

eWellness magazine

Making Health your Daring Adventure

2018-08-22



Health

Helen Keller summed up the essence of life simply and eloquently in this quote “*Life is either a daring adventure or nothing at all*”.

We are never meant to stagnate; our bodies are designed to move, our minds crafted to soar past limits, and our heart and soul to expand to new adventures. Sometimes, life knocks the wind out of our sails and we lack or lose this vital energy that pushes us forward toward health and happier living, but we can win it back! Small shifts in how we view life and our place in it help us to tweak our perspectives so that we can gain momentum

and energize ourselves once more. We can make health and harmony our daily adventure by trying new foods, moving in new ways, and of course, take time to de-stress and find balance and a sense of calm within.



Here are a few ways to help you adventure toward your health!

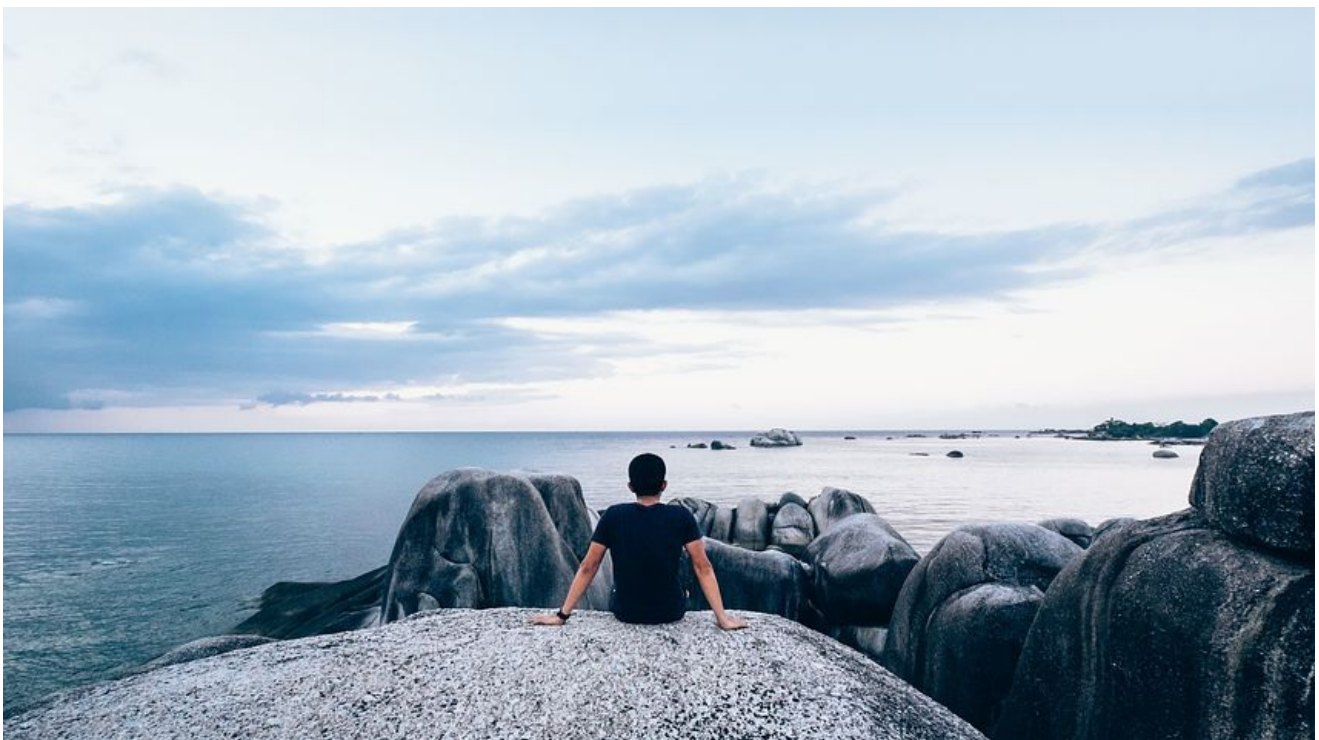
1. Be here now

Holding on to old emotions, mental and physical clutter ends up making us feel heavy and lethargic...almost too tired to embrace life. Life is essentially about release and renewal; think about what does not serve you and how you can lovingly release it. Practice being here now. Rather than feeding into stress and anxiety, we can re-program our responses to challenging situations, and we can do so by letting go of pent-up energy and having a clearer mind, and a calmer heart. Stress and anxiety act as energy drainers that affect our hormones and by extension our overall health.

2. Move- even when you don't feel like it!

Sedentary lifestyles are a major factor in heart-related and other chronic diseases. We honestly do not know how much time we have, so why do we keep procrastinating and putting things off until tomorrow? Think of it this way...there is no tomorrow, so move now! Even a gentle walk is enough to raise your heart rate and pump oxygenated blood throughout your body. Don't think of it as "exercise", consider each day how much time you can devote to movement and then set out to achieve it! Attach positive words and thoughts to what you do and how you do it- make the difference in your mind and your body will follow.

Ultimately, your body is yours, and it is your asset. The stronger you are mental, physical, and emotionally...the more you can embrace life and all your adventures!



As avid adventure enthusiasts, Roam USA themselves maintain a very active lifestyle.

Roam USA believes that your body is valuable and that feeding it premium fuel shouldn't have to cost you premium prices. They grew tired of overpaying for the nutritional supplements they needed to keep up their adventurous and wholesome spirit, and the more they dug into it the more they realized that the premium products they were buying should actually cost much less!

By cutting out the middleman and offering their products directly to you, Roam USA is able to eliminate the hefty price tag that goes along with having product on a store shelf. They do this in order to bring you premium blends without the premium price tag. Roam USA are devoted to taking away the mental and physical barriers that make modern adventuring cumbersome so that you can enjoy yourself wherever life takes you.

They are dedicated to providing you with the products you need to fuel and expand your adventures. Here is a glimpse at what's on offer at Roam USA.

Improve your performance with Nitric Oxide:



Are your endurance and performance not quite where you want it to be? Do you feel like you get tired too quickly? Or maybe you go on a hike and your feeling aerobically great but your muscles are aching!

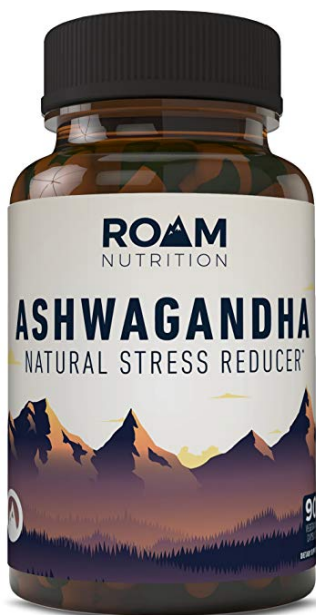
Of course, our bodies are extremely dependent on oxygen. In addition to inhaling air, your body has other mechanisms for increasing how much oxygen is circulating in your body. As athletes and active individuals, taking measures to boost and promote oxygen flow can have a lasting and significant effect on performance and recovery. You don't have to take steroids or EPO to get visible results. Roam USA's natural Nitric Oxide supplement will leave you feeling energized and stronger than ever.

- Nitric Oxide (NO) is a compound that your body creates naturally to dilate your blood vessels (vasodilation). By expanding your blood vessels, more blood is able to flow through your body to all of your major organ systems. This is extremely important for maintaining healthy circulation and blood pressure but is also beneficial for athletic performance and recovery.

- By dilating your blood vessels, NO allows more oxygen to enter your bloodstream. This abundance of oxygen gets delivered to your muscles to increase performance (1). This means that while you are working out, your muscles are able to work harder and longer. Once you're in recovery mode, more oxygen is able to reach your muscles to help repair and build tissue.
- NO also improves nutrient delivery rate through your bloodstream and therefore to your muscles. This means that essential nutrients for your muscles, like protein, iron, and magnesium, get delivered at a faster rate.

ROAM Nitric Oxide supplement is primarily made up of L-arginine, which is a precursor and promoter of NO. L-arginine is found naturally in foods such as watermelon, spinach, beets, and nuts. It's a totally natural substance that your body recognizes and uses to increase its NO production. One study found that just 2 weeks of L-arginine supplementation improved oxygen uptake for moderate-intensity exercise.

The science and studies of Ashwagandha:



Adaptogens are herbs that work to keep your body in homeostasis (balance). Our bodies are constantly trying to maintain homeostasis, but with so many external and environmental factors that we have today - it has become increasingly difficult. This is where adaptogens can play a huge role in your health.

Do you feel like you're overworked or always under stress? Are your energy levels consistently low? Do you have unexplained weight gain or inability to lose weight? All of these symptoms can be the result of being in a constant state of stress.

- Ashwagandha is the most studied adaptogen and has a wealth of benefits, but the most studied and proven is the effect it has on reducing stress, anxiety, and fatigue.

- **Cortisol is the major hormone associated with stress and is a natural part of the fight-or-flight response. When a scary or stressful event happens, your cortisol levels should spike and then go back to normal.**

However, when you are continuously under stress, cortisol levels are constantly high, which can lead to a slew of symptoms and conditions, such as adrenal fatigue, heart disease, depression, weight gain, and low energy.

Supplementing with Ashwagandha on a regular basis can keep your cortisol levels in check so that you can better manage stress and improve your overall energy. Studies have proven that regular supplementation of Ashwagandha significantly reduces internal and external markers of stress. One study showed that supplementation of Ashwagandha for two months in patients with anxiety reduced their anxiety, depression and cortisol levels.

While managing stress requires many lifestyle changes, including ROAM Ashwagandha in your daily routine, will balance out your cortisol levels and improve your energy.



Roam USA and their commitment to transparency:

“You should know exactly what you are putting in your body. No secrets, no surprises, and no proprietary blends. We tell you all the ingredients in each and every one of our products. 100% transparency so you don’t have to guess. All our supplements are formulated and made in Payson, Utah USA. Every batch is checked by a third party lab for quality assurance”- Roam USA.

* In partnership with our friends at Roam USA

*The information available on ewellnessmag.com, including text, graphics, and other materials are for informational purposes only. Reliance on any information in ewellnessmag.com is at the user's own risk. Sponsored product placement may appear

in the article. The visitor of this website acknowledges that the information available on or through ewellnessmag.com is not and is not intended to be a substitute for professional medical advice. Copyright © 2018 Brawo Press, Inc. All rights reserved.