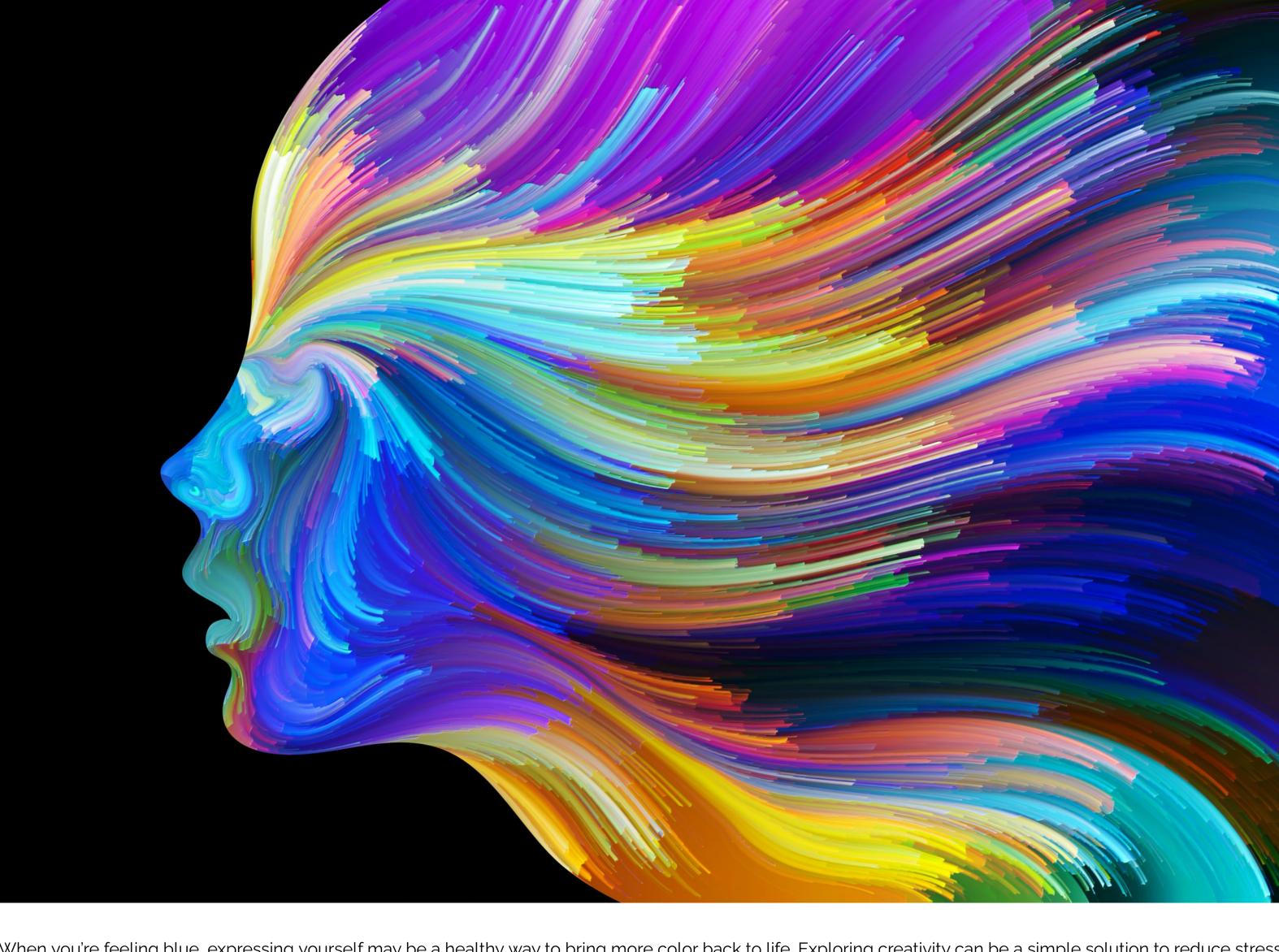
# How To Use Creativity to Reduce Stress and Anxiety

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common mental illness in the U.S. and affect nearly 1 in 5 adults every year. Anxiety develops from a complex set of risk factors, including genetics, brain chemistry, personality, and life events. Long-term exposure to stress and anxiety can have significant effects on the body.

wellness expert and personal trainer. "Chronic stress has a corrosive effect on the brain that has been linked to degeneration of the hippocampus (the brain's memory center) and impaired functioning of the prefrontal cortex that can manifest in our lives as depression, dementia and impaired executive function."

Other health problems caused by acute stress include high blood pressure, fatigue, insomnia, obesity and heart disease. Stress has also been linked to a weakened

**Creativity Can Balance Hormones** 

## Half of the participants had limited experience making art. Skill level and artistic experience didn't correlate to the level of the health benefit.

Not only can creativity reduce cortisol levels, it also can be used as an alternative to antidepressants. A 2016 research study found that "human creativity relies on dopamine." Dopamine is the feel-good neurotransmitter and balanced dopamine levels can indicate balanced mental health.

Art Healing studies show that creativity can even influence physical health including the frequency of physician visits, immune function, stress hormones and blood pressure.

4 Steps to Use Creativity to Reduce Stress

#### stress. You can still enjoy mental health benefits regardless of if you create a masterpiece or not! It's ok if you try and fail. Don't put too much pressure on the end result. Give yourself room to experiment and focus more on playing instead of actually executing a specific vision.

limitations of words. Visual arts tactile, can increase focus and can strengthen your mind and body connection.

# There are many different types of creativity to explore and they vary based on your level of energy and resources. Try these super easy options to get started.

2. Choose Your Type of Expression

immune system and an increased risk of developing diabetes.

Expressive Writing focuses on using language to communicate thoughts and emotions. By exploring rhyme, rhythm and meaning, you can discover a deeper understanding of your thought patterns. Physically writing out your thoughts is a great way to release mental clutter if you're feeling overwhelmed, confused or trapped.

Visual Arts include tangible mediums that are visually inspiring. By exploring color, shape, symbol, and texture, you can express yourself in ways beyond the

• Draw shapes with pencils or markers

• List 10 things you're grateful for

• Write down a few words that rhyme

- Movement encompasses using your entire body to express yourself. Gestures, stretching and dancing can help you tune into your body to feel more comfortable and confident. Think beyond exercise and try simply having more fun.
- Again, try not to put pressure on achieving an actual result. Instead give yourself a timeframe to explore and play. For instance, set a timer for 20 minutes. After 20 minutes, check in with yourself. Ask yourself if you feel more relaxed, calm and focused. If you do, congratulate yourself on improving your overall health! Don't

worry about finishing your art project. The practice itself is the true long-term benefit. 4. Create a Routine

**Creativity Heals** 

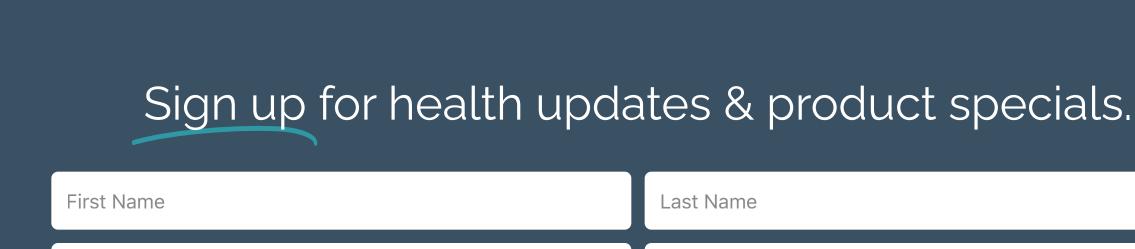
#### As cited in the Connection Between Art Healing and Public Health: "Use of the arts in healing does not contradict the medical view in bringing emotional, somatic, artistic, and spiritual dimensions to learning. Rather, it complements the biomedical view by focusing on not only sickness and symptoms themselves but the holistic nature of the person. When people are invited to work with creative and artistic processes that affect more than their identity with illness, they are more

**Contact Natural Bio Health Today** If you're concerned that your stress or anxiety levels are influencing overall health, please consider reaching out to an expert. Our team is dedicated to helping you

able to 'create congruence between their affective states and their conceptual sense making.' Through creativity and imagination, we find our identity and our

reservoir of healing. The more we understand the relationship between creative expression and healing, the more we will discover the healing power of the arts."

4 Fun Ways to Balance Your Immune System How to Increase Vitamin D and Boost Immunity ← Back to Health Insights



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A 2018 Gallup Poll reported that Americans experience some of the highest levels of stress in the world. According to the ADAA, anxiety disorders are the most "Stress and anxiety trigger neurocircuitry that was designed to be used sparingly to deal with life-or-death threats, not on a daily basis," says Lynne Everatt,

Studies have shown a strong relationship between artistic expression and reduced stress. When the body experiences stress, it can release the cortisol hormone. Measuring cortisol levels is one way to scientifically measure stress levels. The higher a person's cortisol level, the more stressed a person is likely to be. A Drexel University Art Therapy Study found that 75% of adults had lower cortisol levels after 45 minutes of making collages and doodling on paper using markers.

1. Allow Yourself to Experiment

Before you dive in, try to start with an open, gentle mindset. Even if you don't feel like you are artistically inclined, exploring creativity can still help you reduce

• Mold shapes with play dough or clay • Color in a coloring book

Journal about what happened during your day

 Play hopscotch Host your own silent disco dance party

3. Give Yourself a Timeframe

Try hula-hooping

Once you start to feel more comfortable, try to create a weekly routine. Try to schedule at least 20 minutes of "Creative Health Time" per week. By creating the habit, you can practice reducing cortisol levels more consistently. You'll enjoy a healthier long-term solution to coping with stress and anxiety.

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understand the numerous factors that may be keeping you from reaching your optimal health.

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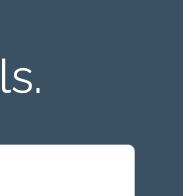




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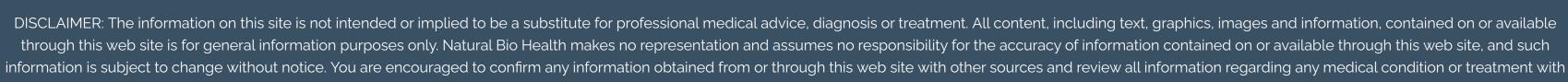




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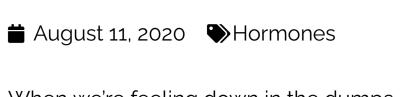
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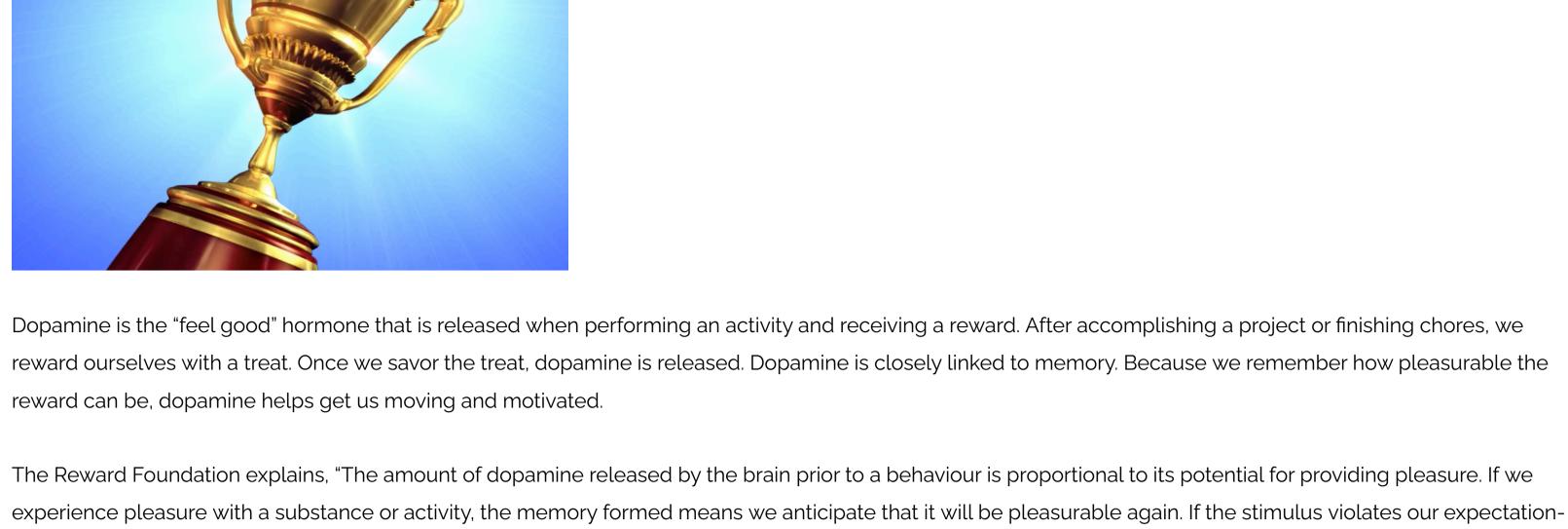
# More Joy Home > How Hacking Hormones Can Bring You More Joy



happiness can actually provide more effective results. Hacking hormones can be a mood booster.

Biologically, we experience four different kinds of happiness based on neurotransmitter activity in the brain. The four pleasure hormones are dopamine, serotonin, oxytocin and endorphin. When these hormone levels rise and fall, our mood can be affected. When we understand how our body experiences the full spectrum of

**Enjoy The Process with Dopamine** 



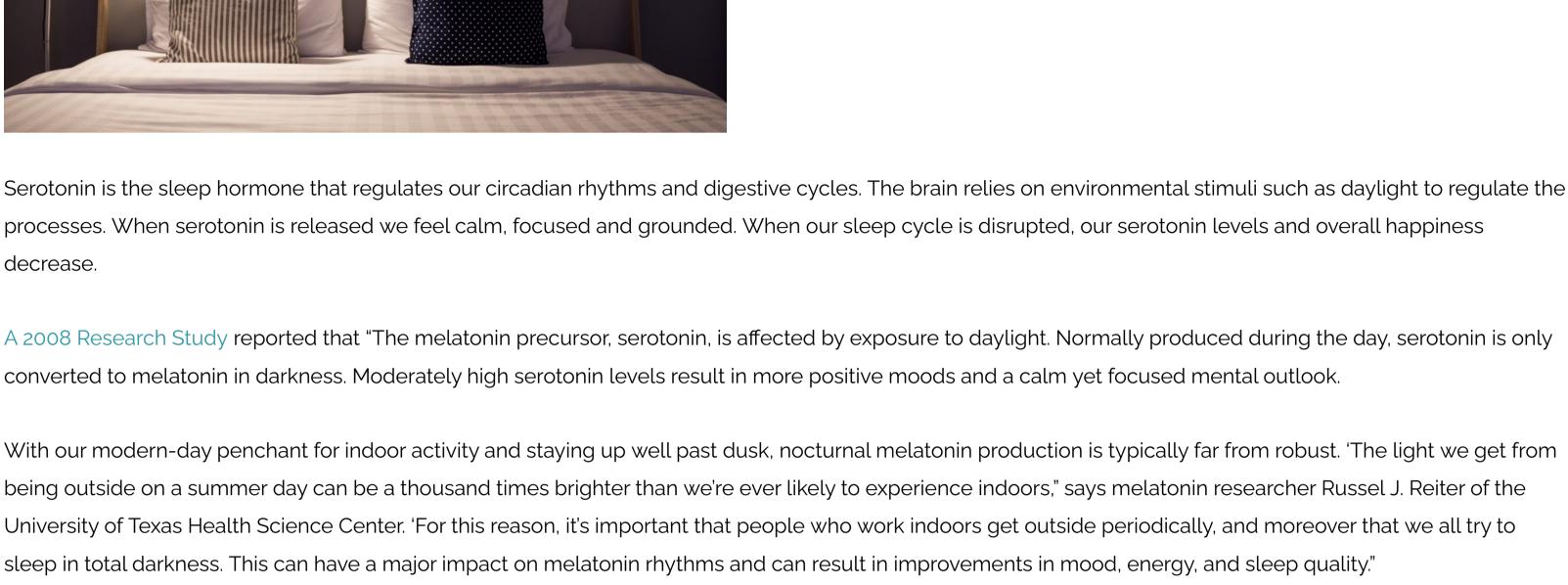
to the stimulus, so needs more of a dopamine boost to get a high...Hence the vicious cycle of dependency." **Balance Cravings** 

Because the "dopamine hit" can become addictive, the key to authentic happiness is to balance out the cravings. If you normally reward yourself with coffee, sugar

and alcohol, try to add in healthy rewards. Instead try going for a walk, dancing or listening to music. Your brain will start to correlate more healthy behaviors with rewards and your dopamine levels will rise naturally. **Identify Triggers** Try to find more pleasure in the process itself, not just the reward. Complete your tasks with intention. For instance, if you mindlessly scroll through social media

# **Hack Your Memories**

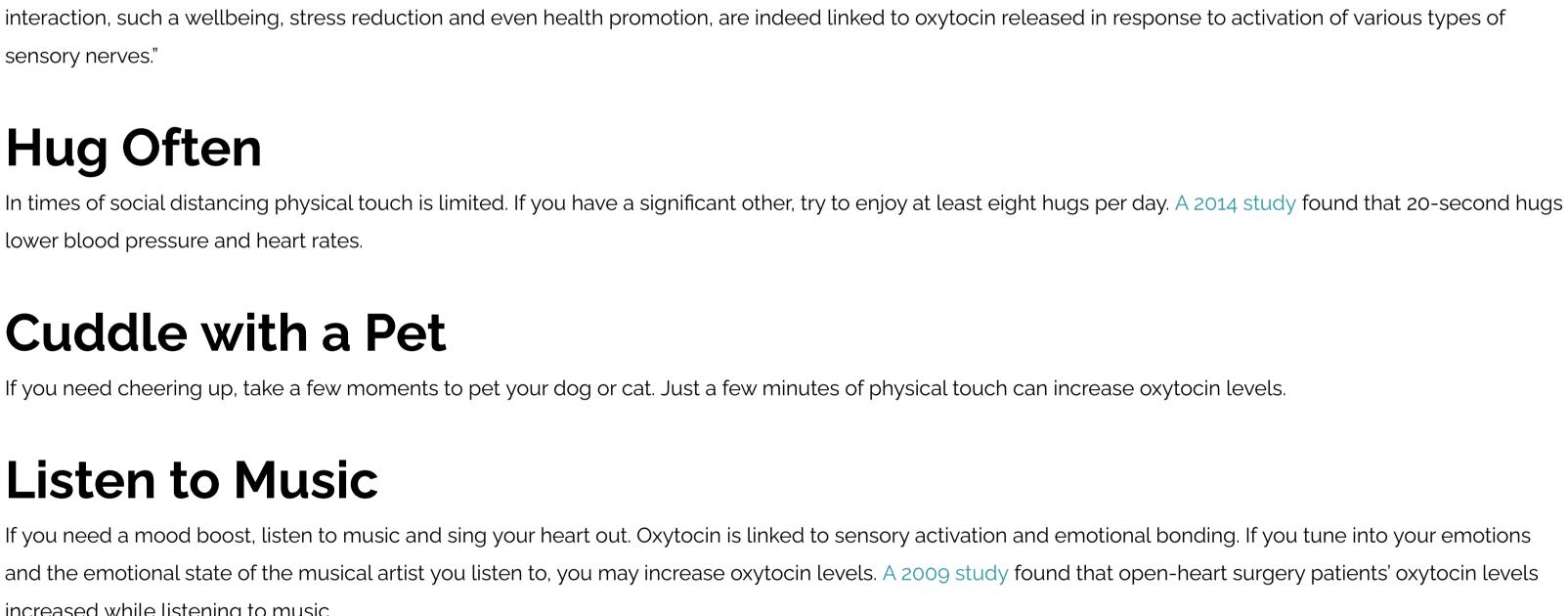
feeling. What inspired you in that moment? Dopamine is a memory hormone. The more you rely on healthy memories, the more you can hack your brain and experience greater levels of accomplishment.



Because serotonin is highly affected by daylight, try to avoid exposure to synthetic blue and fluorescent lights one hour before bedtime. Turn off overhead lights and use warm light bulbs. Avoid looking at your phone, computer, or TV at least one hour before bed. If you have to look at a screen, turn down the brightness and wear blue light glasses.

consistent you keep your sleep schedule, the more you can regulate your serotonin/melatonin levels and maximize your body repair time. **Nap Consistently** If you're feeling sad, take a nap! Even just a 20-minute nap can help reduce your stress levels. If you enjoy taking naps, try to take a nap at the same time each day.

Whether you're an early bird or a night owl, try to keep a consistent sleep schedule. Every night your body releases toxins and repairs cells and tissues. The more



release oxytocin. Oxytocin causes a reduction in blood pressure and the stress hormone norepinephrine.

Oxytocin is the "love hormone" that is released with physical touch. Relationship-building, sensory activities including messages, kissing, cuddling, hugs and sex all

A 2014 study reported that "Oxytocin is linked to increased levels of social interaction, well-being and anti-stress effects. The effects of oxytocin that is released by

sensory stimulation during different kinds of interactive behaviors are often underestimated or even forgotten. In fact, many of the positive effects caused during

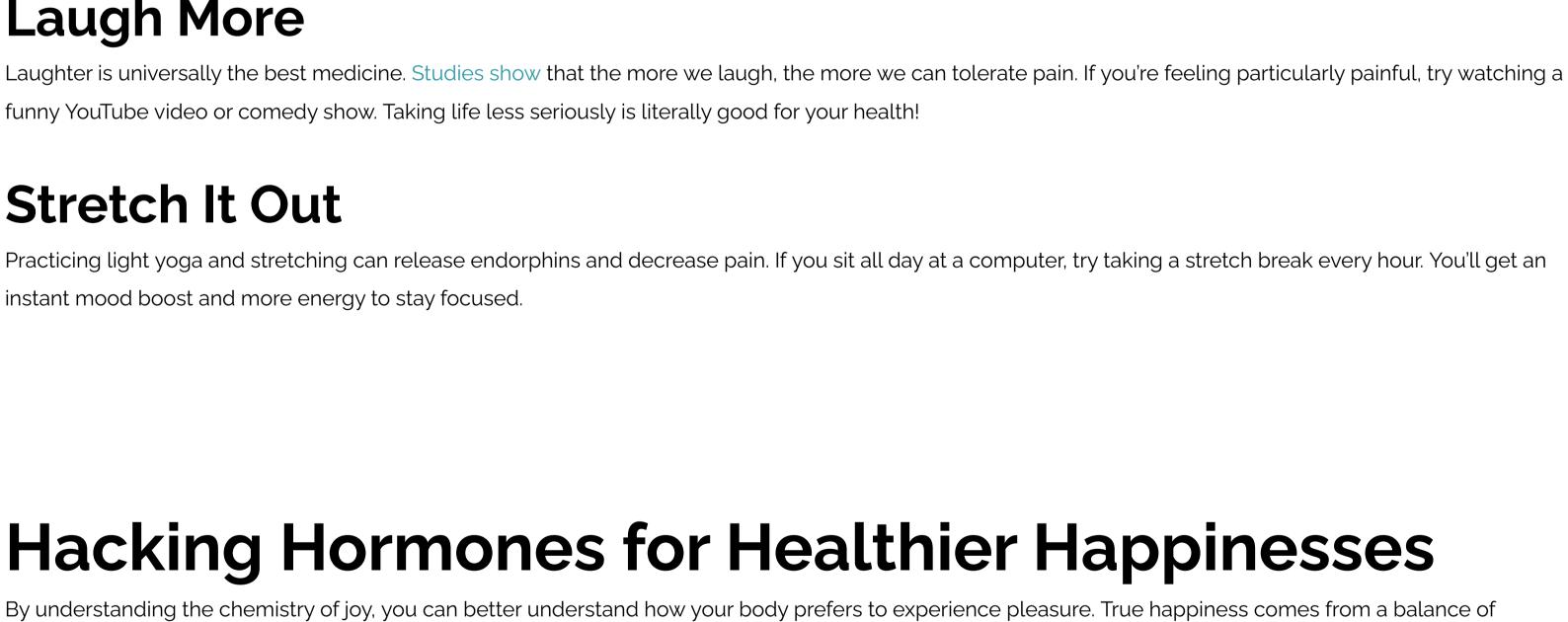
Let Go with Endorphins

Endorphins are the euphoria hormones that relieve pain, release toxins and amplify pleasure. They are the body's natural opioids and the root of the word

A 2011 report explains, "When there is high stress in our mind, this stress stimulates the release of endorphin hormones which calms the brain in stress situations

and brings the feeling of happiness. During an accident or injury our body is in high pain and these signals of pain tend to release the endorphins from the pituitary

"endorphin" has a similar root to "morphine." When athletes experience "runner's high" they are enjoying a flood of endorphins.



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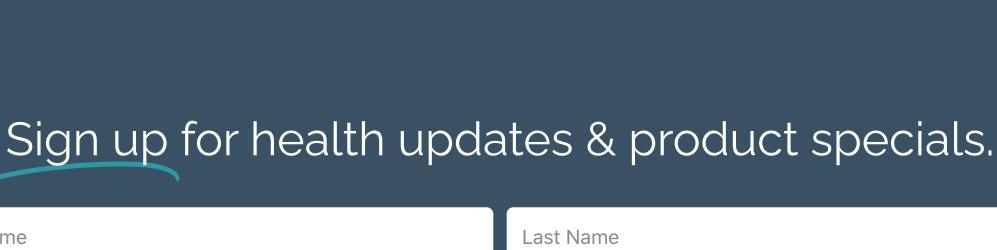
Whether your personal struggles are with hormone imbalance, weight, sleep, energy, libido, migraines or depression, Natural Bio Health is committed to help you

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motivation, rest, affection and release. Next time you're feeling sad, try to recall a fond memory, turn down the lights, listen to music and have a good laugh. Your





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How Hacking Hormones Can Bring You

Natural Bio Health™ When we're feeling down in the dumps, we often look outside of ourselves to feel happier. However, looking inside first and understanding the science behind

joy, we can learn to increase happiness in healthier ways.

is more pleasurable or less pleasurable- we will produce more or less dopamine accordingly next time we encounter the stimulus. After a time the brain gets used

because you're looking for the 'hit" of the little red icon notification, try to ask yourself why you opened up Facebook in the first place. Did you want to contact a friend? Or post a question in a group? Take that action and then log off.

If you have a hard time finding motivation to work on a project, try to remember the last time you truly enjoyed your work. Find a photo that reminds of you of that

**Sleep Well with Serotonin** 

Reduce Blue Light Exposure

**Cuddle Up with Oxytocin** 

**Sleep Consistently** 

increased while listening to music.

If you're feeling stuck and stagnant, try to get up and get moving. 30 minutes of physical activity such as walking, running or dancing can increase endorphins. The more often you exercise, the more often you can feel the joy of endorphins. Laugh More

**Exercise Regularly** 

gland. Pain may be of any kind and initiates the release of endorphins."

underlying health concerns.

body will be happy you did.

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How Learning the pH Scale Can Create a More Balanced Diet

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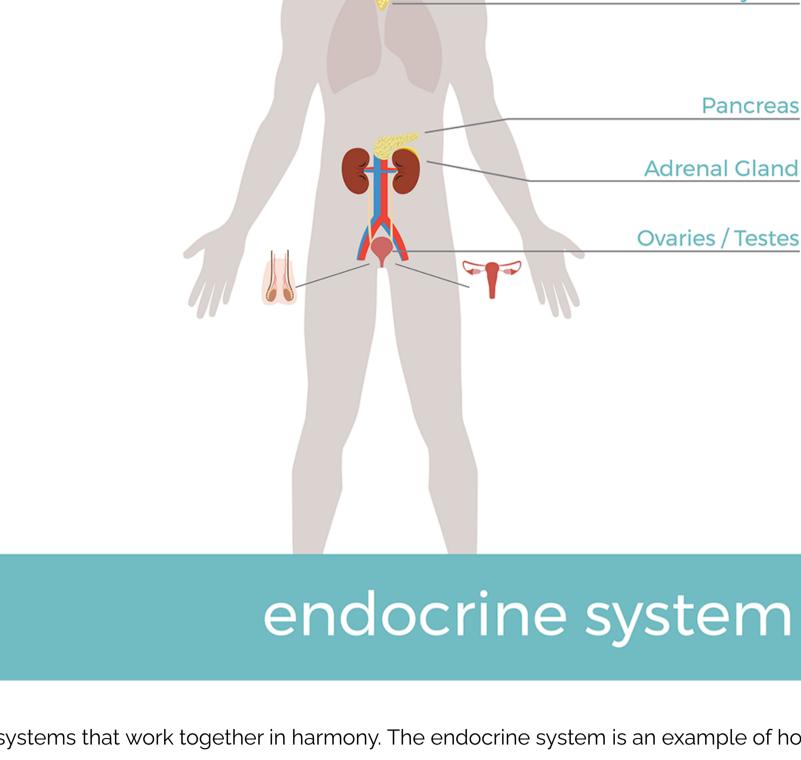
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# Get To Know Your Endocrine System To Balance Hormones Home > Get To Know Your Endocrine System To Balance Hormones

**昔** September 8, 2020 **▶** Blog

Natural Bio Health™



# According to Empower Your Health, "There are up to 40 different hormones circulating in your blood at any time. Once released into the bloodstream, a hormone

While all these glands normally coordinate with each other exceptionally well in order to regulate various metabolic processes, hormonal function is a balancing

act of sorts. Too much or too little of one hormone can have an impact on the release of other hormones. If this hormonal imbalance occurs, some of your body's

systems do not work properly. In order to bring the hormones back to their normal levels, your body has built-in mechanisms to keep track and respond to any changes by means of a complex, but highly efficient, feedback system that links some endocrine glands with others."

**Understanding the Endocrine System** 

The pineal gland is located in the brain and coordinates functions related to senses. The pineal gland senses the amount of daylight we're exposed to and secretes

The hypothalamus is also located in the brain and responds to both internal and environmental factors such as body temperature, hunger, fullness, blood pressure

It produces a wide range of hormones including corticotrophin-releasing hormone, dopamine, growth hormone-releasing hormone, somatostatin, gonadotrophin-

and sexual arousal. It also responds to stress and changes in cortisol, estrogen and testosterone levels. When it detects that levels are out of balance, the

hypothalamus sends hormones to correct these imbalances. For instance, if it detects fullness, it will send a message to the digestive system to curb appetite.

melatonin accordingly. Melatonin is the hormone that helps us fall asleep. The amount of melatonin varies based on the length of the day. The pineal gland is

Location: Center of the brain **Regulates: Circadian Rhythms and Sleep** 

When it comes to endocrine system communication, it takes a village. Let's meet the lively cast of characters....

### sometimes referred to as both an endocrine clock and an endocrine calendar. The Pineal Gland Time Keeper sends the hormone message, "It's time to sleep!"

#### **Location: Bottom of the brain Regulates: Homeostasis**

**Hypothalamus: The Stabilizer** 

Pineal Gland: The Time Keeper

The Hypothalamus Stabilizer sends the hormone message, "Stay Balanced!"

releasing hormone and thyrotrophin-releasing hormone.

Pituitary Gland: The Messenger Location: Bottom of the brain attached to the hypothalamus **Regulates: Hormone Distribution** The pituitary gland is attached to the hypothalamus and secretes hormones directly into the bloodstream. The pituitary gland secretes hormones that act on the

The pituitary gland produces adrenocorticotropic hormone, growth hormone, luteinizing hormone and follicle stimulating hormone, prolactin and thyroid stimulating hormone. antidiuretic hormone, oxytocin and melanocyte-stimulating hormone.

adrenal glands, thyroid gland, ovaries and testes, which in turn produce other hormones. Through secretion of its hormones, the pituitary gland controls

metabolism, growth, sexual maturation, reproduction, blood pressure and many other vital physical functions and processes.

The body cannot produce its own calcium, but loses it daily through skin, nails, hair, sweat, urine and feces. If calcium levels increase or decrease within the very narrow range, the parathyroid glands recognizes it and releases (PTH) to the bones.

The Parathyroid Calcium Monitor sends the hormone message, "Maintain Calcium Levels!"

**Regulates: Calcium levels** Parathyroids are four tiny glands attached to the thyroid in the throat. They release parathyroid hormone (PTH), which controls the level of calcium in the blood with the help of calcitonin. The ONLY purpose of the parathyroid glands is to regulate calcium levels. Calcium is a vital mineral for building strong bones, supporting

muscle contraction and maintaining a steady heartbeat.

The Pituitary Gland Messenger sends the message, "Keep Communication Going!"

Parathyroids: The Calcium Monitors

**Thymus: The Defender Location: Behind breastbone near heart** 

**Regulates: Immune System** 

Location: Attached to thyroid

the immune system grow properly. The thymus gland produces several hormones including thymopoietin, thymulin, thymosin and thymic humoral factor. In adulthood, the thymus starts to slowly shrink and become replaced by fat.

The thymus gland is located behind the breastbone and plays important roles in both the immune system and endocrine system. The thymus essentially "trains" T

lymphocytes (T-cells) to fight infections during puberty. They fight off foreign invaders such as bacteria, viruses and cancer cells. T-cells also help other organs in

Location: Alongside the stomach **Regulates: Digestion and Glucose Levels** 

The pancreas is a large gland that lies on top of the stomach. The pancreas produces digestive juices with powerful enzymes that break down and digest food. It

It also produces glucagon to help release stored energy into the bloodstream to raise blood sugar levels. Glucagon and insulin work together to balance glucose

also produces hormones that manage energy levels for physical activity and exercise. The pancreas produces insulin to regulate blood glucose levels and

**Adrenal Glands: The Emergency Responders Location: On top of the kidneys Regulates: Stress Response** 

help control salt and water balance, metabolism, the immune system, and sexual development.

The Adrenal Gland Emergency Experts send the hormone message, "Take Action!"

Location: On the sides of the uterus

**Location: Behind the penis** 

**Regulates: Male Reproductive System** 

**Regulates: Female Reproductive System** 

**Ovaries: The Pregnancy Preparers** 

The Thymus Defender sends the hormone message, "Attack the Threat!"

Pancreas: The Energizer

levels. The pancreas also secretes pancreatic polypeptide and somatostatin. The Pancreas Energizer sends the message, "Use Energy Wisely!"

promotes glucose storage in fat, muscle, and liver tissues.

The two adrenal glands are located on top of each kidney. While the thymus actively attacks invaders, the adrenal glands help by supporting endurance during stressful times. Adrenal glands produce cortisol (the stress hormone) that gives your body an energy boost to manage stress. Cortisol helps monitor the use of fats,

proteins and carbohydrates, reduces inflammation, regulates blood pressure, increases blood sugar, and can also decrease bone formation. Corticosteroids also

The adrenal glands also produce catecholamines including adrenaline, noradrenaline and small amounts of dopamine. These hormones cause the physiological

characteristics of stress response known as 'fight or flight' mode. The adrenal glands increase blood pressure and heart rate to prepare the body to move quickly.

In women, the two ovaries are located on both sides of the uterus. Ovaries produce oocytes (eggs) for fertilization and produce the reproductive hormones, estradiol/estrogen and progesterone. During puberty, progesterone and estrogen stimulate height growth, breast development and fat storage.

By communicating with the hypothalamus and pituitary gland, the ovaries control the menstrual cycle. The ovaries produce estrogen during the first half of the

menstrual cycle before ovulation. They produce progesterone during the second half and trigger the uterus lining to thicken. Both hormones help prepare the

In men, the two testes/ testicles are located behind the penis in a pouch of skin called the scrotum. The testes produce sperm, testosterone and androgenic

hormone. During puberty, testosterone stimulates hair and height growth, voice deepening and sperm production. Testosterone regulates muscular and skeletal

In order for the endocrine system villagers to work together in harmony, every gland needs to operate efficiently. Follow these basic steps to increase overall health

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uterus for pregnancy. During menopause the ovaries no longer secrete estrogen and progesterone and menstruation ceases.

growth and also metabolism. By communicating with the hypothalamus and pituitary gland, the testes control the male reproductive system. Both men and women have estradiol, the predominant form of estrogen. Estradiol in men is essential for regulating libido, erectile function, and sperm development. Both men and women also have testosterone. Testosterone contributes to bone health and increased libido in both men and women.

The Testes Growth Promoters send the hormone message, "Grow Stronger!"

The Ovary Pregnancy Preparers send the hormone message, "Prep the Womb!"

**Testes: The Growth Promoters** 

How to Keep the Endocrine System Healthy and **Balance Hormones** 

and balance hormone levels.

underlying health concerns.

PREVIOUS

How to Balance Hormones to Reduce Hormonal Acne

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Weight Loss

• Reduce Alcohol: According to the National Institute on Alcohol Abuse and Alcoholism, alcohol can impair the regulation of blood-sugar levels by interfering with hormones. It can reduce testosterone levels in men by damaging the testes. It can also increase the risk of osteoporosis by imbalancing the parathyroid hormone.

restore your quality of life and achieve optimal mental and physical health.

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• Eat a pH-Balanced Diet: Maintain a balance of both acidic and alkaline foods to balance organ pH.

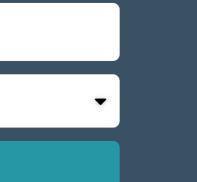
Reduce Stress and Anxiety: Lower cortisol levels by expressing yourself through art, music and dance.

• Improve Sleep Habits: Getting consistent quality sleep can help speed up the healing process and increase serotonin levels. Get More Vitamin D: Vitamin D has significant influence on the endocrine system, especially in regulating sex hormones. **Contact Natural Bio Health Today** 

Relax and Have More Fun: Enjoying nature and laughing more can boost endorphin hormone levels, relieve pain and strengthen immunity.

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The human body is a complex network of systems that work together in harmony. The endocrine system is an example of how the different systems work together to keep us healthy. The endocrine system includes 9 major glands that produce hormones. Each small organ has a special function and also significant influence over other glands. Think of the each gland as a character in a village. Each villager has a special trade and they all work together to keep the community going.

circulates throughout the body until it reaches its specific target — or targets — to perform its function.

**Brain** Hypothalamus **Pituitary Gland Pineal Gland** 

Thyroid and Parathyroid Thymus

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**STORE** 

# How Learning the pH Scale Can Create a More Balanced Diet

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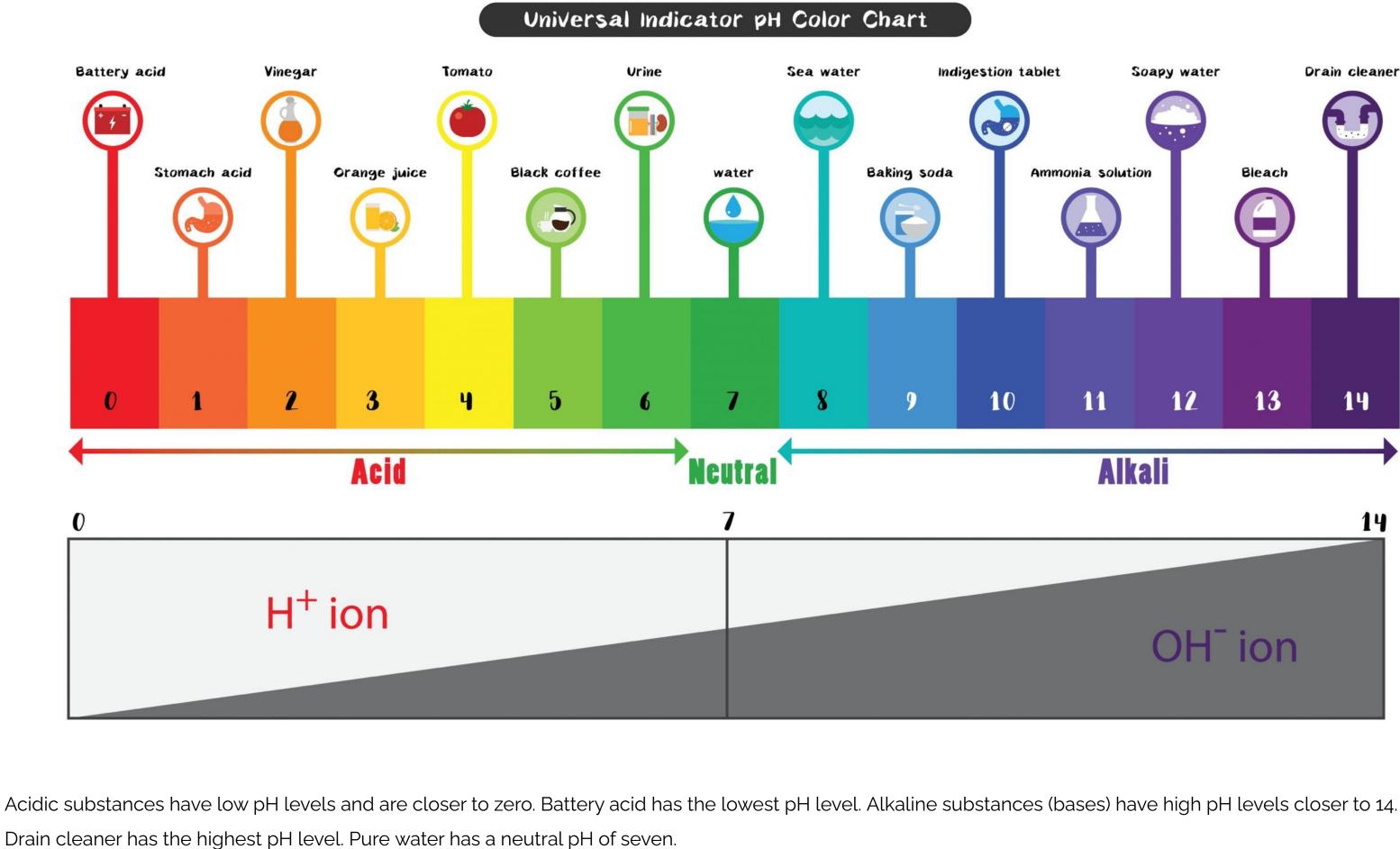
Home > How Learning the pH Scale Can Create a More Balanced Diet

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scale.

With all of the diet trends out there, understanding what a balanced diet actually means can be difficult. One tool we can use to make healthy choices is the pH

THE



body is mostly composed of water, human blood is slightly alkaline with a pH of 7.3-7.4.

conditions such as kidney problems. Farmers and gardeners measure soil pH levels to determine which plants will grow best in certain areas. While the human

pH levels affect many aspects of life. Swimming pool staff measure pH levels to keep the water clean. Doctors measure pH levels to help diagnose medical

How pH Levels Affect Overall Health Human blood pH can not fluctuate. Survival depends on 7.3 – 7.4 stasis. The lungs and kidneys play major roles in balancing blood pH. However, different organs in

the body have different pH levels. For instance stomach acid is highly acidic. The pH of urine can vary depending on what waste substances the kidneys eliminate.

animal protein, mostly contained a surplus of base equivalents.

which is the maintenance of bone function."

As stated in the 2008 Journal of Nutrition, "Acid-base status is becoming increasingly important in nutritional medicine. The regulation of the pH inside and outside of the cells is essential for enzyme-controlled metabolic processes of the human body... During human evolution, the usual diets, even those including abundant

animal foods and cereal grains. Therefore, daily net-acid loads of current western diets average 50–100 mEq/d. As a consequence, conditions of chronic, lowgrade metabolic acidosis can develop, which, in the long term, could considerably contribute to impairments of numerous body functions, the best studied of

However, after the invention of agriculture and animal husbandry, particularly alkali-rich fruits and vegetables were more and more replaced by net acid-producing

A Balance of Acids and Bases Is Key The 2012 Journal of Environmental and Public Health reported, "When it comes to the pH and net acid load in the human diet, there has been considerable change from the hunter-gather civilization to the present [5]. .. Excess dietary protein with high acid renal load may decrease bone density if not buffered by

Melanie Peters at UC San Diego Health reported in a pHear pHactor article that, "If someone were to adopt a strict alkaline diet with 80 percent alkaline foods and

ingestion of supplements or foods that are alkali rich [37]. However, adequate protein is necessary for prevention of osteoporosis and sarcopenia; therefore,

#### 20 percent acidic foods as some websites recommend, there can be an increased risk of certain vitamin or protein deficiencies. Again, the best diet assumes that one is consuming a variety of foods, based on a foundation of fruits and vegetables and followed by whole grains, lean proteins, and healthy fats."

increasing the amount of fruit and vegetables may be necessary rather than reducing protein [38]."

How to Eat a More pH-Balanced Diet Most foods have a pH level between 3 and 10. Keeping track of ph levels may take some extra effort, but the long-term benefits are worth it. Here are a few simple ways you can consider pH when creating a meal plan.



#### If you don't plan ahead, try simply recording what you eat for a couple of weeks. (You now have a healthy reason to post your Instagram Foodie Pics!) The See How You Eat app allows you to take a photo of each meal and can track your choices. You don't have to log every ingredient or count calories and macros. Simply observe the types of foods you tend to eat frequently and then compare them to a Food pH Chart. If you notice the majority of what you've been eating is too

acidic or alkaline, then try substituting an option from the opposite side of the pH scale.

us here. We serve Texans in Austin, Houston, San Antonio, Round Rock, and College Station.

**Track Your Meals** 

The key to a balanced diet is to avoid extremes. If you notice that you've been drinking more soda than water, try to drink more water. If you notice you've been eating only red meat, try to balance it out with leaner, white meat or seafood. You don't necessarily have to cut out certain foods, simply try to create more balance.

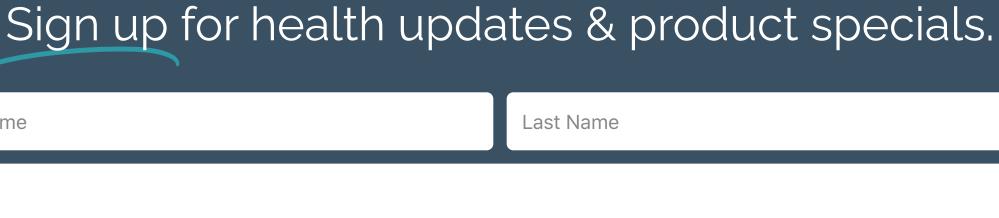
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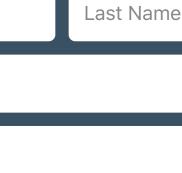
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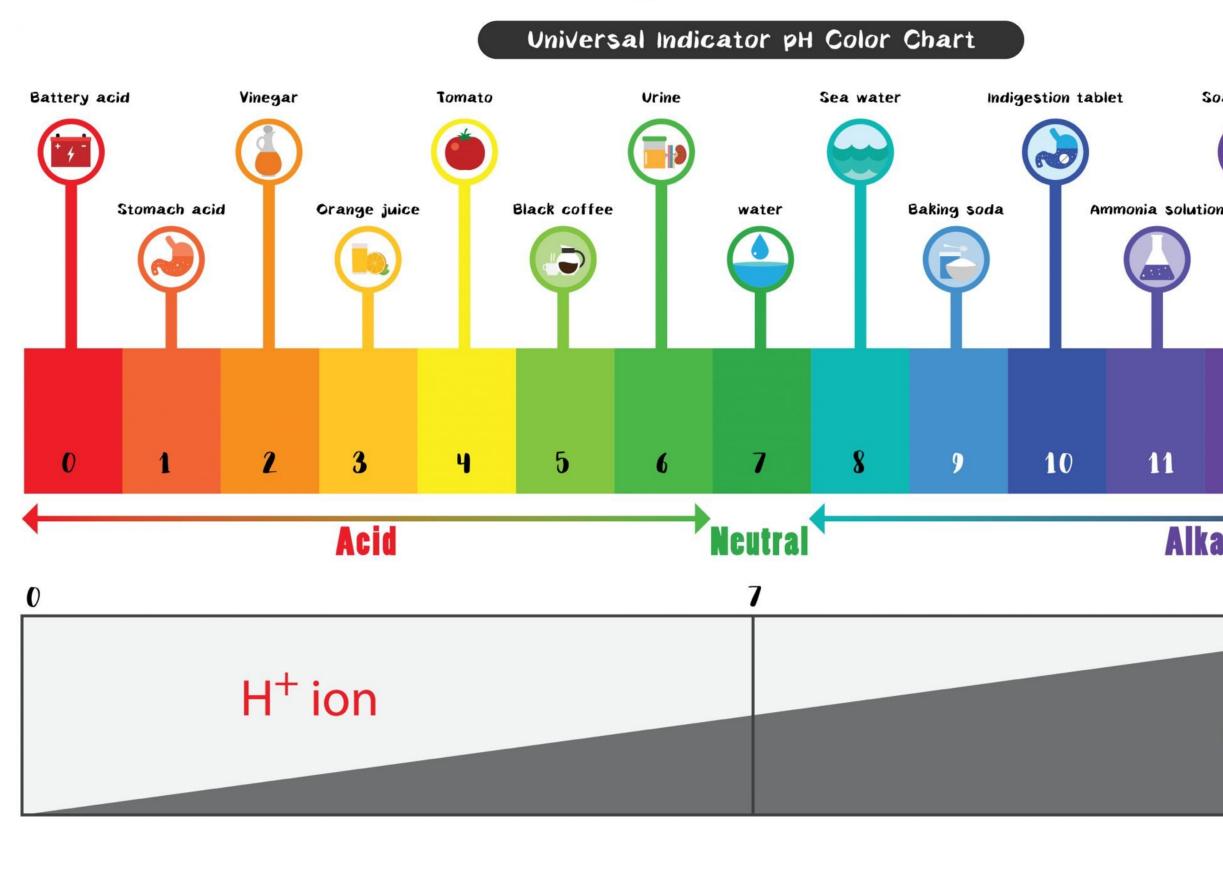


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Organs work in harmony with each other to maintain homeostasis aka balance. When we expose ourselves to high levels of acids or bases for extended periods of time, the body can be negatively affected. Bone health is particularly affected by pH levels.

incorporate a balance of naturally red, orange, yellow, green, blue and purple foods into your diet. Keep in mind that your rainbow-decorated cookie doesn't count! Artificial coloring from food dyes is not applicable!

**Contact Natural Bio Health Today** If you're concerned about your diet, we offer a variety of supplements to increase gut health. You may also consider reaching out to an expert. Our team is dedicated to helping you understand the numerous factors that may be keeping you from reaching your optimal health.

4 Fun Ways to Balance Your Immune System

Hormone Therapy

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Weight Loss



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## How to Increase Vitamin D and Boost **Immunity** Home > How to Increase Vitamin D and Boost Immunity

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The National Center for Biotechnology recognizes Vitamin D as a prohormone. This means that it's an endocrine hormone that has wide-ranging influence throughout the body. There are Vitamin D receptors in every tissue and organ. The two major forms are D2 and D3. D2 is largely human-made and added to foods.

Strengthening your immune system may help defend against respiratory viruses and aid in faster recovery. Researchers are currently exploring how Vitamin D may

play an important role in reducing respiratory inflammation, boosting immunity and increasing overall health.

D3 is synthesized in our skin via sunlight and is also consumed through eating animal-based foods. The National Academy of Medicine recommends that healthy adults need on average, 600 IU of Vitamin D daily until the age of 71. The National Health and

deficient.

Nutrition Examination Survey of 2005 to 2006 found that over 40% of adults have a D3 deficiency. A simple blood test can detect whether your levels are healthy or

## pro-inflammatory cytokines that damage the lungs and lead to pneumonia.

Vitamin D Research

• UK Nutritional Immunology Research found that "Inflammation is a key component of the immune response...This could be very important in the context of severe COVID-19 which manifests as uncontrolled inflammation, the so-called cytokine storm."

Vitamin D has been shown to lower the risk of viral respiratory tract infections such as COVID by lowering the rate of replication. The prohormone also reduces the

- U.K. Researchers also evaluated average Vitamin D levels and the number of COVID-19 cases, as well as the death rates, across 20 European countries. Populations with low average Vitamin D blood levels had higher numbers of COVID-19 cases and deaths. • A University of Southeastern Philippines researcher evaluated the Vitamin D blood levels of 212 people diagnosed with COVID-19. He found the D3 blood
- levels were lowest in those in critical condition and highest in those with a milder infection.

(Take note that as of July 2020, these research studies have not yet been peer-reviewed and randomized controlled trials still need to be conducted.)

### **Eat Salmon**

526 IU of Vitamin D, or 66% of the recommended daily value.

an adequate amount of Vitamin D from your diet alone."

**Top Sources of Vitamin D** 

### However, keep in mind that eating more salmon is not a cure-all, comprehensive solution. Michael Holick, the leading authority on Vitamin D says, "You cannot get

**Enjoy Sunlight** 

Vitamin D is nicknamed the 'Sunshine Vitamin' because D3 predominantly uses ultraviolet B (UVB) light to synthesize in the skin. Simply going out for a 15-minute

walk in the sunlight twice a week is a sufficient source of D3 for light skin tones. Darker skin tones may need extended exposure to process melanin.

Salmon is a popular fatty fish that contains Vitamin D. According to the USDA Food Composition Database, a 3.5-ounce serving of farmed Atlantic salmon contains

• Aim for 10-15 minutes of unprotected sun exposure to your arms, legs, abdomen and back. After that, apply sun protection such as a 30-SPF or higher sunblock. • Choose the right time of day to go out. If your shadow is longer than your body height, your body can't make D3. Going outside between 10 a.m. to 3 p.m. is

the optimal window for significant sun exposure.

Dr. Holick recommends the following best practices to safely absorb sunlight:

Holick helped develop the dminder app to recommend optimal sun exposure times. The app uses multiple factors including time of day, location and skin type to

sunlight exposure is limited in the winter, supplements are a recommended source of D3.

Increase your immune health with a weekly 50K IU Vitamin D supplement.

• Always protect your face and the top of your ears. Those are the most sun-exposed skin areas.

suggest the best time of day for your unique body type to absorb UVB light. Consider using the app to track your exposure and prevent sunburn.

Holick also recommends taking Vitamin D supplements in appropriate doses for adults and children. When it's too hot to go outside in the summer, or when

**Take Supplements** 

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At Natural Bio Health, we understand the vital role that hormones play in your body. If you would like to learn more about your unique nutrient and hormone levels, we're here to answer your questions.

also see patients in person at our offices, but are abiding by new, strict safety precautions. To schedule your appointment, contact us here. We serve Texans in

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## 4 Fun Ways to Balance Your Immune System Home > 4 Fun Ways to Balance Your Immune System

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system and reduce your stress at the same time.

experiences to detect and remember threats.



When experiencing high levels of stress, having a strong immune system can keep your body healthy and operating properly. However, sometimes trying to stay

healthy can feel equally as stressful. Prioritizing self-care doesn't have to be a burden or a chore. There are several fun, simple ways to balance your immune

**How Your Immune System Works** Your immune system defends your body against outside invaders such as bacteria, viruses, fungi and toxins. The lymphoid organs, thymus, lymph nodes, spleen

#### Two Parts of The Immune System: Innate Immune System: Immediate response phagocytes that are inherited and active at birth.

and bone marrow work together to block, break down and remove threatening substances.

If the Adaptive Immune System is working properly, it regulates itself and accurately identifies beneficial vs harmful substances. However, autoimmune diseases

and immunodeficiency disorders can cause overactive or under-active threat responses. When the immune system is out of balance, it can attack the body's properly functioning cells and tissues. Common symptoms such as allergies and asthma can indicate a weak immune system.

• Adaptive Immune System: Secondary response T and B lymphocytes that are activated by exposure to threats and develop slowly throughout life.

The Innate Immune System relies on genes inherited from parents to detect and anticipate threats. The Adaptive Immune System relies on personal memories and

**Balance Is Key** The key to balancing and regulating the adaptive immune system is to practice exposing yourself to more healthy substances and environments. A nutritious diet,

many reactions or even dull them. If you're always feeling stressed, your immune system can be overwhelmed with constant activity. The more comfortable you are in your environment, the less your body may feel threatened. The more you can engage in your environment in a balanced way, the more your adaptive immune system can improve threat

# University of Illinois Environment and Behavior researcher Ming Kuo, researched nature's ability to enhance immune system functionality.

4 Fun Ways to Balance Your Immune System

## shuts down everything that is immediately nonessential, including the immune system.

immunity and increase overall health.

to reduce stress and improve balance.

effects of stress."

2. Move and Groove

1. Bask in Nature

for an hour while you bask in NatureRx.

When we feel completely safe, our body devotes resources to long-term investments that lead to good health outcomes-growing, reproducing, and building the immune system. When we are in nature in that relaxed state, and our body knows that it's safe, it invests resources toward the immune system."

Sunlight is also a great source of Vitamin D which can boost your immune system. Just 15 minutes of sun exposure can reducing respiratory inflammation, boost

"Exposure to nature switches the body into "rest and digest" mode, which is the opposite of the "fight or flight" mode. When the body is in "fight or flight" mode, it

As stated in the The Power of Dance: Health and Healing study, "Dance may promote wellness by strengthening the immune system through muscular action and physiological processes. Dance conditions an individual to moderate, eliminate, or avoid tension, chronic fatigue, and other disabling conditions that result from the

Allowing your body to be adaptable and flexible can help keep your immune system balanced. Try some light, creative forms of exercise like dance, tai chi or yoga

His study found that dancing along to music for even just five minutes can boost happiness and improve creative-thinking patterns." Whether you're in your room, in the shower, or on-the-go, allow yourself to have a short dance party, for health's sake!

Dance psychologist, Dr Peter Lovatt reports that "You appear to get a much bigger release of endorphins when you dance than during other forms of exercise; it

3. Soak and Savor Scents Enjoying a long, hot bath is a wonderful way to relieve stress and calm your immune system. Sensory and aroma-therapy can reduce stress and bring your body back to the "rest and digest" state. Simply adding a cup of epsom salt to your bath is an easy way to utilize th natural exfoliant and anti-inflammatory remedy.

4. Laugh Out Loud

Watching your favorite comedy show or YouTube video is a fun, easy way strengthen your immunity! Laughter can increase oxygen intake, stimulate your heart,

circulation...Lymphatic vessels carry fluid through your body and helps your lymph nodes to clean and filter this fluid, removing waste products, dead cells, and

even unwanted microorganisms. Maintaining clean body fluids is important because these are necessary for you to be at your best. Increased lymphatic flow = an

lungs and muscles, and increase endorphins. Laughing also activates T-cells which are the secondary response defenders in the adaptive immune system.

There are also correlations between laughter and the lymphatic system. "When you laugh, the diaphragm becomes a powerful pump for your lymphatic

When you laugh, make sure to allow yourself to go full ham. Don't hold back your belly laughs and allow yourself to make a sound. The bigger the laugh, the bigger the health benefit can be. In a Humor and Immune Function Study, researchers found that "the subjects who laughed out loud during the humor video had significantly increased immune function."

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moderate exercise and consistent sleep can help regulate your immune system to detect threats accurately. Too much caffeine, sugar and alcohol can trigger too

detection accuracy and keep you safe.

Enjoying fresh air and sunlight is an easy way to balance your immune system. Go for a walk, ride a bike or set up a picnic. If you aren't able to go to a park, try

simply sitting by a tree or some flowers in your yard. Plants naturally clean the air by taking in carbon dioxide and releasing oxygen. Read a book or listen to music

also connects with the emotional centers in the brain. For many people, dancing prompts an emotional release."

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Our team is dedicated to helping you understand the numerous factors that may be keeping you from reaching your optimal health.

Epsom salt contains magnesium and sulfate which can help release toxins from your body.

You can also boost your bath benefits by adding essential oils such as eucalyptus and tea tree. They have antiviral properties that may protect against viral infection. You can also inhale oils using a diffuser or absorb them by adding a couple drops to your hand sanitizer or soap. Studies also show that lavender essential oil has a calming effect, so it can help ease anxiety and reduce stress.

#### Whether you're dancing in nature, or laughing in the tub, carving out time to enjoy yourself can have long lasting effects on overall health. The more you practice slowing down, savoring your surroundings and being present in the moment, the more you can help calm and regulate your immune system.

How To Use Creativity to Reduce Stress and Anxiety

elevated, improved immune system."

If you're concerned about your ability to fight off infection, we offer a variety of supplements to boost immunity. You may also consider reaching out to an expert.

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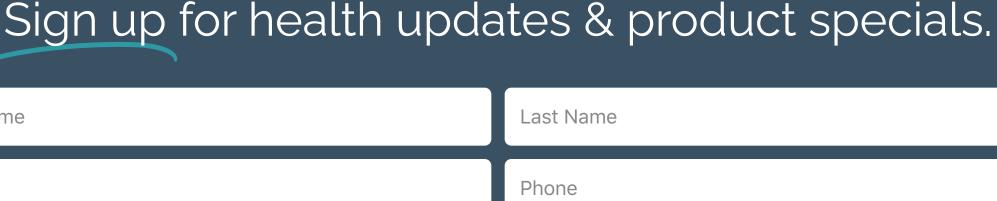


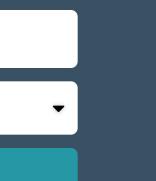
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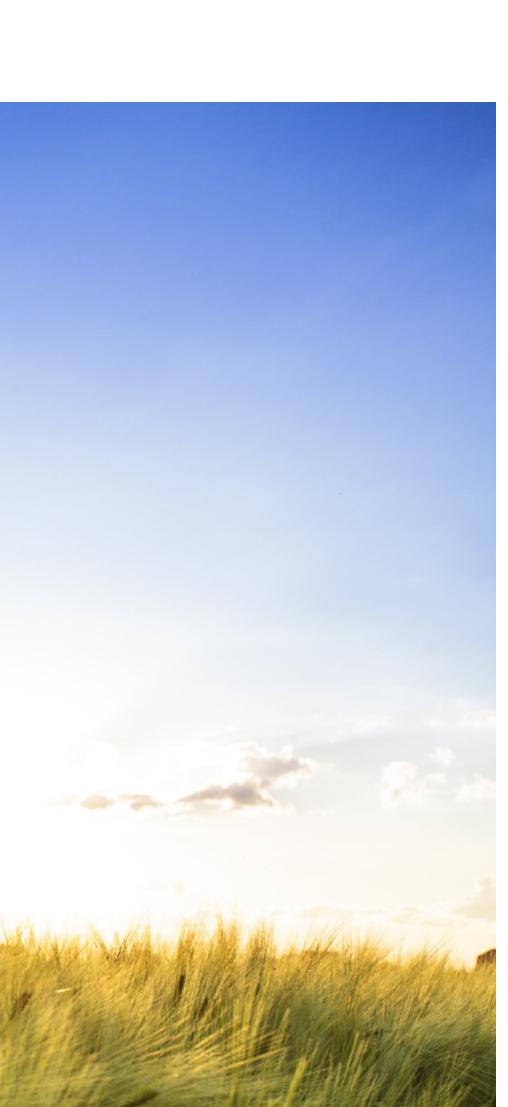
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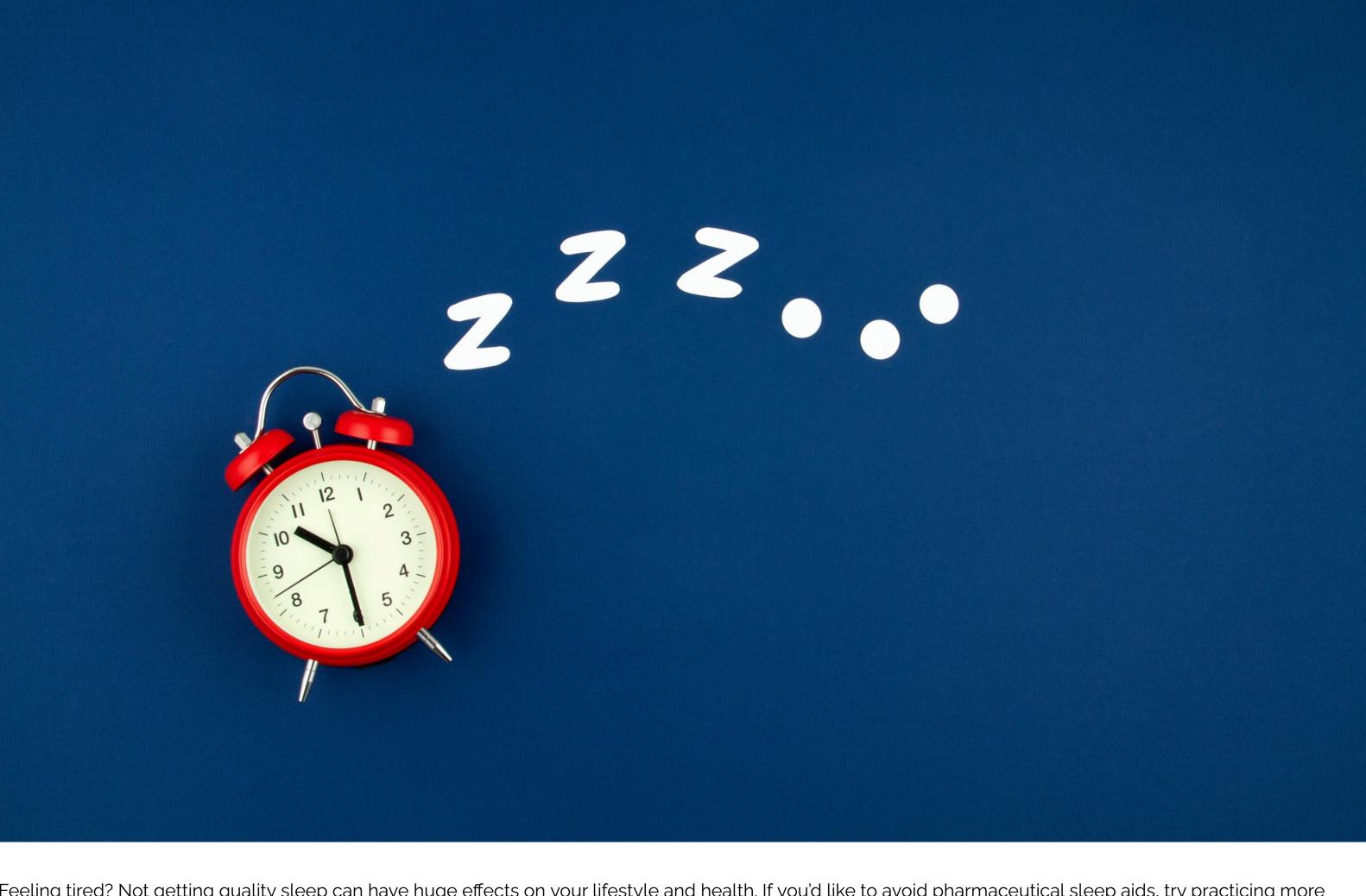
How Learning the pH Scale Can Create a More Balanced Die

# 7 Natural Ways to Improve Sleep Habits

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Health Benefits of Quality Sleep Harvard Health explains, "Sleep serves to "restore" what is lost in the body while we are awake. Sleep provides an opportunity for the body to repair and rejuvenate

# hours per 24-hour period. Because sleep plays such a vital role in restoration, getting quality sleep is one of the top ways to prevent disease.

**Prevent Disease** If one in three adults has poor sleep, then one in three adults also has an increased risk for...

### COPD

Cancer

- Depression
- Kidney Disease
- Diabetes
- Sleep.org, "For adults, good quality sleep means that you typically fall asleep in 30 minutes or less, sleep soundly through the night with no more than one awakening, and drift back to sleep within 20 minutes if you do wake up."

• Prevent Weight Gain: Sleep can reduce production of ghrelin, a hormone that boosts appetite. • Boost Mood: Sleep helps regulate serotonin which is a pleasure hormone. • Increase Productivity: Sleep is linked to improved concentration and higher cognitive function. • Improve Memory: Sleep gives your brain time to process and consolidate memories from your day.

It's not just the hours that matter. Sleep efficiency or "quality sleep" refers to the amount of time you spend asleep in bed as opposed to lying awake. According to

#### 1. Limit Caffeine Drinking too much coffee, soda and energy drinks can create a vicious cycle of poor sleep habits. While caffeine can fight fatigue and stimulate alertness, it can

Caffeine can remain in your bloodstream for 6–8 hours. Therefore, drinking large amounts of coffee after 4 p.m. can prevent you from falling asleep at night. A 2013 Study found that a moderate dose (400mg) of caffeine 3-6 hours prior to bedtime significantly disrupted sleep.

Practicing natural sleep habits starts with creating a healthy environment. Optimize your surroundings to increase sleep quality. By making small adjustments to

When you fall asleep, your body temperature cools down. A 2012 Study reported that, "The thermal environment is one of the most important factors that can affect human sleep. The stereotypical effects of heat or cold exposure are increased wakefulness and decreased rapid eye movement sleep and slow wave sleep."

If you cool down your body before bedtime, you can fall asleep faster. Try setting your thermostat to lower room temperature by 5 degrees at least one hour before

which suppresses the hormone melatonin that regulates circadian rhythms and sleep. Try to turn off electronics 30-60 minutes before bedtime to reduce blue light exposure.

If you absolutely need to use electronic devices close to bedtime, consider wearing blue light-blocking eyeglasses or a screen filter. You can also download apps

that "time-monitoring" or clock-watching can lead to anxiety and even insomnia. If possible, turn your alarm clock so it faces away from you. That way, you'll be less tempted to focus on it if you wake up in the middle of the night.

cause unnecessary stress. If you tend to watch the clock and stress out about the fact that you're not asleep, you can overstimulate your brain. A 2012 Study found

If you keep your phone out of your bedroom, try to also cover up your alarm clock. While it's normal to wake up in the middle of the night, seeing the time can

Gratitude journaling is also another healthy sleep habit. Writing down the positive events that happened during the day — or may happen in the future — can increase relaxation. A 2011 Sleep Study found that journaling resulted in reduced bedtime worry and stress, increased sleep time, and improved sleep quality.

Enjoy essential oils to increase relaxation and fall asleep faster. Sleep studies show that using aromatherapy oils such as lavender, damask rose and peppermint

sleep. If you keep thinking about something that happened during the day, or are worried about tomorrow, try to physically write out your thoughts about the

#### You can add a few drops of essential oil to a diffuser or to your bath. You can even add a drop to your pillow or massage into your skin. Mix and match your favorite scents to create a soothing environment for restoration.

6. Use Aromatherapy

situation. In as little as 5 minutes, you can feel more calm and relaxed.

avoid side effects. Supplements with magnesium, 5-HTP, melatonin and GABA can help calm your nervous system and support relaxation. Natural Bio Health offers all-natural sleep supplements to support you in calming your body and mind.

Since 1999, Natural Bio Health has helped thousands of people regain their quality of life, prevent disease and maintain a strong immune system for optimal health.

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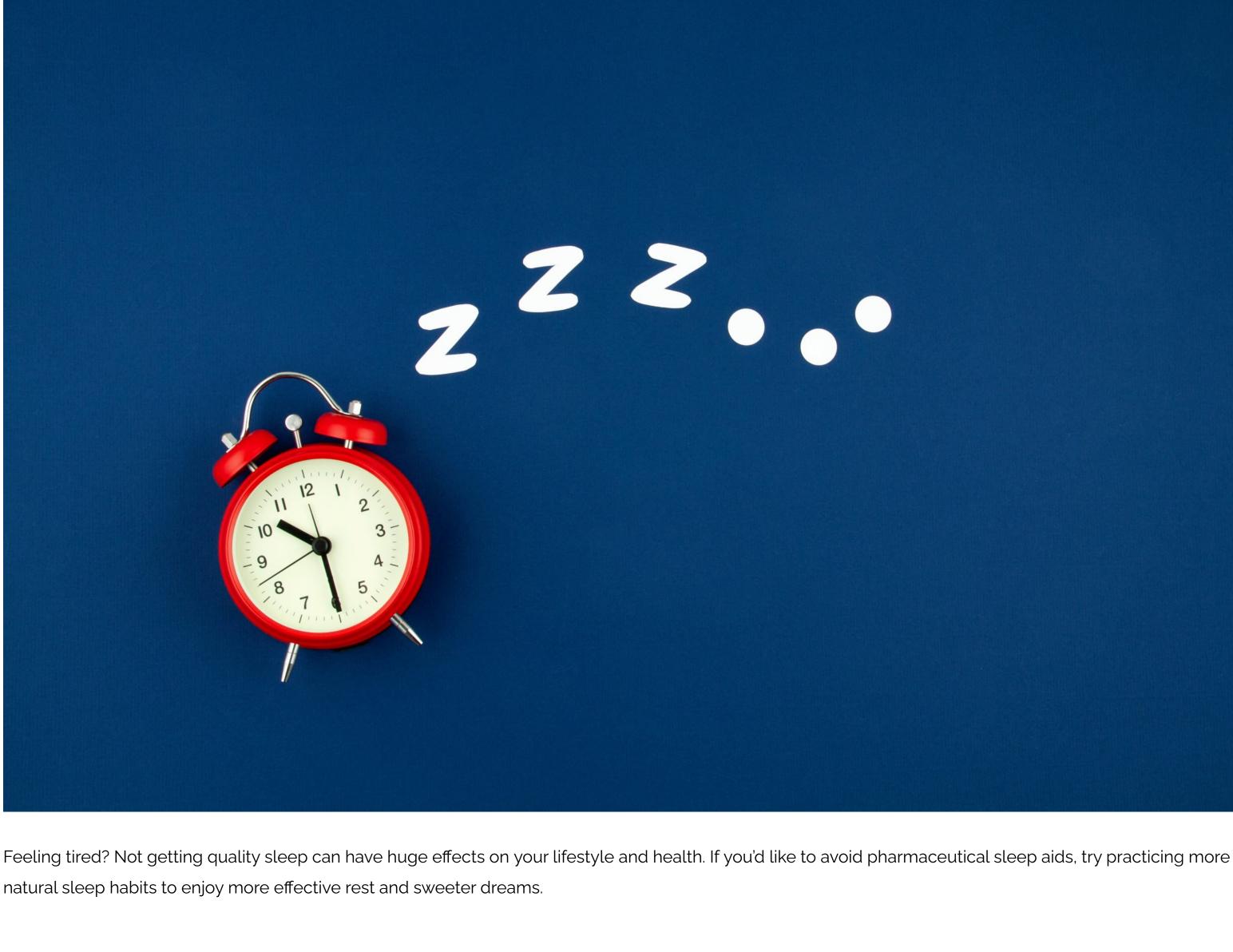
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natural sleep habits to enjoy more effective rest and sweeter dreams.

itself...This is further supported by findings that many of the major restorative functions in the body like muscle growth, tissue repair, protein synthesis, and growth hormone release occur mostly, or in some cases only, during sleep." According to the CDC, adults need at least 7 hours of sleep per night for the best health and wellbeing. However, at least 30% of adults report sleeping less than 7

 Heart attack Coronary heart disease Stroke Asthma

Improve Health In order to feel your best, focus on both sleep quantity AND quality. Efficient sleep provides the following health benefits: • Strengthen Immune System: Sleep can help support immune cells and proteins in fighting bacteria and releasing toxins.

7 Natural Ways to Improve Sleep Habits If you'd like to experience the maximum health benefits of quality sleep, try to improve your sleep habits. You can also refer to practicing good sleep habits as creating a "sleep routine", focusing on "sleep health" or practicing "sleep hygiene."

your environment and routine, you can increase your health and vitality.

2. Lower Room Temperature

such as f.lux to block blue light on your laptop or computer.

4. Avoid Watching Clocks

also over-stimulate your nervous system and may prevent relaxation at night. If you need a mid-afternoon energy boost, try going for a quick jog or walk. Getting away from your desk and enjoying a change of scenery can stimulate your brain and increase focus naturally.

bedtime. 3. Turn Off Electronics Watching TV, playing video games and using a mobile device can make it significantly more difficult to fall — and stay — asleep. Electronic devices emit blue light

5. Writing Down Your Thoughts Another way to reduce stress and calm your mind before bed is to write down your thoughts. Research has shown that anxiety and stress can significantly disturb

7. Try Natural Sleep Supplements If you've tried all of the above and are still struggling with sleep, try testing out a natural sleep aid supplement. Choose a supplement with all-natural ingredients to

improve sleep quality.

Whether your personal struggles are with hormone imbalance, weight, sleep, energy, libido, migraines or depression, Natural Bio Health is committed to help you restore your quality of life and achieve optimal mental and physical health. Contact Natural Bio Health to start your wellness journey today.

underlying health concerns.

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# How Nutrigenomics Improves Health Based on Your DNA

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The underlying cause is that every person is different. You have a unique set of genes that determines what "health" specifically means for your particular body. Nutrigenomics aims to understand your unique genetic makeup and create a nutritional plan tailored to your DNA.

What is Nutrigenomics?

hinder your energy more than generally recommended.

Nutrigenomics testing uses a DNA sample to compile a personalized genetic report.

cheek with a soft bristled swab. Unlike other DNA tests, no blood or excessive saliva is necessary.

1. Obtain DNA Sample

nutrigenetics, which explores how genes affect the way the body reacts to food.

tried a variety of elimination diets or supplements and still aren't feeling as healthy as you would like.

According to 2017 Proceedings of Nutrition Society, "The application of nutrigenomics research offers substantial potential to improve public health through the use of metabolomics approaches to identify novel biomarkers of food intake, which will lead to more objective and robust measures of dietary exposure.

Nutrigenomics may have applications in the development of personalized nutrition interventions, which may facilitate larger, more appropriate and sustained

Nutrigenomics (also known as nutritional genomics) is a branch of genetic research that evaluates how food affects genes. It is closely related to its mirror field,

changes in eating (and other lifestyle) behaviors and help to reduce health inequalities. Nutrigenomics and nutrigenetics take nutrition counseling to the molecular level. Our DNA defines unique traits such as eye and hair color, height and facial features. Genes also define how we relate to food including lactose sensitivity, muscle mass, allergies and caffeine tolerance.

Through studying the human genome, researchers and scientists have discovered that different people respond differently to diets. Because of DNA variations,

each individual will have different relationships with metabolic efficiency, weight management and nutrient absorption. Nutrigenomics maintains that there is no "one size fits all" approach to nutrition.

7 Health Benefits of Nutrigenomics

By understanding nutrition at the genetic level, nutrigenomics can help determine the exact lifestyle necessary to help you feel more energized, healthy and

#### Eating Behavior: Discover your genetic eating patterns that may increase your sweet tooth, snack cravings and metabolism speed. 2. Food Allergies: Even if your body doesn't show signs of inflammation or reaction, your genes may reveal an intolerance toward lactose, gluten, alcohol or

certain proteins. 3. Nutrient Absorption: Your genes can dictate which nutrients you may need more of less than generally recommended. Certain vitamins may optimize or

- **Energy Levels:** DNA can indicate which foods will give you an energy boost, increase concentration, and increase sleep quality.
- 6. Emotional Stability: DNA can reveal that certain foods may trigger neurological and hormone imbalances that can affect depression, anxiety, PMS and bipolar disorders.

Athletic Activity: While everyone can benefit from exercise, your genes can reveal the type and duration that will most efficiently burn calories for you.

7. Metabolic Health Factors: Discover how your diet affects your cholesterol and blood sugar levels. Learn how you may be at an increased risk for diseases and auto-immune conditions including fibromyalgia, chronic pain, cancer, diabetes, heart disease and stroke.

According to a 2013 UC Davis Study, "The ultimate goal of personalizing nutrition is to enable each individual to be guided by predictive knowledge of their

personal health to diets that prevent disease and maximize health potential. To achieve such a goal, the science needed will extend from new accurate and

predictive measures of health based on molecular signatures of metabolites, proteins, transcripts, genes, and microbiota (Panagiotou & Nielsen 2009). The need for personalized nutrition is derived from the recognition that people are metabolically, physiologically, and genetically different and therefore have different responses to food compounds (Panagiotou & Nielsen 2009).

At Natural Bio Health, our Pro7 genetic test can be taken in office in 5-10 minutes. You also have the option to take the test at home. Simply swab the inside of your

# 2. Run Test

**How Does Nutrigenomics Testing Work?** 

Our Pro7 genetic health profile software identifies up to 55+ scientifically validated genetic SNPs (single-nucleotide polymorphism) that could be affecting your health. The major panels review gene expressions for

• Inflammatory Potential Autophagy Health Precautions

underlying health concerns.

Detoxification

Methylation

balanced.

3. Review Results and Create Plan Our doctors will review your profile, interpret your results and provide insights on how to choose the best nutrition and lifestyle plan for you. During an in-depth

Neurotransmitter Processing

Mitochondrial Function

**Contact Natural Bio Health Today** 

Get To Know Your Endocrine System To Balance Hormones

# Whether your personal struggles are with hormone imbalance, weight, sleep, energy, libido, migraines or depression, Natural Bio Health is committed to help you

restore your quality of life and achieve optimal mental and physical health.

Contact Natural Bio Health to start your wellness journey today.

Since 1999, Natural Bio Health has helped thousands of people regain their quality of life, prevent disease and maintain a strong immune system for optimal health.

Through a careful review of health history, genetics and lifestyle, our providers are able to create individualized wellness plans to address the root-cause of your

consultation, we explain genetic mutation treatments including all-natural pharmaceutical grade supplements and custom diet recommendations.

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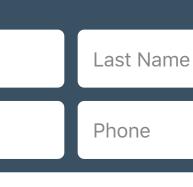
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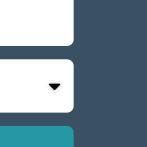
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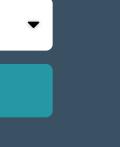
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## Understanding 3 Major Panels in **Nutrigenomic DNA Testing** Home > Understanding 3 Major Panels in Nutrigenomic DNA Testing

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SNPs are genetic variations or differences. According to Genetics Home Reference "These variations are found in the DNA between genes. They can act as biological markers, helping scientists locate genes that are associated with disease. When SNPs occur within a gene or in a regulatory region near a gene, they may play a more direct role in disease by affecting the gene's function.

Researchers have found SNPs that may help predict an individual's response to certain drugs, susceptibility to environmental factors such as toxins, and risk of developing particular diseases. SNPs can also be used to track the inheritance of disease genes within families."

Most SNPs have no effect on health or development. Some of these genetic differences, however, have proven to be very important in the study of human health.

• Digestive Issues, IBS, Leaky Gut, Excess Body Fat, Obesity, Difficulty Losing Weight • Stress, Memory Loss, Poor Focus and Concentration Hashimoto's Disease and Other Auto-immune Conditions • Fibromyalgia, Chronic Pain

The Methylation Panel provides a strong foundation to evaluate overall wellness. Methylation is involved in neurotransmitter production, cell turnover and repair,

According to Dr. Kendal Stewart, Founder of GX Sciences, "Methylation describes a biochemical process that is utilized in the body for transport of nutrients, energy

production and in gene modulation. In patients with decreased methylation activity (i.e. methylation deficiency), there are significant shortcomings in the ability to

execute a variety of important chemical functions in the body. These shortcomings can leave the body unprotected from the everyday assault of environmental

#### ADHD, ADD, Autism, Alzheimer's Disease, Dementia Depression, Anxiety, PMS, Bipolar Disorders

**Gene Mutations Can Cause:** 

Poor Hormonal Production, Low Testosterone, Poor Estrogen Metabolism

- Our Pro7 genetic test offers seven major panels to review gene expressions. Let's explore the three of them...

• Poor Sleep, Fatigue, or Low Energy

Methylation Foundation Wellness Panel

• Cancer, Diabetes

Heart disease, Stroke

- What is Methylation?

membrane function, energy (mitochondrial) function and immune function.

and infectious agents, sluggish in neurotransmitter production and slow to recover from inflammatory damage."

### What is MTHFR / Methylfolate? If your practitioner mentions Methylenetetrahydrofolate reductase (MTHFR), he or she could either be referring to an enzyme or a gene.

#### **MTHFR Enzyme** The MTHFR enzyme regulates metabolism and folate. Folate is a type of B-vitamin that makes red and white blood cells in bone marrow, converts carbs into

energy, and creates DNA and RNA.

polymorphisms or variants. These variants are often referred to as 'mutations' or 'defects' because of the problems they cause in the body.

deficiencies or methylfolate issues can include fatigue, irritability, sleep issues, anxiety, brain fog, and aches and pains. Major side effects can lead to a diagnosis of fibromyalgia, an autoimmune disease, or anemia. Symptoms can be worsened by excessive alcohol consumption, kidney problems, and certain medications.

different way.

depression.

system functions.

archaea.

GPX3

**GSTP1** 

underlying health concerns.

How Nutrigenomics Improves Health Based on Your DNA

**Inhibitory Neurotransmitters** 

**Excitatory Neurotransmitters** 

**MTHFR Gene** 

methylation panel can indicate if you would benefit from a folate-rich diet. Vegetables like romaine lettuce, spinach, cauliflower, broccoli, beets, and lentils are sources of natural folate.

For our Foundation/Methylation/Wellness Nutrigenomic Panel, experts have chosen 21 genes to analyze for SNPs. By analyzing your MTHFR genes, the

MTHFR also refers to a gene that plays a major role in the methylation process. The gene's role is very complex. Recent discoveries focus on MTHFR gene

MTHFR gene mutations can cause the MTHFR enzyme to metabolize folate less effectively and therefore affect blood cells. Symptoms of folic acid/folate

What are Neurotransmitters? Neurotransmitters send messages from your brain to the rest of your body. Neuron cells communicate with other nerve cells by sending electrical impulses.

Neurotransmitters send information about processes such as digestion, heartbeat and breath. Each type of neuron cell can send information differently and in a

Inhibitory neurotransmitters are considered the "feel-good" neurotransmitters such as serotonin, dopamine, and GABA. They help you feel calm and balanced.

#### Excitatory neurotransmitters are responsible for motivation and focus. They often respond to stress and anxiety. Norepinephrine and epinephrine (noradrenaline and adrenaline) are excitatory and stimulate the brain into action. Your body can run out of inhibitory neurotransmitters if you have overactive excitatory neurotransmitters. When both types don't work together, they can throw your

**Detoxification Panel** 

What is Detoxification?

are other results. According to a 2010 report, 86% of Americans do not have optimal levels of neurotransmitters.

What Genes are Associated with Depression?

**Neurotransmitter Panel** 

While depression is not inherited, the potential for depression can be modified by environment, stress, genetic makeup and nutritional health. In nutrigenomics, two genes are associated with depression risk factors: MAO and COMT. Both genes affect the speed at which neurotransmitters are broken down and cleared. If you get a buildup of norepinephrine and epinephrine, that can lead to stress and increase risk for depression.

mood out of balance. Instead of centered and focused, you can feel anger, agitation, anxiety or depression. Change in weight, sleep issues, and poor concentration

Recreational and prescription drugs, neurotoxins, stress, alcohol, caffeine, and poor diet, and can also increase symptoms of depression. By analyzing MAO and COMT mutations, your practitioner can recommend lifestyle adjustments to speed up neurotransmitter clearance and reduce the likelihood for developing

There are many ways that your body flushes out toxins including feces, urine and sweat. Detoxification enzymes in the liver clear environmental chemicals and

metabolic by-products out of your body. When chemicals accumulate, they can damage cells and have a significant negative effect on the nervous and immune

Mutations in this gene will lead to lower levels of homocysteine and glutathione. Homocysteine is a common amino acid in blood that's absorbed through eating

This gene is involved in protecting cells against oxidative damage. Oxidative stress can occur when there is an imbalance of free radicals and antioxidants in the

GSTP1 functions in chemical clearance and anti-inflammatory properties. High concentrations of GSTP are found in the skin, lungs, sinuses, bladder and intestinal

Since 1999, Natural Bio Health has helped thousands of people regain their quality of life, prevent disease and maintain a strong immune system for optimal health.

Through a careful review of health history, genetics and lifestyle, our providers are able to create individualized wellness plans to address the root-cause of your

Whether your personal struggles are with hormone imbalance, weight, sleep, energy, libido, migraines or depression, Natural Bio Health is committed to help you

tract. Mutations of this enzyme increase inflammatory activity and can cause eczema, asthma, chronic sinusitis, IBS, "leaky" gut and interstitial cystitis.

meat. High homocysteine levels can lead to early development of heart disease. Glutathione is an antioxidant in plants, animals, fungi, and some bacteria and

# **AHCY**

What Genes are Associated with Detoxification?

body. Cells produce antioxidants that neutralize these free radicals. Oxidative damage can lead to fatigue and Memory loss.

GX Sciences experts choose seven key genes to analyze for SNPs related to Detoxification. Let's explore three of them...

### By analyzing your detoxification genes, your practitioner can create a nutritional plan to improve gut health, weight loss and reduce inflammation. Recommendations may include increasing Vitamin C dosage or focusing on a high-antioxidant diet with more fruits and vegetables.

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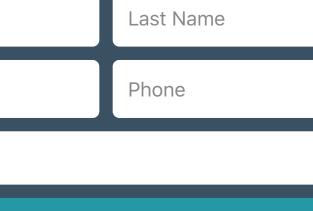
restore your quality of life and achieve optimal mental and physical health.

Contact Natural Bio Health today to learn more about our Genetic Testing Options.

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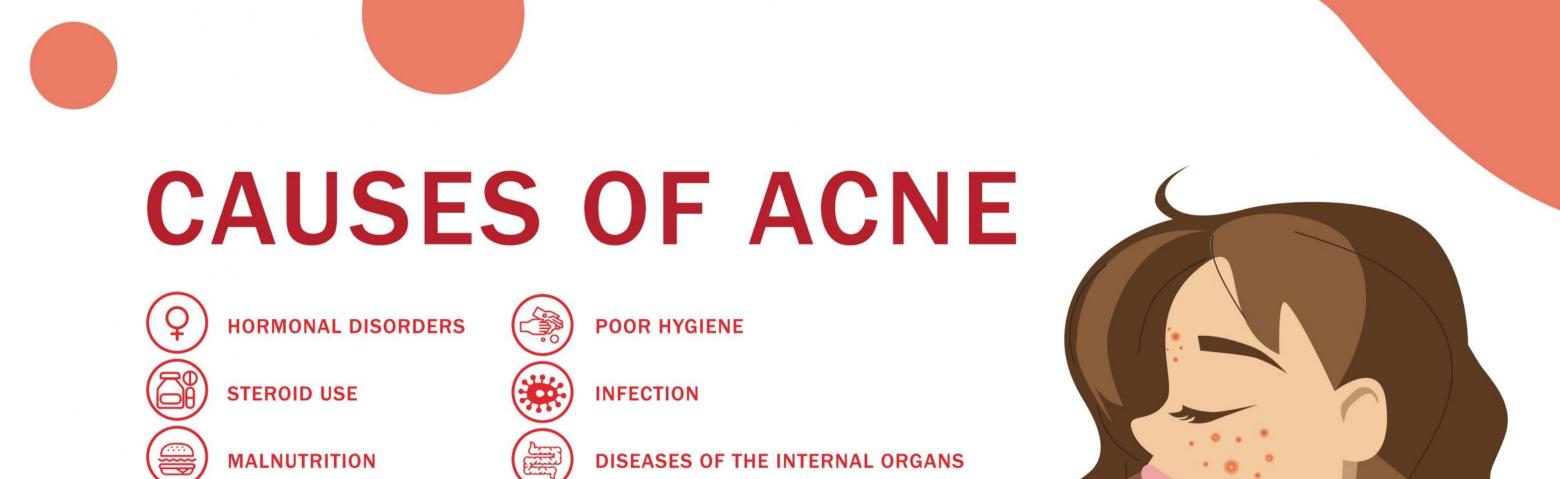
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# How to Balance Hormones to Reduce Hormonal Acne

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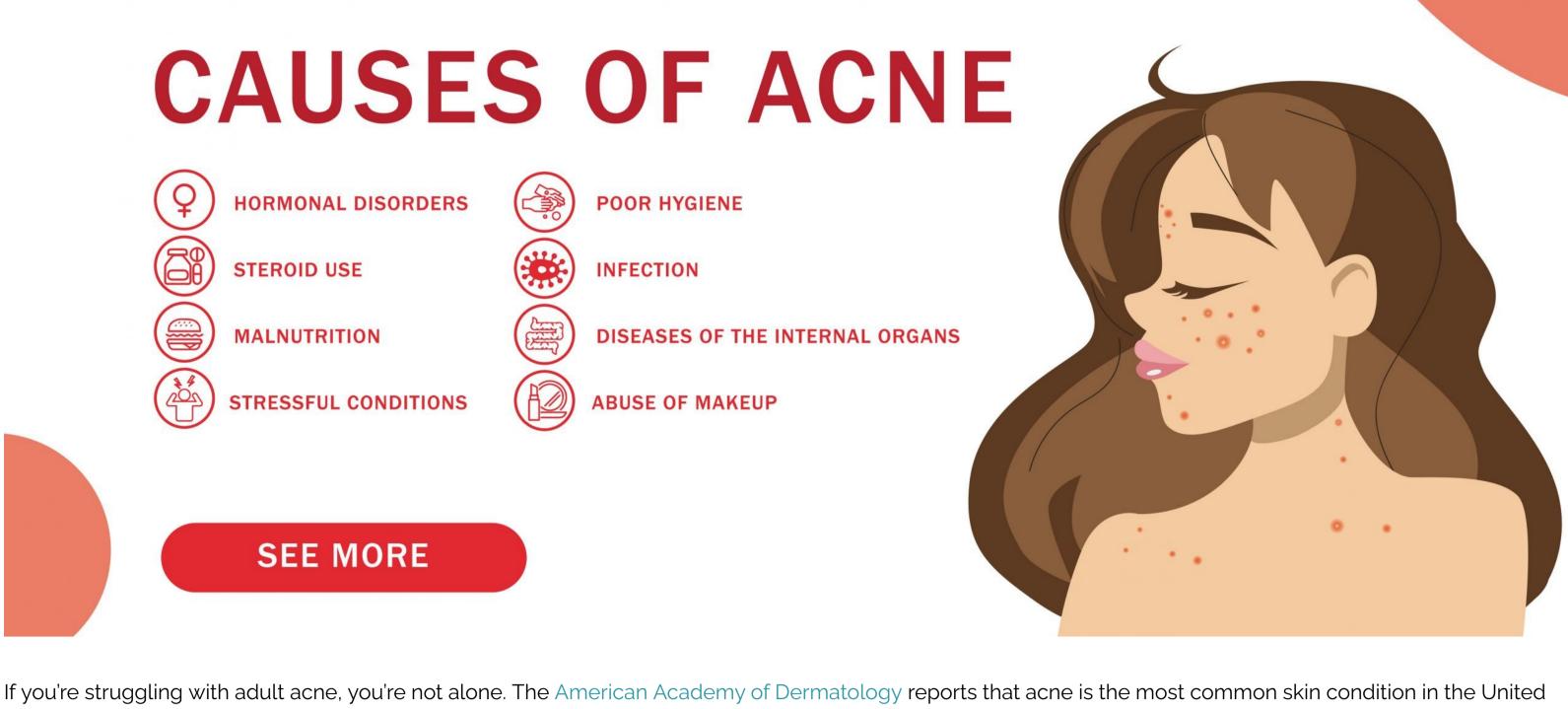


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States, affecting up to 50 million Americans annually.

STRESSFUL CONDITIONS

**ABUSE OF MAKEUP** 



One of the leading causes of acne is hormonal imbalance, especially for women. Hormonal acne tends to appear along the T-Zone, nose, chin and jawline. Hormonal acne can range from small whiteheads and blackheads to deep, painful cysts and nodules.

If you want clearer skin without the negative side effects of prescription acne treatments, try naturally balancing hormones to reduce hormonal acne.

Main Causes of Hormonal Acne

## **Inflammation**

# Genetics

immune system response and skin sensitivity. **Hormone Fluctuations** 

Hormones regulate sebum production and have a significant effect on skin health. Changes in androgens, testosterone, progesterone and estrogen levels can

A 1999 Study found that an individual is four times more likely to have acne if he or she has a first-degree relative with acne. Genes influence hormone levels,

Acne forms when bacteria, dead skin and sebum (the body's natural lubricant) build up and clog pores. The build up can cause inflammation which triggers the

skin to start swelling and create a bump. Hormonal acne is often caused by additional factors that increase the severity of the inflammation and swelling.

### affect acne severity.

During puberty, the body produces an excess of male hormones called androgens. Androgens stimulate sebum production and excess androgens can cause sebum overproduction. Obesity and insulin resistance are often linked to high androgen levels. Women tend to experience adult acne more due to hormone fluctuations caused by menstruation, menopause, pregnancy and polycystic ovarian syndrome.

**Stress** Feeling overwhelmed, exhausted and anxious and cause hormone levels to fluctuate. Cortisol is known as the stress hormone and high cortisol levels indicate high levels of stress. Acne can also lower self-esteem, increase stress and cause a continual cycle of anxiety.

Acne

A 2003 Study found a correlation between stress and acne severity: "Clearly, there are some psychological components to the etiology of acne, because treatments such as biofeedback relaxation and cognitive imagery have been shown to be effective. More specifically, patients with acne often complain of breakouts following the experience of frustrating or stressful events and it has been observed that post-adolescent patients with acne tend to be intense and

ambitious people with high-visibility jobs. Another study linking acne exacerbation with emotional factors reported an increase in acne lesion counts days following

an interview during which anger was intentionally provoked." How to Balance Hormones to Reduce Hormonal

### Hormonal acne often requires more than just topical creams to see results. If you have hormonal acne, you may consider trying different lifestyle changes and DIY solutions to reduce severity. 1. Maintain a Balanced Skincare Routine

Prevention is the top solution to reduce hormonal acne. Make sure you're following the basic steps to keep your skin clean and nourished every day.

 Apply a gentle moisturizer and sunscreen daily. • Use non-comedogenic skincare products to reduce risk of clogged pores.

If your skin is too dry, aim for balanced hydration. Avoid overusing drying topical acne treatments such as benzoyl peroxide, alcohol and salicylic acid. Also don't

If your skin is too oily, again avoid overusing drying topical acne treatments such as benzoyl peroxide, alcohol and salicylic acid. Over-drying can cause a vicious

overdo it with thick moisturizing creams and pore-clogging oils. Balance is key!

• Wash face in the morning and evening daily with a gentle cleanser.

- cycle because your skin is trying to overcompensate. Experiment with micro amounts of drying creams. Less is more!
- 2. Eat a Balanced Diet

one month. If you notice clearer skin, then try slowly introducing that food back into your diet in limited quantities.

• Reduce Stress and Anxiety: Lower cortisol levels by expressing yourself through art, music and dance.

inflammatory foods, you can increase your risk for acne. If your skin is severely dry or oily, it can indicate that your body's pH is out of balance.

• Avoid inflammatory ingredients such as synthetic fragrances and dyes in detergents, cosmetics and hair care products.

• Aim for a pH-Balanced Diet: Maintain a balance of both acidic and alkaline foods. • Reduce Alcohol: Alcohol is a diuretic, can dehydrate skin and cause sebum overproduction.

• Try an Elimination Diet: Pay more attention to how you feel after you eat. Try keeping a food journal or take photos of your meals. If you feel particularly hot,

itchy, irritated or anxious after eating, that could be a sign of inflammation. If you notice a pattern of inflammation, try eliminating that food from your diet for

A healthy, balanced diet is the key to healthy skin. If your body is not absorbing nutrients, your immune system can suffer and inflammation can increase. If you eat

3. Balance Immune System

• Reduce Dairy: Milk contains androgens that can stimulate the sebaceous glands.

If your immune system is overactive, your skin may be detecting threats inaccurately and therefore causing excess inflammation. If you have allergies or highlysensitive skin, calming your threat-response system may help reduce acne.

• Relax and Have More Fun: Enjoying nature and laughing more can boost endorphin hormone levels, relieve pain and strengthen immunity.

Hormonal acne can vary from person to person. Listen to your body and pay attention to how it reacts to environmental and internal factors. Proactively balancing hormones can reduce acne severity. Try experimenting with different DIY acne solutions and you may see clearer skin in 8-10 weeks.

• Improve Sleep Habits: Getting consistent quality sleep can help speed up the healing process and increase serotonin levels.

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Through a careful review of health history, genetics and lifestyle, our providers are able to create individualized wellness plans to address the root-cause of your

Whether your personal struggles are with hormone imbalance, weight, sleep, energy, libido, migraines or depression, Natural Bio Health is committed to help you

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Re-order

# Reenergize and Detox with Myers' Cocktail and Glutathione

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**■** September 29, 2020 Blog, Myers' Cocktail



If you take supplements orally, you won't receive the nutrients until they are fully digested. If your digestive system is not operating properly, the nutrients may not even be fully absorbed. The vitamins may not provide the optimal effects or desired results.

However when you receive nutrients intravenously (through an IV) nutrients are delivered directly into your cells. Each cell is infused with a nutrient-dense solution,

so that the vitamins are easily accessible. A Standard Myers' Cocktail bypasses the digestive system and delivers the following nutrients directly to your

# bloodstream.

Health Benefits of Myers' Cocktail

Magnesium

• Vitamin B-5

- Vitamin B-6
- Vitamin C
- The seven vitamins included in Standard Myers' Cocktail IV Therapies can help prevent and relieve symptoms associated with the following conditions:

• Acute or chronic muscle spasm

- Migraine or tension headaches- often within minutes
- Sinusitis

Acute of chronic asthma

- Bronchitis
- Cardiovascular disease • Ischemic vascular disease

- Glutathione: The Superhero Antioxidant

To turbocharge your energy boost, you can add glutathione to your Myers' Cocktail.

bacterial or viral exposure. Glutathione protects the cells against these forms of oxidative stress.

urine. Glutathione makes the toxins water-soluble and easier to transport out of cells.

unpasteurized milk, and cruciferous vegetables such as avocado, asparagus.

• Cruciferous vegetables such as broccoli, cauliflower, brussels sprouts, and bok choy

Health Benefits of Glutathione

• Athletes who need quick recovery for athletic events

- Glutathione is an antioxidant that your body produces within cells. It is an amino acid synthesized from cysteine and it protects cells against environmental factors
- The Liver stores most of the body's glutathione so environmental pollutants, radiation, drugs, carcinogenic chemicals, heavy metals and alcohol and deplete glutathione levels.

Dr. Oz nicknamed glutathione the "Superhero of Antioxidants." It has also been called the "Great Protector," and the "Mother of Antioxidants."

that damage cell membrane proteins. The immune system can be attacked and compromised daily by herbicides, pesticides, toxins, stress, poor sleep and

Glutathione detoxifier is a powerful defender of health. It binds to metals and other toxins and transforms them into compounds that can be excreted in bile or

However, this process creates a demand on the body to make new glutathione. You can experience a glutathione deficiency when a tissue or system cannot keep

Glutathione is found in some foods, however cooking and pasteurization can diminish nutrient levels significantly. Its highest concentrations can be found in... • Lean protein such as fish, chicken and eggs

Glutathione is found in some foods, however cooking and pasteurization can diminish nutrient levels significantly. Its highest concentrations are in raw meat,

- 1. Reduces Oxidative Stress
- 2. Improves Insulin Resistance As we age, we produce less glutathione. A 2014 Baylor School of Medicine Study revealed that low glutathione levels link to decreased fat burning and increased

3. Reduces Respiratory Disease Symptoms As revealed in a 2005 study, glutathione creates a byproduct called N-acetylcysteine. N-acetylcysteine is a medication used to treat conditions such as asthma and cystic fibrosis. As an inhalant, it helps to thin mucus and reduces inflammation.

How to Prepare for Myers' Cocktail Treatment

Be prepared to experience the powerful effects of our nutrient boost. Follow these steps to ensure your IV vitamin therapy is most effective.

2. Inform staff if you take digoxin (Lanoxin®) or potassium-depleting drugs. Your potassium levels may need to be tested beforehand.

Glutathione helps reduce the impact of oxidative stress through detoxification. As stated in a 2019 Cancer Therapy Journal, "Glutathione is the principal intracellular

3. You may experience a taste of vitamins in your mouth after receiving the injection. You may desire to bring a mint or gum if you prefer to avoid the sensation. Contact Natural Bio Health Today

Contact Natural Bio Health to schedule your Glutathione and Myers' Cocktail.

Understanding 3 Major Panels in Nutrigenomic DNA Testing

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• Calcium

- Vitamin B-12
- Vitamin B Complex
- You can choose to add additional nutrients that support anti-aging, disease prevention and detoxification.
  - Chronic Fatigue Syndrome with or without Epstein-Barr virus • Chronic depression

• Fibromyalgia

- Seasonal allergic rhinitis Respiratory problems

  - Congestive heart failure
  - Acute viral illness/colds

Acute infections

- up with the demand. Glutathione levels can decrease with age, stress, and increased toxin exposure.
- Glutathione Forms in Food
- Allium vegetables such as garlic and onions Nuts and legumes
- Oxidative stress is caused by an imbalance between the free radicals (highly reactive molecules) and the body's ability to fight them off. High oxidative stress can cause excessive inflammation and may become a precursor to multiple diseases. These include diabetes, cancer, autoimmune diseases, rheumatoid arthritis.

antioxidant buffer against oxidative stress."

- fat storage. Older subjects had cysteine and glycine added to their diets to increase glutathione levels, improving insulin resistance and fat burning within two weeks.
- 1. Drinking plenty of water and having a meal or snack before arriving at our office. Some patients may experience a general flushing feeling of lightheadedness. Similarly to taking oral vitamins with food, you can decrease these symptoms by having food in your stomach similarly beforehand.
- Since 1999, Natural Bio Health has helped thousands of people regain their quality of life, prevent disease and maintain a strong immune system for optimal health. Through a careful review of health history, genetics and lifestyle, our providers are able to create individualized wellness plans to address the root-cause of your underlying health concerns. Whether your personal struggles are with hormone imbalance, weight, sleep, energy, libido, migraines or depression, Natural Bio Health is committed to help you restore your quality of life and achieve optimal mental and physical health.

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