standards for purity, potency, and freshness. Omega MonoPure fish oil offers blood sugar, cardiovascular, cytokine balance, and neurologic and cognitive support, as well as essential fatty acids for optimal wellness.

Methyl Protect® also supports overall cardiovascular health and healthy methylation of estrogen, dopamine, epinephrine, heavy metals, and environmental toxins.* This comprehensive formula features five key nutrients that are involved in homocysteine metabolism: folate as calcium folinate and Quatrefolic® for increased bioactivity; trimethylglycine; and vitamins B12, B6, and B2.*

Your Brain at Its Best

OptiMag® Neuro includes Magtein®, the only form of magnesium known to cross the blood–brain barrier. Complemented by highly absorbable chelated minerals, this formula is designed to boost the brain's magnesium level to support brain and cognitive health and stress management, sleep quality, and healthy mood and to promote healthy nervous system function.*

OptiMag Neruo is available in flavored and unflavored powder and capsules to allow for ease of use.

Respiratory Health

Scientifically formulated to support the respiratory system, including nasal passages, Quercetin 20x Plus features Quercefit®, a highly absorbable Quercetin Phytosome™, combined with nettle extract and antioxidant compounds to target immune-system–related pathways connected to respiratory symptoms.*

Food-Derived Histamine Support

HistDAO™ provides a concentrated source of diamine oxidase (DAO)—the main enzyme responsible for the degradation of ingested histamine. This formula delivers the clinically researched dose of DAO in an easy-to-swallow, gastro-resistant mini-tablet, which is essential for releasing DAO in the small intestine, where it breaks down food-derived histamine. HistDAO offers added cytokine balance, gastrointestinal, and immune support, but does not manage or address antibody-related or IgE-related food allergies*.

All of XYMOGEN's supplements are made in a certified good manufacturing practices (cGMP) facility and include research-supported ingredients and dosages, so you can feel confident that you're getting healthcare practitioner–tested and –trusted supplements.

Keep your body and brain in optimal condition by ordering these high-quality XYMOGEN formulas today!



*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.

HIDDEN CHEMICALS

Learn the risks of hormone-disrupting chemicals, how they could be getting into your home, and how to protect your kids

Christina Frank

As a parent, you want to keep your children safe and healthy. But did you know that certain chemicals, known as hormone disruptors, are hidden in foods, toys, clothes, and household items? These chemicals interfere with the endocrine system and can affect everything from puberty to cancer risk. Let's explore where these harmful chemicals come from, what they can do, and how we can protect our kids.

Chemicals, Chemicals Everywhere

More than 86,000 chemicals are registered for use in the United States, and about 2,000 new chemicals come to market every year. Some of these chemicals are hormone (or endocrine) disruptors. This means they can increase or decrease certain hormone levels, mimic or pretend to be hormones, or alter natural hormone production. Hormone disruptors can get into our children by being absorbed through the skin, consumed, or inhaled. So, where are our kids coming into contact with these chemicals?

Hiding in Plain Sight

Hormone disruptors can hide in anything from food to personal care products. Some of the most prevalent sources include processed foods and their packaging. That's right, some of your kids' favorite foods may contain hormone-disrupting chemicals, such as BPA (Bisphenol A), preservatives, and additives.

Nonorganic meat, dairy products, and produce are other common sources. That's because hormones are often used to speed animal growth and increase milk production. Pesticides are well-known hormone disruptors used on fruits and vegetables; they can make

their way into our children's bodies even if the produce is washed.

Hormone-disrupting chemicals, such as brominated flame retardants (BFRs) and polychlorinated biphenyls (PCBs), are also found in clothing, furniture, and electronics. Even personal care products, such as lotions, hair products, and cosmetics, are common sources. Beware of fragrances!

Don't forget about plastics, which are nearly impossible to avoid these days. Toys, food containers, plastic wraps, and so on often contain phthalates and BPA. These chemicals can leak out of the plastic and into foods and drinks, especially when heated, and enter the body, affecting hormone levels.

According to Leonardo Trasande, MD, an internationally renowned leader in environmental health and author of *Sicker, Fatter, Poorer: The Urgent Threat of Hormone-Disrupting Chemicals to Our Health and Future... and What We Can Do About It*, "the evidence is particularly strong for 4 categories of chemicals: pesticides, which are used on fruits and vegetables; phthalates, which are used in plastics and cosmetic products; bisphenols, which are used in canned goods; and flame retardants, which are used in furniture."

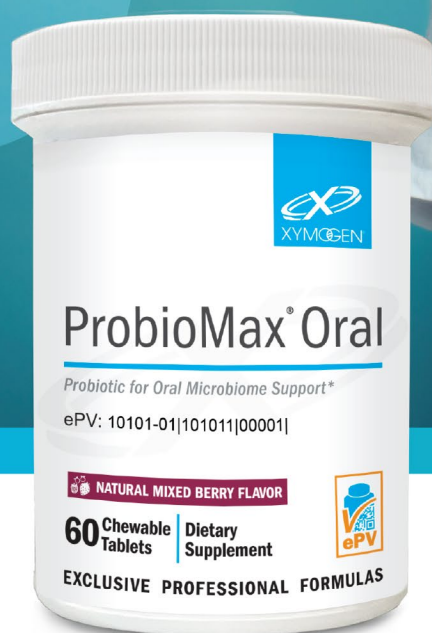
So now that we know where hormone disruptors hide and how they get into our children, the next step is to understand the consequences.

Facing the Consequences

Have you ever heard of precocious puberty? It's when a child enters puberty early, and some research links



BITE INTO ORAL WELLNESS



ProbioMax® Oral is a chewable probiotic solution for a healthy smile. It features the HN019 strain of *Bifidobacterium animalis subsp lactis* (*B lactis*) provided in a CSP™ Screw Cap Bottle with 3-Phase ActivPolymer™ Technology for optimal freshness. The use of *B lactis* HN019 to colonize the mouth naturally supports the oral environment, including teeth and gums, and is an excellent supplement to standard dental care.*

Supplement Facts

Serving Size: 1 Chewable Tablet
Servings Per Container: 60

	Amount Per Serving	%DV
<i>Bifidobacterium lactis</i> HN019 ^{S1}	3 mg (1 Billion CFU†)	**

** Daily Value (DV) not established.

Other Ingredients: Xylitol, mannitol, hydroxypropyl cellulose, stearic acid, citric acid, magnesium stearate, natural flavors (no MSG), silica, malic acid, and stevia leaf extract.

† Colony-Forming Unit

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early puberty to hormone-disrupting chemicals. For instance, certain chemicals can mimic estrogen or increase estrogen synthesis, leading to early pubertal development. On the flip side, other hormone-disrupting chemicals may delay puberty. These unnatural pubertal changes can cause a host of issues, including emotional stress and growth problems.

According to research published in the *Archives of Pediatrics and Adolescent Medicine*, the developing nervous and endocrine (neuroendocrine) system is thought to be particularly sensitive to hormone-disrupting chemicals. Human studies link in utero and early childhood exposure to neurodevelopmental disorders such as decreased IQ, poorer memory, autism spectrum disorder (ASD), attention-deficit/hyperactivity disorder (ADHD), and other behavioral problems.

Even health problems, such as obesity, high blood pressure, fertility issues, and some cancers, may be related to chronic exposure to hormone disruptors.

Fortunately, every parent can start taking steps today to reduce their children's exposure to hormone-disrupting chemicals.

Reducing Exposure

Living with the conveniences of the modern world doesn't make reducing exposure to these nasty chemicals easy. "Stop using plastic!" is easier said than done. But if you really put effort into reducing primary sources of hormone-disrupting chemicals, you and your kids will reap the benefits.

Start with what you bring home from the grocery store. Choose organic, non-GMO foods whenever possible to reduce exposure to and consumption of hormone residues and pesticides. Cutting down on processed foods is another excellent move to reduce hormone-disrupting chemicals in your children's food.

Avoid plastic food and beverage containers. Experts particularly recommend avoiding plastics labeled with a 3 or 7 recycle code, as they may contain BPA or phthalates. Glass and stainless steel containers are much better options than plastics. Never microwave foods in plastic. Studies have found that microwaving food in plastic containers can introduce micro- or nano-particles of plastics into your food and body. Avoid

drinking water from plastic bottles, and be sure your drinking water is filtered, preferably through a reverse osmosis system.

Canned foods and beverages can also be troublesome. Many metal cans are lined with a plastic coating that contains BPA and other chemicals. Other items to be cautious about include personal care and household products.

Items like shampoos and lotions often contain hormone-disrupting chemicals. Look for products that are labeled "fragrance-free," "paraben-free," and "phthalate-free." Reading labels carefully and choosing natural products can make a big difference. That also goes for household cleaners. Household cleaners can be another source of hormone-disrupting chemicals, but by selecting natural cleaning products, you're taking a positive step toward a healthier home. You can even make your own household cleaners using essential oils, vinegar, and baking soda. The internet is loaded with suggestions.

In addition to these changes, some simple habits to reduce exposure include vacuuming and dusting your home frequently and washing hands often. These habits will help eliminate chemical residues from furniture or other household items and chemicals picked up in the local environment. Remember to avoid fragranced and antibacterial soaps.

As you can see, even though we can't wholly avoid our kids coming into contact with hormone-disrupting chemicals, your role as a parent or caregiver is crucial. You can do many things to reduce exposure and help protect our children. Your actions can make a significant difference in their health and well-being.

Knowledge is power, and understanding the dangers of hidden hormone-disrupting chemicals enables us to make better choices for our families. Talk to your kids in age-appropriate ways without scaring them about these chemicals so that they can understand the importance of and the reasons behind the new choices you're making. Empower your kids by making them partners in creating a home where they can be happy and healthy.

RELAX TO THE MAX



Now available in capsules, **RelaxMax**® features a carefully selected blend of ingredients designed to promote calm, relaxation, and a well-balanced mood and to support a healthy stress response. This formula provides nutrients associated with neurotransmission and second messenger functions, neuronal stabilization, brain osmotic regulation, and glial cell function.*

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Calories	10	
Total Carbohydrate	2 g	1%†
Magnesium (as di-magnesium malate) ^{S1}	75 mg	18%
<i>myo</i> -Inositol	2 g	**
Taurine	500 mg	**
GABA (gamma-aminobutyric acid)	100 mg	**
L-Theanine ^{S2}	50 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), hydroxypropyl cellulose, ascorbyl palmitate, and silica.

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Suntheanine® S2. Suntheanine®, a patented form of L-Theanine, is a trademark of Taiyo International, Inc.

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CRUCIFEROUS CHAMPION



OncoPLEX™ Plus Myrosinase features broccoli seed extract enhanced with myrosinase, the enzyme that promotes the conversion of naturally occurring glucoraphanin in broccoli to sulforaphane (SFN). A potent activator of antioxidant activity, healthy cell-life cycles, and the production of detoxification enzymes, SFN is linked to the many health benefits associated with cruciferous vegetables.*

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30

Amount Per Serving %Daily Value		
Vitamin C (ascorbic acid)	100 mg	111%
Glucoraphanin (from broccoli extract)(<i>Brassica oleracea italica</i>)(seed) ^{S1}	30 mg	**
Myrosinase (from mustard powder)(<i>Sinapis alba</i>)(seed)	170 mg (17 U)	**

** Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), microcrystalline cellulose, ascorbyl palmitate, and silica.



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OMG, Not Another UTI?

Learn integrative healthcare supports that can help you deal with urinary tract infections (UTIs).

Anna Cabeca, DO, ABOIM, AARM, FACOG

If you're a woman, then you've probably had a urinary tract infection (UTI) at least once in your life. If you haven't, consider yourself lucky. But for many of us, UTIs are a frustratingly common occurrence. If you find yourself dealing with them often, you probably already know the triggers and what to do to reduce your risk of getting a UTI. If this is all new to you, or if you'd like to learn some integrative medicine ways to support your urinary health, read on.

Aging & Urinary Health

UTIs are a common problem, especially for women as we age. Hormonal changes, vaginal dryness, and decreased tissue responsiveness can cause the urethra (the duct that carries urine from the bladder outside of the body) to lose integrity. A confluence of some or all of these issues can introduce bacteria into the urethra and/or the bladder, resulting in a UTI. Physicians may prescribe a daily dose of antibiotics to try to keep UTIs at bay. However, some women don't want to take antibiotics regularly. It may treat the problem, but it can disrupt their gastrointestinal tract and gut microbiome in the process, creating

additional problems along the way.

Over time, the constant use of antibiotics can result in antibiotic resistance, which could mean losing the ability—through antibiotics—to fight off a variety of bacteria, and not just the ones that cause UTIs.

I recommend that patients take a daily dose of probiotics and increase their vitamin C intake from 2000 to 4000 mg to support their urinary and overall health. I also suggest women use a cream containing DHEA or prescribed with testosterone, with gentle, all-natural ingredients to support collagen production and soothe and support the delicate skin of the vulva and urethra.

Doing these simple things can often bring UTI relief and may even help prevent UTIs from recurring.

However, you should contact your physician if you try these recommendations and see no improvement within a few days. Infections can sometimes travel to the bladder and possibly even the kidneys, requiring immediate medical attention.

Helping the Integrative Way

Besides the above suggestions, monitoring urine pH could help reduce the occurrence of UTIs. Women can buy at-home strips or other helpful devices to check their urine pH.

Optimizing your diet can be a powerful tool in reducing your susceptibility to UTIs. A diet rich in fruits, vegetables, and non-dairy products can increase urine alkalinity, potentially reducing your susceptibility to UTIs. Conversely, foods like red meat, dairy, and drinking alcohol can decrease urine alkaline, so you may want to limit or avoid these foods and drinks if you're prone to UTIs.

Adding supplements such as D-mannose, which some studies suggest helps the mucosal lining of the bladder, could decrease the incidence of UTIs. Similarly, *Lactobacillus* strains, especially *L. rhamnosus*, which can be taken as a supplement or found in some yogurts or other fermented foods, can be very beneficial in supporting your urinary tract.

Watching what you eat and reducing your sugar intake is key. Minimizing inflammatory foods such as processed foods, artificial sweeteners, dyes, and preservatives is useful, as is choosing organic, free-range, wild-caught products to avoid pesticides and herbicides. Doing these things will support your overall health, not just good urinary health.

I recommend following the Keto Green® diet I've created that many of my patients use. The Keto Green diet is a modified keto diet consisting of more plant-based, alkaline-rich, and detoxifying foods than the traditional keto diet. Composed of organic leafy greens, high-quality proteins, healthy fats, and lower carbs, it can lay a foundation for a healthy gut and promote good health across the board, including supporting your urinary tract.

The Cranberry Connection

Many women think drinking cranberry juice for urinary tract health is helpful. The truth is, it is, and it is not.

The antioxidants, acidity, and bitterness in cranberries have been found to be a natural combatant against

the bacteria that cause UTIs. The problem is that most cranberry juice is artificially sweetened to make it more palatable. However, too much sugar or artificial sweeteners can actually increase bacteria growth, which is the thing you are trying to avoid when you have a UTI.

The best way to circumvent the added sugar or artificial sweeteners in cranberry juice is to drink diluted unsweetened cranberry juice concentrate or take cranberry capsules (and never sweetened cranberry gummies!).

Whole-Body Deodorant

You've probably seen or heard much lately about "total body" deodorants. If you have a UTI or get them frequently, I don't recommend using these products in your genital area. Anything with chemicals, preservatives, perfumes, fragrances, and so on can disrupt your vagina's bacterial balance. While products containing sodium bicarbonate (baking soda) can provide alkalization and decrease an overgrowth of bacteria, it might not be a good idea to try something without first seeing or talking to your doctor. The safest, most organic, and consistent way to "deodorize" your vagina and your whole body is by keeping a healthy gut. The old saying is true: You are what you eat, and restoring a healthy bacterial balance is an inside-out process.



Anna Cabeca, DO, OBGYN, FACOG, is the best-selling author of *The Hormone Fix*, *Keto-Green 16*, and *MenuPause*. Dr. Cabeca is triple-board certified and a fellow of gynecology and obstetrics, integrative medicine, and anti-aging and regenerative medicine. She

holds special certifications in functional medicine, sexual health, and bioidentical hormone replacement therapy. She lives in Dallas with her daughters, horses, and dogs. www.drannacabeca.com



BOOST YOUR METABOLIC SUPPORT*



Metabolism Basix is a premium, foundational nutrition formula with metabolically active B vitamins, bioavailable mineral complexes, and a powerful botanical blend that supports the body's antioxidant and cell protective mechanisms to counter oxidative stress.*

*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.

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving %DV			Amount Per Serving %DV		
Vitamin A (as natural beta-carotene and retinyl palmitate)	380 mcg	42%	Manganese (as manganese bisglycinate chelate) ^{S2}	0.05 mg	2%
Vitamin C (as sodium ascorbate, potassium ascorbate, zinc ascorbate, and calcium ascorbate)	40 mg	44%	Chromium (as chromium nicotinate glycinate chelate) ^{S2}	85 mcg	243%
Vitamin D3 (cholecalciferol)	0.85 mcg (34 IU)	4%	Molybdenum (as molybdenum glycinate chelate) ^{S2}	5 mcg	11%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%	Proprietary Phytonutrient Blend		
Thiamin (as thiamine mononitrate)	3 mg	250%	Green Coffee Bean Extract (<i>Coffea arabica</i>), Organic Maca (<i>Lepidium meyenii</i>)(root), Green Tea Aqueous Extract (<i>Camellia sinensis</i>)(leaf)(30% EGCG), Rhodiola Extract (<i>Rhodiola rosea</i>)(root)(3% rosvavins), Milk Thistle Extract (<i>Silybum marianum</i>)(seeds)(30% silybins), Rosemary Extract (<i>Rosmarinus officinalis</i>)(leaf)(5% rosmarinic acid), Bitter Gourd Extract (<i>Momordica charantia</i>)(fruit), Artichoke Extract (<i>Cynara scolymus</i>)(leaf), Cinnamon 10:1 Aqueous Extract (<i>Cinnamomum cassia</i>)(bark) ^{S3} , Astaxanthin ^{S4}		
Riboflavin (as riboflavin 5'-phosphate sodium)	3 mg	231%	346.5 mg		
Niacin (as niacinamide and niacin)	10 mg	63%	Mixed Tocopherols		
Vitamin B6 (as pyridoxal 5'-phosphate)	3 mg	176%	10 mg		
Folate (as (6S)-5-methyltetrahydrofolate acid, glucosamine salt) ^{S1}	110 mcg DFE	28%	Inositol		
Vitamin B12 (as methylcobalamin)	85 mcg	3,542%	5 mg		
Biotin	170 mcg	567%	Vanadium (as vanadium nicotinate glycinate chelate) ^{S2}		
Pantothenic Acid (as d-calcium pantothenate)	30 mg	600%	125 mcg		
Iodine (as potassium iodide)	15 mcg	10%			
Magnesium (as di-magnesium malate) ^{S2}	15 mg	4%			
Zinc (as zinc bisglycinate chelate) ^{S2}	2 mg	18%			
Selenium (as selenium glycinate) ^{S2}	15 mcg	27%			

Other Ingredients: Capsule (hypromellose and water), hydroxypropyl cellulose, potassium glycinate, di-calcium malate, ascorbyl palmitate, silica, dicalcium phosphate diphosphate, calcium silicate, and choline dihydrogen citrate.

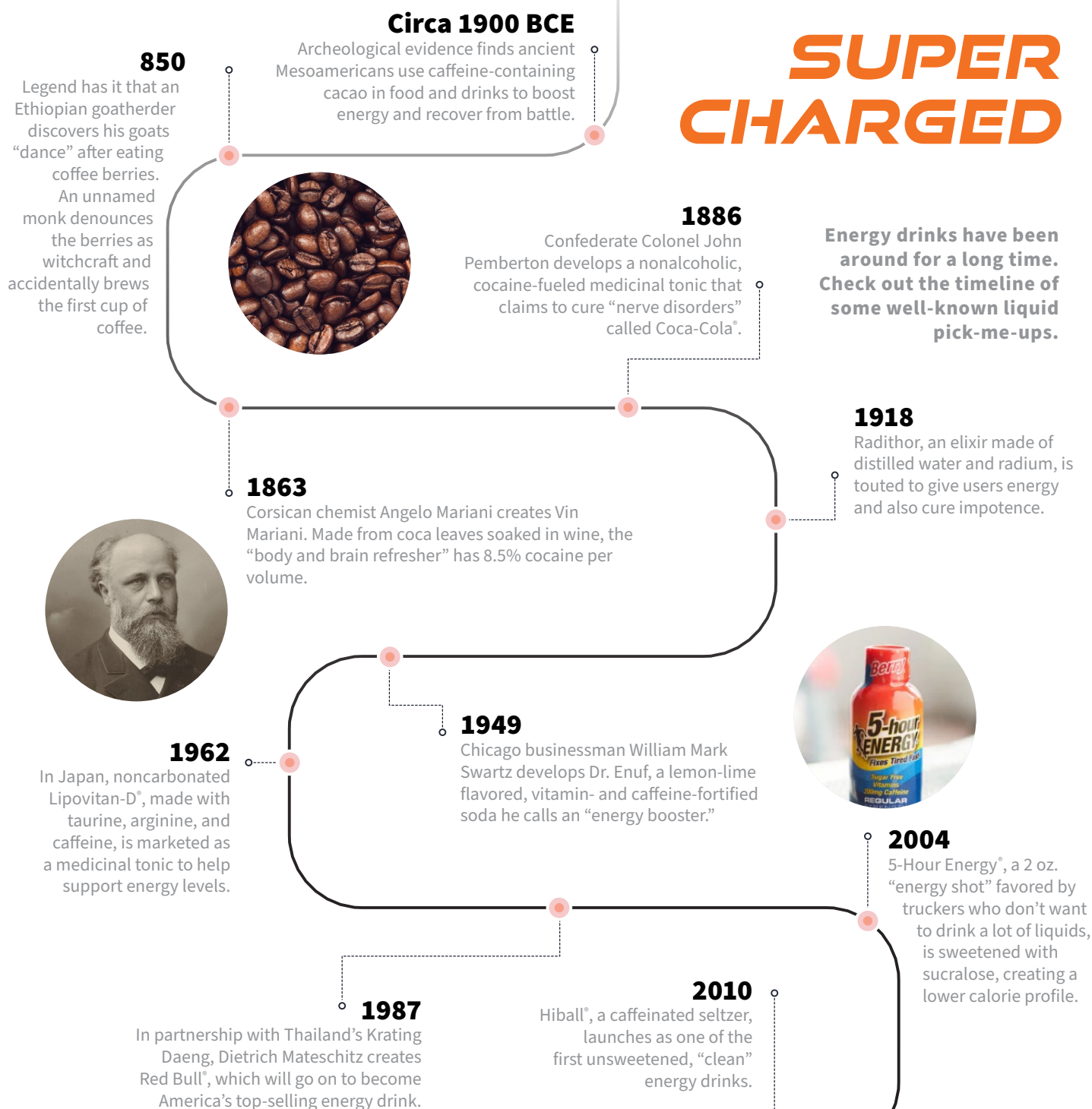
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SUPER CHARGED



Wellness Words Answers

Down

- | | | |
|--------------|--------------|------------|
| 1. Puberty | 7. Gummy | 16. Types |
| 2. Tweenager | 9. Hormones | 17. Fruits |
| 3. Cranberry | 13. Family | 20. Gamer |
| 4. Nori | 14. Vindaloo | 21. Kids |
| 5. Keep | 15. Utensil | |

Across

- | | | |
|-----------------|-------------|-------------|
| 1. Pediatrician | 12. Norms | 23. Iodine |
| 6. Average | 15. Urinary | 24. Swallow |
| 8. Sheer | 18. Money | |
| 10. Up | 19. Sugar | |
| 11. Breathe | 22. Cycles | |

NEW SIZE!
NEW SIZE!
NEW SIZE!

