

eWellness magazine

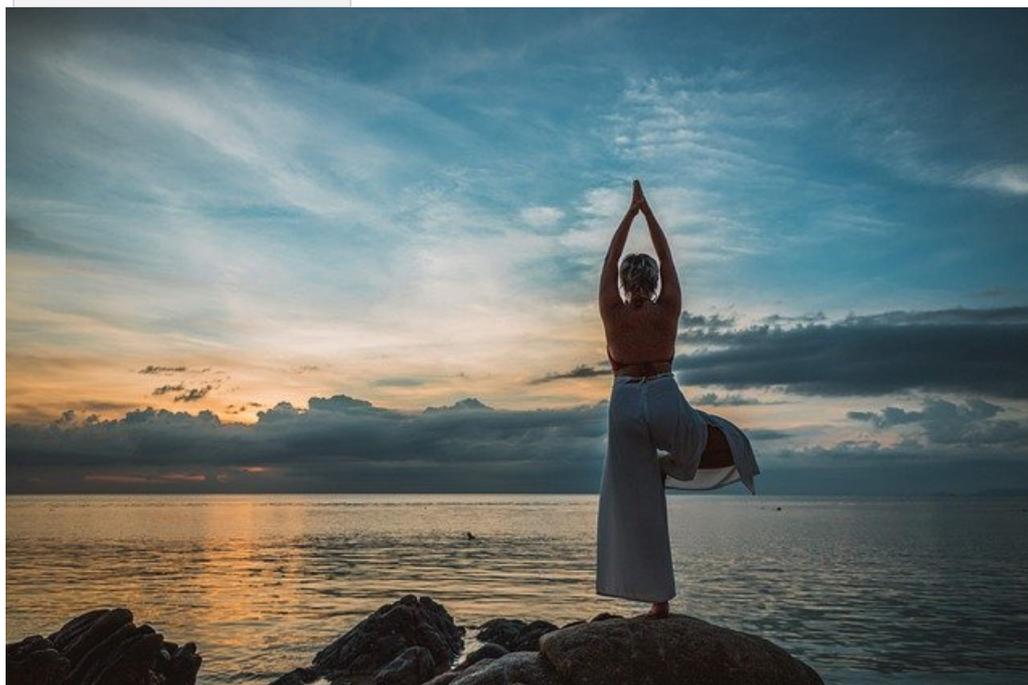
Springtime Wellness Boost

2021-03-25



Health

Spring signals a natural re-start. It is a time when everything just begins to look better, and the world around us heralds the first signs of summer days and nights ahead. Springtime inspires us; it moves us forward from the darker days of winter into the hope and rejuvenation of spring.



The start of spring can be a great motivator to just get moving again, and this can be in a physical sense by exercising more, or it can take on more of a mental wellbeing reset too. Where motivation and inspiration to look and feel your best may have lagged through winter, the change in season can be the natural shift you need to improve your health!

Looking after ourselves becomes even more important as we age; life takes on a different significance when you know that your biological clock is ticking away. As you hit your 40's, 50's and beyond, you can maintain or even improve your wellbeing in the most simple of ways. You only need to apply the right focus and commitment to your goals!

Aging Gracefully

Taking care of your body allows you to age as gracefully as you can. In some cases, people in their older years are far healthier than younger people because they no longer take their health for granted!

Here are some crucial aspects to keeping well and kick-starting your health this spring- whatever age you may be!

- Nutrition is always of first importance because what you put into your body affects your outward appearance or how you

feel internally. No one enjoys that feeling of sluggishness when you struggle to get through the day. The best way to combat poor behavior around food is to be objective about what and when you are eating and take small, simple steps to gradually improve by implementing conscious behaviors that are in line with a healthy paradigm.

- **It's spring! Make the most of the brighter days and get out for some fresh air!** If you live in a heavily built-up area, a simple internet search for green spaces can open your world to what is around you. Walking is one of the most valuable exercises for your body- get out a bit more and walk. If you want to take things further, go for a run! Walking is an activity that you can do alone or with family and friends, it is ideal if you want to get others involved as a support and motivation mechanism!
- **Utilize healthy, natural wellbeing supplements to boost your body!** Supplements are a convenient way of boosting your health, and the great thing is that there are so many to choose from. You can't rely on supplements to fix a poor daily diet, but you can incorporate them to support a good diet!

On that note, Dr. Dharma has been in the health and wellness field for many years. His focal area is anti-aging and he has some great nutritional supplements that can assist in a springtime reset.

"I've been working in the field of anti-aging medicine since its inception, close to three decades ago. Indeed, I was one of the founding members of The American Academy of Anti-Aging Medicine in 1993. I'm also the author of the best-selling book Brain Longevity, the first book ever published with the word "Longevity" in the title. Science has unlocked the door to a very long life. Wouldn't it be fantastic to live to be 120 or more and still have great mental, physical, and emotional health?

I would love it. And let's face it. If you don't have a high quality of life, then it makes living longer much less enjoyable"- Dr. Dharma

Before 40, you can pretty much gather the energy to do what you want. However, after 40 and especially as you get over 50, your energy levels and vitality may start to drag, and everything starts to feel just that little bit harder.

If you're like most of Dr. Dharma's patients over the age of 40, you've probably noticed that you seem to "hit the wall" without that afternoon cup of coffee or sugar rush. Without it, your day just slips between your fingers and your productivity level drops sharply. Or maybe you'd like to go to the gym, but you're too tired. Or you go to get some exercise but it often wipes you out. Sound familiar?

Here are two health supplements from Dr. Dharma's collection of anti-aging and healing supplements!

Fight Inflammation from Within with Inner Healing Caps, this supplement can help to:

- **Reverse the signs of skin aging**
- **Strengthen your bones**
- **Help soothe inflammation**
- **Improve lung function**

- Increase brain health
- Improve the health of your cells rejuvenate your mind and memory
- Cleanse your entire body
- Fight to lower your cholesterol levels
- Enhance the infection-fighting power of your immune system
- Support the all-important detoxifying abilities of your liver



Here are some key facts about Dr. Dharma's Inner Healing Caps:

- The unique combination of the ingredients in the Inner Healing Caps helps soothe inflammation, reverse the signs of skin aging, strengthen your bones, improve lung function, increase brain health, and more.
- The formula contains Turmeric, a beautiful yellow compound critical to your body's, your brain's, and your skin's defense against inflammation. When inflammation is reduced you are healthier, live longer, and have better looking and younger appearing skin. The Inner Healing Caps also have Milk Thistle for a healthy liver and NAC (N-Acetyl Cysteine) for younger cells.
- This fantastic supplement soothes inflammation, detoxifies your liver, stops diabetes, prevents bone loss, maximizes your immune system, and even gives your body the exact right nutrients it needs to turn back your skin's aging clock.

“My latest research and investigation also reveals that the combination of ingredients in Inner Healing Caps may help to destroy plaques and tangles (seen in patients with Alzheimer’s) in the brain, as well as reduce the inflammatory process creating a dynamic and secure foundation for brain fitness”- Dr. Dharma

Get rid of brain toxins and maximize your memory function now with Dr. Dharma’s Green Drink

It’s like getting 3-6 top-notch servings of fruit and vegetables all at once.

These fruits, taken together, really give you a broad range of nutrients that you’d never get otherwise, simply because it’s doubtful that you eat them every day. You would never be able to get this rich array of life-saving nutrition on your own. But now you can!

“I was thinking about making a separate product with red berries and other fruit so you could have a higher level of what scientists call ORAC or Oxygen Radical Absorbance Capacity. ORAC values are critically important: The higher the better. That protects your health. Beyond that, ORAC values have been measured for many fruits and vegetables. The ORAC value for my fantastic, organic Green Drink with the Advanced Berry Blend is 3,000-5,000, depending on how much you put in your drink”- Dr. Dharma

To put the above quote into perspective: For instance, a single serving of 1/2 cup of fruit and vegetables gives an ORAC value of between 600 and 800. If you figure that the current recommendations for a plant-based diet should contain at least eight servings, you can see how a healthful diet would contain a high ORAC value (4800).

The organic Green Drink with the Advanced Berry Blend contains no wheat, gluten, dairy, soy, or artificial ingredients. This formulation is truly a breakthrough natural product to give you a tremendous feeling of health, well-being, and energy. It’s perfect for everyone!



 **SHOP NOW**

This health supplement can help to:

- Improve regularity
- Increase mental sharpness
- Improve and balance blood sugar levels
- Increase energy and diminish fatigue
- Keep an alkaline pH so you can keep yourself disease-free
- Dramatically improve digestion with less bloating and gas

“My delicious, high-energy, life-giving, organic Green Drink with Advanced Berry Blend contains very powerful anti-oxidants that have free-radical scavenging effects for optimal brain, immune, and overall terrific health”- Dr. Dharma

Here are just a few of the dynamic, clinically proven ingredients:

- Organic Wheat Grass
- Organic Green Tea Extract
- Organic Carrot powder
- Organic Broccoli powder
- Organic Cauliflower powder
- Organic Kale powder
- And others such as organic parsley, spirulina, and chlorella.

All of these help to stimulate your entire healing system, they can protect your cells from cancer and give you tons of extra reserve energy!

“Time is marching on, but you can grab a hold of it and slow it down to end aging as we know it!”- Dr. Dharma

* In partnership with our friends at *Dr. Dharma** Photos courtesy of *Pixaby, Dr. Dharma*

* 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 © 2021 Brawo Press, Inc. All rights reserved.

