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# The Innovative Guide to Wellness

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WINTER 2025



ARTICLES TO  
**Educate and Empower**

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of Laxatives

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# GREETINGS AND HAPPY NEW YEAR!

With each new year comes time to reflect on the previous year and look to the future, making resolutions to better ourselves. Dieting is a common resolution. While consuming healthier foods should always be the commitment we make to ourselves and our family, consumption does not only pertain to food.

Many of us consume television, social media, and online sites and entertainment in unhealthy amounts. A great resolution would be to get “offline” more and stay tuned-in to our family, friends, and health. Taking a walk, reading a book, doing puzzles and playing board games are great ways to keep your body and mind active.

Many of us consume dietary supplements. Are they the best ones? Do they nourish our bodies with what we need to improve our wellness?

We at LaneInnovative use key ingredients produced in countries with advanced food technologies and regulatory oversight. We continuously test for label claim potency, pathogens, and heavy metals. We adhere to Good Manufacturing Practices (GMP) and other US Food & Drug Administration (FDA) regulations.

Welcome to our new magazine style catalog, “The Innovative Guide to Wellness”. These pages include nine articles on various health topics to empower and educate you. Our goal is to help you make the best choices for a healthier you!

We wish you a Happy and Healthy New Year. Enjoy our new format!

All the best,



Andrew Lane  
President

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# THE HIDDEN DAMAGE OF LAXATIVES

## What is Laxative Dependence and How to Avoid It?

**Laxative dependence** is a condition that occurs when someone relies on over-the-counter or prescription laxatives to regularly relieve constipation. Over time, this reliance can lead to physical and psychological dependence on these medications, making it difficult to have regular bowel movements without their use. While laxatives can be effective for occasional constipation, their long-term use, especially in large quantities, can alter the body's natural ability to pass stool and disrupt the balance of intestinal function.

## Understanding Laxative Dependence

**Laxative dependence** can develop when the body becomes accustomed to the use of laxatives and begins to rely on them to initiate bowel movements. This is more common with stimulant laxatives, such as bisacodyl or senna, which work by stimulating the muscles in the colon to contract. Over time, the body's natural bowel function may diminish, and individuals may find they need higher doses of laxatives to achieve the same effect, creating a cycle of increasing dependence.

The colon is a muscle, and just like any other muscle in the body, it can lose strength if it is not used properly. When stimulant laxatives are used regularly, the colon may become less responsive, and the normal peristaltic movements (muscle contractions) that push stool through the digestive system can become sluggish or weakened. As a result, individuals may experience difficulty in having bowel movements without the use of laxatives, leading to **laxative dependence**.

## How Laxative Dependence Is Created

Laxative dependence doesn't happen overnight. It usually develops after prolonged or excessive use of laxatives. Here's how it typically occurs:

### Overuse of Laxatives

When laxatives are used too frequently or in large amounts, the colon may become reliant on the artificial stimulation or water absorption provided by the laxative. This dependence can be both physical and psychological.

### Slower Colon Function

Over time, regular laxative use can lead to slower bowel movements, as the colon's natural muscle activity becomes impaired. This means that without the stimulant from the laxative, the colon may not be able to effectively move stool on its own.

### Tolerance Development

Much like any medication, the body can build a tolerance to laxatives, meaning that the individual may need to take more over time to achieve the same result. This escalates the cycle of dependence, leading to the need for higher doses of laxatives.

### Psychological Dependence

In addition to the physical reliance, some individuals develop a psychological dependence on laxatives. They may feel anxious about having a bowel movement without the help of a laxative or believe that they cannot pass stool without it. This mental association reinforces the use of laxatives, even when they are no longer necessary for normal bowel function.



**SAY NO TO  
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# Preventing and Overcoming Laxative Dependence

Avoiding **laxative dependence** involves taking a more holistic approach to managing **occasional constipation** rather than relying on laxatives as a first line of defense. While laxatives may provide short-term relief, they should not be the primary solution to digestive health. Here are some strategies to manage constipation in a healthier way:

## ► Dietary Changes

One of the most effective ways to prevent and manage **occasional constipation** is through dietary adjustments. A diet high in fiber helps promote healthy bowel movements by adding bulk to the stool, making it easier to pass. Some dietary tips to improve gut health include:

**Increase Fiber Intake:** Foods high in fiber such as whole grains, fruits, vegetables, and legumes can help regulate bowel movements. Soluble fiber found in oats, beans, and fruits helps absorb water and softens stool, while insoluble fiber from whole grains and leafy vegetables adds bulk.

**Stay Hydrated:** Adequate water intake is essential for maintaining proper bowel function. Drinking enough fluids helps soften stool and makes it easier to pass.

**Avoid Processed Foods:** Highly processed foods, which tend to be low in fiber and high in fat, can contribute to sluggish digestion and worsen constipation.



## ► Exercise Regularly

Regular physical activity is another key factor in promoting healthy digestion and avoiding **laxative dependence**. Exercise helps stimulate the muscles in the intestines and supports peristalsis (the natural movement of food through the digestive tract), which can relieve **occasional constipation**. A daily walk or regular aerobic exercise can be especially helpful in keeping your bowels functioning properly.

## ► Improve Sleep Patterns

Sleep plays an important role in overall health, including digestive health. Disruptions to the circadian rhythm, like irregular sleep patterns, have been linked to an increased risk of constipation. Proper rest supports the body's natural functions, including digestion, and helps regulate bowel movements. Aim for 7-9

hours of quality sleep each night, and try to establish a consistent sleep schedule.

## ► Magnesium Supplements

Magnesium is a vital mineral that can help manage **occasional constipation**. It works by drawing water into the colon, which softens the stool and encourages regular bowel movements. Magnesium supplements are commonly used for occasional constipation though may still cause a dependence when taken at extended high intake. Unlike most magnesium supplements, Active Magnesia can be taken daily and is effective at low intake. Active Magnesia has up to four times the water-attracting power of other magnesium forms. Active Magnesia is not just an osmotic, it is a Hyperosmotic. Working almost like a giant sponge, Active Magnesia increases the collection of water in the colon to support healthy, regular elimination.\*

## ► Manage Stress

Stress can have a negative impact on your gut health, leading to **occasional constipation** and other digestive issues. The gut and brain are connected through the gut-brain axis, meaning that stress can affect your digestive function. To manage stress, consider incorporating relaxation techniques such as deep breathing exercises, mindfulness, or meditation into your daily routine. These practices can help reduce the impact of stress on the digestive system and support healthier bowel function.

Interested in more articles on regularity and constipation?

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## Overview

**Laxative dependence** is a serious issue that can develop when laxatives are used regularly to relieve **occasional constipation**. Over time, this reliance on laxatives can impair the body's natural ability to move stool through the intestines. To avoid becoming dependent on laxatives, it's important to adopt healthier lifestyle habits, such as eating a fiber-rich diet, exercising regularly, ensuring adequate sleep, and considering natural remedies like magnesium supplementation.

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Active Magnesia has up to four times the water-attracting power of other magnesium forms. Active Magnesia is not just an osmotic, it is a Hyperosmotic.\*



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Jeff Z.

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A testimonial reflects the personal experience of one person. Individual results may vary.

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# THE GUT-BRAIN AXIS

## 7 KEY FACTS YOU SHOULD KNOW

The gut-brain axis is a complex communication network that links the gastrointestinal tract and the brain. Understanding this connection is important as it impacts various aspects of your health, including mood, sleep, and stress levels. Let's take a closer look at the facts you should know about how your gut and brain link and what it means for your overall health. You may be surprised by just how much this connection influences the function of your entire body and the influence it has on your overall health.

### 1. The Gut-Brain Axis Influences Mood

The gut-brain axis plays a significant role in regulating mood. The gut produces neurotransmitters like serotonin, often called the "happy hormone," which influences your overall mood and emotional well-being. Approximately 90% of serotonin is produced in the gut, highlighting the importance of gut health in managing mood disorders such as depression and anxiety.

### 2. Affects Sleep Patterns

The gut-brain axis also impacts sleep. The gut microbiome influences the production of sleep-regulating hormones, including melatonin. As you know, lack of proper sleep can have a negative impact on your ability to think or process information. A balanced gut microbiome can promote better sleep quality by ensuring the proper production of these hormones. Disruptions in the gut-brain axis can lead to sleep disturbances, affecting overall health and well-being.

### 3. Stress Response and the Gut-Brain Axis

Stress significantly affects the connection between your gut and your brain. Chronic stress can disrupt the gut microbiome, leading to digestive issues and worsening stress responses. Conversely, a healthy gut can help regulate stress hormones like cortisol, mitigating the adverse effects of stress. It's incredibly important too.

### 4. Role in Cognitive Function

The gut-brain axis is also essential for cognitive function. Emerging research suggests that gut health can influence cognitive abilities such as memory, learning, and decision-making. The gut microbiome produces metabolites that can cross the blood-brain barrier and impact brain function. Based on this, a healthy gut is linked to better cognitive performance and a lower risk of neurodegenerative diseases.



### 5. Immune System Regulation

The gut-brain axis is integral to immune system regulation. The gut microbiome interacts with the immune system to maintain a balanced immune response. A healthy gut helps prevent excessive inflammation and supports the body's defense mechanisms. This regulation is crucial for preventing chronic inflammatory conditions and ensuring overall immune health.

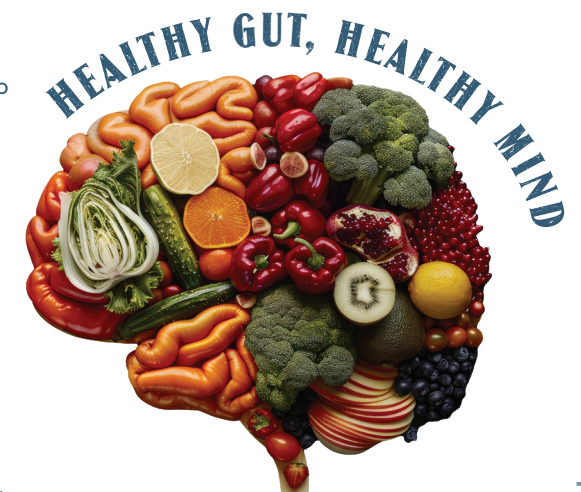
### 6. Influence on Appetite and Satiety

The gut-brain axis also regulates appetite and satiety. The gut communicates with the brain to signal hunger and fullness through hormones like ghrelin and leptin. A balanced gut microbiome ensures these signals are correctly interpreted, helping to maintain a healthy weight and prevent overeating or undereating. Maintaining a healthy weight

has many health benefits and can help you avoid a variety of health issues, such as heart disease or diabetes.

### 7. Probiotics and the Gut-Brain Axis

Probiotics can positively influence the gut-brain axis. These beneficial bacteria help restore and maintain a healthy gut microbiome, enhancing communication between the gut and brain. Probiotic-rich foods like yogurt, kefir, and fermented vegetables can improve mood, reduce stress, and enhance cognitive function by supporting gut health.



Interested in more articles on gut health?  
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### Conclusion

The gut-brain axis is a vital communication network that significantly impacts various aspects of our health, including mood, sleep, stress, cognitive function, immune regulation, and appetite control. Maintaining a healthy gut through diet, probiotics, and stress management is essential for overall well-being. Understanding and supporting this connection can lead to improved mental and physical health well into the future.

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10410452/>



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“Since using Kefiran (about one month) I feel a significant difference in my stomach. I don’t bloat as much and have no stomach discomfort. I highly recommend Kefiran.”\* **Anna S.**

\*A testimonial reflects the personal experience of one person. Individual results may vary.

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# UNDERSTANDING ZINC-CARNOSINE

## What is Zinc-Carnosine and How It May Likely Benefit You

**Zinc-Carnosine** is a unique compound that combines zinc and L-carnosine, providing numerous potential health benefits, particularly for the digestive system. This combination is often praised for its ability to support a healthy stomach lining environment and alleviate occasional gastric discomfort.\* Let’s explore what Zinc-Carnosine is and how it may likely benefit you.

### Understanding Zinc-Carnosine

**Zinc-Carnosine** is a chelated compound, meaning that zinc and L-carnosine are bound together to enhance their stability and effectiveness. This unique formulation allows for targeted delivery of these essential nutrients to the gastrointestinal tract.\*

### Benefits of a Healthy Stomach Lining Environment

One of the primary benefits of Zinc-Carnosine is its ability to promote a healthy stomach lining environment. This compound works by adhering to the stomach lining, forming a protective coating that helps maintain its integrity. This is necessary to prevent stomach acid damage and support overall digestive health.\*

## Relieving Occasional Gastric Discomfort

**Zinc-Carnosine** is also known for its potential to relieve occasional gastric discomfort. Supporting the stomach lining and promoting healing can help reduce symptoms such as bloating, nausea, and occasional heartburn. Many people find relief from digestive discomfort by incorporating Zinc-Carnosine into their wellness routine.\*







# MECHANISMS OF ACTION

## ADHESION TO THE STOMACH LINING:

Zinc-Carnosine's ability to adhere to the stomach lining allows it to form a protective barrier. This helps prevent the erosion of the stomach lining and promotes a conducive environment to help maintain the health and integrity of the stomach over the long term.\*

## ANTI-INFLAMMATORY PROPERTIES:

Zinc-Carnosine's has anti-inflammatory effects that can help soothe the stomach lining. This is particularly beneficial for individuals experiencing occasional gastric discomfort due to irritation caused by dietary choices or stress.\*

## PROMOTION OF CELLULAR REPAIR:

The L-carnosine component of Zinc-Carnosine plays a role in cellular repair and regeneration. This can help maintain the health of the stomach lining and promote faster recovery from minor irritations.\*

## Usage and Dosage

Zinc-Carnosine supplements are available in various forms, including tablets and capsules. The recommended dosage typically ranges from 75 to 150 mg per day, but it is essential to follow the guidance of a healthcare professional to determine the appropriate dosage for your specific needs.

## Potential Side Effects and Precautions

While Zinc-Carnosine is generally well-tolerated, some individuals may experience mild side effects such as nausea or constipation. It is important to start with a lower dosage and gradually increase it to minimize any potential discomfort. As with any supplement, it is advisable to consult with a healthcare provider before starting Zinc-Carnosine, especially if you have existing health conditions or are taking other medications.

## Who Can Benefit from Zinc-Carnosine?

- ▶ **Individuals with Occasional Gastric Discomfort:** Those who experience symptoms such as bloating, occasional heartburn, or nausea may find relief with Zinc-Carnosine.\*
- ▶ **People Seeking Digestive Health Support:** Zinc-Carnosine can be beneficial for anyone looking to support their digestive health and maintain a healthy stomach lining environment.\*

**Athletes and Active Individuals:** Since physical stress can impact digestive health, athletes and those with active lifestyles may benefit from the protective properties of Zinc-Carnosine.\*

## Sources:

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## Conclusion

Zinc-Carnosine is a helpful supplement that offers numerous benefits for digestive health. By supporting a healthy stomach lining environment and relieving occasional gastric discomfort, it can be a valuable addition to your wellness regimen. Always consult with a healthcare professional to determine if Zinc-Carnosine is right for you and to establish the appropriate dosage.\*

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# WHAT ARE NK CELLS

## AND WHY ARE THEY IMPORTANT FOR YOUR IMMUNE SUPPORT?

**Natural Killer (NK) cells** are an important part of your immune system, playing a central role in the body's defense against infections and certain diseases. These specialized white blood cells help protect your body from pathogens, such as viruses and bacteria. In this article, we will explore what NK cells are, how they function, and why they are so important for immune support.

### The Importance of NK Cells for Immune Support

**NK cells** are integral to your body's ability to fight off infections and maintain tissue health. Here's a breakdown of why NK cells are so vital for your immune support:

#### 1. Early Defense Against Infection

**NK cells** are among the first immune cells to respond to a viral infection. They are able to detect and destroy infected cells before the adaptive immune system (which involves antibodies and T cells) can mount a more specialized response. This rapid reaction helps limit the spread of the infection and prevents the virus from taking hold.

#### 2. Regulation of Immune Responses

**NK cells** don't just attack infected cells; they also help regulate the immune response. By releasing cytokines, NK cells influence other immune cells, promoting inflammation or suppressing it depending on the situation. This helps coordinate the broader immune response, ensuring that it is effective but not overactive.

#### 3. Immunity to Common Viral Infections

**NK cells** are particularly important for fighting off common viral infections. In some cases, people with weakened NK cell function may experience more severe or prolonged infections because their bodies lack this early-response defense.



#### 4. Autoimmune

In addition to defending against infections, NK cells also play a role in preventing the immune system from attacking the body's own tissues. Through a process called immune tolerance, NK cells help maintain a balance in the immune system, reducing the risk of autoimmune diseases where the immune system mistakenly attacks healthy cells.

#### 5. Aging and NK Cells

As we age, the activity of NK cells can decline, making older adults more vulnerable to infections. This age-related decline is one reason why maintaining robust immune function is so important for overall health, especially in later years. Some researchers believe that boosting NK cell activity could improve immune function and enhance quality of life for aging individuals.

### How to Support NK Cell Function

Supporting the health and activity of **NK cells** involves a combination of lifestyle factors, including diet, exercise, and stress management. Here are some ways you can help maintain healthy NK cell function:

#### 1. Exercise Regularly

Physical activity is known to boost NK cell activity. Regular exercise enhances circulation, allowing NK cells to travel more efficiently throughout the body and perform their protective roles.

#### 2. Eat a Balanced Diet

Nutrients such as vitamin C, vitamin D, and zinc are important for immune function and can help support NK cell activity. A diet rich in fruits, vegetables, lean proteins, and healthy fats provides the building blocks necessary for optimal immune support.

#### 3. Reduce Stress

Chronic stress can suppress NK cell activity, making it harder for your body to respond to infections. Practices such as meditation, mindfulness, and adequate rest can help reduce stress and improve overall immune function.

#### 2. Adequate Sleep

Getting enough high-quality sleep is essential for maintaining NK cell function. Sleep deprivation has been shown to impair the ability of NK cells to respond to infections effectively.

### Conclusion

**NK cells** are a powerful and essential part of the immune system, serving as the body's first line of defense against infections. By understanding their role and supporting their function through healthy lifestyle choices, you can help strengthen your immune system and improve your overall health. Whether you're preventing a cold or fighting off a virus, NK cells are critical for maintaining robust immune support.

Interested in more articles on immune health?

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S.L.

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## SLEEP FUELS

# SUCCESS

### What is Your Sleep Biorhythm and Why is it so Important?

Your sleep biorhythm, which is a major part of your circadian rhythm, is one of several biological rhythms that you have. While everyone has a sleep biorhythm, it's always unique from person to person.

In addition to helping you feel rested and refreshed after a night of snoozing, your

sleep biorhythm is important to your overall health and wellness. It's important to maintain a healthy, consistent sleep biorhythm if you want to avoid sleep conditions and disorders, such as occasional sleeplessness. If you're curious and want to know more about your sleep biorhythm and why it's so important, keep reading!

### What is Your Sleep Biorhythm?

It's difficult to fully understand sleep biorhythms unless you're a sleep expert. In general, however, the sleep biorhythm is part of a biological, internal clock in the brain known as your circadian rhythm. This internal clock helps regulate things like body temperature, sleep patterns, hormone secretion, and many other autonomic responses, and it does so without you even knowing about it.

Your sleep biorhythm, sometimes known as the sleep-wake cycle, refers to everything that your body does while you're asleep. It influences the quality of your sleep and how rested or sluggish you feel when you wake up.

The reason that your sleep biorhythm is a major part of your circadian rhythm is because of how light and other environmental factors affect it. For instance, light significantly affects the sleep-wake cycle, which is why it takes time for people to adjust to sleeping during the day and working during the night. Your body naturally associates darkness with sleep, courtesy of your circadian rhythm and sleep biorhythm.

### Why is Your Sleep Biorhythm Important?

Your sleep biorhythm is important because it determines how well you sleep at night and how rested you feel in the morning. If your sleep biorhythm is off, it can result in a number of things, including the following.

- ▶ Feeling drowsy or unrested when you wake up in the morning.
- ▶ Depression
- ▶ Having a bad temper
- ▶ Mood changes and swings
- ▶ Headaches
- ▶ Trouble focusing

These are just the short-term effects of having a bad sleep biorhythm. If your biorhythm is off for a prolonged period of time, it will start to affect your physical and mental health.

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50 Caplets





## How Does the Sleep Biorhythm Work?

To understand how sleep biorhythms work, we need to look at how circadian rhythms work as a whole. Circadian rhythms are based on a 24-hour internal clock inside the brain that works automatically and doesn't require any intentional input from you. While they're best understood in humans, all plants, animals, and living organisms have a circadian rhythm.

The internal clock that controls your circadian rhythm tells your body to do a ton of things that you can't control on your own. It helps regulate things like your body temperature, digestion, protein secretion, how your body uses energy, and much more. Additionally, when it gets dark outside, your internal clock tells your body to release melatonin, which makes you start feeling drowsy and sleepy.

This, in turn, starts the sleep biorhythm cycle, which refers to the time when you fall asleep to the time you wake up. Your sleep biorhythm helps you stay asleep, go through the various sleep cycles, and wake up in the morning feeling refreshed. Conversely, however, if you don't have a healthy sleep biorhythm, it can result in occasional sleeplessness, not feeling rested, and waking up periodically throughout the night.



## Tips for Maintaining a Healthy Sleep Biorhythm

If you want to stay healthy and alert by maintaining a healthy sleep biorhythm, here are a few tips and tricks.

### 1

#### Keep a Consistent Sleep Schedule

It's also crucial that you maintain a consistent sleep schedule. Do this by avoiding long naps in the afternoon that will end up keeping you awake at night. It's also a good idea to exercise regularly and to avoid electronics for a minimum of two hours before going to bed.

### 2

#### Avoid Blue Light and Pursue Sunlight

Melatonin is the main hormone in the human body when it comes to activating your sleep biorhythm. By getting plenty of sunlight and Vitamin D in your system, you'll increase the flow of melatonin. Blue light from computer screens and phones, on the other hand, will have the opposite effect and stimulate your system.

### 3

#### Make Healthy Lifestyle Choices

One of the best ways to maintain a healthy sleep biorhythm is by making wise food and beverage choices while you're awake. You should avoid large amounts of caffeine, nicotine, and alcohol, especially right before trying to go to sleep. Additionally, you should also consider adding healthy supplements to your diet, like magnesium, ashwagandha, chamomile, and passion flower.

While many individuals begin trying to regulate their sleep by using melatonin, this can actually disrupt your sleep rhythm over time. Recent studies have shown that doses over 0.3 mg can disrupt your circadian rhythm and mutually beneficial sleep cycles.



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UNLOCK THE FULL POTENTIAL OF YOUR CALCIUM:

# THE VITAMIN K2 CONNECTION

## Does Your Calcium Contain Vitamin K2?

You may already know that calcium is critical in maintaining bone health. However, you may not realize that vitamin K2 plays an equally important role in calcium absorption. It's important that you understand how they complement each other and what they do for your body. Let's take a closer look at the significance of vitamin K2 in combination with calcium intake and why it's essential that your calcium contain Vitamin K2, an often-overlooked nutrient.\*

## What is Calcium's Role in Bone Health?

What actually is calcium anyway? Calcium is a mineral essential for various bodily functions, with the majority (around 99%) found in bones and teeth. It provides structural support and strength to bones, helping to prevent osteoporosis and reduce the risk of fractures. While it's true that adequate calcium intake is important throughout life, it becomes particularly important during periods of rapid bone growth. The stages when you are most likely to experience said growth are during childhood and adolescence or when you become older and are more susceptible to bone loss. You want to be extra sure that your body is receiving adequate nutritional support during these times.\*



### UNDERSTANDING WHY VITAMIN K2 IS THE CALCIUM SHUTTLE

While calcium is crucial for bone health, its effectiveness relies heavily on the presence of other nutrients, including vitamin K2. Vitamin K2 acts as a "calcium shuttle," directing calcium to where it's needed most, namely, the bones and teeth. While doing so, it also prevents calcium accumulation in soft tissues like arteries and joints. Without adequate vitamin K2, calcium may not be properly utilized, leading to potential health risks.\*

### VITAMIN K2'S ROLE IN PREVENTING ARTERIAL CALCIFICATION

One of the key functions of vitamin K2 is its ability to prevent arterial calcification, a condition where calcium deposits accumulate in the arteries, leading to stiffening and narrowing of the blood vessels.\*

This phenomenon, often referred to as the "calcium paradox," highlights the importance of vitamin K2 in ensuring that calcium is directed away from the arteries and towards the bones, where it belongs.\*



BRIDGE THE GAP:

# WHY VITAMIN K2 SUPPLEMENTATION MATTERS



## The Importance of Vitamin K2 Supplementation

Despite its necessary role in bone health and calcium metabolism, many people may not consume sufficient vitamin K2 through diet alone. Factors such as dietary preferences, limited availability of vitamin K2-rich foods, and poor absorption of vitamin K2 from certain sources may contribute to inadequate intake. Because of this reality, supplementation with vitamin K2 may be necessary to ensure optimal bone health and prevent calcium-related health issues.\*

## Optimal Ratios: Balancing Calcium and Vitamin K2

Achieving the right balance between calcium and vitamin K2 is important for maximizing bone health benefits and minimizing potential risks. It's certainly a balancing act. While the recommended dietary allowance (RDA) for calcium varies depending on age and gender, experts generally suggest a daily intake of 100-200 micrograms of vitamin K2 for optimal bone health. Ensuring that your calcium supplement contains appropriate vitamin K2 can help maintain this balance.\*

## Potential Health Benefits Beyond Bone Health

Not only does vitamin K2 play a role in bone health and calcium metabolism, it has been associated with various other health benefits. Research suggests that vitamin K2 may help reduce the risk of cardiovascular disease,

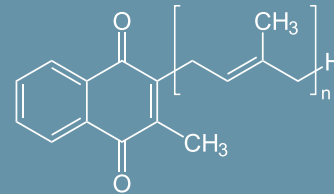
support healthy brain function, and even enhance athletic performance. You may gain additional health benefits by incorporating vitamin K2-rich foods or supplements into your diet.\*

## How to Choose Calcium Containing Supplements with Vitamin K2

When selecting calcium supplements, it's essential to consider whether they contain vitamin K2. While many calcium supplements on the market focus solely on calcium content, overlooking the importance of vitamin K2 could limit the effectiveness of the supplement in promoting bone health. Look for calcium supplements that include vitamin K2 as menaquinone-7 (MK-7), a highly bioavailable form of vitamin K2 known for its longer half-life in the body. If you need help finding the best option, it's best to speak with your doctor or nutritionist to learn more.\*

## FORMS OF VITAMIN K: K1 VS. K2

It's essential to distinguish between two main forms of vitamin K: K1 (phylloquinone) and K2 (menaquinone). While both forms play roles in blood clotting and bone health, vitamin K2 is particularly effective in directing calcium to the bones and preventing arterial calcification. That's the main difference between the two forms of vitamins. Sources of vitamin K2 include fermented foods like natto, cheese, and certain animal products, while vitamin K1 is found in leafy greens like spinach and kale.\*



## Maximize Bone Health with Calcium Containing Formulas with Vitamin K2

While calcium is essential for bone health, its effectiveness relies on the presence of other nutrients, particularly vitamin K2. As mentioned, vitamin K2 plays a significant role in directing calcium to the bones while preventing accumulation in soft tissues like the arteries. This is why it's so critical to ensure your calcium contains vitamin K2 to make the most of what the nutrients have to offer. Include K2 in your calcium regimen to support strong, healthy bones and overall well-being.\*

Interested in more articles on bone health?  
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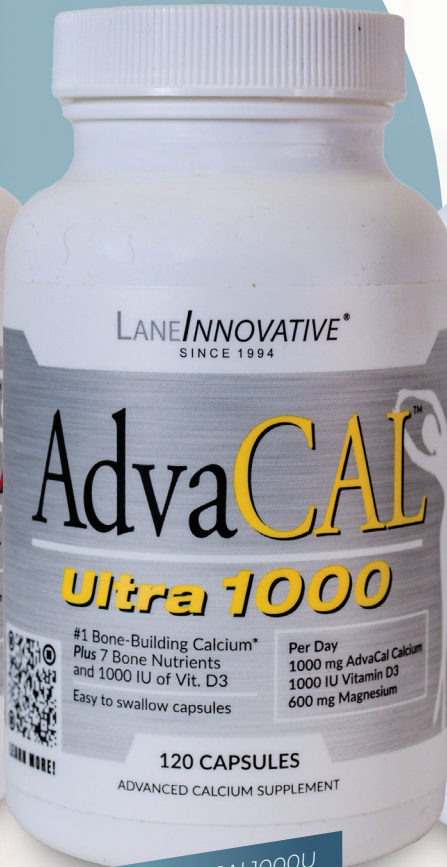
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Sources: 1: Fujita (Various Medical Journals) 1990, 1996, 1997, 2000 2: Uenishi et al Nutrients (2010) 2, 752-761

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“I have been taking AdvaCal 1000 Calcium/ Vitamin D for several years. The results have kept my bone strength top notch.”  
**Herbert M. - AdvaCAL 1000 Customer**

“DEXA scans remain normal over the past 30 years of using this product.”\*\*  
**Janice S. - AdvaCAL Ultra 1000 Customer**

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Adequate calcium with vitamin D as part of a healthful diet throughout life, along with physical activity, may reduce the risk of osteoporosis in later life.



# CONQUER MENOPAUSE WITH

# CONFIDENCE

## What is Maca and Why is it Helpful for Menopause Support?\*

Menopause impacts the lives of millions of women each year. While it is a naturally occurring condition, it still has many symptoms requiring support. Some women rely on Hormone Replacement Therapy or other medicines for relief, but there may be natural solutions to consider.

Maca, scientifically referred to as *Lepidium meyenii*, is a plant from the Peruvian Andes Mountains, where people have been using it for years as a food and medicine source. Maca is similar to other cruciferous vegetables, such as broccoli or cabbage, and it is often used in a fermented drink or porridge. However, its root is chock-full of amino acids, vitamins, and minerals that some believe may promote health benefits such as relieving menopause symptoms.\*

Let's delve deeper into understanding what maca is and how it may be helpful for menopause support.\*

## Studies Suggest Maca May Relieve Menopause Symptoms\*

First, let's discuss the core symptoms of menopause, including hot flashes, vaginal dryness, sleep disruption, and mood changes. These natural changes occur due to the decline of estrogen in the body and can significantly impact a woman's quality of life. It's no secret that anybody going through this transition will likely search for support. One option may be maca. Limited studies suggest maca may reduce hot flashes, sleep interruptions, and other symptoms. Let's take a closer look at one of the studies in question.\*

## Nutritional Management Study

In this study, a 32-year-old woman started experiencing classic menopausal symptoms, including hot flashes, anxiety, and sleep disruption after a hysterectomy. She was given a personalized nutritional plan (including maca), nutrient supplementation, and other lifestyle recommendations. After two months, the hot flashes and anxiety were gone, and the sleep disruption and mood changes were improved. This study suggested that consuming maca and implementing other dietary and lifestyle changes positively impacted menopause symptoms.\*

While there are some favorable outcomes, researchers indicate that more studies should be done to better understand the safety and

effectiveness of using maca for menopause support.\*

**In another study of 122 women** experiencing moderate to intense menopausal symptoms, the product Warmi was used and studied. Researchers found significant improvements in mood (based on two factors), hot flashes and night sweat reduction, and improvements in sexuality which were measured based on levels of arousal, satisfaction, sexual discomfort, orgasm, frequency, vaginal dryness, and sexual fantasy. In addition, the clinical study showed that Warmi also improved cardiovascular function, sleep quality, bone resorption, and hormonal factors. The study was conducted for six months and found improvements throughout the entire study period.\*

## How Does Maca Work?

If maca does help menopause symptoms, how does it work? First, it's important to understand that maca is not a hormone, nor does it contain plant hormones. However, it does appear to have what is known as adaptogenic properties, which help the body adjust to what it needs to function properly. For example, one study found that maca can help improve the levels of estrogen and progesterone as well as lower stress hormones—all of which impact menopausal symptoms.\*

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## How is Maca Consumed?

It's important to note that while maca has grown in popularity, other countries have started growing it for production. However, when maca is grown in lower altitudes outside of its native location of Peru, it is less potent and may include pesticides. For the purest form of maca, it is suggested only to consume organic, pesticide-free maca grown in Peru.

There are many forms of maca, including powders and capsules. Because it has a naturally sweet and nutty flavoring, many people pair it with smoothies, oatmeal, or other baked goods. You can easily purchase maca from online retailers or store shelves. However, as mentioned, you want to ensure you're consuming a high-quality product.

## How Much Maca Should You Have?

Of course, you likely want to know how much maca is enough for you. Unfortunately, there is no clear-cut answer. While there is no standard dose of maca, most studies stick to between 1.3-3 grams per day. Eating too much maca could cause stomach discomfort. It is typically recommended to start with a smaller amount and work up to a larger amount until you see a change in your menopausal symptoms and to see how well your body digests it.\*

## Discuss More with Your Doctor

If you or someone you know is searching for menopause symptom support, you should discuss your options with your doctor. Maca has gained popularity as a possible option for menopausal symptoms, but there are still limited studies.\* Working with your trusted medical provider is important to learn which options are best for you.

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"This product helps me so much with my menopause process, like hot flashes, cold flashes, headaches, sweating during nighttime and weakness. I highly recommend this product. You could feel the difference in a few days after you started taking it."\*

**Veronica H.**

"I have tried many and I keep going back to Warmi. It has truly helped me more than anything I have used so far and not as expensive as some I have tried."\*

**Shelley T.**

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FOR PORCELAIN SKIN FROM WITHIN\*

# COLLAGEN

## Why is Collagen So Important For Proper Skin Health?

When it comes to maintaining proper skin health, everyone has a theory. There are tons of creams, lotions, and potions that people recommend for glowing, tight, healthy skin. However, one of the most important things for proper skin health is something you produce on your own.

This component, a protein known as collagen, is what many experts believe is the key to keeping your skin young and healthy. While your body produces it naturally, things such as old age and lifestyle choices can impede your collagen production. This article will go into more detail about what collagen is, why it's so important for your skin, and how to ensure you have enough of it.



## What is Collagen?

Your body produces many natural proteins, and collagen is one of them. It also happens to be the most abundant protein in the human body and much of it is directed toward maintaining healthy skin. However, collagen also helps strengthen your bones, muscles, hair, and several other vital parts of the body.

The best way to think of collagen is as a building block. It's the foundation on which healthy skin and other types of connective tissue reside. Here are some of the areas where collagen is used.

- Bones
- Muscles
- Ligaments
- Teeth
- Hair
- Skin
- Interstitial lining
- Blood vessels
- Numerous organs

In all, roughly 30% of all the protein in your body is collagen. Every bit of collagen consists of various amino acids that bind together to create the protein. Additionally, you need various vitamins and minerals to bind these proteins to form collagen.

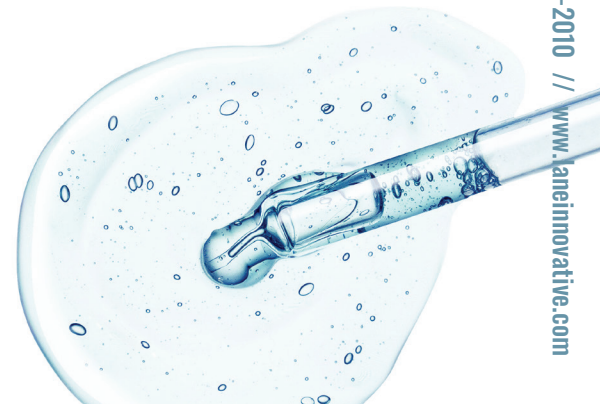
## What Does Collagen Do For Your Skin?

Because of how abundant collagen is, it's used for a ton of different things. In terms of how collagen helps the skin, however, here's what it does.

- Helps replace old skin cells with new ones.
- Helps form the middle layer of the skin - the dermis.
- Keeps your skin hydrated.
- Increases blood flow to the skin and its various layers.

Thanks to collagen's effects on the skin, it's vital for maintaining proper skin health. People with enough collagen in their system will have tight, elastic skin that appears smooth and shiny. Because collagen helps keep your skin tight and healthy, it will prevent the development of wrinkles, fine lines, color spots, sagging, and other signs of aging.

Additionally, collagen also increases blood flow and the production of new skin cells, which helps prevent unwanted scarring. Collagen also reduces the risks of eczema, dry skin, and other conditions that result from a lack of hydration in your skin.





# COLLAGEN

## Things That Hurt Collagen Production

While your body naturally produces collagen, this production declines with age. According to Dr. Ohara Aivaz of Cedars Sinai, collagen production slows down in adults when they reach their mid-20s. This process starts slowly and gradually increases with age. In fact, collagen production will decrease by 30% in women within the first five years following menopause. In addition to age, here are a few other things that can decrease collagen production.

### LIFESTYLE CHOICES

The way that you live your life will have a huge effect on your collagen production. Things like drinking too much alcohol, doing drugs, and smoking cigarettes will severely impact how much collagen your body can produce.

### DIET

In addition to lifestyle choices, your dietary choices will also impact collagen production. Foods that are high in sugar, glycogen, and refined carbs, such as white bread and pasta, are terrible for collagen production.

### THE SUN

While your diet and lifestyle play a major role in collagen production, the sun is the biggest cause of decreased collagen. UV radiation from the sun both kills your skin cells and prevents collagen from producing new ones. The sun can also damage the collagen you already have in your system, leading to a breakdown in your skin.

## How to Increase Your Collagen

If you want to maintain healthy levels of collagen for your skin and other connective tissue, it's important to avoid the pitfalls listed above. However, because production inevitably decreases with age, merely avoiding the sun, bad food, and poor lifestyle choices won't be enough to maintain healthy collagen levels. You'll need to be proactive and purposeful about getting collagen into your system, and here are some of the best ways to do that.

- Wear protective clothing and sunscreen anytime you spend time in the sun.
- In addition to avoiding foods that are bad for collagen, gravitate towards foods that boost collagen production. Foods that increase collagen production include fruits, vegetables, whole grains, seafood, and legumes. A well-balanced diet is the key to collagen production.
- Increase your vitamin and mineral intake - specifically Vitamin C, zinc, magnesium, copper, and proline.

In addition to these methods, you should also consider a collagen supplement. Absorbable Collagen supplements, will help replace lost collagen in your system. This, in turn, will lead to healthy, younger skin.\*

Interested in more articles on skin health?

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**Patty Joan H.**

"Have been using Toki for over 10 yrs. My skin never looked or felt this good in my earlier years. Will continue to use as long as this product is available. Give it a try, you will not be disappointed!"  
**Laura B.**

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# THE ESSENTIAL OIL THAT REDEFINES YOUR GLOW

## 6 Ways That Tea Tree Oil Offers Support for Sunspots\*

Sunspots, also known as age spots or liver spots, are common signs of sun damage that can affect the skin's appearance. They are caused by prolonged sun exposure and can appear as darkened patches on the skin. Tea tree oil, a natural essential oil with a range of skin benefits, can be particularly effective in addressing sunspots. Here are six ways that tea tree oil offers support for sunspots.\*

### 1. Reduces Hyperpigmentation

Tea tree oil is known for its ability to address hyperpigmentation, which is a primary characteristic of sunspots. It contains natural compounds that can help to lighten dark patches and even out skin tone. By applying diluted tea tree oil to sunspots, you can gradually reduce their appearance. The oil's active ingredients work to inhibit melanin production, leading to a more uniform complexion over time.\*

### 2. Tea Tree Oil Provides Antioxidant Protection

Antioxidants play a crucial role in combating the damage caused by free radicals, which can exacerbate sunspots. Tea tree oil contains antioxidants that help neutralize these harmful free radicals. By applying tea tree oil to the skin, you can protect it from further oxidative stress, which helps to prevent existing sunspots from becoming darker and supports overall skin health.\*

### 3. Offers Healthy Inflammatory Benefits

Sunspots can be accompanied by inflammation and irritation, which may worsen their appearance. Tea tree oil has strong anti-inflammatory properties that can help to soothe the skin and reduce redness associated with sunspots. By calming inflammation, tea tree oil helps to minimize the visibility of sunspots and promotes a more even skin tone.\*

### 4. Enhances Skin Regeneration

Tea tree oil supports skin regeneration, which is beneficial for addressing sunspots. It promotes the renewal of skin cells and helps to shed damaged, pigmented cells from the surface. This process can lead to a reduction in the appearance of sunspots as new, healthier skin cells replace the old ones. Regular use of tea tree oil can accelerate the skin's natural healing process, improving the overall appearance of sunspots.\*

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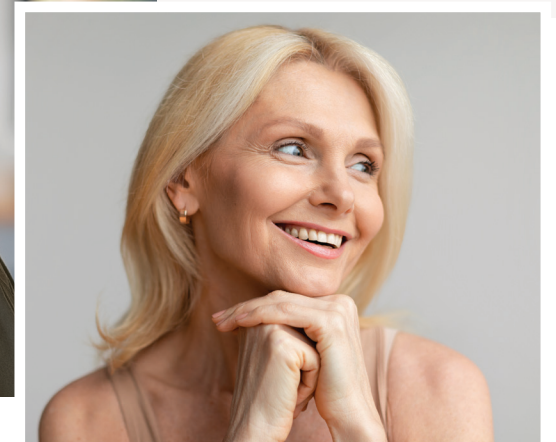
## 6. Balances Skin Oil Production

Excess oil production can contribute to skin issues and exacerbate the appearance of sunspots. Tea tree oil helps to regulate oil production, making it an effective option for those with oily or combination skin. By balancing the skin's oil levels, tea tree oil helps prevent clogged pores and potential breakouts, creating a healthier skin environment that supports the reduction of sunspots.\*

### How to Use Tea Tree Oil for Sunspots\*

To effectively use tea tree oil for treating sunspots, consider the following tips:\*

- ▶ **Dilute Properly:** Always dilute tea tree oil with a carrier oil, such as jojoba or coconut oil, before applying it to the skin. A common ratio is 1-2 drops of tea tree oil per teaspoon of carrier oil to prevent irritation.
- ▶ **Apply Sparingly:** Use a cotton swab or clean fingertip to apply the diluted tea tree oil directly to sunspots. Avoid applying it to large areas to prevent potential irritation.
- ▶ **Patch Test:** Conduct a patch test before full application to ensure that you do not have an adverse reaction. Apply a small amount of diluted tea tree oil to a discrete area of skin and wait 24 hours to check for sensitivity.



Tea tree oil offers several benefits for addressing sunspots, from reducing hyperpigmentation and providing antioxidant protection to enhancing skin regeneration and balancing oil production. By incorporating tea tree oil into your skincare routine, you can support the healing of sunspots and work towards achieving a more even and radiant complexion.\*

Interested in more articles on skin health?  
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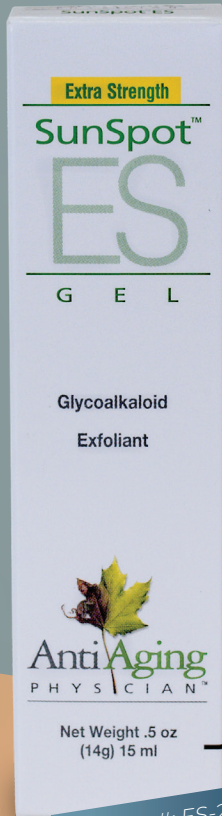
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*"Been using this product for year's and it is worth every penny when it comes to helping skin issues. Thank you!"\** **Janet J.**

*"It is truly amazing at how just a tiny bit goes a looong way!! Some of my sunspots flake away in just a few days! Others take longer and some don't budge but i couldn't be happier with this gel!!!"\** **Angie L.**

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