

# StayHealthy

Issue: MAR 10 2025 **Health Fitness & Wellness Weekly**

## Unveiling the Reality

Behind Superfoods: Separating  
Facts from Myths

THE  
TRUTH  
AND  
BENEFITS  
OF  
SUPERFOODS







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# SIMPLY The Best!!



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### UNVEILING THE TRUTH BEHIND SUPERFOODS: SEPARATING FACTS FROM MYTHS

By *Jaye Kenzie*



*In today's health-conscious world, superfoods have taken center stage, promising an array of benefits that seem almost too good to be true. From boosting brain function to fighting off chronic diseases, these nutrient-packed powerhouses have garnered a devoted following however, are they truly as miraculous as they're claimed to be? In this article, I'll dive into the world of superfoods, exploring their pros, cons, truths, and myths to help you make informed decisions about your diet and overall health.*

#### Pros, Cons, Truths, and Myths

In recent years, superfoods have gained popularity for their numerous health benefits. With vivid colors, nutrient-packed profiles, and claims of extraordinary health effects, superfoods have become a focal point for health enthusiasts. However, it's essential to examine the realities surrounding superfoods.

#### Pros of Superfoods

1. **\*\*Nutrient-Dense\*\***: Superfoods, like blueberries, acai berries, and spinach, are rich in vitamins, minerals, antioxidants, and fiber. For instance, blueberries boast anthocyanins, which provide numerous health benefits, including improved brain function and heart health.

2. **\*\*Anti-Inflammatory\*\***: Many superfoods contain compounds that help reduce inflammation in the body. For example, turmeric contains curcumin, a potent anti-inflammatory agent that can help alleviate symptoms of arthritis and other inflammatory conditions.

3. **\*\*Disease Prevention\*\***: Regular consumption of superfoods has been associated with a reduced risk of chronic diseases such as heart disease, type 2 diabetes, and certain cancers. The antioxidants in superfoods help neutralize free radicals, protecting cells from damage.

#### Cons of Superfoods

1. **\*\*Cost\*\***: Superfoods can be expensive, particularly when they're marketed as exotic or rare. This can make it challenging for some people to incorporate them into their daily diet regularly.

2. **\*\*Accessibility\*\***: Some superfoods may not be readily available in certain regions, making it difficult for people to include them in their diet. Additionally, the transportation of these foods can contribute to their carbon footprint.

3. **\*\*Potential Allergens\*\***: Some superfoods, such as nuts and seeds, can cause allergic reactions in certain individuals. It's essential to be aware of any food allergies before incorporating superfoods into your diet.



#### Truths About Superfoods

1. **\*\*Nutritional Benefits\*\***: Superfoods are indeed rich in essential nutrients and can provide numerous health benefits when consumed as part of a balanced diet. They can help fill nutritional gaps and



support overall well-being.

2. **\*\*Whole Foods\*\***: The best way to consume superfoods is in their whole, unprocessed form. Whole foods provide a more comprehensive range of nutrients and health benefits compared to supplements or processed versions.

3. **\*\*Part of a Healthy Diet\*\***: Superfoods are most effective when consumed as part of a varied and balanced diet. Relying solely on superfoods for health benefits is not advisable, as a diverse diet ensures you receive a wide range of nutrients.

### Myths About Superfoods

1. **\*\*Cure-All\*\***: One of the most common myths is that superfoods can cure diseases or magically improve health. While they offer significant benefits, they are not a substitute for medical treatments or a varied and balanced diet.

2. **\*\*Immediate Results\*\***: Superfoods do not provide instant health benefits. Consistent consumption, along with a healthy lifestyle, is necessary to experience their positive effects over time.

3. **\*\*Exclusivity\*\***: The idea that only exotic or expensive foods qualify as superfoods is a myth. Many everyday foods, such as broccoli, apples, and oats, are nutrient-dense and provide similar health benefits.

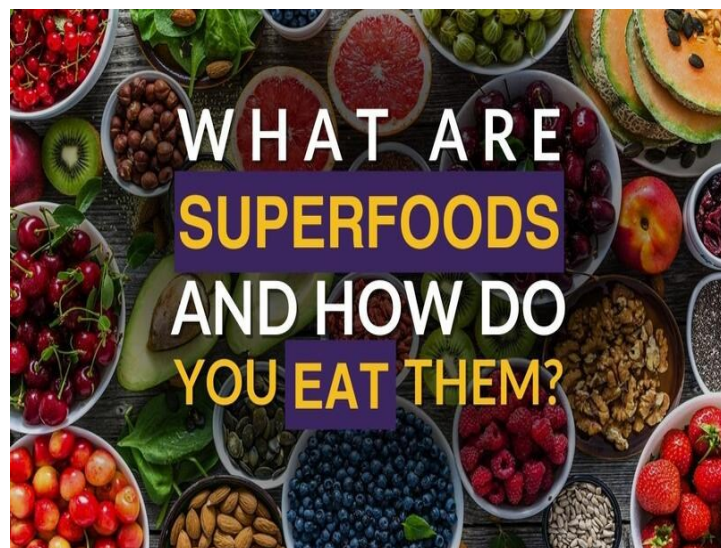
### Real-Life Scenarios

#### Case Study 1: Incorporating Superfoods into Daily Diet

Tara, a 35-year-old marketing professional, decided to incorporate superfoods into her diet to boost her energy levels and overall health. She added a handful of blueberries to her morning oatmeal, included kale in her salads, and switched to salmon for dinner twice a week. Over six months, Jane reported increased energy, improved skin health, and better concentration at work.

#### Case Study 2: Superfoods for Weight Management

Stacie, a 28-year-old fitness enthusiast, focused on superfoods like quinoa, chia seeds, and Greek yogurt to support his weight management goals. By replacing processed snacks with these nutrient-dense alternatives, Stacie successfully reduced her body fat per-



centage and enhanced his muscle recovery post-workout.

Incorporating superfoods into your daily diet can provide a wealth of nutrients and health benefits. Here are some top superfoods to consider:

1. **\*\*Berries\*\***: High in fiber and antioxidants, berries like blueberries, strawberries, and raspberries are great for your heart and can help improve memory.

2. **\*\*Leafy Greens\*\***: Spinach, kale, and Swiss chard are packed with vitamins A, C, and K, as well as fiber and calcium.

3. **\*\*Nuts\*\***: Almonds, walnuts, and pecans are excellent sources of healthy fats, protein, and fiber. They can help reduce the risk of heart disease.

4. **\*\*Fish\*\***: Rich in omega-3 fatty acids, fish like salmon, mackerel, and sardines can help prevent heart disease and improve brain function.

5. **\*\*Whole Grains\*\***: Foods like quinoa, brown rice, and oats are high in fiber and can help lower cholesterol and regulate blood sugar levels.



6. **\*\*Olive Oil\*\***: A good source of vitamin E and monounsaturated fats, olive oil can help reduce the risk of heart disease.

7. **\*\*Yogurt\*\***: Packed with probiotics, yogurt can improve gut health and boost your immune system.

8. **\*\*Avocado\*\***: High in healthy fats, fiber, and potassium, avocados can help lower cholesterol and improve heart health.

9. **\*\*Eggs\*\***: A great source of high-quality protein and essential nutrients like choline and vitamin D.

10. **\*\*Legumes\*\***: Beans, lentils, and chickpeas are rich in protein, fiber, and various vitamins and minerals.

Incorporating these superfoods into your meals can help you maintain a balanced and nutritious diet.

### Practical Benefits

These examples show that adding superfoods to your diet can yield significant health advantages. However, it's crucial to remember that superfoods aren't cure-alls. Maintaining a balanced diet and a healthy lifestyle is essential for overall well-being.

### Conclusion

While superfoods offer numerous health benefits and can be a valuable addition to a balanced diet, it's essential to approach their consumption with a realistic perspective. Understanding the pros, cons, truths, and myths surrounding superfoods will help you make informed decisions about your diet and overall health.

Mindfully incorporate superfoods into your daily routine and embrace the journey toward a healthier, more vibrant life!

### Factual and Reliable Information

Ensuring that information about superfoods is accurate and evidence-based is essential. Misinformation can foster unrealistic expectations and lead to poor



dietary decisions. This article is based on credible sources, including peer-reviewed journals, expert opinions, and recognized health organizations, to offer a balanced perspective on superfoods. Reliable Sources and References

- Nutrient Density and Health Benefits
- Registered Dietitian Insights
- Cardiologist's Perspective on Superfoods
- Mediterranean Diet Research







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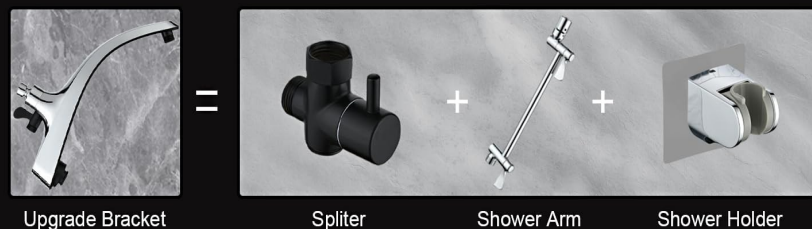


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## TRENDING NEWS Health & Wellness



### Reduce Microplastic Brain Exposure by 90%

The Plastic Paradox: Could Our Modern Habits Be Fueling Cognitive Decline? The convenience of modern life, particularly our reliance on plastics, may be harboring a hidden threat. Emerging science casts a spotlight on the potential link between microplastic consumption and adverse health effects, specifically pointing to the unsettling presence of these microscopic particles within the [...]



### Your Morning Routine Is Making You Sick—Here's What To Fix!

Mornings set the tone for the entire day, but many people unknowingly sabotage their health before they even step out the door. Seemingly harmless habits—like checking the phone first thing, skipping breakfast, or even taking a hot shower—can contribute to fatigue, stress, and long-term health issues. While these routines feel natural, they often disrupt the [...]



### The Benefits of Barefoot Grounding

Reconnecting with Nature In today's fast-paced, technology-driven world, many people unknowingly become disconnected from the natural elements around them. Barefoot grounding, or earthing, is an ancient practice that involves walking

barefoot on natural surfaces such as grass, soil, sand, or even snow. This simple act can have profound benefits for our well-being, both physically and [...]

### March is Brain Injury Awareness

**Month!** This month has been recognized since 1993 as Brain Injury Awareness Month and has been embraced by various organizations globally to help raise awareness of brain injuries and the individuals living with them. Brain injuries are extremely unpredictable and can be caused by a wide range of incidents, both external and internal. Traumatic Brain Injury [...]



### Simple Ways to Improve Heart Health and Lower Your Risk of Disease

Discover simple yet effective ways to manage diabetes through diet, exercise, and mental well-being. Learn how small lifestyle changes can improve your blood sugar control and overall quality of life. Heart disease remains one of the leading causes of death worldwide, but simple lifestyle changes can significantly reduce your risk. A heart-healthy lifestyle focuses on [...]



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# Repair Your Skin: 20 Smart Steps That Will Protect Your Skin

**By Dr. Dana Stern**-Dermatologists

Imagine waking up every day to clear, radiant skin that makes you feel confident and beautiful. Your skin is more than just a covering; it's your first line of defense, a reflection of your health, and a significant part of your identity. Yet, life's challenges, environmental stressors, and the natural aging process can leave it feeling tired, dry, and lackluster.

But fear not! This article is your ultimate guide to rejuvenating your skin and keeping it protected. We've gathered 20 smart, science-backed steps to help you repair damage, enhance your natural glow, and build a skincare routine that's as unique as you are. From daily habits to transformative treatments, get ready to embark on a journey towards healthier, happier skin. Let's dive in and discover how you can give your skin the care it truly deserves.

Your skin is your body's largest organ, and it's constantly exposed to environmental stressors, sun damage, and other factors that can take a toll on its health and appearance. Whether you're dealing with dryness, acne, or the effects of aging, there are smart steps you can take to repair and protect your skin. Here are 20 tips to help you achieve healthy, radiant skin:

**1. Stay Hydrated:** Drink plenty of water to keep your skin hydrated from within. *\*Expert Tip\*:* Dermatologists recommend at least 8 glasses a day.

**2. Use Sunscreen Daily:** Protect your skin from harmful UV rays by applying a broad-spectrum sunscreen with an SPF of at least 30 every day, even on cloudy days. *\*Product Recommendation\*:* Try [Brand X Sunscreen](#) for all-day protection.

**3. Moisturize Regularly:** Choose a moisturizer that suits

your skin type and apply it daily to lock in moisture and prevent dryness. *\*Personal Anecdote\*:* "Switching to a hydrating moisturizer made a noticeable difference in my skin's texture and glow."

**4. Avoid Smoking:** Smoking accelerates skin aging and can lead to wrinkles and a dull complexion.

**5. Eat a Balanced Diet:** Incorporate foods rich in antioxidants, vitamins, and healthy fats to nourish your skin from the inside out. *\*Interesting Stat\*:* Studies show that diets high in fruits and vegetables lead to healthier skin.

**6. Exfoliate Gently:** Use a gentle exfoliator to remove dead skin cells and promote cell turnover, but avoid over-exfoliating as it can cause irritation.

**7. Get Enough Sleep:** Aim for 7-9 hours of sleep per night to allow your skin to repair and regenerate. *\*Expert Quote\*:* "Adequate sleep is crucial for skin health," says Dr. Jane Doe, a renowned dermatologist.

**8. Manage Stress:** Chronic stress can take a toll on your skin, so practice stress-relief techniques like meditation, yoga, or deep breathing.

**9. Use a Humidifier:** If you live in a dry climate, using a humidifier can help maintain your skin's moisture levels.

**10. Cleanse Properly:** Use a gentle cleanser to remove dirt, oil, and makeup without stripping your skin of its natural oils.

**11. Avoid Hot Showers:** Hot water can strip your skin of moisture, so opt for lukewarm showers instead.

**12. Choose Skin-Friendly Products:** Look for skincare products that are free of harsh chemicals, fragrances, and irritants.

**13. Incorporate Antioxidants:** Use products containing antioxidants like vitamin C and E to protect your skin from free radical damage.

**14. Protect Your Skin from Pollution:** Cleanse your skin thoroughly at the end of the day to remove pollutants and prevent clogged pores.

**15. Stay Active:** Regular exercise promotes healthy circulation, which can benefit your skin.

**16. Avoid Picking at Your Skin:** Picking at blemishes can lead to scarring and infection, so resist the urge.



**17. Use Retinoids:** Retinoids can help reduce the appearance of fine lines, wrinkles, and hyperpigmentation.

**18. Stay Consistent:** Consistency is key when it comes to skincare, so stick to your routine and give products time to work.

**19. Visit a Dermatologist:** If you're dealing with persistent skin issues, consult a dermatologist for personalized advice and treatment options.

**20. Protect Your Skin from the Elements:** Wear protective clothing, hats, and sunglasses to shield your skin from harsh weather conditions.

By incorporating these smart steps into your daily routine, you can repair and protect your skin, ensuring it stays healthy and radiant for years to come. Remember, taking care of your skin is a long-term commitment, but the results are well worth the effort.

**Here are some dermatologist-recommended skincare products for daily use:**

#### 1. Cleanser:

- **\*\*CeraVe Hydrating Cleanser\*\***: Gentle and effective for all skin types, especially dry and sensitive skin.

- **\*\*La Roche-Posay Toleriane Hydrating Gentle Cleanser\*\***: Ideal for sensitive skin, it cleanses without stripping moisture.

#### 2. Moisturizer:

- **\*\*Neutrogena Hydro Boost Water Gel\*\***: Lightweight and hydrating, perfect for oily and combination skin.

- **\*\*CeraVe Moisturizing Cream\*\***: Rich and nourishing, suitable for dry and sensitive skin.

#### 3. Sunscreen:

- **\*\*EltaMD UV Clear Broad-Spectrum SPF 46\*\***: Great for acne-prone and sensitive skin, provides broad-spectrum protection.

- **\*\*La Roche-Posay Anthelios Melt-in Milk Sunscreen SPF 100\*\***: High SPF protection, suitable for all skin types.

#### 4. Serum:

- **\*\*SkinCeuticals C E Ferulic\*\***: A powerful antioxidant



serum that helps brighten the skin and reduce signs of aging.

- **\*\*The Ordinary Niacinamide 10% + Zinc 1%\*\***: Helps control oil production and reduce the appearance of blemishes.

#### 5. Eye Cream:

- **\*\*Neutrogena Rapid Wrinkle Repair Eye Cream\*\***: Targets fine lines and wrinkles around the eyes.

- **\*\*CeraVe Eye Repair Cream\*\***: Hydrates and reduces the appearance of dark circles and puffiness.

#### 6. Exfoliator:

- **\*\*Paula's Choice Skin Perfecting 2% BHA Liquid Exfoliant\*\***: Helps unclog pores and smooth skin texture.

- **\*\*The Ordinary AHA 30% + BHA 2% Peeling Solution\*\***: Provides a deeper exfoliation for a brighter complexion.

These products are highly recommended by dermatologists and can help you maintain a healthy and effective skincare routine.



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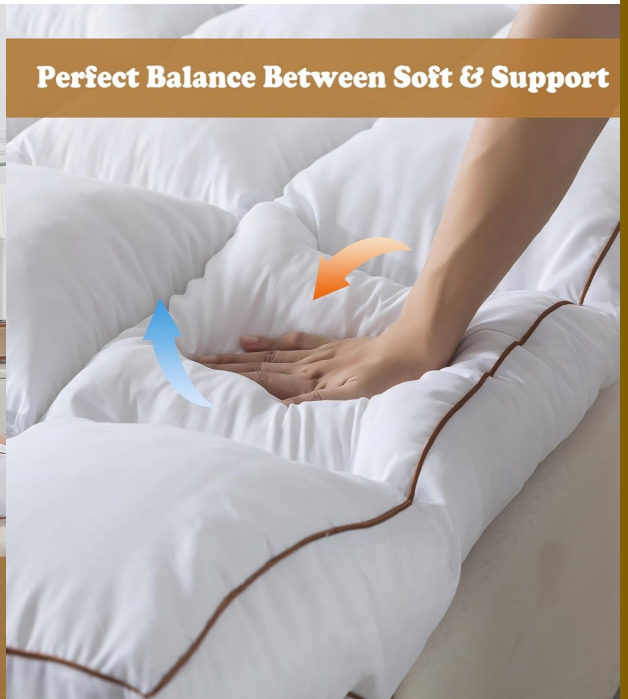


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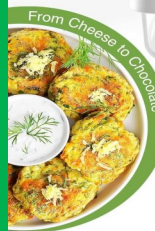


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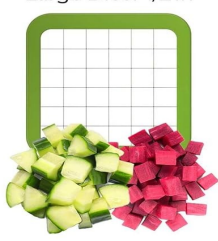
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# The Wonderful Healthy Benefits of Cayenne Peppers

*By Dr. Christopher Hobbs, Ph.D.*

Imagine a tiny, fiery red pepper that has the power to transform your meals and revolutionize your health. Enter the world of cayenne peppers, a staple in kitchens and medicine cabinets alike for centuries. With a history deeply rooted in ancient cultures, these vibrant peppers offer a tantalizing blend of flavor and a wealth of health benefits. From boosting metabolism to reducing inflammation, cayenne peppers are nature's spicy secret to a healthier you. In this article, we'll explore the wonderful health benefits of cayenne peppers and discover why incorporating this dynamic spice into your daily routine can lead to a happier, healthier life.

Cayenne peppers offer a plethora of health benefits that would make compelling highlights in your article. Here are some key benefits to consider:

## 1. Boosts Metabolism

Cayenne peppers contain capsaicin, a compound known to increase metabolic rate and help with weight loss by promoting fat oxidation and reducing appetite.

## 2. Reduces Inflammation

Capsaicin has anti-inflammatory properties that can help alleviate pain and reduce inflammation in conditions such as arthritis and muscle aches.

## 3. Improves Digestion

Cayenne peppers stimulate the production of digestive enzymes, which can improve digestive health and alleviate symptoms of indigestion.

## 4. Supports Cardiovascular Health

Regular consumption of cayenne peppers can help lower blood pressure, reduce cholesterol levels, and improve blood circulation, contributing to overall



heart health.

## 5. Enhances Immune System

Rich in vitamins A and C, cayenne peppers can boost the immune system and help the body fight off infections and illnesses.

## 6. Pain Relief

Capsaicin is often used in topical creams and ointments to provide relief from pain and discomfort by desensitizing sensory receptors.

## 7. Detoxification



Cayenne peppers can promote detoxification by increasing body temperature and inducing sweating, helping to eliminate toxins from the body.

## 8. May Help Prevent Cancer

Some studies suggest that capsaicin may have anti-cancer properties, inhibiting the growth of cancer cells and reducing the risk of certain types of cancer.

**Cayenne pepper stands out among other spices for its unique health benefits, but let's compare it to a few other popular spices:**

### Paprika

- **Nutritional Content**: Paprika contains higher levels of Vitamin A, Vitamin B2, and Vitamin B3, while cayenne peppers provide more Vitamin C, Vitamin B6, and folate.

- **Minerals**: Paprika offers more iron, zinc, and copper, whereas cayenne pepper provides slightly more manganese and selenium.

- **Flavor**: Paprika is typically sweeter and fruitier, while cayenne pepper is spicier.

### Chili Pepper

- **Vitamins**: Cayenne pepper is richer in vitamins A, B1, B3, iron, and zinc, while chili pepper contains more vitamin C.

- **Minerals**: Cayenne pepper has higher levels of calcium, phosphorus, magnesium, potassium, and copper.

- **Calories**: Cayenne pepper is higher in calories compared to chili pepper.

### Black Pepper

- **Nutritional Content**: Cayenne pepper is higher in fats, protein, and dietary fiber, while black pepper is higher in net carbs.

- **Micronutrients**: Black pepper is richer in vitamin K, calcium, and copper, whereas cayenne pepper

is richer in vitamins A, E, B6, B9, and zinc.

- **Flavor**: Black pepper is milder and versatile, while cayenne pepper is significantly hotter.

Each spice has its own unique set of benefits, making them valuable additions to your diet. Cayenne pepper, with its high capsaicin content, offers distinct advantages in metabolism boosting, pain relief, and cardiovascular health.

**Capsaicin, the active compound in cayenne peppers, has a fascinating effect on metabolism. Here's a**



**breakdown of the science behind it:**

### Thermogenesis

Capsaicin activates a protein called the transient receptor potential vanilloid-1 (TRPV1) channel, which is found throughout the nervous system. When capsaicin binds to these receptors, it creates a sensation of heat. In response, the body activates cooling mechanisms, such as increased sweating and vasodilation (widening of blood vessels). This process requires energy, leading to a temporary boost in metabolic rate through a mechanism called thermogenesis.

### Brown Adipose Tissue Activation



Capsaicin enhances the activity of brown adipose tissue (BAT), which is a type of fat that burns energy to produce heat. Unlike white fat, which stores excess calories, brown fat actively consumes energy when stimulated. This activation of brown fat by capsaicin represents a promising pathway for enhancing metabolism beyond simple calorie burning.

### **Fat Oxidation**

Capsaicin also influences fat metabolism by increasing the rate of fat oxidation. This means that the body becomes more efficient at breaking down stored fat for energy use. Studies have shown that meals containing capsaicin lead to higher fat oxidation rates compared to identical meals without the compound.

### **Appetite Suppression**

Capsaicin has been found to reduce appetite and increase feelings of fullness, which can help with weight management. This effect is partly due to its impact on the release of appetite-regulating hormones.

### **Energy Expenditure**

Research indicates that consuming capsaicin-rich foods can increase energy expenditure by approximately 50 calories per day when included regularly in the diet. This may not seem like much, but over time, it can contribute to weight loss and improved metabolic health.

In summary, capsaicin boosts metabolism through thermogenesis, activation of brown adipose tissue, increased fat oxidation, appetite suppression, and enhanced energy expenditure. These combined effects make it a powerful tool for supporting weight management and overall metabolic health.

### **Most effective ways to consume cayenne peppers?**

Incorporating cayenne peppers into your diet can be a delightful and health-boosting experience. Here are some of the most effective ways to consume them:



#### **1. Spice Up Your Meals**

- **\*\*Sprinkle\*\***: Add ground cayenne pepper to soups, stews, sauces, and salads for an extra kick.
- **\*\*Seasoning\*\***: Use it as a seasoning for grilled meats, roasted vegetables, and eggs.
- **\*\*Marinades\*\***: Include cayenne in marinades for chicken, beef, or tofu to infuse your dishes with a spicy flavor.

#### **2. Cayenne Pepper Tea**

- Mix a pinch of cayenne pepper with hot water, lemon juice, and honey for a soothing and invigorating drink. This can help boost metabolism and support digestion.

#### **3. Capsule Supplements**

- If you're not a fan of the spicy taste, you can take cayenne pepper capsules as a dietary supplement. These are available at health food stores and pharmacies.



#### **4. Smoothies and Juices**

- Add a small amount of cayenne pepper to your smoothies or fresh juices for an unexpected spicy twist that can enhance the health benefits of your drink.

#### **5. Cayenne Pepper Oil**

- Infuse oil with cayenne pepper and use it in salad dressings, marinades, or as a finishing drizzle over dishes. This can provide a mild, spicy flavor.

#### **6. Detox Drinks**

- Incorporate cayenne pepper into detox drinks, such as the famous Master Cleanse, which combines lemon juice, maple syrup, cayenne pepper, and water.

#### **7. Baked Goods**

- Add a dash of cayenne pepper to chocolate-based recipes like brownies or hot chocolate for a surprising and delightful spicy-sweet combination.

#### **8. Pickled or Fermented**

- Include cayenne pepper in pickling brine or fermentation recipes to add a spicy kick to pickles, kimchi, or sauerkraut.

By trying out these methods, you can enjoy the versatile and health-boosting properties of cayenne peppers in various ways. Just remember to start with small amounts and gradually increase the spice level to suit your taste and tolerance.

There are several recent case studies and reviews highlighting the health benefits of consuming cayenne peppers. Here are a few notable ones:

#### **1. Cancer Prevention**

A study found that capsaicin, the active compound in cayenne peppers, may help inhibit the growth of cancer cells and prevent new ones from forming. This study specifically noted benefits in preventing

lung cancer in individuals who smoke or have smoked in the past.

#### **2. Psoriasis Treatment**

Research has shown that topical application of capsaicin from cayenne pepper can significantly reduce the redness and scaling associated with psoriasis. Subjects who used a 0.025% capsaicin cream for six weeks experienced notable improvements.

#### **3. Cardiovascular Health**

An academic review highlighted cayenne pepper's ability to enhance blood circulation and reduce the risk of cardiovascular diseases. Capsaicin stimulates blood flow, prevents blood clots, and promotes vasodilation, contributing to overall heart health.

#### **4. Digestive Health**

Capsaicin in cayenne pepper promotes digestive health by stimulating the production of digestive enzymes and gastric juices. It also combats gastrointestinal pathogens, supporting a healthy gut microbiome.

#### **5. Pain Relief**

Capsaicin is recognized for its analgesic properties, particularly in treating neuropathic pain conditions such as trigeminal neuralgia and shingles. It works by depleting the levels of substance P, a neuropeptide involved in the transmission of pain signals.

#### **6. Heart Health Benefits**

Cayenne pepper has been shown to lower blood pressure, enhance blood flow, and reduce the heart's workload. Capsaicin's interaction with the TRPV1 receptor prompts the release of nitric oxide, which helps in vasodilation and improved cardiovascular function.

These studies and reviews provide compelling evidence of the various health benefits of cayenne peppers.

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# Understanding the Benefits of Drinking Mineral Water

**By Kim Collins— Nutritionists**

In a world where staying hydrated is paramount to maintaining good health, mineral water stands out as a natural choice that offers more than just quenching your thirst. Sourced from natural springs, mineral water is rich in essential minerals like calcium, magnesium, and potassium, making it a refreshing way to nourish your body. This article will delve into the myriad benefits of drinking mineral water, from enhancing bone health to improving digestion and boosting your skin's radiance. Join us as we explore how this natural elixir can become an integral part of your daily hydration routine, supporting your overall well-being.

## **Mineral Water: Nature's Refreshing Elixir**

Mineral water is sourced from natural springs and contains a variety of minerals that are beneficial to health. These minerals, such as calcium, magnesium, and potassium, are naturally present in the water as it flows through underground rocks and soil. Here's a closer look at some of the benefits mineral water offers:

### **1. Rich in Essential Minerals**

Mineral water is naturally infused with essential minerals that our bodies need to function properly. Calcium is crucial for strong bones and teeth, while magnesium supports muscle function and energy production. Potassium helps regulate blood pressure and

maintains proper heart function.

### **2. Improves Bone Health**

The calcium content in mineral water can contribute to stronger bones, reducing the risk of osteoporosis and fractures. Regular consumption of calcium-rich mineral water can be especially beneficial for individuals who do not consume enough dairy products.

### **3. Aids Digestion**

Mineral water can help improve digestion by stimulating the secretion of digestive enzymes. The presence of bicarbonates can also neutralize stomach acid, providing relief from indigestion and heartburn.

### **4. Supports Heart Health**

Potassium and magnesium found in mineral water are known to support cardiovascular health. Potassium helps maintain a healthy balance of electrolytes, while magnesium plays a role in maintaining normal heart rhythm and preventing high blood pressure.

### **5. Hydrates and Refreshes**

Mineral water is a refreshing way to stay hydrated, especially during hot weather or after physical activity. The natural minerals can also enhance the taste, making it a more enjoyable alternative to plain water.

### **6. Boosts Skin Health**

The minerals in mineral water can contribute to

healthier, glowing skin. Magnesium helps reduce inflammation, while silica, another common mineral in mineral water, supports the production of collagen, promoting skin elasticity and hydration.

### 7. Natural Source of Electrolytes

Electrolytes are essential for maintaining fluid balance, nerve function, and muscle contractions. Mineral water is a natural source of these electrolytes, making it an excellent choice for replenishing lost fluids after exercise.

By understanding the benefits of mineral water, you can make an informed decision about incorporating it into your daily hydration routine. Whether you're sipping it straight from the bottle or using it as a base for your favorite beverages, mineral water is a natural and healthful way to stay refreshed and nourished.

### Different Types of Mineral Water and Their Benefits

Mineral water is a diverse category, and understanding the different types available can help you choose the best one for your needs. Here are some common types of mineral water and their benefits:

#### 1. Natural Mineral Water

- **\*\*Source\*\***: Natural springs.
- **\*\*Benefits\*\***: Rich in minerals like calcium, magnesium, and potassium. Supports overall health, boosts hydration, and improves skin health.

#### 2. Sparkling Mineral Water

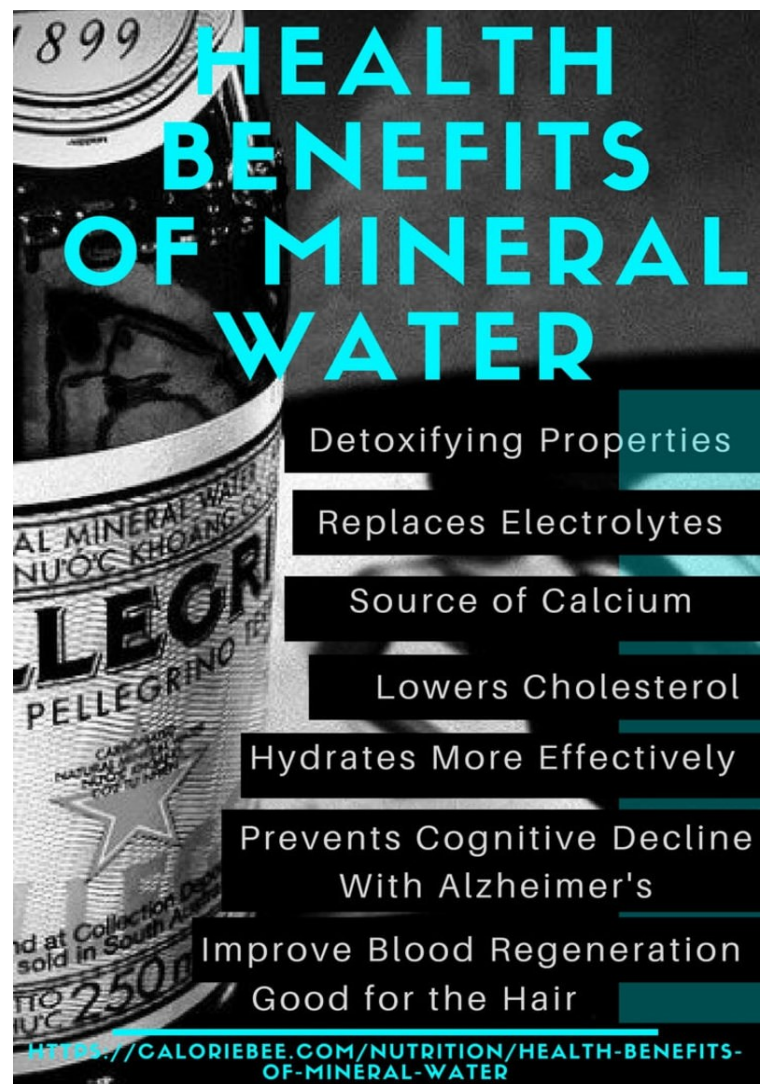
- **\*\*Source\*\***: Natural springs or artificially carbonated.
- **\*\*Benefits\*\***: Contains natural minerals and has a refreshing fizz. Aids digestion and can serve as a healthier alternative to sugary sodas.

#### 3. Artesian Water

- **\*\*Source\*\***: Confined aquifers that flow naturally to the surface.
- **\*\*Benefits\*\***: Often high in minerals. Known for purity and natural filtration, supporting hydration and providing essential nutrients.

#### 4. Spring Water

- **\*\*Source\*\***: Underground springs.



- **\*\*Benefits\*\***: Contains natural minerals and is naturally filtered. Offers a clean, fresh taste and essential nutrients for hydration and health.

#### 5. Well Water

- **\*\*Source\*\***: Extracted from wells.
- **\*\*Benefits\*\***: Contains varying mineral content depending on the geological formations. Can support overall health with essential minerals.

### Specific Mineral Water Brands and Their Unique Benefits

#### Evian

- **\*\*Benefits\*\***: High in calcium and magnesium. Promotes bone health and muscle function.

#### Perrier

- **\*\*Benefits\*\***: Naturally carbonated and rich in minerals like calcium and magnesium. Aids digestion and provides a refreshing, fizzy taste.



### San Pellegrino

- **Benefits**: Contains calcium, magnesium, and bicarbonate. Supports digestive health and offers a slightly bitter taste due to its mineral content.

### Vichy Catalan

- **Benefits**: High in bicarbonate, sodium, and chloride. Beneficial for digestion and electrolyte balance.

### Gerolsteiner

- **Benefits**: Rich in calcium, magnesium, and bicarbonate. Supports bone health, muscle function, and acid-base balance in the body.

Incorporating mineral water into your daily hydration routine can have profound benefits for your overall health and well-being. From providing essential minerals that support bone health and muscle function to aiding digestion and enhancing skin vitality, mineral water is a natural and refreshing choice for those seeking to improve their health. By understanding the unique properties and benefits of different types of mineral water, you can make informed decisions that align with your lifestyle and personal preferences. So, the next time you reach for a bottle



of water, consider the advantages of mineral water and enjoy the nourishing benefits it has to offer. Here's to healthier, happier hydration!

# HOW TO USE

**STEP 1**  
**TEAR**



**STEP 2**  
**POUR**

Add to an ice cold glass of 16 oz water



**STEP 3**  
**HYDRATE**



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## The Essential Role of Omega-3 Fatty Acids in Human Health

*By Lurie Bell*— Nutritionists

**I**n an era where health consciousness is on the rise, Omega-3 fatty acids have emerged as a vital component of a balanced diet, earning widespread acclaim from health professionals and researchers alike. These essential fats are not produced by the body, making it crucial to obtain them through our diet. From promoting heart health to supporting cognitive function and reducing inflammation, Omega-3 fatty acids play a pivotal role in maintaining overall well-being. In this article, we will explore the myriad benefits of Omega-3, delving into the scientific evidence behind its essential role in human health and offering practical tips on incorporating these vital nutrients into your daily routine.

### Health Benefits of Omega-3

#### 1. Heart Health

Omega-3 fatty acids are renowned for their heart-protective properties. They help:

- Lower blood pressure.
- Reduce triglycerides.
- Decrease inflammation.
- Prevent the formation of blood clots.

Studies have shown that regular consumption of Omega-3s can significantly reduce the risk of heart disease.

#### 2. Brain Function

DHA, a type of Omega-3, is a major component of the brain. Adequate Omega-3 intake supports cognitive function and mental health by:

- Enhancing memory and learning abilities.
- Reducing the risk of neurodegenerative diseases such as Alzheimer's.
- Alleviating symptoms of depression and anxiety.

#### 3. Inflammation and Autoimmune Diseases

Omega-3s possess anti-inflammatory properties that can benefit individuals with autoimmune diseases like rheumatoid arthritis.

They help reduce:

- Joint pain and stiffness.
- Inflammation throughout the body.

Regular consumption can lead to improved quality of life for those with chronic inflammatory conditions.

#### Best Sources of Omega-3

##### 1. Fatty Fish

Fatty fish are some of the richest sources of Omega-3s. Top choices include:

- Salmon
- Mackerel
- Sardines
- Herring

These fish provide high levels of EPA and DHA, the most beneficial types of Omega-3s.

## 2. Plant-Based Sources

For those who prefer plant-based options, several foods are rich in ALA, another type of Omega-3. These include:

- Flaxseeds
- Chia seeds
- Walnuts
- Hemp seeds

## 3. Algal Oil

Algal oil is a plant-based source of DHA and EPA, making it an excellent choice for vegetarians and vegans. It is derived from algae, the same source that provides Omega-3s for fish.

## 4. Supplements

Omega-3 supplements, such as fish oil and algal oil capsules, offer a convenient way to ensure adequate intake. They are especially beneficial for individuals who may not consume enough Omega-3-rich foods in their diet.

## Here are some recent studies on Omega-3 fatty acids that highlight their health benefits:

### 1. Omega-3 and Cancer Risk

A study from the University of Georgia suggests that Omega-3 and Omega-6 fatty acids could help reduce the risk of developing several types of cancer. The research found that higher levels of these fatty acids were associated with lower rates of colon, stomach, and lung cancer.

### 2. Omega-3 and Lung Health

Research from the University of Virginia School of Medicine found that higher dietary intake of Omega-3 fatty acids is linked to better lung function and longer survival in patients with pulmonary fibrosis. The study showed that patients with higher levels of DHA and EPA in their blood had a slower decline in lung function and longer survival.

### 3. Omega-3 and Heart Health

A comprehensive review published in the Future Journal of Pharmaceutical Sciences highlighted the therapeutic benefits of Omega-3 fatty acids in treating a range of illnesses, including cardiovascular diseases. The study emphasized the importance of Omega-3s in regulating blood pressure, glucose metabolism, and inflammatory responses.

### 4. Omega-3 and Lung Health (NIH Study)

A large NIH study found that Omega-3 fatty acids are promising for maintaining lung health. The study showed that higher levels

of Omega-3s in the blood were associated with a reduced rate of lung function decline. The strongest associations were observed for DHA, an Omega-3 fatty acid found in fatty fish.

These studies underscore the significant health benefits of Omega-3 fatty acids and highlight the importance of including them in your diet.

## What are some ways to incorporate more Omega-3s into my diet?

Incorporating more Omega-3s into your diet can be both delicious and easy! Here are some practical tips and ideas:



## Eat Fatty Fish

- **Salmon**: Grill, bake, or pan-sear salmon for a tasty and nutritious meal.
- **Mackerel**: Try smoked mackerel in salads or on toast.
- **Sardines**: Add sardines to your pasta dishes or enjoy them on crackers.
- **Herring**: Enjoy pickled herring as a snack or appetizer.

## 2. Add Plant-Based Sources

- **Flaxseeds**: Sprinkle ground flaxseeds on your oatmeal, yogurt, or smoothies.



- **\*\*Chia Seeds\*\***: Mix chia seeds into your puddings, smoothies, or use them as an egg substitute in baking.

- **\*\*Walnuts\*\***: Snack on a handful of walnuts, or add them to your salads and baked goods.

- **\*\*Hemp Seeds\*\***: Sprinkle hemp seeds on your salads, cereal, or yogurt.

### 3. Use Omega-3-Rich Oils

- **\*\*Flaxseed Oil\*\***: Use flaxseed oil in your salad dressings or drizzle it over cooked vegetables.

- **\*\*Canola Oil\*\***: Use canola oil for cooking and baking.

### 4. Try Algal Oil

- **\*\*Algal Oil\*\***: Add algal oil supplements to your diet, which provide a plant-based source of DHA and EPA.

### 5. Incorporate Omega-3 Supplements

- **\*\*Fish Oil\*\***: Take fish oil supplements, which are rich in EPA and DHA.

- **\*\*Krill Oil\*\***: Try krill oil supplements for an alternative source of Omega-3s.

### 6. Include Fortified Foods

- **\*\*Fortified Eggs\*\***: Look for eggs fortified with Omega-3s and include them in your meals.

- **\*\*Fortified Dairy Products\*\***: Choose milk, yogurt, and other dairy products that are fortified with Omega-3s.

### 7. Enjoy Omega-3-Rich Snacks

- **\*\*Edamame\*\***: Snack on steamed edamame, which contains Omega-3s.

- **\*\*Seaweed\*\***: Enjoy seaweed snacks for a boost of Omega-3s.

### 8. Experiment with Recipes

- **\*\*Smoothies\*\***: Blend flaxseeds or chia seeds into



your favorite smoothie recipes.

- **\*\*Salads\*\***: Add walnuts, flaxseeds, or chia seeds to your salads for extra crunch and nutrition.

- **\*\*Baked Goods\*\***: Incorporate ground flaxseeds into your baking recipes, such as muffins and bread.

#### Example Recipe: Chia Seed Pudding

1. Mix 3 tablespoons of chia seeds with 1 cup of almond milk.
2. Add a sweetener of your choice (honey, maple syrup) and a dash of vanilla extract.
3. Stir well and refrigerate overnight.
4. Top with fresh fruits, nuts, or granola before serving.




These ideas will help you easily boost your Omega-3 intake and enjoy the health benefits they offer.

#### Conclusion

Incorporating Omega-3 fatty acids into your diet is essential for optimal health. Whether through dietary sources or supplements, ensuring you get enough Omega-3s can lead to numerous health benefits, from a healthier heart to a sharper mind. Make informed choices and prioritize your well-being with these vital nutrients.









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## FIVE SIMPLE EXERCISES YOU SHOULD BE DOING DAILY

*By Cara Wells*-Fitness Trainer

In the hustle and bustle of everyday life, maintaining a regular exercise routine can often feel like an impossible task. However, incorporating just a few simple exercises into your daily schedule can yield significant health benefits, boosting your physical and mental well-being. Whether you're a fitness enthusiast or a novice looking to enhance your activity levels, these five easy-to-follow exercises can be seamlessly integrated into your day, promoting better posture, increased energy, and overall vitality. Let's explore these essential exercises that require minimal time

and equipment but deliver maximum results.

Daily exercise offers a plethora of benefits, positively impacting both your physical and mental well-being. Here are some key advantages:

1. **\*\*Improved cardiovascular health\*\***: Regular exercise strengthens your heart and improves blood circulation, reducing the risk of heart diseases and high blood pressure.
2. **\*\*Weight management\*\***: Engaging in daily physical activity helps burn calories, aiding in weight loss or maintaining a healthy weight.
3. **\*\*Enhanced mood and mental health\*\***: Exercise releases endorphins, the "feel-good" hormones, which can help alleviate stress, anxiety, and depres-



sion.

4. **\*\*Increased energy levels\*\***: Physical activity boosts your overall energy levels by improving the efficiency of your cardiovascular system and promoting better sleep.

5. **\*\*Stronger muscles and bones\*\***: Regular exercise helps build and maintain muscle mass, strength, and bone density, reducing the risk of osteoporosis and fractures.

6. **\*\*Better flexibility and balance\*\***: Incorporating exercises that enhance flexibility and balance can help prevent falls and improve overall mobility.

7. **\*\*Boosted immune system\*\***: Daily exercise can help strengthen your immune system, making you less susceptible to illnesses.

By making exercise a daily habit, you can enjoy these benefits and lead a healthier, more active lifestyle. Ready to dive into those five simple exercises you should be doing daily?

***Here are five simple exercises that you can start incorporating into your daily routine:***

1. **\*\*Walking\*\***: One of the easiest and most effective exercises. Aim for at least 30 minutes of brisk walking each day. It's great for cardiovascular health, and you can do it almost anywhere.

2. **\*\*Stretching\*\***: Spending a few minutes stretching

each day can improve flexibility and reduce muscle tension. Focus on major muscle groups like your neck, shoulders, back, and legs.

3. **\*\*Squats\*\***: This exercise targets your lower body and can be done without any equipment. Stand with your feet shoulder-width apart, bend your knees, and lower your hips as if you're sitting in a chair, then stand back up.

4. **\*\*Push-ups\*\***: Push-ups help build upper body strength. If traditional push-ups are too challenging, start with modified push-ups on your knees.

5. **\*\*Plank\*\***: This core-strengthening exercise works your entire body. Hold a plank position with your forearms on the ground and your body in a straight line from head to heels for as long as you can.

These exercises require minimal time and equipment, making them easy to fit into a busy schedule. Start with what feels manageable and gradually increase the duration and intensity as you build strength and endurance. *Ready to get moving?*

**Here's how to perform each of these exercises safely:**

#### 1. Walking

- **\*\*Warm-up\*\***: Start with a 5-minute warm-up, walking at a slower pace to get your muscles ready.



- **Posture**: Keep your head up, shoulders relaxed, and back straight. Swing your arms naturally.
- **Footwear**: Wear comfortable, supportive shoes to reduce the risk of injury.
- **Cool down**: After your walk, spend a few minutes stretching to help your muscles recover.

## 2. Stretching

- **Warm-up**: Stretching is best done after a light warm-up or exercise when your muscles are more pliable.
- **Gentle stretches**: Move slowly and avoid bouncing. Stretch to the point of mild tension, not pain.
- **Hold**: Hold each stretch for 15-30 seconds, breathing deeply and slowly.
- **Symmetry**: Ensure you stretch both sides of your body equally.

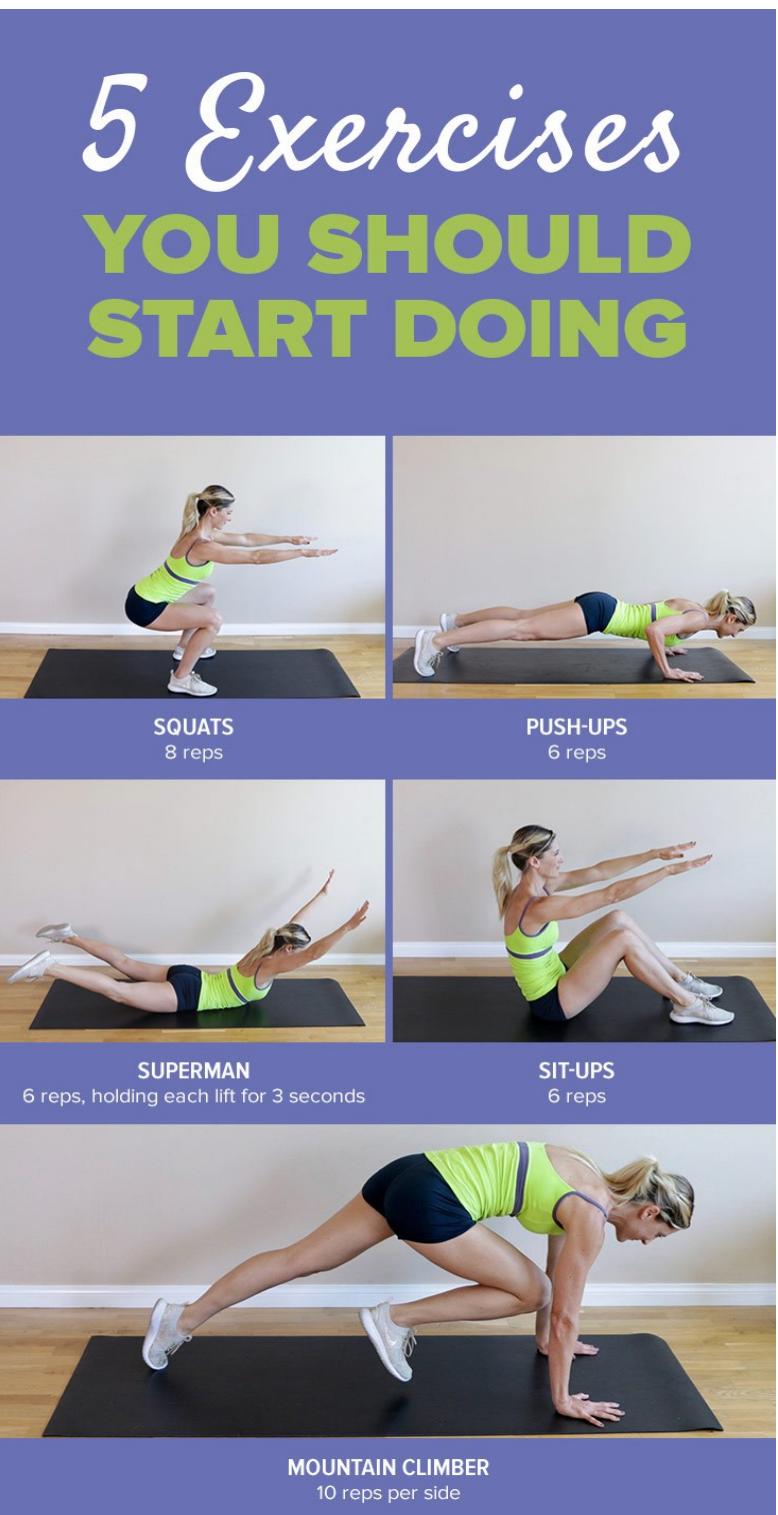
## 3. Squats

- **Stance**: Stand with your feet shoulder-width apart, toes slightly turned out.
- **Movement**: Lower your body by bending your knees and pushing your hips back as if you're sitting in a chair.
- **Knees and toes**: Keep your knees in line with your toes to avoid strain.
- **Chest and back**: Maintain an upright chest and a neutral spine throughout the movement.

- **Depth**: Lower until your thighs are parallel to the ground or as far as comfortable, then rise back up.

## 4. Push-ups

- **Position**: Place your hands slightly wider than shoulder-width apart on the ground. Keep your body in a straight line from head to heels.
- **Descent**: Lower your body by bending your



elbows, keeping them close to your sides.

- **Depth**: Lower until your chest is close to the ground, then push back up.
- **Modification**: If needed, perform push-ups on your knees to reduce intensity.

## 5. Plank

- **Position**: Start on your forearms and toes,

keeping your body in a straight line from head to heels.

- **Alignment**: Ensure your elbows are directly under your shoulders, and engage your core muscles.
- **Hold**: Maintain the position without letting your hips sag or rise. Hold for as long as you can while maintaining good form.
- **Breathing**: Breathe steadily throughout the exercise.

## Why are warm-ups and cool-downs important?

Warm-ups and cool-downs play a crucial role in any exercise routine, providing numerous benefits that enhance performance and reduce the risk of injury. Here's why they are important:

### Warm-ups:

1. **Increase blood flow**: A proper warm-up gradually increases your heart rate and blood flow to the muscles, preparing them for more intense activity.
2. **Improve muscle flexibility**: Warming up helps to loosen tight muscles, making them more flexible and less prone to strains or injuries.
3. **Enhance joint mobility**: A dynamic warm-up targets major joints, improving their range of motion and reducing stiffness.
4. **Prepare your nervous system**: Warming up activates your central nervous system, improving coordination and reaction times during exercise.
5. **Mental readiness**: A warm-up helps you mentally prepare for the workout ahead, increasing focus and motivation.

### Cool-downs:

1. **Gradual recovery**: Cooling down helps your body transition from a state of exertion to a state of rest, preventing a sudden drop in blood pressure.



2. **Reduce muscle soreness**: A proper cool-down can help flush out lactic acid and other metabolic waste products from your muscles, reducing post-exercise soreness.
3. **Improve flexibility**: Stretching during a cool-down can help maintain or improve flexibility, preventing tightness and stiffness.
4. **Prevent dizziness**: A cool-down helps regulate blood flow and prevents blood from pooling in the lower extremities, reducing the risk of dizziness or fainting.
5. **Relaxation**: Cooling down provides an opportunity to relax and reflect on your workout, promoting a sense of well-being and accomplishment.

Incorporating warm-ups and cool-downs into your exercise routine is essential for optimizing performance, reducing the risk of injury, and enhancing overall recovery. By taking a few extra minutes for these important steps, you'll set yourself up for a more effective and enjoyable workout experience.

By following these guidelines, you'll be able to perform these exercises safely and effectively. Remember to listen to your body and modify exercises as needed to suit your fitness level. Happy exercising!



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