

eWellness magazine

Simple Steps to Health

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Health

Simplicity is often the missing ingredient in many people's health and wellness regimens. And yet it is only through a simple and streamlined approach that we can make positive headway toward our health goals and longevity.



Complexity creates confusion and even with the strongest will in the world, routines that are hard to comprehend are harder to stick to. Consistency builds endurance and understanding enhances purpose!

Back to Basics

Sometimes what we need is just to strip things back to basics and rediscover the purpose of why we do what we do. This also helps to improve motivation and mental clarity which set the foundation of working toward your goals- health or otherwise.

So how do we go back to basics?

Firstly, you can look at your current state of health and all your habits connected to your health and wellbeing. You may be super-good at keeping up your exercise routine but very poor in maintaining good nutrition to support your body. Or vice versa! There are many variables because we are all so different. Think about your specific situation and also take into consideration factors like age or any pre-existing medical conditions you may have.

Other factors such as being a smoker or a drinker, or having an underlying health condition can have a significant impact on your health. And as we age, the body needs more support with certain things such as, looking after aging skin and maintaining bone density or joint suppleness. As we age, our immune and digestive system may start to need some extra TLC also! The important thing is, to be honest about where you are currently and consider your options on how to move forward with

simple steps and a holistic approach to your health.

Essential Vitamins and Minerals

- Essential vitamins and minerals play a crucial role in our health and wellbeing. Due to any number of reasons, many of us are just not getting what we need to function well at a fundamental level. This impacts our immune and digestive function, hormonal balance, brain and heart health, and lots more. They are called essential because they are so valuable to human health and so we should not underestimate what our body fundamentally needs!
- Essential vitamins include A, C, D, E, and K, and the B vitamins: thiamin (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxal (B6), cobalamin (B12), biotin, and folic acid. The B Vitamins are essential for energy levels, healthy nerves and cells, and brain function to name but a few!
- There are also plenty of minerals that are essential for health and these include calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, sulfur, cobalt, copper, fluoride, manganese, and selenium.

In an ideal world, you would have no problem getting these vitamins and minerals into your daily diet...but life isn't always that simple now! Modern living makes it incredibly difficult to eat well all the time, or even 80% of the time.

Our lifestyles and work scenarios have altered so much in the past 30 years (or even more!). We may spend more time commuting to work or even working from home which means we snack more often in between meals, or we may work shift patterns that throw off traditional mealtimes. Whichever way you look at it, we need to work harder to strengthen our nutritional foundation.

Supplements are increasingly popular for health enthusiasts conscious folks because they fill in the gaps where needed. That being said, a supplement is not a substitute for your overall nutrition. Supplements simply offer that extra bit of support where needed!

Simpleza Nutrition was founded in 2014, they specialize in simple solutions to complex nutritional protocols. *"Our company creates blends and formulas that combine several difficult to find nutrients in easy to use products. We use only pharmaceutical-grade raw materials in forms supported by scientific research. You can trust that all Simpleza products are pure, potent, fresh, and optimized for absorption. Complex nutrition is made simple with Simpleza!"*

Simpleza Nutrition is the leader in supplements for improved neurological health and has recently begun to offer supplements for Parkinson's disease, immune support and products for improved cognitive function, also known as Nootropics.

Here are just two of their dietary supplements for health and wellness!

Black Elderberry + Immuno-Boost & Antioxidant Formula:



Black Elderberry is a daily herbal supplement for an improved natural immune response with powerful antioxidant benefits.

Black Elderberry + is the latest in a new stream of botanically-based supplements formulated to help boost immune and antioxidant benefits. Black Elderberry, also known as Sambucus Nigra, is a well-researched and credible new botanical ally in the frontline support against seasonal colds and may help protect the body from more severe flu-like symptoms. An additional benefit of this supplement is that it's suitable for everyone! It can help strengthen the body's natural immune response and protect from oxidative damage caused by free radicals. The product contains 60 Vegetarian capsules (30 day supply based on the suggested use of two capsules per day or as directed by your healthcare practitioner) Simplexa Nutrition's Black Elderberry + is enhanced with the addition of 332% daily value Liposomal Vitamin C and 136% daily value Zinc. Vitamin C and Zinc also help in the formation of collagen and elastin for younger-looking skin, there are many other potential benefits too!

“These two well-known and indispensable vitamin and mineral ingredients have substantial research showing their ability to increase the body's natural immune response. The benefits of Black Elderberry or Sambucus Nigra, can be synergistically amplified in the presence of the Liposomal Vitamin C and the Zinc” Simplexa

Here's a brief overview of how the ingredients in this formula can work for you!

Black Elderberry + is a super-active formula that provides the body with the botanical support it needs to maximize its natural immune and antioxidant response. Black Elderberry + is also a great alternative for those that cannot take Echinacea because it may interfere with other medications. Black Elderberry may also provide Probiotic benefits for the gut*. The relationship between gut and general health is a new and exciting field of study.



Black Elderberry (Sambucus Nigra) in this product is standardized and formulated in a concentration of 1,000 mg. Several studies suggest that Black Elderberry is loaded with anthocyanins that may help promote the body's natural cytokine response*. (Cytokines are signaling molecules that help regulate immune and inflammatory response)

Liposomal Vitamin C. Vitamin C, also known as Ascorbic acid, is one of the safest and most effective antioxidant nutrients available. Experts also say that the benefits of vitamin C may include protection against immune system deficiencies, cardiovascular disease, prenatal health problems, eye disease, and even skin wrinkling. The vitamin C in Simplese's Black Elderberry + is encased in liposomes for further optimized absorption.*

Zinc Citrate. Zinc is an essential mineral that can help maintain the health of your largest organs, this includes your skin! Zinc has also been found to have anti-inflammatory effects and Zinc Citrate has demonstrated good absorption levels. Zinc may reduce the duration of colds, perhaps by a day or so, and may potentially reduce the number of upper respiratory infections in children.*

Another strong ally in the pursuit of your daily health goals is Simplese's new Opti-Max Multivitamin.

Opti-Max Multivitamin Helps optimize health and boosts nutrition with a unique selection of advanced proprietary ingredients and blends. (60 capsules provides a 30 to 60 day supply based on the suggested 1-2 capsules daily)



The ingredients in Opti-Max work together and may be beneficial in helping the body's natural cellular renewal , energy production, vision health, anti-oxidant protection, and other key bodily functions*.

Opti-Max Multivitamin is an advanced and carefully formulated multivitamin and mineral supplement that forms the basis of a balanced supplementation program. Here are some notable benefits to you!

- Helps support countless biological functions that happen within cells.*
- Helps boost energy through balanced nutritional support.*
- Powerful antioxidant cocktail to help protect cells from oxidative damage.*
- Contains 33 nutrients essential to the body, all in the highest quality and purest forms of these substances available.*
- Also contains an extended list of 5 advanced proprietary ingredient blends to help enhance health benefits, these include Optiberry, Bioperine, and Lutelin.

In addition, each daily dose of Opti-Max Multivitamin helps the body carry out important functions such as DNA synthesis and replication, enzymatic reactions, and a whole host of other natural processes. This supplement is suitable for everyone, however, (as always) consult with your healthcare practitioner before taking any supplements!

“Our products contain no sugar, salt, starch, yeast, milk, egg, shellfish, preservatives, artificial flavors, or color. All Simplexa Nutrition products are scientifically formulated and professionally manufactured in the USA in a UL, NPA and GMP (Good Manufacturing Practices) Certified and FDA inspected facility”- Simplexa

So there you have it! Excellent nutritional supplementation doesn't have to be complicated or time-consuming. Now there's no excuse to be consistent and give your body everything it needs for optimal nutritional support. And with the great formulas from Simplexa, staying alert and healthy is now simpler and easier than ever!

***These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any diseases.**

* In partnership with our friends at Simplexa Nutrition Corp. * Photo courtesy of Simplexa Nutrition Corp.

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