

eWellness magazine

A three-step process to a healthier new year

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A new year coming into view is always a great time to pause, reflect, and begin to make decisions about how you can move forward and refresh for what is to come in the next 365 days. The key things to take stock of are how well you are eating, exercising, and sleeping... as these always have a direct impact on the quality of your life and that is the best goal to aim for, better quality! Nature provides abundant sources of goodness for nutrition, and it is our

nutrition that sets the tone for everything else that we do; when we are adequately fuelled there is no stopping us! Here we look at a simple three step process of some things we often miss out in our diet; keep your body topped up with some of its crucial needs for the year ahead!

The value of Omega 3

Omega 3 fatty acids are a particular type of fat that your body really does need to function at its best.... It is the right type of fat to fuel your 'engine'. They can help to lower the risk of heart disease and ease the stiffness of rheumatoid arthritis; there are many other potential benefits attributed to Omega 3's. An Omega 3 deficiency can manifest itself in many ways, mainly through skin conditions, trouble concentrating, fatigue, and joint inflammation...so if you know you aren't currently getting enough...it's a good time to make changes to increase your intake!



Good sources of Omega 3 (namely EPA and DHA) are found mainly in certain types of fish so it is beneficial to aim to eat at least two portions each week. If you follow a vegetarian or vegan diet then supplementation can be helpful

to ensure you get what you need; another Omega 3 fatty acid named ALA (Alpha Linolenic Acid) is sourced through seeds and nuts from plant foods so this one works well for Veggies (but does not negate the need for EPA and DHA type)!



Here are some great sources of fish to get your quality Omega 3's:

- Anchovies
- Mackerel
- Salmon
- Sardines
- Tuna
- Herring
- Trout

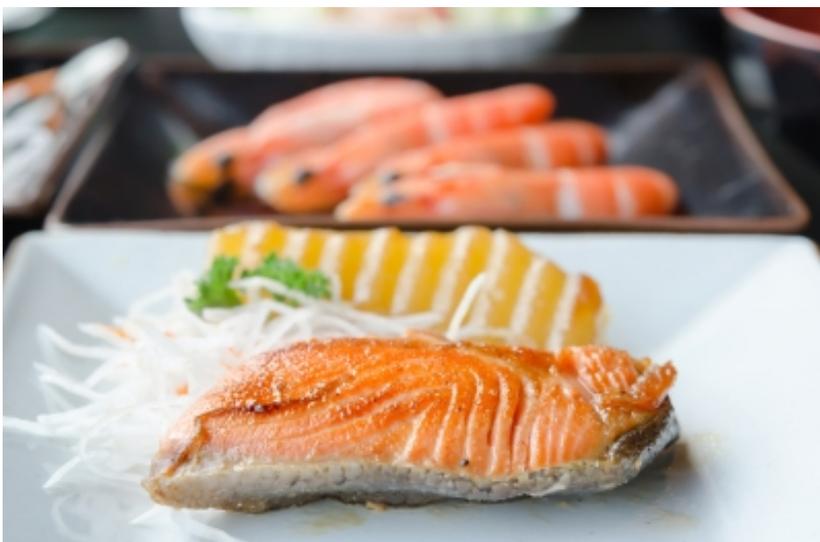
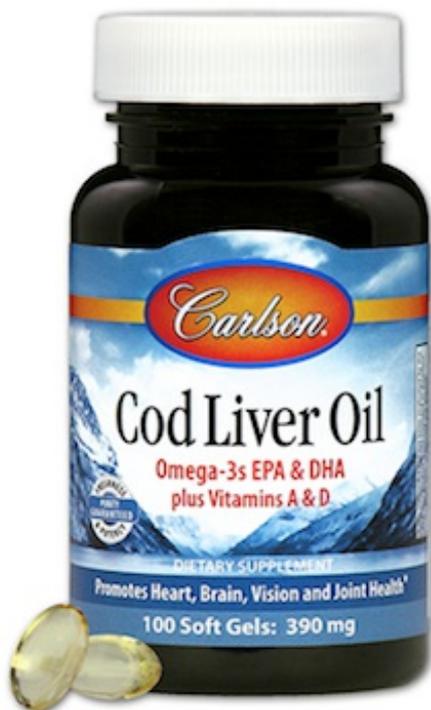


Photo courtesy of Rakratchada Torsap

Vitamin E

Vitamin E is an antioxidant and fat-soluble vitamin that is vital for health because it counteracts free radical damage and helps to balance or lower cholesterol; it nourishes, strengthens and adds moisture to skin (your largest body organ!) and helps to balance hormones... and these are to name but a few of vitamin E's benefits! Good sources of vitamin E are naturally found mainly in eggs, nuts, poultry, green leafy vegetables, and wheat germ oil is also a great vitamin E source. A deficiency can show up in numerous ways because vitamin e is so relevant to many of the processes in your body, it could show through skin conditions, fatigue, muscle weakness, dry hair or loss of hair, to name but a few. Ensure you eat well to get the recommended daily levels; natural vitamin e is also great applied topically to the skin as a moisturizer!



Magnesium

Magnesium is one of our body's most abundant minerals and vital for many enzymatic processes, energy production, and muscle contraction plus lots more! Magnesium is found in many natural foods like spinach, legumes, nuts, seeds, and whole grains; many bowls of cereal have added magnesium also. Some studies have shown that less than 30% of U.S. adults consume the recommended daily allowance of magnesium and maybe as little as 20% only getting half the RDA of magnesium. Muscle cramps and poor sleep can be symptoms of magnesium deficiency. If you tend to eat lots of high sugar foods, this can actually lead to a depletion of your body's magnesium level through excretion of magnesium through the kidneys... aim to cut down on the refined sugar!

These are just a few things that we maybe sometimes miss out through inadequate nutrition! Generally, if you eat a range of natural and nutritious food then nature should provide you with all its grace and goodness in crucial vitamins and minerals. Sometimes there are cases where supplementation is needed so it is best to be 'body aware' and seek out what you need according to how well you manage your diet!

One such family that experienced the benefits of nutritional supplements is the Carlson family... and here is their story!

Founder Susan Carlson's father suffered from debilitating chest pain that limited his activities and forced him to stop working as a pharmacist. He was unable to find relief, even after visiting several physicians. One day, while visiting a local health store, Susan's mother picked up a book, called Vitamin E: Your Key to a Healthy Heart, based

on the extensive natural-source vitamin E clinical work of Drs. Evan and Wilfrid Shute of the Shute Medical Clinic.

“My mother and father immediately went to see a doctor who examined Dad and suggested a specific type of vitamin E,” says Susan. Susan’s father followed the doctor’s advice, even though he wasn’t completely convinced that any type or amount of vitamin E would provide results. But in less than three weeks, he was pain-free and back at work. We were all astonished. *“I remember him running down the stairs saying, ‘I feel like 21 again!’”* says Susan. But the benefits were short-lived. His pain returned a few weeks later, and once again he stopped working.

They questioned why...? The doctor asked him to read the vitamin E label on the bottle, as there is a difference between natural and synthetic vitamin E products. He told Susan’s father to take the natural form of vitamin E he had recommended. That’s when the Carlson family realized that not all vitamin Es are the same. After extensive research, the Carlson family decided to create their own line of natural vitamin E products for family and friends. Shortly after J.R. Carlson Laboratories Inc was born!

The Carlson mission aims simply to provide customers with the highest quality, natural-source vitamin E products in the world. Today, that same mission extends to their full line of more than 200 vitamins, minerals, fish oils, and other nutritional supplements. Every product is formulated based on scientific research and supported with exceptional customer service and the Carlson commitment to quality and consumer education.



Some more information on the Supplements!

- Their development team stays up-to-date with the latest scientific research. Every prospective product is extensively studied and carefully sourced to ensure it adheres to their strict quality guidelines.
- Carlson proudly goes above and beyond required FDA testing regulations to ensure customers receive only the highest quality nutritional supplements using the finest raw materials in every product.
- Carlson employs manufacturing techniques that avoid the use of excessive heat, moisture, and solvents to protect nutrient content. All products must pass extensive testing to verify freshness, potency, and purity.

- **Carlson is an FDA-regulated facility and 'The Carlson's Guarantee of Excellence' offers a powerful guarantee if you aren't completely satisfied you may return your product to the place of purchase for a full refund.**
- **Environmental Commitment Ethics- Carlson manufactures all of their nutritional supplements in a way that minimizes their environmental impact. With recyclable packaging and energy efficient equipment throughout their facilities.**

Photo courtesy of freedigitalphoto.net, Carlson Labs

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