

HEALTH BITES BY NUTRITION POWER

HEALTH TO YOU!



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Stressed? Nature Has the Answer.

2020 has been a year filled with stress and anxiety. From health concerns to social unrest, unemployment and depression, this decade is starting off with a recipe for surging stress. With political tensions running high over election season, this November promises to be no different than the rest of the year.

How do we manage a seemingly endless barrage of stress-inducing attacks in a way that is gentle to our bodies? You're probably aware of some natural stress-busters including exercise, meditation and prayer. In addition to those methods, here are three more ways to manage stress naturally.

1. Essential oils. According to a [Korean clinical trial on aromatherapy](#) and many other studies, inhalation of some essential oils showed a reduction in stress response and lower blood pressure in study participants. Lavender, ylang ylang and bergamot were specifically cited for their benefits.

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Stressed? Nature Has the Answer. (continued from page 1)



Soothe a frazzled friend with an anti-stress gift basket from Nutrition Power.

2. Magnesium. A number of studies have shown that magnesium supplementation alleviates stress and anxiety. Some foods high in magnesium include chinook salmon, halibut, spinach, swiss chard, quinoa, tempeh, almonds and cashews. You can also boost your magnesium intake with a high quality supplement from Nutrition Power like Life Extension brand Extend Release Magnesium. This magnesium supplement is 10% off all month long.

3. Progressive muscle relaxation. If you're carrying your stress in your muscles like many people do, try progressive muscle relaxation to reduce tension. Tense a specific muscle group as tight as you can for five seconds, then relax for thirty seconds. Repeat with the same muscles, then move on to another muscle group. You can do this exercise any time, anywhere to reduce the physical tightness of emotional and mental stress.

4. Ashwagandha. The Ayurvedic herb ashwagandha has been shown in studies to have anti-stress, anti-inflammatory and antioxidant properties, among many other benefits especially to the central nervous system. Knock out stress with this powerful herb, also available from the Life Extension product line. All month long, Nutrition Power is offering 10% off all Life Extension products!

Don't Let Holiday Sugar Bust Your Immune System

Halloween candy, Thanksgiving pumpkin pie, Christmas cookies...the next several months will bring with them a much-needed dose of the comfort and joy our holiday traditions are known for. They will also deliver endless opportunities to bog down our immune systems with too much sugar. Besides practicing saying "No, thank you!" here are three ways we can try to counteract all those holiday sweets.

1. Keep your sugars natural. Skip the GMO white sugar and high fructose corn syrup and try to stick to natural sweeteners like honey or maple syrup. With low-carb diets being popular, you might even find holiday deserts made with natural sugar-free sweeteners like stevia or monkfruit.

2. Boost your immune response ahead of time. Make sure you're prepared in advance by strengthening your body with Vitamin C and Vitamin D and zinc. Quercetin supplements like Optimized Quercetin from Life Extension have demonstrated anti-inflammatory and antiviral properties.

3. Work before you play. If you do plan to indulge in Grandma's famous apple pie, get in a good workout first. Your post-exercise muscles will use up those simple sugars faster, giving them less time to wander around your bloodstream beating up on your white blood cells.



Health to YOU! Healthy Gift Baskets from Nutrition Power

Let Us Take the Stress Out of Gift-Giving With Health to YOU Gift Baskets

Ready or not, the holiday season is upon us! Give your friends, co-workers and family members the gift of health over this often stressful and over-indulgent time of year. With Nutrition Power's Health To You gift baskets, you can give confidently knowing that your gift is nourishing, healthful and delicious!

Whether you are needing a gift for a holiday hostess, a hard-to-buy-for family member or a last-minute birthday gift, Nutrition Power has the perfect collection of treats. We have gift baskets ready to go in-store, or you can request a specific basket in advance.



In addition to the usual gift-giving occasions that come with this time of year, don't forget that your friends and family still have birthdays and anniversaries during these months! They also may be getting engaged, getting married and having babies. What better way to help a new mom adjust to life with an infant than looking after both of them with

some healthy snacks?

Along with the good times of the holiday season, it's also cold and flu season. Why not bring a friend a get-well basket? They are filled with ways to help them recover naturally with immune-boosting supplements. **Show others that you care by giving the gift of good health!**

November 2020

**All month long: 10%
off all Life Extension
brand products!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time! Turn your clocks back!	2	3 Election Day! Did you vote?	4	5	6	7
8	9	10 10% off all day at Nutrition Power!	11 Veteran's Day	12	13 World Kindness Day	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day (Store Closed)	27	28
29	30					

HAVE GRATITUDE ♦ GIVE THANKS ♦ LIVE ABUNDANTLY

M-Sat:
10-7PM
Sunday:
12-5PM

NUTRITION  POWER

1030 Old Peachtree Rd. NW STE 310
Lawrenceville, GA 30043

(678)376-0391

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www.nutrition-power.org

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10% off

ALL LIFE
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PRODUCTS DURING
NOVEMBER

