

# FAMILY NUTRITION CENTER



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## 5 Reasons to Work Out in the Morning

From Calmful Living 5-16-2017

Let's face it, whatever helps you stick to an exercise routine is exactly you should do, whether that's walking with a friend at lunchtime or hitting the treadmill after the kids go to bed. That said, there are several benefits to working out first thing in the morning. If you're able to get up and get moving with the rising sun, the benefits may outweigh that early wake-up alarm.

Working out first thing in the morning does require a bit of extra planning. You'll want to fuel up with a nutritious dinner the night before and turn in early enough to feel rested when the alarm rings. And since muscles and joints can feel tight after sleep, it's important to do a thorough warm-up before launching into your workout. Here are five reasons to become a morning exerciser.

### You Won't Get Derailed

Exercising first thing means there is less chance that something will arise at work or with friends or family that will disrupt your workout plans. You also won't have the excuse that you are too tired or too hungry at the end of the day. Ultimately you will likely be more consistent if you exercise first thing.

### You'll Boost Energy and Focus

The release of endorphins and other neurotransmitters in the brain during exercise can improve mental clarity and attention. You'll also feel a boost in energy and sense of accomplishment.

### It's Better for Metabolism and Fat Burning

Raising your heart rate in the morning kick-starts your metabolism, so that you burn more calories throughout the day. Research also shows that when you exercise before eating breakfast, that fasting state encourages the body to burn fat stores instead of carbohydrates from food.

### You'll Make Healthier Choices during the Day

In one study, women who exercised for 45 minutes in the morning were more likely to eat healthier breakfasts and a smaller quantity. Exercising when you wake also gives you an overall healthier mindset, which makes you more mindful of what you put in your body all day.

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## You Will Sleep Better

Generally regular exercise promotes better sleep; but when you get up early to do it, and expose yourself to early morning daylight, it benefits your internal rhythms and helps you power down at night.



## JUST 1 WEEK

Eating a diet with 80 percent organic food for one week reduced levels of pesticides in adults by nearly 90 percent. That's what Australian research found, using urine tests to check levels. The study was published in *Environmental Research*. From Better Nutrition, Sept. 2016



## Why Opting for Organic Cotton Matters

By Dr. Mercola, mercola.com 4-04-2017

Cotton clothing has a longstanding history of being all-natural and wholesome. Unfortunately, times have changed, and once you delve behind-the-scenes of the cotton industry, its wholesome image quickly frays around the edges.

Most people forget that a vast majority — about 90 to 95 percent — of non-organic cotton clothing is made from Monsanto's genetically engineered (GE) cotton. Organic cotton, grown in a sustainable, non-toxic manner, accounts for a mere 1 percent of the global cotton production. You may be boycotting genetically modified organisms (GMOs), but if you're still buying non-organic cotton clothes and other items made from cotton, be it towels, drapes or tampons, you're still feeding the beast.

You're also exposing yourself to potentially heavy doses of toxins, contributing to ever-worsening environmental destruction, and enabling human rights violations.

### Cotton — One of the Most Toxic Crops on the Planet

Its toxicity is perhaps one of the most surprising findings you'll discover when researching the conventional cotton industry.

While making up less than 2.5 percent of global cropland, non-organic cotton receives 16 to 25 percent of all insecticides, 10 percent of all pesticides and nearly 7 percent of all herbicides used worldwide, many of which are among the most hazardous.

Herbicide-resistant GE cotton is typically sprayed with copious amounts of Roundup, the active ingredient in which is glyphosate, a likely human carcinogen.

The 2002 introduction of Bt cotton, which is genetically engineered to produce its own internal pesticide, was supposed to lead to a reduction in the use of insecticides. In reality, Bt cotton actually requires more pesticide sprayings than indigenous cotton, as it has created new chemical-resistant pests.

To control these resistant pests, farmers now use 13 times more pesticides than they were using prior to the introduction of Bt cotton. Moreover, in addition to being heavily contaminated with topical pesticides, the Bt cotton is itself a pesticide as well — it's even registered as such<sup>7</sup> — since Bt toxin is produced in every cell of the plant.

### Uzbekistan's Cotton Industry Is a Modern Form of Slavery

The featured video, "White Gold — The True Cost of Cotton" created by the Environmental Justice Foundation, reveals the gross human rights violations occurring in Uzbekistan, the second largest cotton exporter in the world, and how the cotton industry has created an environmental catastrophe of unbelievable proportions.

Here, one-third of the population, labor for the government-owned cotton industry.

No protective gear is provided. Everyone picks cotton with bare hands, ensuring exposure to toxic pesticides. Lack of drinking water forces laborers to drink from the irrigation canals — water that not only may be contaminated with chemicals, but also disease-causing pathogens.

At the end of the harvest season, many workers end up being deeper in debt to the state than before they began. They simply aren't able to pick enough cotton to offset the expenses for food and lodging the government deducts from their earnings.

### Environmental Catastrophe in Uzbekistan

In addition to being chemical-dependent, non-organic cotton also needs water — lots of water. Enough to drain a sea in a few decades. The water level of the Aral Sea — situated between Kazakhstan and Uzbekistan — began receding in the early 1970s. Fish also started dying from the chemical runoff from the fields. Aral Sea fishermen of old used to catch 40 tons of fish per year. Today, the area is littered with fishing vessels lying on dry land.

What used to be a thriving seaport is now nearly 50 miles (80 kilometers) from the water's edge, and the fishing economy has been obliterated. The former seabed is heavily contaminated with salt and pesticides, both of which prevent plant growth, and wind-driven toxic dust has led to high rates of cancer and tuberculosis. This is the hidden human and environmental sticker price for cotton.

### Cotton Industry Is Notorious for Human Rights Violations

Similar human rights violations and environmental tragedies are found in other cotton-producing nations. In India, an estimated 300,000 farmers have also

## Why Opting for Organic Cotton Matters (Cont.)

committed suicide in the past two decades — deaths attributed to despair over unsurmountable debt created by Monsanto's patented seed scheme, which prohibits saving and sharing of seeds and requires the use of expensive chemicals.

### Conventional Cotton Production Is Toxic Business

The environmental assaults don't end when the cotton leaves the field. The process necessary to turn raw cotton into cotton yarn and fabric involves another round of toxic exposures that result in environmental pollution. The Organic Trade Association explains: *"During the conversion of cotton into conventional clothing, many hazardous materials are used and added to the product, including silicone waxes, harsh petroleum scours, softeners, heavy metals, flame and soil retardants, ammonia and formaldehyde, just to name a few."*

*Many processing stages result in large amounts of toxic wastewater that carry away residues from chemical cleaning, dyeing and finishing. This waste depletes the oxygen out of the water, killing aquatic animals and disrupting aquatic ecosystems. The North American Organic Fiber Processing Standards prohibits these and similar chemicals."*

### Cotton in Our Food Supply

While you cannot eat cotton per se, 65 percent of conventional cotton production still ends up in the food chain, through:

- Cottonseed oil, a primary ingredient in Crisco cooking oil and vitamin E supplements
- Cottonseed meal, added to dairy cow and beef cattle feed
- Cotton cellulose, used as a non-caloric filler, thickener and stabilizer in a wide range of processed foods and beverages

The toxic pesticides sprayed on conventional cotton crops also threaten the health of, and contaminate, other food crops. In Texas, winegrowers fear the approval of new herbicide-resistant cotton crops may wipe out the wine industry altogether. Such dire predictions stem from the fact that pesticides drift wherever the wind blows, and vineyards cannot tolerate the herbicide mixtures now being used on GE plants such as cotton.

### Are Your Tampons Full of Roundup?

Cotton is not only used for clothing, of course. In addition to linens, towels, furniture coverings and drapes, women may also be using cotton tampons. A 2016 investigation by a French magazine found traces of harmful chemicals in 11 brand name tampons and sanitary pads, including dioxins, organochlorine pesticides — including glyphosate — and pyrethroid insecticides. Considering the high probability of cotton being contaminated with pesticides and insecticides, I encourage you, whenever possible, to choose "USDA Certified 100% Organic" cotton tampons. Bt cotton is a particularly questionable choice for tampons, since it contains both internally-produced toxin and topically applied chemicals. Another safer alternative is the Diva Cup, which works in a similar way as a diaphragm, allowing you to avoid tampons altogether.

### Cleaning Up Your Wardrobe in the Name of Humanitarianism

While some companies are actively investigating ways to produce more environmentally-friendly clothing, each and every one of us can contribute to the solution by curbing your consumption and giving more thought to what you buy and how you care for your items.

To avoid toxic chemicals, reduce environmental pollution and promote safe and fair labor rights across the world, consider the following recommendations when it comes to buying clothing and other fabric-related items:

- **Opt for organic cotton, hemp, silk, wool and bamboo fabrics.**
- **Opt for items colored with nontoxic, natural dyes when possible.** Businesses investing in organic farming and natural dyes include PACT (undergarments and loungewear), Boll & Branch (bed linens, blankets and towels), Jungmaven (organic hemp and cotton T-shirts), Industry of All Nations (clothing) and many others.
- **Avoid screen printed items**, as they typically contain phthalates.
- **Look for the Bluesign System Certification**, which tells you the item has been manufactured with a minimal amount of hazardous chemicals, or none.
- **Avoid trademarked technical fabrics**, as most are coated with chemicals that will eventually wash out.
- **Be mindful of when and how you wash synthetic clothing and avoid commercial fabric softeners and dryer sheets.**



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## 5 Snacks to Boost Your Testosterone

From Andro400.com 4-01-2017

Hello - Would you like a cookie? How about some potato chips? When it's time for a snack, high-sugar and -carb options can be tempting. But they can also wreak havoc on your weight and testosterone.

No need to give in to unhealthy habits ... we're here to help! Below are 5 snacks - full of healthy fats, protein, and vitamins - that will satisfy your cravings and enhance testosterone health. So when you're ready to reach for that candy bar, try one of these instead!

1. Cucumber Slices with Guacamole - Avocados are high in mono-saturated fat, which reduces LDL cholesterol (the bad kind) and increases testosterone. Try mashing them with a little salt, pepper, and lemon juice, and swap those fried potatoes for hydrating cucumber slices.

2. Hard Boiled Eggs - If you want to boost your T levels, consider eating more eggs. And don't throw away the yolk! Egg yolks contain: healthy fats, calcium, vitamin D, and HDL cholesterol (the good kind) - all of which help build and increase T levels. Skip the frying oil and eat them soft or hard boiled instead.

3. Banana and Almonds - Studies show bromelain, found in bananas, enhances testosterone levels in athletes. Raw nuts, such as almonds, are not only high



in protein and good testosterone-boosting fats, they also contain: vitamin E, magnesium, calcium, and potassium, which provide your body with nutrients needed for testosterone production.

4. Celery with Nut Butter - Celery contains vitamin K and other nutrients which may help stimulate testosterone production. Try it with almond butter, which is high in protein and the healthy fats that help build testosterone.

5. Orange Slices with Cinnamon - High in vitamin C, oranges can help decrease cortisol, the testosterone-blocking stress hormone. Oranges also contain a compound called limonenes, which inhibit the conversion of testosterone to estrogen. Adding cinnamon to the sweet fruit can help regulate your blood sugar afterwards.

These 5 snacks are sure to satisfy your cravings while keeping your testosterone health in check. Make a positive change for yourself today.

### Low-sugar Cacao Almond Bites

These Cacao Almond Bites are a healthy way to satisfy a sweet tooth—without the blood-sugar crash. The bites contain healthy fats from coconut oil, protein from almond butter, and just a touch of sweetness from maple syrup and/or stevia. If you are looking for a no-sugar option, simply omit the maple syrup and sweeten with stevia to taste. Yield: 10 bites Prep time: 10 mins Cooking time: 0 mins

#### Ingredients

½ cup coconut oil	½ cup almond butter
¼ cup cacao powder	2 teaspoons maple syrup (opt.)
5-10 drops vanilla stevia (opt.)	¼ cup almonds
2 tablespoons coconut flakes	Pinch of sea salt

#### Directions

Add coconut oil and almond butter to a double boiler or microwave-safe dish. Heat gently, until the coconut oil is liquefied; then mix with the almond butter. Remove from heat, add in the cacao powder, along with the maple syrup and stevia (if using), and mix well. Line a small rectangular or square dish with parchment paper and pour in the mixture. Sprinkle the almonds, coconut flakes and sea salt on top. Let harden in the refrigerator for one hour (or until solid), then cut into 10 squares. Serve immediately or keep in the refrigerator until serving.

From Calmful Living - <http://calmfulliving.com/project/low-sugar-cacao-almond-bites/>



## Reading is Fundamental to Health

By: Beth Levine, Baseline of Health Foundation  
08-11-2016

When you think about all of the elements that make up a healthy lifestyle, you probably start with the basic building blocks of regular exercise and a nutritious diet. Next you might consider maintaining a normal weight, staying away from vices such as smoking and heavy drinking, and managing stress levels. But chances are good that one thing that wouldn't make your list is being an avid reader. However, according to new research, reading books might be vital to your health.

The study, which was conducted at the Yale University School of Public Health in New Haven, Connecticut, found that spending time immersed in a good book every day may be associated with living a longer life. The subjects were 3,635 men and women over the age of 50. All of them were taking part in the Health and Retirement Study, which is sponsored by the National Institutes of Health.

The participants provided information on their typical reading habits throughout the 12-year period that they were tracked. The scientists analyzed every volunteer's daily reading time in comparison with their health records for the duration of the study. Each of the subjects was classified into a group based on their time spent reading. These groups consisted of the individuals who reported no regular reading, those who reported reading books for up to three-and-a-half hours per week, and those who reported reading books for more than three-and-a-half hours per week.

Once the statistics were compiled, the researchers came to the conclusion that a greater amount of time spent reading was **strongly** associated with a longer life. And these findings remained consistent even after they controlled for potentially influential factors including economic status, education level, cognitive ability, and more.

Participants in the middle-of-the-road group who read for up to three-and-a-half hours a week, or close to 30 minutes a day, were found to have a 17 percent lower risk of dying than their peers who were not reading regularly. And the group who read for more than three-and-a-half hours a week, or an average of over 30 minutes a day, were shown to have a 23 percent drop in mortality risk compared to their counterparts who did not read. The people in the



reading groups lived an average of two years longer than those in the non-reading group.

While there was no breakdown of potential effects of different genres of books (might self-help book readers live longer than romance novel enthusiasts?), there was a distinction made between those who read books versus other reading materials. **People who prefer to spend their time reading newspapers and magazines had a longevity benefit, but it was not as significant as that found in people who read books.**

The research was not designed to prove cause and effect, but it certainly did provide evidence of a link between reading books and a longer life. And this result adds to the findings of prior investigations showing health-related advantages to reading. For instance, a 2013 study at Emory University in Atlanta, Georgia found that reading an exciting novel may physically improve the function of your brain. It has also been linked with reducing stress and lowering the risk of Alzheimer's disease.

For those of you who struggle with time management throughout your busy days, finding a half hour to read might seem daunting. After a long day of working, taking care of other responsibilities, and squeezing in a workout, who has time to sit down with a book? But making time for reading might be easier than you think. If you take public transportation to work, a book can make your travel time go much faster, and keeping a book with you when running errands will ease the pain of waiting on long lines in a store.

Just as you made physical activity a priority, you can do the same to incorporate a half-hour of reading into your day. Another really easy way to incorporate reading is to end screen time 30 minutes earlier every night. Shutting down the television, your computer, cell phone, and any other electronic devices well before going to bed is a good idea anyway since the light emitted from the screens messes with our internal clocks and **disrupts sleep**. You won't be missing anything on social media, and you may just find that reading is a new healthy habit you love.

## Ginkgo for Eye Health

From Nutri-Health Supplements

If you live, or grew up in, a city in the United States, you're probably familiar with the Ginkgo Biloba tree. These hardy trees are often planted in urban areas because they have the ability to resist pests, disease and pollution. And each fall, the trees drop seeds that can stink up the entire street.

The stench from the tree's seeds has been described as smelling like vomit. For this reason, many have called the tree "Ginkgo Stinko".

Ginkgo biloba is the oldest living tree species. A single tree can live as long as 1,000 years and grow to a height of 120 feet. It has short branches with fan-shaped leaves which turn bright red in the fall.

Fossils from more than 200 million years ago contain leaves that are very similar to modern Ginkgo, meaning these resilient trees survived the Ice Age. Some of the trees even withstood the atomic bomb blast that struck Hiroshima in 1945.

The plant has a long history of being used in traditional medicine. Chinese herbal medicine has used both the leaf and seed of the tree for thousands of years to address a wide variety of health issues, from depression to sexual

dysfunction. It is believed that the botanical is an effective treatment due to its strong antioxidant properties, and its ability to open up blood vessels and make blood less sticky.

Modern research on Ginkgo has focused on extracts made from the tree's dried green leaves. Several studies have found that the herb can support brain health and mental function, and the botanical is a common ingredient in foods and beverages touted to boost memory and enhance cognitive performance.

But beyond the brain, the botanical has been shown to be particularly helpful at supporting circulatory health. And, that is why the nutrient is becoming popular in vision health formulas. You see, the eye requires more oxygen than any other organ except the brain. By revving up circulation and oxygen flow to the eyes, the botanical helps to protect your optic nerve and preserve your good vision.



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**Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.**

**1<sup>st</sup> Corinthians 6:19-20**

### About Us!

Family Nutrition Center was established in 1990, and has been operated by the Adams' family since 1996. With a focus on education and customer service, we are able to bring you a total shopping experience for better health. Family Nutrition Center is the largest natural foods market in Johnson County.

Our staff of over 20 people includes a registered nurse, a certified nutritional consultant with a bachelor's in natural health, a certified herbalist with a degree in horticulture. We continually receive education on our products and services to aid in achieving our goal of educating our customers and providing excellent customer service.

We offer a wide selection of natural and organic foods and fresh organic produce, special diet foods (non-GMO, gluten-free, dairy-free, soy-free, sugar-free, & more), bulk foods, vitamins, minerals, herbs, supplements, bulk herbs, natural cosmetics and other fine health and beauty aids, a book store, natural pet foods, a wide selection of Crocs, Lems & SoftScience shoes, and a smoothie bar with lots of choices. Plus we take phone orders and will gladly ship to all 50 states. If you are looking for answers to better health, give us a call.

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