# 6 Guides to Better Sex & Health



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# Part 1: Collagen Basics

# What Is Collagen?

Collagen is a protein, and yet it is so much more!

In fact, it is the most abundant kind of protein in the human body, making up about a third of the total proteins found in your body. It is found in your bones, skin, hair, tendons, muscles, the lining of the GI tract... and even in your eyes.

Collagen molecules form together in dense strings called "fibrils," and these fibrils then come together to make connective tissue. Basically, without collagen you would not be able to survive; it is the "stuff" that binds the entire body together. It provides the building blocks for structure, strength, and flexibility. It allows you to be able to stand, reach, stretch, and move your body. On a cellular level, it connects vital substances and organs together, and also gives skin its elasticity.

If you're thinking that healthy collagen levels must have something to do with maintaining smooth, healthy-looking skin and hair as you age... you are correct. It does all this and then some.



# Types of Collagen

There are roughly a dozen different kinds of collagen proteins, but the most important and most abundantly-found ones are types I, II, and III.

#### **TYPE I COLLAGEN**

Type I is the most abundant form of collagen in mammalian bodies (including yours). It provides the foundational ingredient for creating healthy skin, hair, nails, tendons, and bones. It also provides structure and connective tissue for all the major organs.

Type I also helps to repair and heal the gut. This is good news for the 60 to 70 million Americans who are affected by diagnosed digestive conditions each year, and the millions of others who suffer from conditions such as IBS, diverticulitis, and food intolerances that are "under the radar."

Collagen type I helps in this area because it is found in large quantities in the digestive tract (along with type III) and is vital for repairing and healing our intestinal linings. A 2010 report published in the *Journal of Medicinal Food* found that a combination of whey protein and collagen supplement helped protect the GI tract from ulcerative lesions.<sup>2</sup>

Glycine and proline are two amino acids found in collagen that are good for the brain and gut.<sup>3</sup> As far back as the early 1980s, researchers were discovering the power of collagen type I for repairing mucosal linings as well as rebalancing gastric juices in the stomach.<sup>4</sup>

#### **TYPE II COLLAGEN**

Type II collagen is vital in the formation of cartilage, that tough yet flexible tissue which provides the padding between joints and bones. It provides flexible structure and protection for tendons, ligaments, bone, and skin. Because it is so specialized, type II is sometimes called the "cartilage collagen."

Like type I collagen, type II also contains super-beneficial amino acids glycine and proline, as well as arginine (that creates nitric oxide) and alanine, which supports the immune system and helps reduce inflammation. The two major differences between collagen type I and II is that the amino acids are arranged in a slightly different way and they are also produced within chondrocytes (non-cellular matrixes of cartilage) in type II. Some forms of type II also work together with type XI and IX as well as with chondroitin (a chemical found in cartilage around the joints) and keratin (a fibrous protein in hair and skin) to do their job in the body.<sup>5</sup>

One final word about collagen type II: having healthy stores of it helps joints and can reduce the pain and immobility caused by arthritis. A two-year study with athletes at Penn State University found that collagen supplementation helped joint pain in all who participated. Based on their results, the researchers hypothesized that collagen could possibly reduce the risk of joint deterioration in high-risk groups across the board.<sup>6</sup>

#### **TYPE III COLLAGEN**

Type III collagen can be seen wherever type I is, since it is often a "helper" for type I. It is located in "reticular" fibers that make up the connective tissues of muscles, bone marrow, reproductive organs, and blood vessels. Type III is also vital for the cardiovascular system. Low type III collagen is a serious matter since it can also lead to ruptures in blood vessels.<sup>7</sup>

#### OTHER TYPES OF COLLAGEN

There are several other types of collagen that do vital jobs in the body.<sup>8</sup> Type IV collagen, for example, helps form endothelial cells that create protective tissues for the organs. Type V creates cell surfaces. Collagen type XVII helps with the formation of healthy teeth.<sup>9</sup> Type VII collagen holds skin together<sup>10</sup> while type X assists in bone formation.<sup>11</sup>

# Part 2: Collagen Benefits

Hopefully, by now you are beginning to see how vitally important this one amazing substance (collagen in all its various forms) is for functions throughout your whole body. Now let's take a look at these benefits in a little more detail.

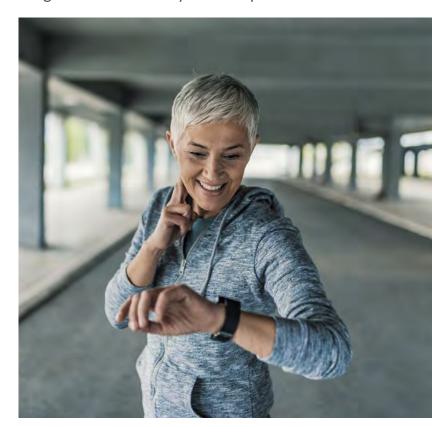
#### Heart

Let's start with the big guns here and talk about how collagen is good for your heart. You probably know the statistics already, but they are worth repeating. Cardiovascular disease is the number one killer in the United States. One in four people in the U.S. will die of heart disease this year, according to the U.S. Centers for Disease Control. This translates to roughly 610,000 people!

Collagen is the "glue" that keeps your whole body together; in the same vein, it also provides the structural framework for your arteries. A 2017 study<sup>12</sup> put together by Kanazawa Medical University in Japan found that, compared to measurements before the study began, arterial stiffness went down in adults who took 16 grams of collagen tripeptide for 24 weeks. Participants in the study were also pleasantly surprised to find that their HDL (High-Density Lipoprotein) cholesterol levels rose by about six percent while they were supplementing with collagen. HDL is considered the "good" kind of cholesterol; some studies have found that higher HDL levels may be heart protective. <sup>13</sup>

The amino acid content in collagen is one of the reasons why it's so important for the body. When it comes to heart health, it is the proline found in collagen that is the star of the show. Proline has the ability to help release fat buildup along the arterial walls as well as in the bloodstream. Research suggest that proline can help lower high blood pressure<sup>14</sup> as well as arteriosclerosis.

If you supplement with collagen for heart health, make sure that your product contains collagen type III from different sources of collagen. Type III is a key factor in promoting cardiovascular health.<sup>15</sup>



#### Gut

As we mentioned earlier, collagen can be very beneficial to the digestive system. Since our digestive system also houses about 80% of our immune system cells, this means that it helps boost immunity at the same time. Without a healthy gut, the rest of the body will be weak as well.



Studies have focused on a condition that many experts see as the foundational cause of many detrimental diseases and conditions: intestinal permeability. You may have heard this condition referred to by the descriptive name of "leaky gut." Intestinal permeability happens when holes, microscopic in nature, form in the digestive tract because of poor diet, stress, or other factors. Foreign materials, namely toxins, are then able to pass through the holes into the bloodstream and cause health issues.

Collagen helps to heal leaky gut, according to studies going back to the early 2000s. It helps break down proteins and other substances in food and can soothe and also repair the lining of the intestines. This creates a beneficial chain reaction where the balance of "good" and "bad" bacteria is restored and leaky gut can be reversed.

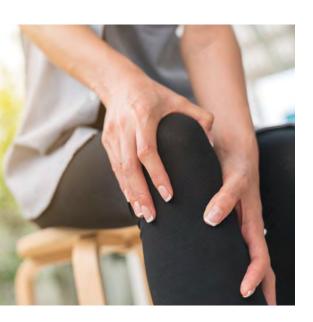
One investigation conducted by the University Hospital Heraklion in Greece found that people with Inflammatory Bowel Disease (IBS) also had consistently lower concentrations of collagen in their gut than individuals who did not have IBS.<sup>16</sup>

#### Liver

Collagen also provides great support for one of our main detoxification pathways – the liver. Glycine found in collagen helps the liver by absorbing toxins such as alcohol and other toxic substances. A 2012 report<sup>17</sup> in the *European Review for Medical and Pharmacological Sciences* found that glycine helped decrease alcohol-induced liver damage and other acute and chronic liver conditions.



# **Joints**



We already mentioned some of the benefits collagen provides for joints, joint pain, and arthritis. This just makes common sense since collagen type II is a foundational ingredient in the make-up of cartilage. To add to the list of studies that have verified that collagen is a go-to for joint support was a 2018 meta-analysis put together by the University of Sydney in Australia. The researchers discovered that a collagen supplement taken for osteoarthritis "demonstrate(ed) clinically important effects for pain reduction in the medium term." They also found that it was more successful for reducing knee pain than other supplements studied, including MSM (methylsulfonylmethane) and glucosamine/chondroitin. <sup>18</sup>

## Skin

The first benefit of collagen for skin is that it helps the whole body from the inside out. In addition to all the ways mentioned above, collagen also stimulates fibroblast cells<sup>19</sup> which help to synthesize what is called the "extracellular matrix." This is just a fancy phrase for the dynamic "mesh" of live cells which work together to create tissue in the body. Fibroblast cells are the most common cells found in mammalian connective tissue.

Skin is your body's largest organ. Not only does collagen ensure strength and durability, it is also responsible for maintaining skin elasticity. It makes sense, then, that a lack of collagen leads to a loss in skin elasticity and, thus, more wrinkles. A 2017 Japanese study found that collagen hydrolysate, i.e. collagen that has been broken down into peptides, has the ability to transfer collagen from the bloodstream directly into the skin.<sup>20</sup>

We'll be honest here: boosting your collagen levels alone isn't going to make you look like a 20-year-old if your chronological age is 60. However, science most definitely supports the idea that boosting collagen levels can help smooth out wrinkles and add a healthy "glow" to your skin, especially as you get older.



Among the dozens of investigations that have discovered the benefits of collagen for aging skin is a 2014 clinical trial<sup>21</sup> conducted at the University of Kiel in Germany. Women who took a collagen peptide for just four weeks showed improved skin elasticity compared to a control group who did not supplement. One of the ways in which collagen helps improve skin is through hydration. It gives skin the ability to maintain and increase moisture levels, which prevents drying and wrinkling.<sup>22</sup> Finally, adequate amounts of type VII collagen in the skin (as well as other places that it is found such as the bowel and the mouth) may even help prevent abnormal cell growth. This is according to research<sup>23</sup> published in 2015 in the *Journal of the National Cancer Institute*.

## Wounds

Piggybacking on how collagen works for skin health is what it can do for wound healing as well as skin and tissue repair. The latest wound-healing practices utilize non-toxic dressings made from synthetically-produced collagen.<sup>24</sup> These include grafts, membranes, films, sponges, and injectables.



In fact, the basic practice of using collagen for wounds is not a new concept. According to University of Wisconsin researchers, <sup>25</sup> Sir Joseph Lister (English) and Sir William Macewen (Scottish) developed a formula called "catgut" in the early 19th century. Oddly, the formula was not derived from feline innards; it used small intestine from sheep instead.

## Cellulite -

The presence of cellulite can actually be a sign of low collagen levels; without collagen, skin becomes weak and begins to pucker. This allows liquid to gather under the surface of the skin. A 2015 study published in the *Journal of Medicinal Food*<sup>26</sup> placed women aged 24-50 with moderate cellulite on a regime of 2.5 daily grams of collagen peptides for 6 months. The researchers discovered a "significant decrease" in cellulite as well as skin "waviness" on thighs, where cellulite often accumulates.



#### Scars



Finally in the area of skin, topical collagen ointments and gels have proven to allow scars to heal quicker and for scars to be less noticeable over time. New biotechnologies are creating biologically compatible "extracellular matrices" to help with severe injuries and burns. A 2011 study found that giving wound patients collagen dressing instead of regular wound dressings helped avoid skin grafting and was also more comfortable for the patients.<sup>27</sup>

### Hair

The main ingredient in hair is a fibrous structural protein called keratin. But collagen has a role to play in healthy hair as well. It aids in cell regeneration and antioxidant production which can protect hair and hair follicles from both internal and external stress. A 2012 UCLA study<sup>28</sup> found that an "oral supplement... safely and effectively promotes significant hair growth in women with temporary hair thinning." In addition to helping with hair thinning, collagen can also boost your hair's shine factor and help it become healthier overall.



#### **Nails**

Along with a super-strong version of keratin called "alpha keratin," collagen is the main ingredient that makes up your nail bed. A 2017 study done in part at the University of São Paulo in Brazil found that individuals who took a collagen supplement had improvement in brittle nails after 6 months.<sup>29</sup>



One of the reasons why collagen is so important for strong, healthy nails has to do with arginine, one of the amino acids in collagen protein. Arginine produces nitric oxide (NO). NO's primary role is to improve blood flow. Improved blood flow will in turn increase nutrient flow as well, including to the nail root. In the Brazilian study mentioned above, participants experienced nail growth of about 12% and a decrease in broken nails by 42% while they were supplementing with collagen.

A side note on nails: did you know that how your nails look can be an indication of collagen deficiency or collagen-related illness? Systemic sclerosis, lupus, and rheumatoid arthritis,<sup>30</sup> along with certain mineral deficiencies, can all be detected by changes in nail appearance and growth.

# **Eyes**

You may be thinking, "How in the world can having the right amount of collagen in your body possibly help my eyesight?" According to research in India and elsewhere, it can! A report in the Indian Journal of Ophthalmology suggests that lack of collagen may be one reason for cataracts. This makes sense once you know that the watery, gelatinous tissue that makes up your eyeball relies on collagen to be healthy, resilient, and abundant.



## Teeth



Now that you know about collagen's role for healthy skin, nails, hair, and eyes, it may come as no surprise that teeth also rely on healthy collagen production and synthesis. This is because collagen type XVII is one of the main constituents in tooth enamel. There have also been several studies which show the connection between low collagen levels and periodontal disease. A 2015 Eastern European study proved the link between low collagen, inflammatory processes, and gum disease.<sup>32</sup> Is it any wonder that 70% of American adults 65 and older have periodontal disease?<sup>33</sup>

# Weight Loss ———

To top off this amazing list of all the good things collagen does in your body is one more. It can also help you lose weight and become more toned.

Some research suggests that because the amino acid glycine found in collagen has the ability to synthesize the nitrogenous organic acid creatine, it can also help can speed up metabolism. Creatine's main job is to recycle ATP (adenosine triphosphate, i.e. cellular energy) in muscles and the brain.

At the same time, glycine in collagen also helps with muscle-building. A 2015 German study published in the *British Journal of Nutrition* found that after just 12 weeks of a combination of resistance training and collagen supplementation, older men saw a significant increase in muscle strength and fat burning compared to a control group.<sup>34</sup> Other studies have shown that glycine works to provide more efficient creatine synthesis, especially during physical activity.<sup>35</sup>



# Part 4: Restoring Collagen in Your Body for Health and Longevity

# How Did We Get So Collagen-Depleted in the First Place?

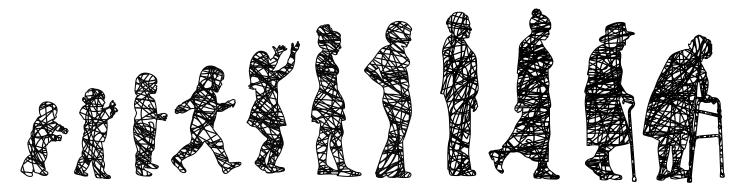
As the miraculous human beings that we are, we have the ability to produce collagen ourselves *endogenously* (i.e. inside our own bodies). There are a few factors that come into play which affect this production and also how the collagen is then synthesized to do its job throughout your body.

Hands down, not eating the right foods<sup>36</sup> can lower collagen. Add to this the usual health-harming culprits of smoking, stress, not enough sleep, too many toxins, and leading a sedentary lifestyle. Improving these factors in your life can drastically increase your body's own ability to produce collagen, which we're going to dive into next.

We need to mention first, however, that there is one factor that can't be changed. Collagen levels naturally reduce as we get older. In fact, research such as that conducted at the University of Michigan Department of Dermatology<sup>37</sup> has found that after about age 20, the average person produces at least one percent less collagen each year!

Other investigations, such as a 2017 mouse study published in the journal *Scientific Reports*, have found that collagen synthesis and "cross-linking" may also be affected by the aging process.<sup>38</sup> Other studies have discovered the link between age-induced collagen changes, wrinkles, and corresponding changes in human growth hormone (HGH) levels.<sup>39</sup>

What this all means is that, unless we take specific action to replenish our stores, most of us will experience a reduction of collagen by as much as 40% by the time we are 50 years of age. The good news is that there are many things you can do to up the collagen in your body. Here are some tips to get you started!



# Seven Ways to Boost Your Collagen Levels

# 1

#### Eat foods that contain collagen.

Just as there are endogenous collagens, there are also *exogenously*-produced ones, i.e. those we get from food and in other ways, such as oral supplements and topical creams. One way to take advantage of exogenous sources of collagen is to eat foods that contain different types of collagen.

The biggest source of collagen we can consume comes from animals. Salmon and eggs contain high amounts of collagen in addition to other good-for-you nutrients. May people also get their animal-derived collagen from *bone broth*.

Bone broth is created by boiling the bones and gristle of (ideally) organic, hormone-free, and grass-fed animal products. This could include chicken, fish, beef, or lamb. As the bones boil, collagen and other essential nutrients like essential minerals are extracted. Bone broth is consumed hot like a soup (and can become the base for many different soup and stew recipes). When it cools, however, you may see a gelatinous substance forming in the pot. This is collagen, which turns to a liquid again at high temperatures.



Bone broth can be a great addition to your regular diet, especially if you have a collagen-regulation condition such scleroderma which may prevent you from taking collagen supplementation directly. It is also amazing for healing the gut and for those with autoimmune conditions.



Don't stress if bone broth just isn't your thing or you are a vegetarian or vegan, however. While collagen comes from animal-derived products, dozens of vegetables, fruits, seeds, and nuts can help to boost endogenous collagen production in the body. Kale, cucumbers, celery, cashews, almonds, avocados, blueberries, and broccoli are just a few.



#### Eat foods that contain collagen-synthesizing substances.

Collagen needs certain key substances to help it get absorbed into the bloodstream, get it to where it needs to go depending on type, and help it do what it needs to do once it gets there. These are called "collagen-synthesizing" substances and it is very important that you also consume foods which contain them.

The substance that is perhaps most important for collagen synthesis is vitamin C. Without it, the body simply cannot produce collagen on its own. It is needed for both production and storage as well as synthesis. It is responsible for a process called *hydroxylation* (adding hydrogen and oxygen) which holds cells together during collagen creation.<sup>40</sup>



You can take vitamin C as a supplement. There are also literally dozens of fruits and vegetables which contain high amounts of it as well. Some of these include cilantro, peppers, Brussels sprouts, leafy greens, broccoli, citrus fruits, strawberries, acerola cherry, camu camu, aloe vera, ginseng, and spirulina. Make sure you consume only organic, non-GMO fruits and vegetables to get your vitamin C in.

Besides vitamin C, there are other substances that collagen needs to do its job. These include zinc, vitamin B6, fulvic acid, and silica. Be sure to consume foods that contain these nutrients or take supplementation so that collagen can work optimally for you.

# 3

#### Don't overdo sun exposure.

Exposure to the sun in short bursts can be beneficial for vitamin D production, but too much can be detrimental. Vitamin C in the first two layers of skin produces an antioxidant photoprotective layer against the sun's UV rays. <sup>41</sup> This protection only goes so far, however. Overexposure to the sun can cause a condition called *elastosis*, or the destruction of both elastic and collagen tissue in the skin. Sun damage can lead not only to wrinkles and sagging skin, but also thin, easily-bruised skin, and cancer. <sup>42</sup>



#### Stop smoking!

If you smoke, stop it now (for many reasons). Smoking is probably one of the worst things you can do for healthy collagen production and synthesis, not to mention for your health in general. A 2002 study<sup>43</sup> at the University of Oulu in Finland determined that cigarette smoking reduced the rate of synthesis for both type I and type III collagen and that it altered the balance of the "extracellular matrix."



In addition, the Finnish researchers discovered a 100% increase in "matrix metalloproteinases (MMPs)" in the smokers. MMPs have long been associated with higher cancer rates. Elevated MMPs also distort and irregulate the extracellular matrix and disturb collagen synthesis.

## 5

#### Reduce stress.



Chronic stress over time will raise levels of the amino acid precursor *homocysteine*. High homocysteine has been shown in studies to be a factor in heart disease and stroke. In addition, it can also affect the way collagen fibrils link together. Over time, this can lead to higher risk of chronic disease, bone weakening, and the countless other consequences of poorly synthesized collagen.

## 6

#### Move your body.

We learned earlier how glycine in collagen can work more effectively for weight loss and muscle building during physical activity. That is just the tip of the iceberg when it comes to what exercise and avoiding a sedentary lifestyle can do to up your collagen levels. Exercise can also support collagen production by increasing blood flow in the body. <sup>46</sup> This provides more oxygen as well as those vital nutrients that, as stated above, are needed for collagen synthesis. It also improves the secretion of human growth hormone, which regulates cell activity, including cells that help produce and synthesize collagen.



#### Consider supplementation.

Last but definitely not least is collagen supplementation. If you decide to supplement with collagen, odds are it will be one of the best decisions you can make for your health overall. There are some things to consider, however, when determining which collagen supplement is right for you.

First of all, make sure that your supplement is made from non-GMO, high-quality products. This should be a given for any supplement you use! Also stay away from "gimmicky" forms of collagen like gummies, candies, chews, or prepared "drinks." Some companies who have jumped on the collagen bandwagon are even advertising for collagen-infused beers.<sup>47</sup> Use common sense when it comes to these products.

Basically, don't believe the hype. Find a sensible, clean-sourced supplement that is of the highest quality and that works for you and your needs. Keep in mind that a collagen supplement cannot and should not take the place of a healthy diet. However, it can be a great addition to one.

Secondly, your collagen supplement should be in the form of "collagen peptides." A special process called "enzymatic hydrolysis" breaks down collagen fibrils into smaller parts, or "peptides," i.e. clusters of amino acids which link together to form a chain. In peptide form is the best way to consume collagens, since they are able to be absorbed and utilized by the body in the most efficient way possible. Other names for collagen peptide are "hydrolyzed collagen" and "collagen hydrolysate."

Also, consider which kinds of collagens you may need for your particular health situation. Now that you know about the basic types, this should be easy. Many quality collagen supplements contain



a multitude of collagens in one formula, including types I, II, III, and V. They may also include other ingredients, such as vitamin C, which will help to synthesize the collagen. Multi-type formulas are the most ideal formulas for most people.

Keep in mind too that collagen supplements can come in topical form, which can be especially helpful for scar or wound healing. These usually come in the form of gels or creams.

There is one final thing to consider if you are thinking about collagen supplementation. If you have a condition where collagen imbalance plays a part, such as scleroderma,<sup>49</sup> systemic sclerosis, or lupus, keep in mind that evidence is conflicting as to whether supplementation can be harmful or beneficial. It had long been thought that it was best for individuals with these conditions to stay away from collagen supplements. New and ongoing research,<sup>50</sup> however, is beginning to indicate that supplementation may actually be beneficial. Be sure to consult a qualified healthcare practitioner before supplementing if you have a condition which involves collagen sensitivity or collagen overproduction.

# The Bottom Line: You CAN Increase Your Collagen Levels and Look and Feel Great as You Age!

We hope by now you can see how absolutely vital collagen is to just about every function in your body!

The good news is that you can absolutely affect the levels of collagen in your body as well as how effectively it is absorbed and synthesized to help your body in dozens of ways. And you can do this no matter what your age.

Healthy diet, healthy lifestyle, and possible supplementation with quality collagen products are the keys to longevity. With collagen working for you, you can literally turn your life around and look and feel better than ever before!

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This powerful formula contains all 5 "super collagens" your body needs to thrive. Plus, it's loaded with a special vitamin that fully activates the collagens inside your body.

Try Clean Sourced Collagens today and experience the difference in your health. Each container comes with our iron-clad 100% ONE-YEAR Money-Back Guarantee of Satisfaction. Plus, every order of Clean Sourced Collagens ships FREE in the U.S. (pay just \$9 international).

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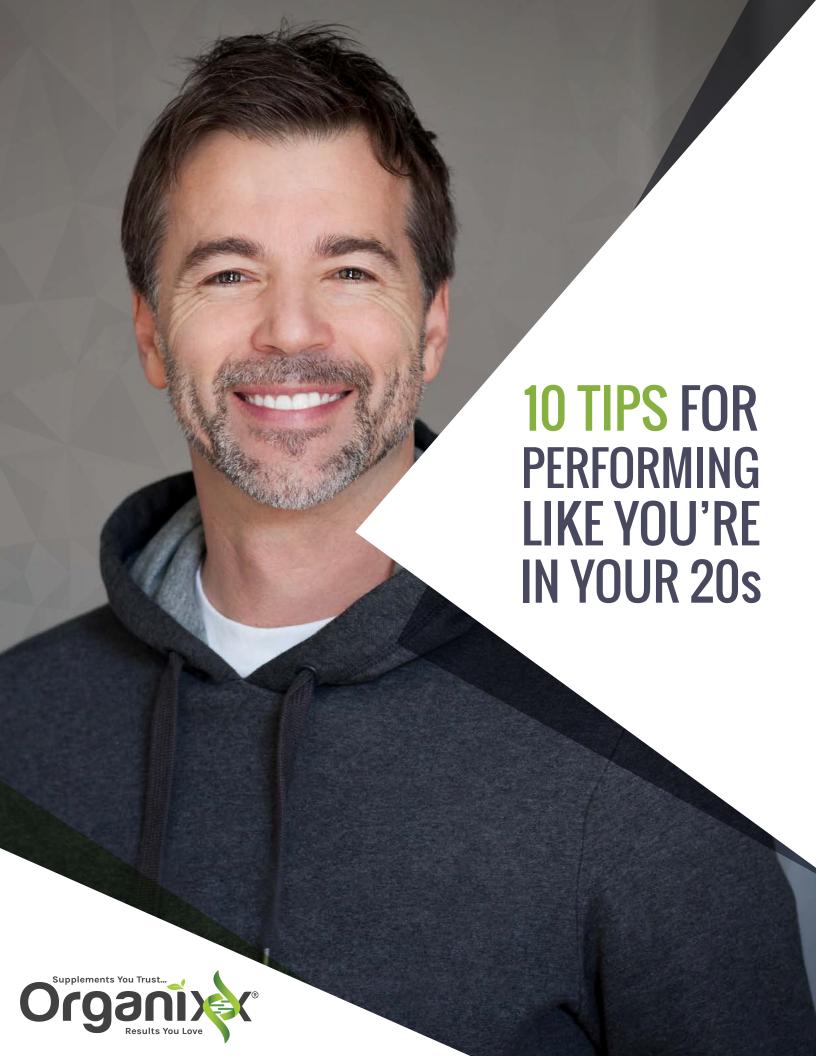
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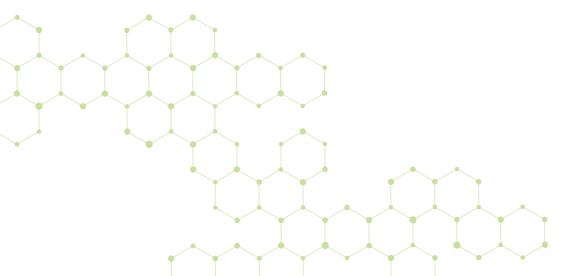
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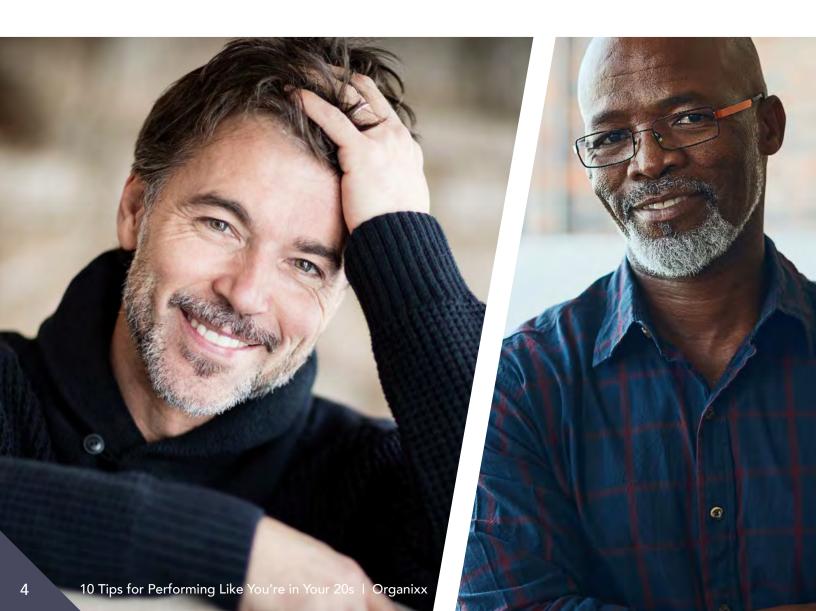
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# INTRODUCTION

Men: If you're over the age of 30, listen up! The latest statistics suggest that one in four of you is suffering from some degree of low testosterone, which means your manhood is under attack. If you're starting to notice major differences between how you once felt in your 20s compared to how you feel today, then chances are you're among the 25% of men in your age bracket who could use a little boost in the "manliness" department.

Medication in the form of hormone-replacement therapy (HRT) is Western medicine's typical go-to for men afflicted by this epidemic of low testosterone, the symptoms of which can include waning muscle mass, lack of energy, sleeping problems, and perhaps most embarrassing of all: performance problems in the bedroom. But what if there were other ways to naturally boost your testosterone levels and gain back your ability to perform like you once did in the peak of your youth?

The good news is this: there are. What follows is a treasure trove of tried-and-true, science-backed ways to restore lost manhood that aging men all over the world are already utilizing with great success. By integrating these 10 powerful, natural methods of testosterone replacement into your everyday life, you, too, will be well on your way to feeling better, performing better, and all-around living better.



# CUT OUT THE BEER AND OTHER ALCOHOL

Let's get the bad news out of the way first... according to the National Institute on Alcohol Abuse and Alcoholism, a division of the National Institutes of Health (NIH), alcohol consumption directly impacts all three components of the hypothalamic-pituitary-gonadal (HPG) axis. This is the system that governs male hormone production and regulation.

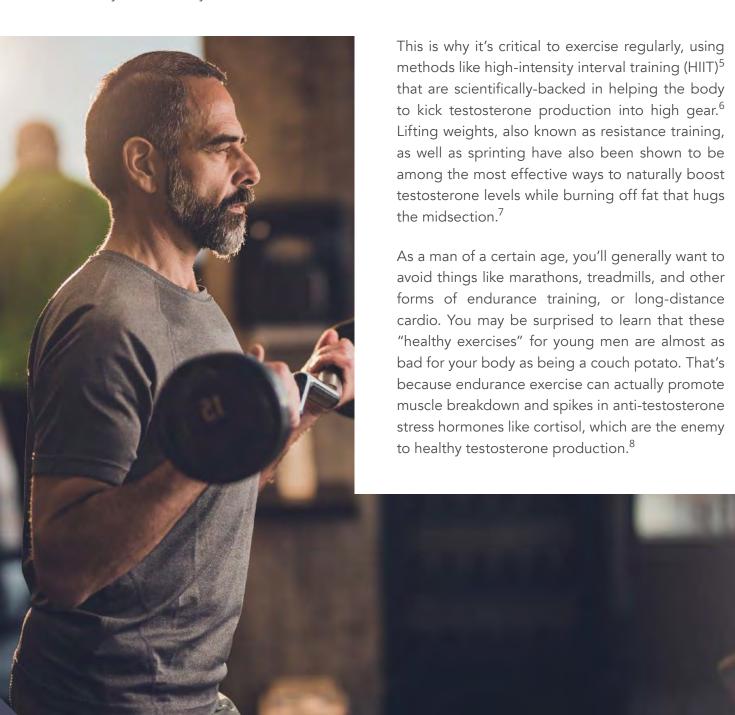
Animal models designed with the human reproductive system in mind reveal that drinking alcohol is closely associated with decreases in hypothalamic LHRH (luteinizing hormone-releasing hormone). The job of LHRH is to communicate with the pituitary gland to produce a class of protein hormones known as gonadotropins, one of which is known as pituitary LH (luteinizing hormone) that directly stimulates a type of cells in the testicles to produce testosterone.

Even a casual beer or two every now and again can be damaging to this critical hormone-production process. Alcohol metabolism has been shown to interfere with virtually every facet of testosterone production and synthesis throughout the body. Consuming alcohol further induces oxidative damage, which leads to cell damage and death. What this all means is that every time you throw back a cold one, you're basically flooding your system with hormonal obstacles that make it more difficult for your body to maintain its "maleness."<sup>2</sup>

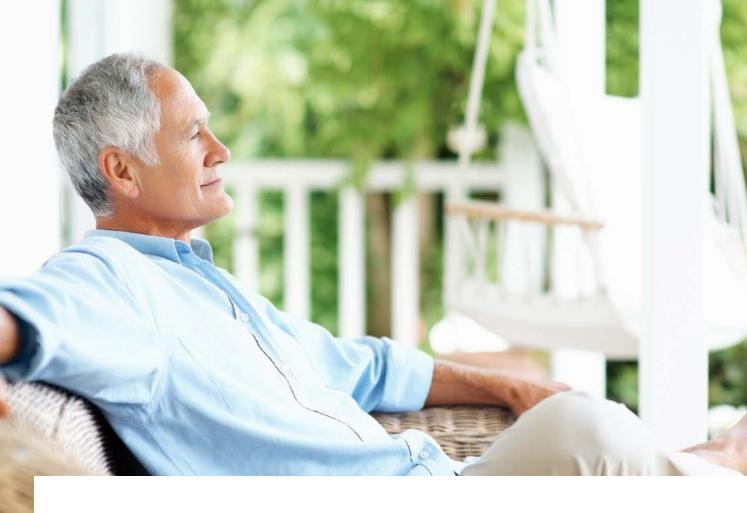


# GET UP AND MOVE, AND LIFT HEAVY THINGS OFTEN

Too many men who consume alcohol also pair it with plenty of couch time watching TV – a one-two punch in the face of healthy hormone production. A sedentary lifestyle combined with excess alcohol consumption is a recipe for increased visceral (abdominal) fat, a type of fat that's biologically active in terms of how it impacts hormone production.<sup>3</sup> Abdominal fat also functions somewhat like a storage tank for estrogen, which is certainly not what any man wants too much of.<sup>4</sup>







According to the American Institute of Stress, as many as 77% of all adults regularly feel stressed – and to such a degree that it actually makes them physically ill. For men, difficulties at work, financial problems, and a chaotic home life rank high among the most common causes of stress. When these situations persist it can take a major toll on a man's hormonal system.

Many men try to cope with daily stressors in all the wrong ways – think alcohol, junk food, and sedentary couch-lock – which only makes an already serious problem worse. Chronic stress causes a man's body to release stress hormones like cortisol that compete with testosterone and other male hormones. The cortisol wins the battle which can cause some very serious health problems if not properly dealt with.

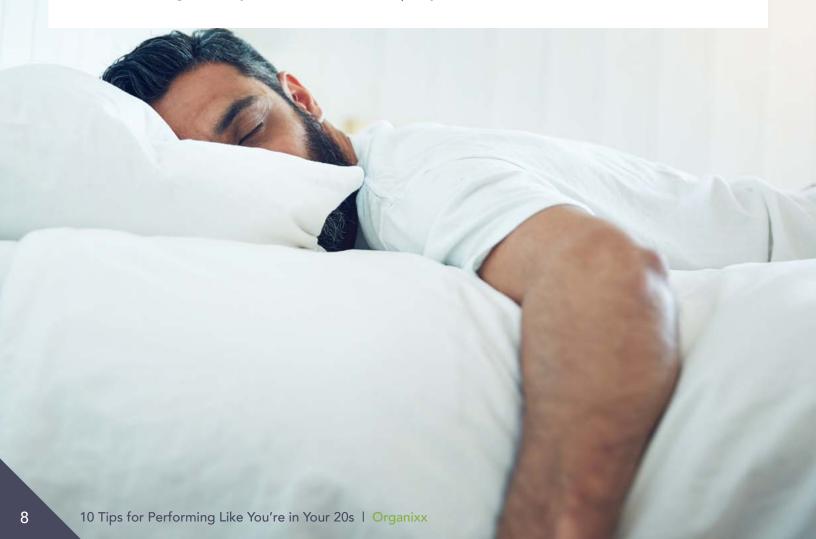
Research out of The University of Texas at Austin found that chronic stress impairs testosterone production and function throughout the body. The "fight or flight" response provoked by stress leads to dramatic increases in cortisol. This not only reduces testosterone levels, but also causes existing testosterone stores to be less effective in supporting healthy male behaviors like dominance, resolve, and competitiveness.<sup>10</sup>

# MAKE SURE YOU'RE GETTING ENOUGH SLEEP

One of the most powerful weapons against stress is restful sleep. And it just so happens that restful sleep is when a man's body releases the majority of fresh, new testosterone. This is a win-win situation for combating a major destroyer of testosterone while also protecting existing testosterone stores.

If you're a man who tends to burn the candle at both ends, resulting in sleep deprivation, then this message is for you. Scientific research shows that lack of sleep is categorically hostile to human health in general, and especially as it pertains to sexual function in men.<sup>11</sup> Even just one week of insufficient or interrupted sleep can lead to significant testosterone reductions in otherwise healthy young men,<sup>12</sup> further demonstrating the critical importance of sleep for a man's health.

Finding ways to relax after a long day, whether through recreation, herbal support, or some other form of natural intervention will help your body to wind down in preparation for getting healthy sleep. Turning off your electronics before it gets dark is one helpful way to shift your body into sleep mode. Research has shown that the "blue light" emitted from television and mobile phone screens suppresses the body's natural release of melatonin, the "sleep hormone" that's in charge of maintaining a healthy circadian, or wake-sleep, rhythm.<sup>13</sup>



# EAT PLENTY OF HIGH-QUALITY PROTEIN AND FAT, AND FEWER CARBOHYDRATES



Another area where a lot of men fail to support their hormones is with their diet. While it might be quick and easy to breeze through the drive-thru for a quick fast-food meal, the negative effects of this unhealthy habit are prolifically damaging to male hormones. Most "junk food" is filled with unhealthy fats,<sup>14</sup> processed sugars, and other inflammatory and anti-androgenic ingredients that wreak havoc on men's testosterone stores.<sup>15,16</sup> [Note: "androgenic" refers to any male hormones.]

Conversely, men who consume the right types of fats, proteins, and carbohydrates based on pro-androgenic science tend to have higher testosterone levels – and it shows, both in how they look and feel. An organic, whole food-based diet is a great place to start in getting your diet back on track. Integrating more healthy fats, high-quality proteins, and complex carbohydrates into your daily routine while cutting out pretty much everything else is greatly encouraged.

Saturated fats from foods like grass-fed butter, responsibly sourced coconut and palm oils, and lard is critically important for men – and a growing body of research seems to suggest the more the better on this front.<sup>17</sup> High quality animal-based foods like eggs<sup>18</sup> and grass-fed, pasture-raised beef<sup>19</sup> are high in protein and cholesterol (cholesterol is another important ingredient in testosterone production<sup>20</sup>). These foods are excellent sources of full-spectrum protein and other proandrogenic nutrients, including essential amino acids like leucine that support healthy testosterone levels.<sup>21</sup>

As far as carbohydrates are concerned, the "cheap" ones you'll find in a bag of chips or a slice of pizza can trigger blood sugar spikes and insulin resistance since they're very quickly digested, resulting in lowered testosterone. Complex carbohydrates from vegetables, fruit, and whole grains like oats, on the other hand, digest much more slowly for enhanced nutrition and improved hormone balance.<sup>22</sup>

# **GET OUT IN THE SUN**

We live in an age of computers and automation, which means many of today's men are confined to office cubicles all day long, far away from the outside air. Consequently, many men aren't getting enough exposure to natural sunshine like their ancestors did. This has led to a serious epidemic of vitamin D deficiency, affecting nearly half of the population of the United States.<sup>23</sup>

Vitamin D, also known as 25-hydroxyvitamin D, is a powerful pro-hormone that a man's body needs in order to produce testosterone. The androgen glands that release it throughout the body contain special receptors designed specifically for the "sun" hormone.<sup>24</sup> Vitamin D also helps to inhibit aromatization, a damaging process in which a man's body converts much-needed testosterone into estrogen.<sup>25</sup>

When you don't have enough vitamin D, androgen glands end up becoming deprived of this important ingredient for testosterone production. This can lead to what studies show is a detrimental health condition known as hypogonadism, or a lack of hormone production in the testes.<sup>26</sup>

When vitamin D levels plunge to below 20 nanograms per milliliter (ng/ml), free testosterone also plummets at the same time that estrogen tends to increase. Research shows that upping vitamin D levels through either increased exposure to natural sunlight or supplementation can significantly increase total testosterone levels, including both bioactive and free testosterone.<sup>27</sup>



# TAKE HIGH-QUALITY VITAMINS AND MINERALS

When natural sunlight isn't an option, therapeutic doses of bioactive vitamin D3 can be just as effective at boosting vitamin D stores. Research has shown that supplementation with just 3,332 IU (international units) of vitamin D3 daily for a year resulted in men with low testosterone and low serum vitamin D levels experiencing substantial increases in circulating free testosterone.<sup>28</sup>

Since the modern food supply is generally lacking in nutrients compared to what it once had,<sup>29</sup> supplementation with vitamins, minerals, and other pro-androgenic nutrients represents another powerful way to boost testosterone levels. A great place to start is with a full-spectrum, whole food-based multivitamin, which can help to fill the nutritional gap left in the wake of nutrient-deficient food.<sup>30</sup>

Zinc is another male-supportive nutrient that studies show plays an important role in testosterone production, <sup>31</sup> as well as more than 100 other critical biological actions throughout the body. <sup>32</sup> There's also supplemental creatine monohydrate, a compound found naturally in muscle cells, that research suggests supports the healthy production of a form of testosterone known as DHT (dihydrotestosterone), often referred to as the "king" of male hormones. <sup>33</sup>

Recognizing that stress is a testosterone killer, adaptogenic herbs like rhodiola, ashwagandha, ginseng, and tulsi (holy basil) can further help to modulate the body's stress response. This in turn helps to support healthy testosterone levels. Adaptogens do this by helping the body to better adapt, as their name suggests, to life's many stressors and "fight or flight" situations. This makes way for the diversion of bodily resources back towards healthy hormone maintenance.<sup>34</sup>

# 8 SPEND QUALITY TIME AND ENGAGE IN HEALTHY COMPETITION WITH OTHER MEN



Being in the presence of other men and doing "guy" things together can have a profound impact on a man's testosterone levels, especially when these other men are close friends and confidants.<sup>35</sup> Meaningful male bonding would appear to have a type of testosterone "osmosis" or "entourage" effect, as healthy male social interactions tend to spur marked increases in male hormones throughout the entire "pack."

Healthy relationships in general, research has found, are known to increase levels of a brain neurotransmitter and biological hormone known as oxytocin that's known to mitigate stress. Thus, the higher a man's levels of oxytocin, the lower his stress levels. Low stress, as we previously covered, is a natural and powerful promoter of healthy testosterone levels in men.

We also know that when men aren't stressed, the male hormones that would otherwise fuel "fight or flight" get redirected toward competition, which further expands their testosterone potential.<sup>36</sup> Sportsmanlike competition, other research has found, typically leads to testosterone "boosts" that researchers from the University of Washington say are "a fundamental aspect of human biology."<sup>37</sup>

# **AVOID THESE COMMON TESTOSTERONE KILLERS**

It's an unfortunate reality in our modern world that men unknowingly encounter all sorts of hidden chemicals that silently interfere with their testosterone production and expression. These damaging chemicals are found in everything from home cleaning products and industrial pollution to personal care items and even the general food supply.

Bisphenol-A (BPA), for instance, a chemical found in plastics, receipt paper, and even money, has been extensively studied in recent years. The scientific consensus is that BPA plays an active role in lowering testosterone in men.<sup>38</sup> Fluoride, which is added to many municipal water supplies, toothpaste, as well as some pharmaceuticals, is another noxious chemical that studies have found results in decreased serum levels of testosterone. This is why it's important to drink only clean, filtered water whenever possible.<sup>39</sup>

Getting back to the issue of fast-food, research has shown that much of it is loaded with industrial chemicals known as phthalates that have been linked to hormone disruption, fertility problems, and a host of other health problems in men.<sup>40</sup> According to research out of George Washington University, many cafeterias and even dine-in restaurants are also serving phthalate-contaminated food, which is why some experts advise that people eat at home whenever possible.<sup>41</sup>

However, if your home-cooked meals are made from conventional, non-organic foods, they could be almost as bad. That's because many common agricultural pesticides used in conventional food production contain known endocrine disruptors. Of the 37 widely used crop chemicals that were tested as part of a study conducted by researchers from the University of London's Centre for Toxicology, 30 of them (or more than 81%), were found to contain substances that block or mimic male hormones, leading to endocrine disruption.<sup>42</sup>





# **DETOXIFY YOUR BODY REGULARLY**

Since it's admittedly impossible to completely avoid all of testosterone's worst enemies in everyday life, the next best thing is to simply detoxify your body on a regular basis. This doesn't necessarily have to mean crazy dieting schemes and intense fasting regimens - although if you're willing and able, these approaches can be powerfully effective at "resetting" your body's endocrine system for optimal and sustained hormone balance.

Maintaining a clean liver is among the top priorities when it comes to supporting a healthy hormone profile because the liver is one of the body's primary detoxification organs, along with the kidneys and colon. Keeping all of these systems clean will aid your body in naturally flushing out toxins that interfere with testosterone production so you don't have to worry about them.<sup>43</sup>

In addition to removing liver-damaging alcohol from your life, eating more leafy green vegetables can help to naturally support liver detoxification.<sup>44</sup> Supplementing with psyllium husk, a type of dietary fiber, can help to keep your colon clean. 45 And cranberries have been scientifically shown to support the kidneys, helping to prevent toxic buildup and the ever-dreaded kidney stones that are one of men's worst nightmares.<sup>46</sup>

Staying hydrated is perhaps the most effective way to keep your entire body free of toxins with minimal effort, while also maintaining a healthy hormone profile. Studies have shown that even mild dehydration can lead to cortisol spikes, while staying fully hydrated at all times has been shown to help balance cortisol with testosterone, especially in men who are physically active.<sup>47</sup>

Hopefully by now you're beginning to recognize just how important it is to pay attention to what you eat, what you drink, and how you live your life. The decisions you make today and every day have a direct impact on your manhood. In other words, it's up to you to make the right choices. After all, your body, your health, and your hormones all depend on it.

# 3 SIGNS YOUR BODY HAS TOO MUCH ESTROGEN

MUCH ESTROGEN

(AND HOW TO FIX IT)

If you're experiencing thinning hair or bald spots... man boobs... or low sex drive...

You could be suffering from a dangerous hormone problem that's making you look and feel fatigued... fat... and just plain irritable!

It's called **estrogen dominance** – and it's what happens to men when there's too much estrogen in the body. And research shows it's what leads to soft flabby muscles, "beer belly," low libido, and even prostate problems.

**But now there's good news – make that GREAT news!** Now it's easier than ever to RESTORE hormonal balance... melt away man boobs... and look and feel better than you have in DECADES... thanks to **Anti-Aging Essentials for Men!** 

This breakthrough multi-nutrient system contains five precisely formulated products – that work together to give you the nutrients you need... at the optimal dose required... to support your body... and REVERSE estrogen dominance in your body.







Anti-Aging Essentials for Men is designed to not just help you feel good – which you will – it's also going to help you perform like you were in your 20s and 30s once again!

And the best part? You'll experience noticeable results within the first 14 days – or you can send the system back for a *FULL REFUND*.

Try Anti-Aging Essentials for Men 100% Risk-Free Today!



# OUR VISION AND UNIQUE DEDICATION TO YOU

There is some very important and exciting news you need to know: a deep and fast-growing body of research is now showing that regardless of your genetic makeup, you have the ability – a tremendous ability – to positively shift your "gene expression" through proper nutrition and other health choices you make.

In other words, even at the genetic level, you CAN take control of your own health. This is what the science of "epigenetics" is all about. And here at Organixx, empowering you to take that control and make a profoundly positive impact on your health is the driving force behind everything we do.

Toward that end, it is our mission to provide you with a complete line-up of the world's purest and most effective nutritional supplements that can truly make a powerful difference in your health and well-being.

To ensure maximum effectiveness and safety we use only the world's purest and best natural ingredients that are USDA certified organic whenever possible.

The choices you make really do play THE key role in helping you live a long, healthy, and high-quality life. At Organixx, we're committed to providing you with the world's best supplements, and the most beneficial health insights, so you can continue to make the best health decisions for yourself.

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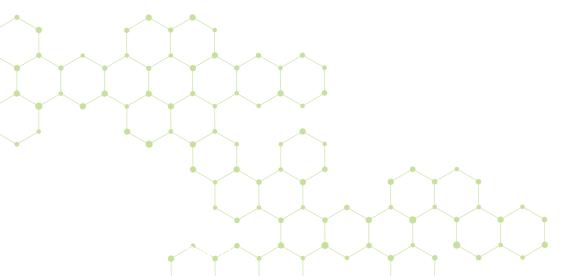
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# **Anti-Aging Recipes!**



This book contains 29 nutritious (and delicious!) recipes that will help you get on track towards clearer skin, fewer wrinkles, improved joint mobility and reduced inflammation, increased energy... and generally just looking and feeling healthier overall.

While we can't guarantee that making and enjoying the recipes in this book can make you look 29 again, we do know that a nutrientdense, whole foods diet is the first and best step to looking and feeling younger and more vital.

You may be thinking, can food really do all that? The answer is a resounding YES! What you put into your body is the fuel your cells use to rebuild themselves. Just think about it... imagine how cells made from soft drinks, fries, hamburgers, donuts, chips, and candy will function. Now imagine cells using nutrients derived from fresh organic fruits and vegetables, and good quality proteins and fats as their building blocks. You don't have to be a scientist to envision the difference this can make to how your body will look and function over time.

All of the recipes in this book include ingredients that are not only considered healthy in general, but many of them have specific anti-aging properties. For example, antioxidants that fight free radicals that damage and age the body. Good quality protein, which is critical for maintaining bone and muscle mass. Collagen powder for replacing natural collagen stores that diminish as we age. Plus good, healthy fats which are needed for vitamin absorption and energy. These are just a few of the age-busting ingredients you'll find in these 29 recipes.



One thing you won't find is any recipes that use table sugar or artificial sweeteners. Sugar is inflammatory and contributes to aging in multiple ways, while artificial sweeteners come with their own list of potential health-harming effects. Where needed these recipes use natural products such as local raw honey, maple syrup, and dates, which all contain valuable nutrients. Of course, if your taste buds don't require even these healthier forms of sweetener, feel free to cut back or eliminate them altogether.

For all of the recipes in this book, we highly advise purchasing the organic version of all ingredients (including spices) whenever possible. This will allow you to avoid harmful pesticides and genetically-modified ingredients, which both contribute to aging and diminished health. If all organic isn't possible, please just do the best you can with the resources available to you.

Thank you again for downloading this Anti-aging recipe book. We truly hope you discover some favorite recipes that you'll enjoy making for years to come.

The Organixx Team







## **ANTI-AGING BREAKFAST SMOOTHIE**

#### **MAKES 1-2 SERVINGS**

Every single ingredient in this delicious smoothie improves overall health, but is especially good for the skin! The fruit contains important vitamins, minerals, and antioxidants. Meanwhile, the walnuts, ground flaxseed, and chia seeds contain healthy fats which help to build healthy cells and are immensely anti-inflammatory. The dates provide a little extra sweetness and give an extra boost of fiber and energy.

#### **INGREDIENTS**

1 peeled ripe banana

1 large kale leaf, stem removed

1 cup frozen berries (e.g. blackberries, blueberries, raspberries, strawberries, or use a mixture of them)

Sparkling mineral water or coconut water

Handful of walnuts

1 tablespoon flaxseeds, freshly ground

2 tablespoons chia seeds, soaked overnight in filtered water

2-4 pitted dates depending on level of sweetness desired

1 scoop Organixx Collagens powder

#### **INSTRUCTIONS**

To a blender container or food processing bowl add the banana and kale, and then add remainder of ingredients.

You can choose how thick or thin you prefer your smoothie by adding more or less of the mineral/coconut water. Process until well combined and smooth.

Serve in a tall glass with extra fruit on top.





## **EASY ANTIOXIDANT BLAST BREAKFAST BOWL**

#### **MAKES 1 SERVING**

Breakfast bowls are a delicious start to the day. This recipe is packed with ingredients that contain antioxidants and protective phytochemicals, healthy fats, and loads of energy!

#### **INGREDIENTS**

1 cup your choice frozen fruit (e.g. acai, goji berries, mulberries, blackberries, strawberries, blueberries, raspberries, mango, or a mixture)

1/2 cup coconut water

4-6 dates

1 drop orange essential oil

2 tablespoons freshly ground flaxseed

2 frozen bananas

#### **Optional Toppings:**

Raw coconut flakes or coconut yogurt

Pomegranate seeds

Cacao nibs

Honey

Sprinkle of cinnamon, ginger, cloves, nutmeg

Mint leaves

Chopped raw nuts

Seeds (pumpkin, sunflower, chia)

#### **INSTRUCTIONS**

In container of blender or food processor, put in all the ingredients except for the toppings and process until smooth.

Pour into bowl and add your choice of toppings. Serve immediately.





# TEX-MEX BREAKFAST WRAP

#### **MAKES 4 SERVINGS**

Better than drive-through for both your skin and your health. The eggs in this breakfast wrap provide plenty of protein; the collagen powder is wonderful for its anti-aging benefits; the cheese supplies probiotics for gut health and immunity; and the spinach and tomato contain antioxidants and lycopene. And don't forget the avocado! Avocados contain healthy fats and minerals such as potassium, chromium, and are a source of glutathione (the "master antioxidant"), needed for making new immune cells and for detoxification. Anaheim peppers contain capsaicin, known for its anti-inflammatory properties.

#### **INGREDIENTS**

4 gluten-free wraps of your choice

1 teaspoon avocado oil

4 eggs

1 scoop Organixx Collagens Powder (optional)

Salt and pepper, to taste

2 tablespoons roasted Anaheim chili peppers (don't worry, they're mild!)

1 medium tomato, diced

1 avocado, peeled, de-seeded, and diced

4 tablespoons goat cheese

1-2 cups baby spinach

1/4 cup chopped fresh cilantro/coriander (optional)

#### **INSTRUCTIONS**

Cover wraps with damp paper towels and place in warm oven on a baking tray while preparing rest of recipe.

In medium bowl, beat eggs, collagen powder, and desired amount of salt and freshly ground black pepper. In skillet, warm oil over medium heat, then add eggs and chili peppers. Cook, stirring gently, until almost set.

Remove pan from heat; fold in diced tomato and avocado.

Remove wraps from oven. Spread 1 tablespoon goat cheese on each wrap; top with spinach, then divide hot egg mixture among wraps. Top with coriander (if desired), fold in bottom third of wrap, and then fold over both sides.





# CINNAMON PUMPKIN CHIA **BREAKFAST PUDDING**

#### **MAKES 2 SERVINGS**

Pudding for breakfast? Yes! Especially when it contains healthy protein, fats, and anti-aging spices. Cinnamon promotes collagen synthesis in the skin, helps to lower blood sugar levels, and improves the function of antioxidants. Ginger is a natural anti-inflammatory, and chia seeds are chock full of protein, minerals, and much-needed fiber for gut health.

#### **INGREDIENTS**

3/4 cup organic full-fat coconut milk

1 scoop Organixx Collagens Powder

2 tablespoons chia seeds

1 cup organic pumpkin puree

1 teaspoon maple syrup

1 teaspoon ground Ceylon cinnamon

1/4 teaspoon ground ginger

#### **INSTRUCTIONS**

Start recipe one day ahead. In a blender container or bowl, add all ingredients and blend or whisk until smooth and creamy.

Place in serving cups, cover, and refrigerate overnight.





# "GLOWING YOU" GUACAMOLE DIP

#### **MAKES 4-6 SERVINGS**

Avocados are amazing for skin health, containing healthy fats, chlorophyll, and vitamin E. Avocados also help to reduce inflammation, hydrate, promote skin softness, and prevent wrinkles.

#### **INGREDIENTS**

2 avocados, peeled and pitted (save one pit)

3-4 cherry tomatoes, finely chopped

1 tablespoon finely chopped red onion

1/2 to 1 clove garlic, finely minced

1 tablespoon avocado or olive oil

Jalapeño slices

Juice of 1/2 to 1 lime (to taste)

Freshly ground sea salt

1/4 cup fresh coriander/cilantro, finely chopped (optional)

Chopped fresh vegetables (e.g. carrot sticks, celery sticks, zucchini slices, daikon radish)

#### **INSTRUCTIONS**

Into a medium-sized serving bowl add avocados and mash them with a fork until creamy. Add chopped tomatoes, red onion, garlic, and oil. The next 3 ingredients are to be added carefully and in small increments, adjusting for your taste: jalapeño slices, lime juice, salt. Just add each in small amounts until you are satisfied with the taste.

Mix well. Place reserved pit into guacamole to keep it from turning brown (remove when you serve it). Cover and refrigerate for a few hours to let flavors ripen.

Top with fresh coriander or place it on side as people either love it or hate it! Serve with chopped vegetables.



# CHICKEN PÂTÉ WITH STRAWBERRY POMEGRANATE COMPOTE

#### **MAKES APPROXIMATELY 8 APPETIZER-SIZE SERVINGS**

Liver has an abundance of anti-aging minerals, vitamins, amino acids, and fats (make sure to always choose organic liver). The macadamia nut oil is rich in healing, anti-aging, and anti-inflammatory nutrients that improve cardiovascular and skin health. Strawberries and pomegranate contain antioxidants, vitamin C, and loads of anti-cancer nutrients, helping to reduce inflammation and protect against damaging free radicals.



#### PÂTÉ INGREDIENTS

1 lb (500 gm) organic chicken livers

1/4 cup cold pressed macadamia nut oil

2 tablespoons fresh sage leaves

2 teaspoons fresh thyme leaves

2 shallots, finely diced

2 garlic cloves, minced

2 anchovies

Additional 1/2 cup cold pressed macadamia nut oil for blending

Freshly ground salt and pepper, to taste

#### **COMPOTE INGREDIENTS**

2 cups strawberries

1/2 cup pomegranate seeds

1/4 cup apple or passion fruit juice

1 tbsp coconut sugar

#### PÂTÉ INSTRUCTIONS

Remove any sinew or cartilage from livers, then dice them up into large pieces. Rinse liver in a colander under cold water and drain well. Place half of the macadamia nut oil (about 1/8 cup) into a skillet over medium to high heat, then add in half of liver. Sear for a few minutes on each side until lightly browned but retaining some pink in the middle. Remove first batch and set aside, repeat with remaining liver and the rest of the macadamia nut oil. Combine the two batches of cooked liver, set aside.

Add to the pan juices the herbs, garlic, anchovies, and shallots. Sauté over low heat until shallots are softened.

In food processor or blender, place the cooked liver and contents of skillet, including juices. Season with salt and pepper and add in the remaining 1/2 cup macadamia nut oil. Process until texture looks creamy like mousse, adding in more macadamia oil if necessary to achieve desired consistency.

Remove to serving dish, then refrigerate for around one day so that the flavors have time to mingle and develop. Pâté will keep in the refrigerator for 4-5 days, and can also be frozen.

#### **COMPOTE INSTRUCTIONS**

In a saucepan over high heat, place strawberries, pomegranate seeds, fruit juice, and coconut sugar, and bring to a boil.

Once boiling, reduce heat to low and simmer for at least 10 minutes, then remove from heat and place compote in serving bowl. Can be stored in a covered container in the refrigerator for up to one week.

#### **SERVING SUGGESTION**

- Serving dish with chicken pâté
- Chopped pistachio nuts
- Strawberry pomegranate compote
- Baby Romaine lettuce leaves, washed and patted dry
- Chunks of your favorite bread, warmed

Slather chunks of bread with chicken pâté, then chopped pistachios, Romaine lettuce leaf, and drizzle warmed compote over the top.





# CHICKEN, AVOCADO & RED ONION BRUSCHETTA

#### **MAKES 4 SERVINGS**

Chicken is packed with protein and selenium which is an important antioxidant that helps control free radicals and improve immunity. Avocado has lots of healthy fats and minerals, plus glutathione which is required for making new immune cells and detoxifying the body. Red onions are full of anthocyanins that help to fight against infections, prevent cardiovascular disease, and even protect the body from abnormal cell growth.

#### **INGREDIENTS**

1 bay leaf

6 whole black peppercorns

1 large boneless, skinless chicken breast

2 tablespoons extra virgin olive oil

1 drop Organixx lemon essential oil

2 tablespoons fresh lemon juice

Freshly ground pepper

1 ripe avocado, diced

Thinly sliced red onion

2 tablespoons fresh basil leaves

4 thick slices sourdough bread (or your favorite gluten-free variety)

1 garlic clove, halved

#### **INSTRUCTIONS**

To a medium saucepan filled halfway with filtered water, add the bay leaf and peppercorns. Cover and simmer 5 minutes.

Add chicken breast, cover, and simmer around 20 minutes, or until cooked through and no longer pink in the middle. Remove chicken from pan and transfer to a plate; set aside in refrigerator to cool 10 minutes.

In a large bowl, whisk together 1 tablespoon of the olive oil, lemon essential oil (just one drop will do, it's concentrated!), lemon juice, and pepper. Finely dice or shred chicken and add to bowl, along with diced avocado, thinly sliced red onion (to taste), and basil leaves. Combine gently with a spoon.

Preheat grill or broiler to high. Rub bread slices with garlic. Drizzle remaining oil over bread. Toast bread under grill 1-2 minutes on each side, until lightly browned. Spoon chicken mixture over toast and serve.





# MAGNIFICENT MULLED POMEGRANATE JUICE

#### **MAKES 3-4 SERVINGS**

Pomegranate is wonderfully full of health-promoting phytochemicals, and has anti-inflammatory and antioxidant benefits to boot. The addition of cinnamon, cloves, rosemary, orange slices, and essential oil serves to magnify these benefits... plus it's delicious too!

#### **INGREDIENTS**

4 cups (1 l) pomegranate juice

1 cinnamon stick

10-12 cloves (whole cloves not ground)

1 sprig fresh rosemary

1/2 orange, sliced

1 drop lemon or orange essential oil (optional)

#### **INSTRUCTIONS**

In a large saucepan, add the pomegranate juice, then the cinnamon, cloves, rosemary sprig, and orange slices. Bring to a simmer then turn off heat, cover, and let mixture sit and infuse for 30-60 minutes.

Reheat just until hot if you wish to serve beverage hot. Strain off "chunky" bits by pouring through a strainer into a serving pitcher.

For an extra blast of antioxidants, add one drop of lemon or orange essential oil and stir to combine. Pour into mugs.





# HEALTHY PUMPKIN COLLAGEN LATTE

#### **MAKES 2 SERVINGS**

Pumpkin spice lattes are a fall favorite. Instead of giving in to the temptation of sugar-laden coffee shop lattes, try this far healthier version you can easily make at home. The spices in pumpkin pie spice (cinnamon, ginger, nutmeg, and clove) and vanilla both contain antioxidants and help reduce inflammation. Collagen powder has no taste and adding it to your morning coffee is an easy way to give your skin and joints a fast, healthy, anti-aging boost.

#### **INGREDIENTS**

1 cup strongly brewed organic coffee

2 cups coconut or almond milk

2-4 tablespoons of pumpkin puree (use more if you really love pumpkin)

1 tablespoon maple syrup

½ to 1 teaspoon pumpkin pie spice blend (plus more for garnish)

1 teaspoon real vanilla extract

2 scoops Organixx Collagens

#### **INSTRUCTIONS**

Brew coffee. While coffee is brewing place milk, pumpkin puree, and maple syrup in a saucepan over medium heat. Heat, whisking frequently, until milk is hot but not boiling. Remove from heat and whisk in spices, vanilla, and collagen powder.

Pour milk mixture into blender and blend on high or whisk vigorously in the pan to create as much froth as possible. Add coffee and re-blend for a few seconds.

Pour into 2 large mugs. Sprinkle with additional pumpkin spice.





# PUMPKIN, TURMERIC & GINGER SOUP

#### MAKES 6-8 SERVINGS

Pumpkin is packed with protective beta-carotene and other carotenoids which protect against abnormal cell growth, and also help preserve and improve vision. Ginger and turmeric are two spices with off-the-charts anti-inflammatory benefits, especially when combined together. Make sure to include a little black pepper and extra-virgin olive oil in the soup to improve absorption of turmeric's active phytochemical, curcumin.

#### **INGREDIENTS**

2 lbs (1 kg) pumpkin (butternut and jap are good varieties to use), peeled and de-seeded, chopped into chunks

2-3 carrots, peeled and chopped

1 onion, chopped

2 cloves garlic, minced

Large chunk (about 1 inch or 2.5 cm) ginger, peeled and finely chopped

Large chunk (about 1 inch) turmeric root, peeled and finely chopped OR 2 teaspoons turmeric powder

Your choice of fresh chopped herbs, such as chives, basil, or thyme

1 tablespoon coconut oil

4 cups (1 l) organic vegetable stock or chicken bone broth

1 cup filtered water

1 cup coconut milk

1 scoop Organixx Collagens Powder

1/2 tablespoon curry powder

Salt and ground black pepper, to taste

1 lime

Extra-virgin olive oil

#### **INSTRUCTIONS**

In large stock pot, warm the coconut oil, then add pumpkin chunks, carrots, onion, garlic, ginger, turmeric, and fresh herbs. Sauté until onions are soft and pumpkin chunks are softening.

Add the stock, water, coconut milk, and curry powder. Season to taste, then bring to boil and simmer for around 30 minutes, or until all vegetables are cooked through. Let soup cool for a few minutes, then place into food processor or blender container and blend until smooth (you can also use an immersion blender). Add collagen powder and blend again.

To serve, pour into soup bowls; if using, add more fresh herbs to the top, along with a squeeze of lime juice and a little drizzle of olive oil.





# **IMMUNE-BOOSTING** CHICKEN VEGETABLE SOUP

#### MAKES 2-3 SERVINGS

Chicken soup is well known for its ability to soothe and speed up the healing process. By using chicken with the bones still intact, you will gain the benefits of the minerals in the bones which boost immunity, as do the shiitake mushrooms, garlic, and ginger.

#### **INGREDIENTS**

4 cups organic vegetable stock

3-4 free-range chicken thighs (toss skin but save bones)

6 shiitake mushrooms, dried or fresh

2 cloves garlic, chopped

2 spring onions, chopped

Large knob of fresh ginger, grated

1 teaspoon organic tamari sauce

1 zucchini, grated

1 carrot, finely chopped

1 teaspoon potato flour

1 handful fresh basil, chopped

#### **INSTRUCTIONS**

In medium-sized soup pot, bring the vegetable stock to a boil, add chicken thighs (with bones if you can find them) and shiitake mushrooms, garlic, spring onion, ginger, and tamari. Cook until chicken is done then remove it from broth, cool, remove bones and shred meat.

While chicken is cooling, add the zucchini and carrot to the soup pot and cook until carrots are tender. If using dried shiitake mushrooms, remove the tougher ones and toss away; slice a couple of the more tender mushrooms back into soup.

Add shredded chicken to broth, add potato flour (mixed in small gty of water) to thicken. Garnish with basil and serve.





# PEA SOUP WITH CUMIN

#### **MAKES 4-6 SERVINGS**

A vegan version of an old favorite, smoked paprika is used rather than ham for extra flavor. Split peas are fantastic for their anti-aging properties; one study found they may actually slow the aging process at the cellular level.

#### **INGREDIENTS**

1 cup dried split green peas

8 cups (2 l) homemade vegetable stock

2 stalks celery, finely chopped

2 carrots, chopped

2 tablespoons coconut oil

2 cloves garlic, finely chopped

1 large onion, finely chopped

1/2 teaspoon smoked paprika

2 teaspoons cumin seeds, dry-roasted

1 tablespoon fresh mint, chopped

Freshly ground salt and pepper, to taste

#### **INSTRUCTIONS**

Rinse the peas thoroughly in a strainer and add to a large stockpot along with the vegetable stock, celery, and carrots. Bring to a boil; then reduce heat to a simmer for 30-40 minutes.

Meanwhile, warm the oil in a small frying pan and sauté the garlic, onion, smoked paprika, and cumin seeds for 5-7 minutes until soft and golden. Remove from heat and cool slightly.

Using a stick blender, food processor, or large blender container combine cooked pea mixture with onion and garlic mixture, add mint, and process until smooth. Taste and adjust seasonings, reheat gently if needed, and serve.





# **OVEN ROASTED SWEET POTATOES**

#### **MAKES 4 SERVINGS**

More than just a satisfyingly sweet root vegetable, sweet potatoes are anti-aging on steroids. Jam-packed with the antioxidant beta-carotene, just one cup of sweet potato provides 214% of the recommended daily dose of vitamin A. Sweet potatoes are also a surprising source of vitamin C, required for collagen synthesis. The olive oil in the recipe helps to increase the uptake of beta-carotene into the body.

#### **INGREDIENTS**

2 pounds (0.9 kg) sweet potatoes

2 tablespoons infused olive oil (pick from garlic, lemon, herb, chili)

1 tablespoon Dijon mustard

Freshly chopped rosemary

Sea salt, to taste

Freshly ground black pepper, to taste

#### **INSTRUCTIONS**

Preheat oven to 450°C (225°C). Peel potatoes, cut each potato lengthwise into finger-thickness wedges.

In a large mixing bowl, combine infused oil, mustard, and rosemary. Add sweet potato wedges and toss well to coat.

Arrange wedges in a single layer on a baking sheet (line it with parchment paper for easy clean-up). Sprinkle on salt and pepper to taste.

Bake in preheated oven for 30-40 minutes, turning wedges over about half-way through the baking process. They are done when cooked through and lightly golden brown. Serve hot.





## PINEAPPLE FRIED RICE

#### **MAKES 2-3 SERVINGS**

Pineapple is a good source of manganese, a mineral required for the activation of an enzyme known as prolidase, which promotes the formation of collagen in the skin. For an extra blast of protein, add 1 cup of chopped chicken. Note that the recipe calls for cooked rice, so cook that in advance and have ready in the fridge.

#### **INGREDIENTS**

3 tablespoons tamari sauce

2 teaspoons curry powder

2 tablespoons coconut oil

1 large onion, finely chopped

2 cloves garlic, finely chopped

1 red or green chili pepper, thinly sliced

1 egg

1 carrot, grated

1/2 cup peas (fresh or frozen)

1 cup cooked chicken, cubed (optional)

3 cups cooked jasmine rice

1/4 cup vegetable stock

1-1/2 cups fresh pineapple chunks

1/4 cup raisins or sultanas

1/2 cup unsalted cashews, toasted

#### **Toppings:**

1 lime, freshly squeezed

1 spring onion, bias sliced

Fresh coriander leaves (optional)

#### **INSTRUCTIONS**

In a small glass bowl, combine tamari with curry powder. Set aside.

Gently melt the coconut oil in a wok or large frying pan over medium heat. Add onion, garlic, and chili pepper, stir-frying until fragrant and onion is tender. If you want the egg, crack it into the pan and scramble with onion/garlic mixture. Add carrot and peas (and chicken cubes, if using) and stir fry for a couple minutes. If the wok becomes too dry, add a little of the vegetable stock, just a tablespoon at a time to keep ingredients sizzling hot.

Add the cooked rice, pineapple chunks, raisins, and cashews. Pour the tamari/curry powder over mixture and gently stir fry until the rice starts to crackle and pop.

Remove from heat and taste to adjust for seasonings.

To serve, arrange rice mixture on plates, squeeze the lime juice over the rice, and top with spring onions and coriander if desired.





## **CRISPY VEGGIES** WITH LEMON ZEST & RICE

#### **MAKES 2-3 SERVINGS**

The vegetables in this recipe are cooked for such a short period of time that it helps to retain all of their vitamins and important phytochemicals. They're packed with sulforaphane, beta-carotene, chlorophyll, magnesium, and vitamin C – all necessary nutrients for keeping that youthful appearance.

#### **INGREDIENTS**

1 large head broccoli (about 14 oz/400 gm)

3 carrots

1 cup sugar snap peas

Grated zest of 1 lemon

3 tablespoons fresh garlic chives, chopped

Sea salt flakes

Olive oil

1 cup cooked quinoa or brown rice per person

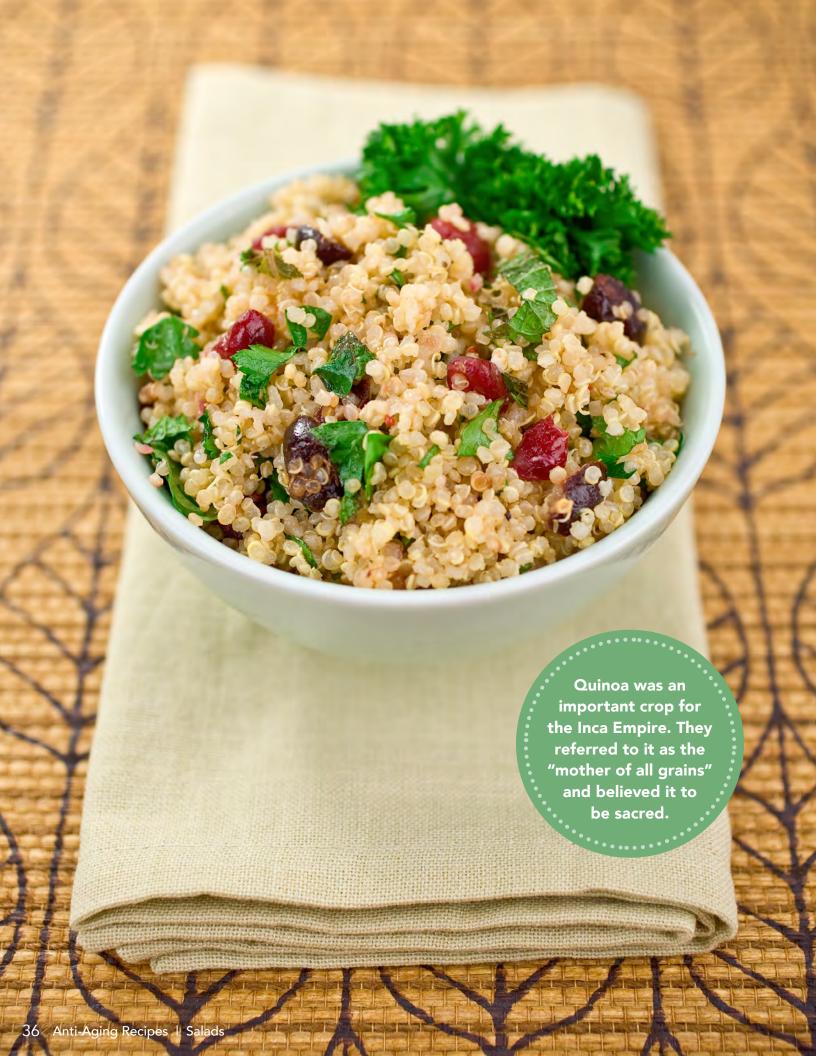
#### **INSTRUCTIONS**

Trim off only the woody parts of the broccoli stalks, retaining much of the length of the stem, and slicing broccoli into spear shapes. Thinly slice the carrots. Trim ends off sugar snap peas.

Put all the vegetables into a large pan of boiling salted water and bring back to a boil. Once it comes back to a boil, cook only for 45 seconds, then remove from heat and drain immediately.

Put the vegetables back in the pan with lemon zest and garlic chives. Sprinkle with sea salt flakes and drizzle with olive oil and toss over low heat until heated through.

Serve on a bed of steaming hot rice or quinoa.





## QUINOA CRANBERRY SALAD

#### **MAKES 4 SERVINGS**

Quinoa is a gluten-free ancient grain that originated in South America. It is full of protein, antiaging B vitamins and folate, iron, calcium, potassium, magnesium, and phosphorus. Quinoa also contains phytochemicals that protect cardiovascular health by lowering cholesterol levels. The seeds are a rich source of alpha-linolenic acid and beta-carotene, which are highly antiinflammatory and cell-protective. Cranberries are also full of anthocyanins (health-promoting plant compounds) that have long been used to treat a number of health conditions.

#### **INGREDIENTS**

1-1/2 cups quinoa, rinsed and drained

3 cups filtered water

1/2 cup dried cranberries

1/2 cup pumpkin seeds and sunflower seeds, mixed

1 can (15 oz/400 gm) organic mixed beans of choice, drained

1/2 cup fresh parsley, roughly chopped

1-1/2 tablespoons balsamic vinegar

2 tablespoons extra virgin olive oil

Freshly ground pepper to taste

#### **INSTRUCTIONS**

In a medium-sized saucepan over high heat, place the quinoa and 3 cups water; bring to a boil. Once at a boil, reduce heat to low, then cover and simmer until all the water is absorbed, about 15 minutes.

While quinoa is cooking, put cranberries in a small glass bowl and cover with boiling water; soak for 10 minutes to rehydrate and then drain.

Also while quinoa is cooking, in a dry frying pan over medium heat add the pumpkin and sunflower seeds and toast for 3-4 minutes, stirring occasionally so they don't burn. Turn heat off just as they start to brown and pop.

To a large salad bowl add cooked quinoa, drained cranberries, toasted seeds, mixed beans, and remainder of ingredients. Toss, mixing well, and serve immediately for a hot salad. For a cold salad, place in fridge until mixture has chilled through.





## **BRUSSELS SPROUTS SUNSHINE SALAD**

#### **MAKES 4 SERVINGS**

Brussels sprouts and broccoli sprouts are both a wonder source of sulforaphane, a phytochemical that has powerful antioxidant, antimicrobial, anti-inflammatory, anti-aging, neuroprotective, and anti-diabetic properties! The addition of a wallop of vitamin C from the citrus fruit and pomegranate make this the perfect anti-aging salad (plus it's delicious!).

#### **INGREDIENTS**

1/2 cup raw pecans

1 teaspoon whole cumin seeds

Grated rind and juice from 1 organic orange

Grated rind and juice from 1 organic lemon

3 tablespoons raspberry vinegar

1-2 tablespoon honey or maple syrup

5 tablespoons olive oil

2 teaspoons Dijon mustard

1/2 cup red onion, finely chopped

2 cups Brussels sprouts, uncooked, shredded in food processor or by hand

1 cup broccoli sprouts

1/2 cup fresh pomegranate seeds

Chopped fresh seasonal herbs of your choice

#### **INSTRUCTIONS**

Over medium heat in a frying pan, toast the pecans until golden brown and fragrant. Set aside to cool.

Toast the cumin seeds in the same hot pan for 30 seconds until they release their fragrance, then add citrus juices, vinegar, honey, olive oil, and Dijon mustard to pan. Mix well, add chopped onion and set aside.

Roughly chop the pecans. Into a large bowl, combine shredded sprouts, broccoli sprouts, and dressing ingredients and toss well. Set aside for a few minutes or place into the refrigerator for an hour.

Before serving, add pomegranate, fresh herbs, and toasted pecans.

Note: Citrus fruit must be organic due to high level of pesticides that gather in the rind. If you can't find organic fruit, instead of grating the rind, substitute with 1 drop of lemon essential oil and 1 drop of orange essential oil.





## TOSSED GREENS & BLUEBERRY SALAD

#### **MAKES 4 SERVINGS**

Blueberries contain a load of antioxidants and help to protect against skin-damaging free radicals from stress, excessive sun exposure, and pollution. Apple cider vinegar contains alpha-hydroxy acids that are excellent for skin health. Poppy seeds are soothing to the nervous system and help to maintain healthy cholesterol levels.

#### **DRESSING INGREDIENTS**

1/4 cup apple cider vinegar

1/4 cup apple juice

1 drop lemon essential oil

1 tablespoon maple syrup or raw local honey (optional if you like it sweeter)

1 tablespoon red onion, finely minced

2 teaspoons poppy seeds

1 teaspoon Dijon mustard

Freshly ground salt and pepper, to taste

1 cup almond or avocado oil

#### **SALAD INGREDIENTS**

4 cups mixed leafy greens of choice (e.g. romaine, spinach, kale, beet leaves)

1 cup walnut halves (toasted if desired)

1-1/2 cups fresh blueberries

#### **INSTRUCTIONS**

In a glass measuring cup or bowl, combine apple cider vinegar, apple juice, lemon oil, sweetener, red onion, poppy seeds, mustard, salt and pepper. Whisk in oil, pouring in a thin stream to other dressing ingredients, combine well.

Place the leafy greens, walnuts, and blueberries in a large salad bowl.

Pour dressing over salad; toss to coat, and serve immediately.





## MIDEASTERN ORANGE, COUSCOUS & DATE SALAD

#### **MAKES 4 SERVINGS**

Oranges give a blast of vitamin C that helps to build collagen in the skin, boosts immunity, and provides antioxidant protection. A single cup of couscous contains more than 60% of the recommended intake of selenium, an essential mineral and antioxidant that helps repair damaged cells. Chickpeas are a great plant-based source of protein, and contain minerals and antioxidants.

#### **DRESSING INGREDIENTS**

Juice from one half orange

2 tablespoons extra virgin olive oil

2 tablespoons lemon juice

1 teaspoon paprika

#### **SALAD INGREDIENTS**

1 cup uncooked couscous

1-1/2 cups salt-reduced vegetable stock, heated

2 oranges

1 can (14 oz/400 gm) chickpeas, rinsed and drained

3/4 cup pitted dates, roughly chopped

1/2 cup shelled pistachios, roughly chopped

1/4 cup chopped fresh mint

#### **INSTRUCTIONS**

Into a large bowl place the couscous, pour over hot vegetable stock, and set aside until stock is absorbed, about 10-15 minutes.

Meanwhile, prepare the dressing. Into a glass measuring cup combine orange juice, olive oil, lemon juice, and paprika. Whisk together and season to taste.

Stir up the couscous with a fork and drizzle the dressing over the top while the couscous is still warm.

Over a dish to catch the juices, section the oranges like a grapefruit, cutting the orange in half first, then with a sharp knife cut out the segments between the dividing membranes and place into large glass serving bowl.

Add chickpeas, dates, nuts, and mint, then add couscous and mix together gently. Adjust seasonings, then leave to stand at room temperature for at least one hour to allow flavors to combine and mingle. If desired, you can leave the mint out of the recipe and let each person add their own to the top of dish.





## CHICKEN AND CORN ENCHILADAS

#### **MAKES 4-6 SERVINGS**

Skip the take-out and make this tasty and nutritious family fun recipe instead. It's packed with protective nutrients for all the cells of your body including carotenoids, sulforaphane, lycopene, and polyphenols.

#### **INGREDIENTS**

6 cups kale leaves (stems removed), sliced into bite-sized pieces

2 pounds organic tomatoes

2 cloves garlic, unpeeled

1 jalapeño chile, sliced

1 teaspoon avocado oil

3/4 cup coriander/cilantro leaves, chopped

2 tablespoons fresh lime juice

Freshly ground salt and pepper, to taste

2 cups fresh or frozen organic corn kernels

1-1/2 cups shredded chicken breasts, cooked

1 cup crumbled organic feta cheese

8 organic corn tortillas

Crunchy lettuce and additional cilantro and diced tomatoes for topping

#### **INSTRUCTIONS**

Arrange oven rack close to broiler heat source and preheat broiler on high. Meanwhile, in large pot of boiling water over high heat blanch the kale just until wilted and tender. Drain off water, let cool.

Once broiler is hot, on an oiled baking sheet place tomatoes, garlic, and jalapeño and toss with oil. Broil for around 3-5 minutes or until lightly charred, turning once mid-way through. Let cool slightly and set oven temperature to 400°F (200°C).

Peel the garlic cloves, then place in bowl of food processor or blender along with kale, tomatoes, jalapeño, 1/4 cup coriander/ cilantro, lime juice, salt, and black pepper. Process until smooth. Spread a 1/2 cup of this mixture onto the bottom of a large, flat baking dish.

In large mixing bowl, combine corn, chicken, 2 cups of the prepared salsa mixture, half of feta cheese, and a dash of salt.

Wrap tortillas in damp paper towels or foil and warm in oven until warm and pliable. Place about 1/2 cup of the chicken mixture in center of a tortilla; roll up tightly. Place, seam side down, in baking dish. Repeat with remaining tortillas and chicken mixture. Top enchiladas with remaining salsa and feta.

Cover baking dish with foil and bake around 20 minutes or until heated through. To serve, top with chopped lettuce, diced tomatoes, and cilantro.



## **BLACK BEAN BURGERS**

## WITH MATCHA AIOLI

#### **MAKES 6-8 SERVINGS**

Black beans are a great plant-based source of protein. They naturally lower cholesterol levels, help to balance blood sugar levels, provide fiber for good gut health, and contain loads of protective antioxidants, minerals, and vitamins.



#### **BURGER INGREDIENTS**

1 tablespoon coconut oil

1 small red onion, finely chopped

1 clove garlic, finely minced

1/2 cup shredded carrot

1/2 cup shredded beet

2 cans (15 oz/ 425 gm) organic black beans, well rinsed and divided

1/2 cup toasted nuts (your choice)

2 eggs

1/2 cup gluten-free breadcrumbs

1/2 scoop Organixx collagen powder

Freshly ground salt and black pepper to taste

#### **AIOLI INGREDIENTS**

1/4 cup fresh basil leaves

1 clove garlic, peeled

4 egg yolks

1/2 lemon, juiced

1 tablespoon matcha green tea powder

1 teaspoon Dijon mustard

1/2 cup extra virgin olive oil

#### **INSTRUCTIONS**

To make the burgers, preheat oven to 350°F (180°C) and line a large baking sheet with parchment paper.

In a large skillet, heat the coconut oil over medium heat. Add onion, garlic, carrot, and beet and sauté, stirring occasionally, until vegetables are soft and onion is translucent, about 6-8 minutes.

Drain one of the cans of black beans, rinse well, and place into the bowl of a food processor. Add nuts and sautéed vegetables. Process until mixture resembles coarse paste.

Drain remaining can of beans, rinse well, and place into a large glass mixing bowl; mash slightly with potato masher. Add pureed bean mixture and stir to combine. Then add eggs, bread crumbs, collagen powder, and seasoning. Stir well to combine.

Using a 1/2-cup measuring cup, dip into bean mixture and mound onto prepared baking sheet, pressing lightly to flatten. Leave space between the mounds. Bake in preheated oven until completely dry and somewhat crisp; takes around 45 minutes.

Meanwhile, prepare the aioli. In bowl of food processor or blender container, combine basil leaves, garlic, egg yolks, lemon juice, matcha powder, and mustard. Process until smooth, then gradually drizzle in 1/2 cup olive oil while motor is running. Mixture should be thick and smooth and oil should mix in completely. Season with salt and pepper.

Place burgers on buns or lettuce leaves and top with aioli and choice of toppings.





## **PASTA** WITH PESTO VERDE

#### **MAKES 4 SERVINGS**

Zucchini is a powerhouse of anti-aging benefits. Its vitamin A content and other carotenoids are wonderful for eye health and vision, and its copper and manganese assist good bone health and formation of collagen (as does the added collagen powder in this recipe!). The tomatoes, broccoli, basil, and spinach all provide loads of nutrients and added fiber for glowing good health.

#### **INGREDIENTS**

1 package (8 oz/226 gm) whole-wheat spaghetti (or your favorite gluten-free variety)

1 tablespoon avocado oil

1 clove garlic, minced

2 cups broccoli florets

2 medium zucchini, grated

3 cups baby spinach leaves

1 cup fresh basil leaves

2 large tomato, seeded and roughly chopped

2 tablespoons fresh lemon juice

2 tablespoons pine nuts

1 scoop Organixx Collagen Powder (optional)

Salt and freshly ground pepper, to taste

1/4 cup extra-virgin olive oil

1/4 cup Parmesan cheese (optional)

#### **INSTRUCTIONS**

Bring large saucepan of salted water to boiling over high heat. Add pasta to water when it begins to boil and cook according to package directions.

Meanwhile, heat the oil in a large skillet over medium heat and add the minced garlic, broccoli florets, grated zucchini, and spinach. Cook, stirring occasionally, just until broccoli is tender. Let mixture cool.

In bowl of food processor, combine cooled broccoli mixture with basil leaves, lemon juice, pine nuts, collagen powder, and seasonings; pulse until smooth.

With processor running, drizzle in 1/4 cup olive oil. If desired, add Parmesan cheese now, and pulse until well combined.

Drain spaghetti and return to pot; add pesto, chopped tomatoes, and adjust seasonings. Toss well and serve immediately.





## **GRILLED SALMON**

## WITH BLUEBERRY BALSAMIC SAUCE & GREEN BEANS

#### **MAKES 2 SERVINGS**

Salmon protects and rejuvenates cells (especially skin and brain) with omega-3 fatty acids and protein. Blueberries and pomegranate both contain loads of antioxidants in the form of vitamin C, and both fight inflammation and protect against free radicals from sun exposure, pollution, and stress. Green beans are full of vitamins and minerals, naturally help to lower cholesterol, and provide much-needed fiber for good gut health.

#### **INGREDIENTS**

1 tablespoon coconut oil

2 medium-sized salmon fillets, skin on

1 tablespoon butter, melted

1 teaspoon coconut sugar

1/2 teaspoon paprika

4 cups green beans

1 teaspoon olive oil

1/2 teaspoon sea salt

1/2 cup pomegranate seeds

1 tablespoon fresh dill, chopped

1 tablespoon fresh chives, chopped

1/4 cup balsamic vinegar

1/2 cup blueberries

1 tablespoon maple syrup

1 tablespoon butter

#### **INSTRUCTIONS**

Preheat oven to 350°F (180°C). Prepare a baking tray with parchment paper.

Melt the coconut oil into a skillet over med-high heat. Add the salmon fillets, skin side down. Cook for approximately 2-3 minutes, until crisp.

Remove salmon from pan and place skin side down onto lined baking tray. Drizzle with 1 tablespoon melted butter and sprinkle with coconut sugar and paprika. Place the salmon in the preheated oven for 15 minutes or until desired level of doneness is reached.

In the meantime, in a medium-sized saucepan add water and bring to a boil. Using a slotted spoon, carefully lower in the beans and blanch for 3-4 minutes, then remove beans and immerse in a bowl of cold water. Drain the green beans, then bias-slice into halves. Place on serving platter and season with salt, olive oil, pomegranate seeds, dill, and chives.

Remove salmon from oven and place atop green beans; set aside.

While salmon is cooking, place a small saucepan over medium heat and add the balsamic vinegar, cook for 5 minutes or until reduced by a third, then add the blueberries and maple syrup. Cook for another minute, stir in the tablespoon of butter, and remove from heat. Serve sauce over salmon.





## PORTOBELLO FAJITAS

#### **MAKES 4 SERVINGS**

Mushrooms boast a wide variety of anti-aging phytochemicals, but especially ergothioneine and glutathione, important antioxidants that protect cells from free radicals. The peppers and onions contain much-needed vitamin C and fiber, and the cilantro/coriander supports the cardiovascular system, balances blood sugar levels, chelates heavy metals for detoxification, and supports good vision.

#### **INGREDIENTS**

1/4 cup avocado oil

2 teaspoons taco seasoning

1/4 cup filtered water

1 each red, green, and yellow bell pepper, seeded and thinly sliced

2 large onions, sliced (use 3 if cooking for 4 people or more)

8 large portobello mushrooms, sliced (allow 2 cups of sliced mushrooms per person)

12 fajita size gluten-free tortillas, wrapped in foil and warmed in oven or atop grill

1/2 cup organic mayonnaise

2 teaspoons mild chili powder

1 lime, sliced into wedges

#### Optional toppings:

Green chile salsa

Sliced avocado or guacamole

Fresh cilantro leaves

Chopped tomatoes

Finely chopped onion

#### **INSTRUCTIONS**

In large frying pan warm the oil then add taco seasoning and the water. Add bell pepper slices and onions and cook until tender (don't rush this part - they must be tender and soft).

Add mushrooms and cook until they soften and their liquid is released. Squeeze lime juice over top after vegetables have finished cooking.

In small bowl combine mayonnaise with chili powder, stir well.

To assemble, open warmed tortilla and add mushrooms, peppers, onions, choice of toppings, and drizzle with mayonnaise dressing.





## SPINACH CHIPS

#### **MAKES 1-2 SERVINGS**

Rather than reaching for that bag of potato chips, think ahead and prepare these healthy little delights instead. Deliciously crispy and nutritious, spinach is a good source of iron (remember Popeye?), and helps to maintain healthy skin and hair, and strong bones. Plus it lowers the risk of heart disease (unlike that bag of potato chips), aids digestion, and improves blood sugar levels.

#### **INGREDIENTS**

2 large handfuls of baby spinach leaves

1 tablespoon olive oil

2 teaspoons Italian seasoning (or your favorite mix of dried herbs)

Freshly ground Himalayan salt, to taste

#### **INSTRUCTIONS**

Preheat oven to 350°F (180°C). In a large mixing bowl, pour the oil over the spinach leaves and gently work it into the leaves until they are all well coated. Add the herbs of your choice and the salt, tossing through the leaves until they seem well coated.

Cover a baking sheet with parchment paper and place the spinach leaves on this so they do not overlap. Bake in preheated oven for 10-12 minutes or until crispy. Allow to cool and enjoy. Can be stored for a day or two in a covered container on the counter.





## FRUITY GRANOLA BARS

### WITH MATCHA

#### **MAKES 12 BARS**

You'll forget about processed, store-bought granola bars when you realize how easy it is to make much healthier ones at home. Oats contain beta-glucans which help to smooth out wrinkles in the skin. The seeds provide healthy fats and fiber, and the dried fruit contains loads of minerals, vitamins, and antioxidants for energy, beautiful skin, and healthy cells. The Chinese call matcha the "elixir of immortality" as it is revered for its anti-aging properties.

#### **INGREDIENTS**

2 cups gluten-free rolled oats

1 cup pumpkin or sunflower seeds

1-1/2 cups unsweetened puffed rice cereal

1/2 cup organic dried fruit, roughly chopped (e.g. raisins, figs, dates, prunes, goji berries, cranberries)

Sea salt flakes to taste

1-1/2 tablespoons matcha green tea powder

1/3 cup brown rice syrup or local raw honey or molasses

1 teaspoon vanilla extract

1/2 cup tahini

2 tablespoons coconut oil

1 teaspoon vanilla extract

#### **INSTRUCTIONS**

Preheat oven to 325°F (160°C). On an oiled baking sheet combine oats and seeds and bake for 10-15 minutes, stirring once or twice, until oats are lightly toasted and fragrant.

In a small saucepan, combine brown rice syrup (or honey or molasses), vanilla, tahini, coconut oil, and vanilla. Whisk to combine and do not overheat. Let cool slightly.

In a large glass bowl, combine the cooled oats and seeds with the chopped dried fruit, rice puffs, salt flakes, and matcha powder. Pour the contents of saucepan over the dry ingredients and stir quickly to combine.

Pour the mixture into a 11 x 7" (28 x 18 cm) pan lined with baking parchment. Press the mixture into the pan firmly and refrigerate for a few hours or until firm. Remove from refrigerator and slice into bars.

Refrigerate leftovers; these keep well if kept cold.





## **ALMOND BUTTER** DARK CHOCOLATE MOUSSE

#### **MAKES 2 SERVINGS**

Dark chocolate has some surprising anti-aging benefits. Besides acting to release endorphins in the brain (those feel-good neurotransmitters that help to battle depression), dark chocolate contains phytochemicals that act to increase blood flow to the skin. So it makes you feel happier AND increases skin health. Maple syrup helps to decrease inflammation, supplies much-needed minerals and antioxidants including gallic acid, which helps skin look tighter and firmer.

#### **INGREDIENTS**

1 can (13 oz/384 ml) coconut cream (not coconut milk)

1/4 cup maple syrup

1/4 cup raw cacao (not cocoa)

1/4 cup 70%+ dark chocolate

2 tablespoons coconut oil

2-3 tablespoons almond butter

#### **INSTRUCTIONS**

Start recipe 2-3 hours prior to serving time. In medium bowl, combine coconut cream, maple syrup, and raw cacao.

In top of a double boiler or a glass bowl set over water simmering in a saucepan, add chocolate and coconut oil and stir until melted and smooth.

Pour into coconut cream mixture, stir well.

Pour into two serving cups and place in refrigerator for at least half an hour (but two hours is best). It will be done when it reaches a mousse-like consistency.

Warm the almond butter and drizzle over chocolate in cups prior to serving.





## **CARROT CAKE** WITH GINGER & PEARS

#### **MAKES 24 SQUARES**

Containing no sugar other than the sweetness of carrots, pears, and raisins, this is a satisfying and healthy alternative to most cakes. Carrots contain plenty of antioxidants and betacarotene for glowing skin. Pears (especially the ones with red skins) have loads of minerals and anti-aging phytochemicals, while raisins are rich in fiber for improved digestive function. Raisins also contain bone-building nutrients, boost iron levels, and deliver a sweet burst of energy. The scoop of collagen powder provides extra support for skin, joints, and gut health.

#### **INGREDIENTS**

2 small carrots, peeled and grated

1 small knob of ginger, peeled and grated

2 ripe pears, peeled and mashed

1 scoop Organixx Collagens powder

1 teaspoon baking powder

1/2 teaspoon baking soda

9 oz/250 gm almond meal (ground almonds)

1/3 cup arrowroot

1-1/2 teaspoons ground Ceylon cinnamon

1 teaspoon ground ginger

4 large eggs, lightly beaten

1 cup raisins, divided

1/2 cup pecans, roughly chopped, plus pecan halves to decorate

Butter or coconut oil

#### **INSTRUCTIONS**

Preheat oven to 340°F (170°C). Grease an 11 x 7" (17 x 28 cm) rectangular cake dish with butter or coconut oil.

In a large mixing bowl, combine grated carrots, ginger, and mashed pears.

In a separate large mixing bowl combine collagen powder, baking powder, baking soda, almond meal, arrowroot, cinnamon, and ginger, stirring well.

In bowl of food processor or blender container add all of the eggs and half the raisins and process until smooth.

To the dry ingredients add the egg/raisin mixture, then add the carrot/pear mixture, chopped pecans, and remaining raisins. Combine gently, then spoon into prepared cake dish. Top with remaining pecan halves.

Bake for 40-50 minutes, until a toothpick inserted in the center comes out clean. If the cake begins to brown too much during baking but isn't done in the middle, loosely cover with aluminum foil or baking parchment and return to oven until cooked through.





## DIVINE DIPPED STRAWBERRIES

#### **MAKES 12-15**

Wickedly wonderful dark chocolate contains a flavonoid known as epicatechin. A recent clinical trial found that women who consumed dark chocolate daily for 12 weeks enjoyed an improvement in skin texture. Researchers believe that epicatechin increases blood flow to the skin and this enhances the flow of blood, oxygen, and nutrients to the skin. Combine dark chocolate with the antioxidants in strawberries for a deliciously decadent anti-aging combination.

#### **INGREDIENTS**

Around 12-15 large ripe organic strawberries

1 block (8 ounces/226 gm) 70% (or higher) dark chocolate

Toothpicks or skewers

#### **Optional toppings:**

Shredded coconut

Chopped toasted nuts (e.g. walnuts, pecans, almonds)

#### **INSTRUCTIONS**

Wash and drain strawberries and place on a kitchen towel to dry. Gently pat strawberries completely dry. Place optional toppings onto small saucers or bowls for easy dipping. In a double boiler or bowl set over a small pot of simmering water, melt the dark chocolate.

Once chocolate is melted, place one toothpick or wooden skewer through a strawberry and dip it into the melted chocolate, leaving the green leaves uncovered. If you wish, roll strawberry into optional toppings, then place on a baking sheet lined with parchment paper. Repeat with remaining berries.

Leave to harden, or place baking sheet in refrigerator. Keep any uneaten berries (as if!) in the refrigerator.

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There is some very important and exciting news you need to know: a deep and fast-growing body of research is now showing that regardless of your genetic makeup, you have the ability – a tremendous ability – to positively shift your "gene expression" through proper nutrition and other health choices you make.

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Toward that end, it is our mission to provide you with a complete line-up of the world's purest and most effective nutritional supplements that can truly make a powerful difference in your health and well-being.

To ensure maximum effectiveness and safety we use only the world's purest and best natural ingredients that are USDA certified organic whenever possible.

The choices you make really do play THE key role in helping you live a long, healthy, and high-quality life. At Organixx, we're committed to providing you with the world's best supplements, and the most beneficial health insights, so you can continue to make the best health decisions for yourself.



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## The Problems

## **Iodine Deficiency Is a Worldwide Epidemic**

You may think that since iodine is in most table salt these days that iodine deficiency is a thing of the past. You may have even been told by your doctor not to worry about your iodine levels. But nothing could be further from the truth. Now more than ever before, iodine deficiency is a problem worldwide – including in the U.S.

Here's a fact that not many doctors share with their patients – of all the essential substances the body must have in order to maintain optimal health, iodine may be the most important.

"Let's do the basics," says Dr. David Brownstein, MD, one of the foremost experts on iodine and author of *Iodine*: Why You Need It, Why You Can't Live Without It.¹ "To supply the body with the things it needs to function optimally... we supply the body with the right nutrients [and] it should be fine for a lifetime. I consider one of the basics iodine. Every cell in the body requires iodine to function optimally. We cannot function optimally in an iodine deficient condition." <sup>2</sup>

Brownstein says that, along with his research partner, he has tested about 6,000 individuals for basic iodine levels. Of that vast number, approximately 96% have been low in iodine.

This percentage is surprising, but it is not abnormal. According to the World Health Organization (WHO), approximately two billion individuals worldwide are iodine deficient.<sup>3</sup> In the U.S., the percentage could well mimic Brownstein's findings.

At the same time, government public relations campaigns and a seriously outdated U.S. RDA (Recommended Daily Allowance, now called the Dietary Reference Intake,<sup>4</sup> or DRI) paint an "all is well" picture about iodine in America that is dangerously misleading.

The bottom line is this: making sure you and your family are getting enough iodine from quality sources every day is something you need to be thinking about.

## **Iodine RDA: A Brief History**

The current RDA for iodine was set forth by the U.S. National Institutes of Medicine in the 1940s for a specific purpose. Prior to this time, large swaths of the U.S., especially in the Great Lakes, Northwestern, and Appalachian areas (as well as a large part of Canada) were known as the "Goiter Belt." <sup>5</sup> This is because populations there were suffering from the most severe consequences of iodine deficiency. In fact, a 2012 report put out by Boston Medical Center states that in the 1920s, between 26-70% of children in that area had a "clinically apparent goiter." [Note: a goiter is a swelling on the neck caused by an enlarged thyroid gland.]

To alleviate this problem, the introduction of iodized salt in the Goiter Belt began in earnest in the mid-1920s. By the early 1950s, 60-70% of all American households used iodized salt exclusively. Now, the WHO's International Council for the Control of Iodine Deficiency Disorders estimates that roughly 90% of all American households have access to iodized salt and use it on a regular basis.<sup>7</sup>

This all sounds like it is a "problem solved" when it comes to iodine, right? However, things are not always so cut and dried when it comes to public health policy in America.



# Subclinical Iodine Deficiency: Where the Real Problem Lies

The RDA for iodine that was established in the 1940s is still in effect today. It is:8

- ▶ 150 micrograms daily for adults
- ▶ 220 micrograms daily for pregnant women
- ▶ 290 micrograms daily for lactating women

These RDAs were designed over 75 years ago, specifically to prevent goiter and other complications that can arise because of iodine deficiency in pregnant women. They do not take into consideration the laundry list of health complications that can result from "subclinical iodine deficiency," nor the increasing environmental factors that are currently affecting iodine uptake on a worldwide scale.



In fact, subclinical deficiencies are a little-known but widespread problem for a number of essential vitamins and minerals, including iodine. Unlike overt deficiency of a nutritional substance, subclinical malnutrition is revealed via subtle biochemical changes, at least at first. If left untreated, subclinical deficiencies can often lead to clinical malnutrition and higher risk for many diseases.

A classic example of this can be seen with vitamin C. The RDA for this essential vitamin is 60 milligrams daily, the amount needed to prevent scurvy. But for the last 20 years or more, nutritional institutions such as the Linus Pauling Institute have been recommending at least twice that amount from vitamin C-rich foods and supplements in order to increase antioxidant load and help prevent chronic illnesses such as cancer and cardiovascular disease.<sup>9</sup>

So, what about subclinical iodine deficiency? There is clear evidence that America can be counted among the countries in which subclinical as well as overt iodine deficiency levels have reached epidemic proportions.

The biggest clue to this can be seen in the National Health and Nutrition Examination Surveys (NHANES) I (1971-1974) and III (1988-1994), conducted by the U.S. Centers for Disease Control. Between the first NHANES study and the third, the average concentration of iodine in urine decreased by 50% in the U.S. At the same time, iodine levels below 5 micrograms/dL (deciliter) increased four-fold. And the problem isn't going away. CDC researchers found no change in iodine deficiency levels between NHANES III and NHANES IV.<sup>10</sup>

## 3 Reasons Why Most People Are Iodine Deficient

There are multiple factors that have led up to the situation we are in today. In this report, we reveal three key factors, and offer solutions to help you turn a potential iodine deficiency around. As anyone suffering from the symptoms of an underactive thyroid knows, getting back into balance can literally give you your life back. Not to mention that it can support long-term disease healing and prevention.

#### #1 Poor soil nutrient quality

In addition to the historical miseducation regarding how much iodine our bodies actually need to function properly, another factor in the slow decline in iodine levels is the depletion of vital nutrients in U.S. soil over the last 100 years. In fact, it was soil depletion in the Goiter Belt at the turn of the century which led to goiters and pregnancy complications 20 years later.

The people living there were surrounded by farmers who grew spinach and cranberries, <sup>11</sup> raised livestock for dairy products, and raised chickens for fresh eggs. These foods would normally have supplied them with adequate amounts of iodine and other vital nutrients. Once their soil became depleted because of over-cultivation and lack of crop rotation, however, this was no longer the case.

Of course, soil depletion did not just happen in the Goiter Belt — and it didn't go away after the 1940s. A multi-decade investigation conducted by the University of Texas studied over 40 common vegetables and fruits grown in the U.S. between 1950 and 1999. Shockingly, the researchers found statistically significant declines of almost all essential vitamins and minerals in practically every crop.<sup>12</sup>



#### #2 Lower salt consumption (and more toxins) starting in the 1970s

Another "one-two punch" happened in the 70s and 80s. These events contributed to lower iodine levels overall.



During this period, consumers began to respond to calls from allopathic (Western) health institutions and the sensationalized media to "cut the salt" because of new research which linked sodium to high blood pressure. At the same time, many health-conscious individuals began avoiding iodized salt due to reports of manufacturers using bleached sodium chloride, fluoride sodium bicarbonate, and other harmful chemicals in salt processing.

Today, most people are aware of the importance of healthy sources of sodium for overall health. Sadly, industry practices that utilize harsh chemicals in commercial salt production haven't changed that much over the last 50 years. Holistic experts still advise avoiding iodized salt at all costs and opting for Himalayan pink or Celtic sea salt instead.

Most importantly, however, it was during the industrial boom of the 70s and 80s that the toxic load grew, especially in the U.S. <sup>13</sup> High toxic load is a burden we all now carry. As careful as you may be in avoiding toxins, no one can completely avoid exposure to dangerous chemicals in the water, air, and soil. Included in this toxic burden are specific environmental toxins which can affect iodine levels directly by blocking iodine absorption.

#### #3 Halide toxins that block iodine

You have likely heard about environmental toxins which are linked to serious diseases. But did you know that there are specific toxins which block the absorption of iodine in your body?

These iodine-targeting chemicals are called "halides" because they each contain a halogen atom mixed with another element. In fact, iodine in its organic form is part of the halide group on the periodic table as well. This is why halide toxins – such as the ones mentioned below – are particularly damaging.

At the biochemical level, the body cannot differentiate between an iodine molecule and a bromide molecule. When a rush of bromide (or chlorine or fluoride) chemicals enter the body, they will take up the spaces within cellular receptor sites in the thyroid, the mammary glands and ovaries in women, the prostate glands in men, and in other locations of iodine uptake.

Think of the situation as a rude driver in a busy parking lot. You know the scene. Here comes someone who barrels their way into the space you had your eye on and were just about to go in to. Inside your body, the "rude drivers" are fluoride, chlorine, and especially bromide. Let's examine each in more detail:



#### **Bromide**

Bromide is first on our list since bromide-induced thyroid disfunction is on the rise. In addition, investigational evidence is increasingly concluding that it may be a particularly aggressive toxic chemical when vying for common receptor sites in iodine-dependent glands.<sup>14</sup>

Because bromide is cheap to produce, manufacturers from different industries are increasingly using it for everything from household paint and new car interiors to pool and spa cleaning products. Bromide replaces iodine in the thyroid gland, which can lead to rapid-onset hypothyroidism and goiter.

Excessive bromide can also lead to lower levels of much-needed iodine in the mammary glands and result in increased kidney stress. Sadly for the American public, bread manufacturers began replacing iodine with a form of bromide called potassium bromate in breads and pastries starting in the 1970s, since it makes a good (and very cheap) dough softener.<sup>15</sup>

#### **Fluoride**

Fluoride has been pumped into the municipal water supplies of many U.S. cities and towns since the 1960s. Today, 67% of the American population lives in areas where fluoridated water is the norm. <sup>16</sup> Proponents of this practice tout fluoride's benefits for preventing tooth decay. <sup>17</sup> What many don't know, however, is that fluoride can wreak havoc on the endocrine system, the brain, and fertility.



A 2015 study conducted by the Centre for Health Services Studies and the University of Kent in the U.K. found that hypothyroidism was twice as high in areas where water was fluoridated versus non-fluoridated areas. They also found that where fluoride levels were more than three milligrams per liter of water, hypothyroidism rose by about 30% across the board.<sup>18</sup>

Fluoride also can calcify the pineal gland, <sup>19</sup> a major component of the endocrine system responsible for melatonin synthesis.



#### **Chlorine**

Chlorine is another substance that is part of the halide group, so the same rules about iodine blocking apply here as well. Besides exposure through bleaching products, most individuals are exposed to chlorine through taking showers and baths using nonfiltered chlorinated water. Another source of exposure is swimming in heavily chlorinated swimming pools and lounging in chlorinated water in the jacuzzi.

Exposure to chlorine from warm or hot water can be extra dangerous since this toxin can be absorbed through the skin and the respiratory system, and then go directly into the bloodstream.

A joint study sponsored in part by the U.S. Environmental Protection Agency (EPA) even found that children who used swimming pools on a regular basis were more prone to asthma.<sup>20</sup>

#### **Perchlorate**

Perchlorate is a man-made substance used by the military as well as the aerospace and agribusiness industries. It has many of the chemical characteristics of organic halides and can produce the same iodine-blocking effects on the thyroid and other areas of the body. Jet fuel and many fertilizers contain perchlorate, making airborne exposure as well as perchlorate in water sources a concern for all.

A report published in *Scientific American*<sup>21</sup> states that traces of perchlorate can be found in the bloodstreams of just about everyone on the planet. Another study conducted by the University of California, Los Angeles, speculated that perchlorate exposure may lead to a higher risk of autoimmune thyroid disease (Hashimoto's or Graves' disease).<sup>22</sup>



All of the ways in which halides may affect us in our toxic world can be overwhelming. The good news, however, is that getting rid of them can be relatively simple. One such way is through increasing your iodine levels. More information regarding protecting yourself from iodine-depleting halides can be found in the SOLUTIONS section of this report.

## What Are the Signs of Iodine Deficiency?

lodine deficiency can affect you in dozens of ways since it plays a part in so many functions in the body. Besides reproductive and endocrine support, it is a powerful antioxidant that helps the immune system, assists in maintaining strong teeth and bones, supports brain health and mood balancing, helps detoxification pathways, and is a powerful antiseptic and antifungal. In short, it is needed by every cell in the body.

So, how can you tell if you have an iodine deficiency? Here are just a few possible signs:

- Fatigue
- Low energy
- Mood swings
- ▶ "Brain fog"
- Poor memory
- ▶ Dry skin
- ▶ Hair loss
- Unexplained weight gain or inability to lose weight
- ▶ Sore throat that won't go away
- ▶ Swelling in the neck
- ▶ Sensitivity to cold
- ▶ Gastric disorders (such as IBS)
- ▶ Heart palpitations
- Ovarian cysts and uterine fibroids in women
- ▶ Prostate imbalance in men
- Autoimmune conditions



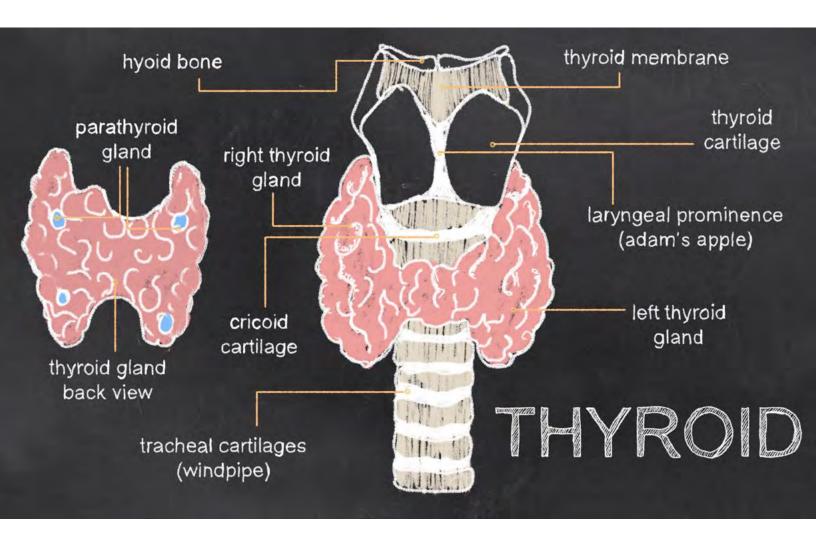
Do any of these symptoms apply to you? If so, be sure to read on. Next up we will explore some specific health conditions that are often directly related to iodine deficiency.

## Iodine and the Thyroid

You may recognize that many of these iodine deficiency symptoms are the same as that of hypothyroidism (aka an underactive or sluggish thyroid). Iodine is the "food" for the thyroid. Not getting enough iodine for this "master hormone processor" will lead to hypothyroidism, plain and simple.

Key hormones such as thyroxine (T4) and triiodothyronine (T3) cannot be created without a properly functioning thyroid. These hormones are vital to the body since they are two of the main regulators of your metabolism. Your thyroid cannot make T4 and T3 without iodine.

Millions of people are feeling the effects of hypothyroidism in the U.S. today. According to the National Thyroid Association, 12% of the U.S. population will develop a thyroid condition sometime in their lifetime.<sup>23</sup> At this moment, roughly 20 million Americans suffer from some form of thyroid disease – however, an estimated 60% don't even know they have it!



## Hashimoto's Thyroiditis

Most experts, even within conventional medical science, now say that the majority of hypothyroid cases these days are really the autoimmune condition Hashimoto's thyroiditis, also known as chronic lymphocytic thyroiditis or simply Hashimoto's. <sup>24</sup> In the U.S., there are approximately 200,000 new documented cases of Hashimoto's annually. According to the American Association of Clinical Endocrinologists (AACE), 14 million Americans currently live with the condition. <sup>25</sup>

Hashimoto's is technically an autoimmune condition, which means that the immune system creates antibodies which interrupt important chemical signaling between the thyroid, the pituitary, and the hypothalamus. These signals are needed to produce the proper amounts of T3 and T4. Hashimoto's is often discovered by blood tests which show elevated levels of TSH (thyroid stimulating hormone), as well as particular antibodies in the bloodstream.

There is a lot of confusion out there around iodine's role in Hashimoto's, in part because there are still a lot of factors scientific research does not know about autoimmune conditions in general, the importance of iodine in the body in general, and how these element all relate to each other.

Many people suffering from Hashimoto's believe that iodine is the sole cause of their condition, but nothing could be further from the truth.



The role that iodine plays in a person who has Hashimoto's is complicated and beyond the scope of this report. However, it is a known fact that iodine deficiency is the cause of the majority of hypothyroid conditions worldwide. And if it is now known that most hypothyroidism is in fact Hashimoto's, then it follows that one of the fundamental causes of Hashimoto's is iodine deficiency as well.

That being said, when a person is dealing with the myriad of imbalances and glandular inflammatory responses associated with Hashimoto's, there may be several factors at play which need to be considered.

Does this mean that individuals with Hashimoto's should avoid iodine at all costs? No way! Most Hashimoto's experts recognize the importance of iodine for people with Hashimoto's,<sup>26</sup> but recommend "going slow" at first.

Studies from as far back as the 1990s show that low-dose iodine supplementation for individuals with Hashimoto's who were not on any other rebalancing protocols other than thyroid hormone therapy was able to reduce thyroid antibody levels.<sup>27</sup> Other studies show the importance of selenium in providing needed support for iodine absorption.<sup>28</sup> Studies also correlate the removal of halide toxins like bromide to increased iodine absorption in general.

It is essential that a person with Hashimoto's work with a qualified healthcare professional who knows the important role iodine plays in the body as well as how iodine works in combination with other supplements such as selenium.<sup>29</sup> A well-informed professional will also encourage gentle detoxification from halide toxins, which we'll discuss in the next section.

Remember that high halide toxicity can block iodine absorption in the thyroid. The autoimmune components of Hashimoto's often affect detoxification pathways, so many Hashimoto's sufferers will have high levels of bromide, fluoride, and chlorine, as well as a back-up of other toxins in their system. For anyone with autoimmune disease, supporting the liver<sup>30</sup> with herbs such as milk thistle<sup>31</sup> and going gluten-free<sup>32</sup> are essential for recovering health.

If you are suffering from hypothyroidism, or specifically Hashimoto's, know that thousands of individuals have turned their condition around through dietary changes, supporting their detoxification pathways, the right supplementation, and lifestyle changes such as reducing stress.

## Hypothyroidism in Men

Current statistics state that women are five to eight times more likely to have hypothyroidism than men. However, this does not mean that men cannot be affected by hypothyroidism.

Low iodine levels will affect a man's thyroid in much the same way it will a woman's, but with a few key differences. Since the thyroid and its T3 and T4 hormones also regulate all other hormones, hypothyroidism in men can cause imbalances in testosterone levels. This situation, in turn, can lead to reduced levels of sex hormone-binding globulin (SHBG). Low SHBG can make a man more susceptible to a myriad of other disease conditions.



## **Iodine and the Reproductive System**

It's not just the thyroid that relies on iodine to do its job. Did you know that iodine is also housed in and used by the gut, brain, salivary glands, breast tissue, and the ovaries? Besides the endocrine system, the reproductive system absolutely needs iodine to function. Both women and men rely on iodine for gland nourishment and adequate functioning. Iodine deficiency in women has a more widespread effect than in men, since a woman's reproductive system is more complex.

The evidence is clear. When a woman is iodine deficient, she opens herself up to greater risk for a myriad of reproductive disorders. Here is a rundown of a few of the most common ones:

#### **Fibroid tumors**



If you are a woman in your 30s or 40s and discover you have fibroid tumors, your gynecologist may dismiss them as simply "part of getting older." They may tell you that the fibroids will probably disappear once menopause hits and to "just hang in there."

This reaction is typical in part because fibroids are so common. A 2003 study conducted by the National Institute of Environmental Health Sciences found that 70% of white women and 80-90% of African American women in America will develop fibroids by the time they are 50.<sup>33</sup>

What is common doesn't necessarily indicate what should be considered normal or healthy, however. Although direct scientific evidence linking iodine deficiency to fibroids is scant, what is completely clear is the link between fibroids and hypothyroidism.

One Austrian study conducted in 2014 found older women of African heritage who had low thyroid function had larger fibroid tumors than those without hypothyroidism. Another study conducted by the Catholic University of Korea School of Medicine linked thyroid nodules with uterine fibroids directly.<sup>34</sup> The connection between higher estrogen and fibroids is well-documented as well.

Adequate iodine supports thyroid function, which plays a part in regulating all hormones in some way. Getting enough iodine also supports estrogen balance in favor of the mildest form of estrogen, called estriol. The most aggressive form of estrogen, called estradiol (as well as estradiol-mimicking xenoestrogens created from environmental toxins<sup>35</sup>) is responsible for the estrogen imbalance that can lead to reproductive complications and disease.

Of the three kinds of estrogen in the body, estriol is the kind you want to have the most. Maintaining balanced iodine levels in your system can help you get there.

#### Polycystic Ovary Syndrome (PCOS)

PCOS is the formation of cysts on the ovaries, which can develop whenever hormone imbalance is present. It is caused by insulin resistance, obesity, genetics, and a host of other factors. PCOS can also occur because of iodine deficiency. For women, the ovaries contain the second largest store of iodine after the thyroid.<sup>36</sup> Just like the thyroid, it is vital that the ovaries get enough iodine to maintain balance.

PCOS was first described in medical journals over 75 years ago. At that time, it was considered a rare condition. Now one in 15 women will suffer from PCOS in their lifetime, according to a report published in the *Journal of Clinical Endocrinology & Metabolism*.<sup>37</sup>

Is it a coincidence that while cases of PCOS have skyrocketed, there is also an epidemic of iodine deficiency in our world?

#### **Fibrocystic Breast Disease**

Also called benign breast disease, this is a condition that occurs when hormonally-influenced and benign cysts develop in the breast tissue. The cysts, although not considered serious, can cause pain and tenderness.

Researchers have found clear evidence of the link between fibrocystic breast disease and low iodine levels. Studies over the last 30 years have shown that aggressive estrogen stimulation caused by lack of iodine can cause "microcysts" in breast tissue.<sup>38</sup>

Besides the thyroid and the ovaries, the breasts store and utilize large amounts of iodine. When levels are low, the breasts compete for limited stores with the thyroid since both use the same iodine-transporting proteins.<sup>39</sup> Hyperplasia, or increased cell growth, can often result from iodine deficiency because deficiency can spur an increase in aggressive estrogens.

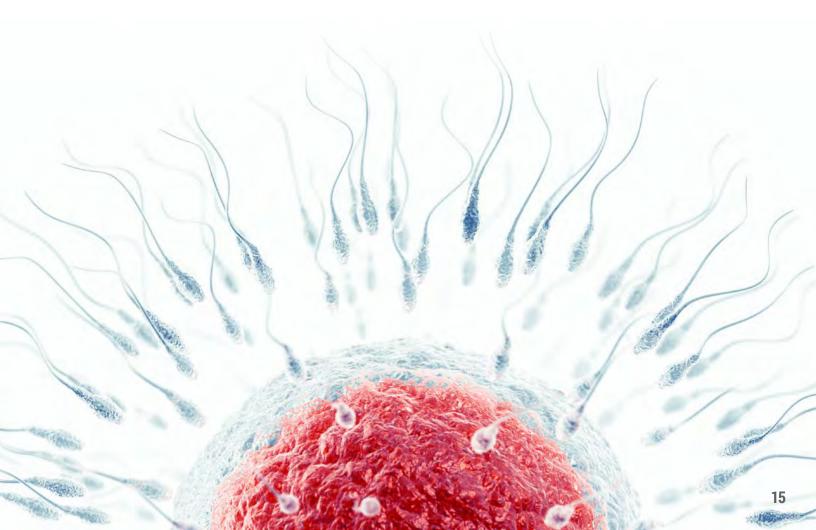


In addition, iodine provides a big antioxidant boost for the mammary glands. When these glands are iodine deficient, the breast tissue can become susceptible to oxidation. Hyperplasia, lipid oxidation, and all the other immune and endocrine system complications which can occur with low iodine levels create a situation ripe for abnormal cell growth in the breasts.<sup>40</sup>

## **lodine and Fertility**

A 2018 study conducted by the National Institutes of Health looked at over 450 women in the U.S. who were attempting to become pregnant. For women with moderate to severe iodine deficiency, a whopping 46% were less likely to get pregnant than those who had sufficient iodine levels. <sup>41</sup> Even women with mild (i.e. subclinical) iodine deficiency had increased risk of infertility, according to lead researcher Dr. James Mills of the U.S. National Institute of Child Health and Human Development. <sup>42</sup>

Once a woman does get pregnant, her body's need for iodine increases throughout her pregnancy. There is a reason why the CDC recommends a greater intake of iodine for women who are expecting. Iodine helps protect the mother against preeclampsia, extra sensitivities to toxins, and other complications that can affect the fetus and lead to obesity. Iodine also helps to protect the fetus from neurological complications.



## Can a Person Have Too Much Iodine?

As with all nutrients, the right amount of iodine in the body is a balanced amount. Although the problem for most individuals is lack of iodine, overdosing on it is possible and can have side effects. Getting your iodine levels tested is the best way to know where you stand and how you can achieve balance. It is also possible to take the wrong kind of iodine, with potentially devastating effects on your health.

Something to keep in mind is that any kind of "organic iodine" or "elemental iodine" should NOT be ingested. This kind of iodine does not absorb into the system in a beneficial way and can burn tissue on contact. Other iodine sources that can cause negative effects when taken in excess are Pima syrup, radioactive iodine used in medical tests or sometimes for thyroid disease, Lugol's solution, and large amounts of potassium iodide from kelp.



In addition, some studies have linked high amounts of "iodate" found in table salt with gastrointestinal disturbance. Other symptoms of iodine overdose from these sources include stomach pain, dizziness and delirium, vomiting, shortness of breath, and fever.

The kinds of iodine that are considered safe to ingest are potassium iodide, sodium iodide (not in excess), and nascent iodine. Sodium iodide is the form of iodine most commonly found in commercial table salt. Nascent iodine, or atomic iodine, is the most bioavailable form of iodine, meaning it is the easiest for the body to absorb.

## What About Hyperthyroidism and Iodine?

Graves' disease is the most common cause of hyperthyroidism<sup>43</sup> and is an autoimmune disease in which the thyroid produces too much of the thyroid hormone thyroxine. Weight loss, hyperactivity, anxiety, and fatigue are all symptoms of this condition. In extreme cases, Graves' disease can lead to cardiac shock, "thyroid storm," <sup>44</sup> and even death.

Graves', or hyperthyroidism, is often wrongly associated with too much iodine in the system. In reality, it is very rare for too much iodine to be the sole cause for hyperthyroidism. But because iodine plays a part in the production of thyroxine, it cannot be discounted as a factor for overproduction. If you suspect you have Graves' disease or hyperthyroidism, be sure to consult with a qualified health practitioner who can counsel you about iodine and other factors regarding your condition.

According to some experts, individuals with Hashimoto's thyroiditis can swing back and forth between symptoms of hypothyroidism and hyperthyroidism depending where they are in the cycle of antibody production and hormone release.<sup>45</sup>

Interestingly, research points to the fact that iodine can help to restore health from both hyper- and hypothyroidism. We have already discussed how the right amount of iodine can help bring balance to those who suffer from hypothyroidism, or Hashimoto's thyroiditis.

For hyperthyroidism, iodine can help to slow thyroid hormone release in the event of a "thyroid storm," where heart rate, blood pressure, and body temperature rise to dangerous levels. In conventional medicine, small amounts of radioactive iodine, or iodine-131, may be given to slow thyroid hormone production for those with thyroid disease.

Again, when it comes to iodine, it is all about balance and the body's ability to absorb the nutrient. When your body gets the right amount of "food" for the thyroid and other glands in your body, then real healing begins.



## The Solutions

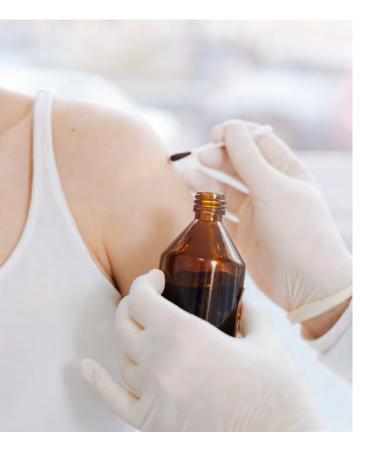
If you are struggling with the symptoms mentioned earlier or you think you may be iodine deficient for another reason, you should know that there are MANY things you can do to turn your situation around and start feeling better.

## **Testing Your Iodine Levels**

Before we dive into solutions for iodine deficiency, however, let's first discuss the available options for iodine level testing, as well as tests for environmental toxins which may block iodine absorption.

#### The Iodine Patch Test

The first way to check if you are iodine deficient is to perform the "iodine patch test." To perform this test you first need to obtain a tincture or solution of iodine. Most pharmacies and drug stores sell this. Be sure to get an iodine solution that is yellow in color.



Next paint a 3-inch by 3-inch patch on your skin, preferably either on your abdomen, inner thigh or inner forearm where the skin is especially absorbable. Monitor the patch over the next 24 hours to see if the color changes. If the yellow is gone (and especially if it fades quickly), there is a good chance that you are iodine deficient.

There are a few things you should know about the iodine patch test, however. Keep in mind that it is not one hundred percent accurate nor reliable. To date there have been no studies which show its effectiveness in determining iodine deficiency.

To really get a handle on where you stand with your iodine levels, it is best to get an "iodine loading" test done through your integrative doctor, holistic health-care practitioner, or through a qualified lab directly.

#### The Iodine Loading Test: Discover Both Iodine and Toxin Halide Levels

The iodine loading test<sup>46</sup> was developed in 2004. When done through a quality lab, this test can be fairly accurate in determining iodine deficiency. Here is how it works: A person ingests a 50 mg dose of supplied iodine or iodide. They then collect all of their urine in a jug for a 24-hour period, as per instructions. It is important to follow the directions closely and collect all urine excreted within this time period, since not doing so may throw the test off. The patient then sends a sample of this collected urine to the lab for evaluation.

There are a number of labs that can supply you with an iodine loading kit, which can be sent directly to your home. You then send your sample back via U.S. mail. An individual taking the test who excretes less than 90% of the iodine dose within the 24-hour period is considered iodine deficient.

An extra benefit with this kind of test is that many labs allow you the option of also testing for bromide, chlorine, and fluoride with the same sample. Testing for halides can also be done separately. When you are armed with information about your iodine levels as well as iodine-blocking halides, you have a baseline to work from as you put together an iodine protocol.

#### Other Iodine Testing Options

These include one-time urine samples and blood tests. The urine sample can be done through a conventional doctor or clinic, although it will not be as accurate as iodine loading. Blood tests are often not available through a doctor, and you may have difficulty finding a lab to perform this test. One-time urine sample tests and blood tests will also not give you the option to test halide levels.

No test is perfect, but if you want the most accurate measurement of both beneficial iodine and iodine-blocking halides, it is worth the time and effort to get an iodine loading test done.



## You've Got Your Test Results. Now What?

Testing is important when it comes to iodine. This is because the "iodine sweet spot" is when your body has just the right amount to supply all that it needs for balanced energy and healing, yet not so much that the excess throws glandular processes and hormones out of balance.

It is important to keep in mind that ideal iodine input from food and supplements will be different for everyone. In addition, sensitivity levels may differ over time within each person as they begin to clear away halide toxins and employ other healing modalities which can contribute to better nutrient absorption

#### **Detoxing the Halides**

Remember that it won't do any good for you to up your iodine intake either through eating an iodinerich diet or by taking supplements if your cellular "parking lot" for iodine is filled with toxic halides.

Over time, increasing your intake of quality, safe iodine itself will greatly help remove dangerous halides from your body.<sup>47</sup> You can give your system a hand in this, however, by limiting your exposure to products that contain them and using gentle detoxing protocols for fluoride, chlorine, and bromide. Here are a few tips on how you can do this:



#### **Fluoride**

As you've already learned, fluoride is prevalent in about 65% of the U.S. municipal water supply. The first step in reducing your fluoride load is to get a high-quality water filter for your home. Not only do you want to filter the water that you're drinking, you'll also benefit from installing a filter on your showerhead.

Remember that you can absorb substances through the skin too. You also breathe in the toxic fumes from showering or bathing in hot water as the chemicals evaporate into the air. Back in the mid-1980s, the American Chemical Society stated that showering in tap water can actually lead to higher risk of toxic exposure than drinking that same water could.<sup>48</sup>

Other common sources of fluoride are toothpastes and cleaning solutions found at the dentist's office. Make sure that you purchase toothpaste which says "fluoride free" on the label and that you tell your dentist you do not want them to use products containing fluoride on you. A good resource to help you find a holistic dentist who will be on board with this is through the Holistic Dental Association website.<sup>49</sup>

Finally, there are hidden sources of fluoride that you may not be aware of. You will want to avoid these as much as possible as well. We mentioned earlier how modern iodized salt manufacturers often use fluoride in processing. Here are some other commercial products which may contain fluoride:

- ▶ Some carbonated sodas and bottled fruit juices<sup>50</sup>
- Some canned products, such as canned tomatoes
- Certain baby foods
- Some alcoholic beverages, especially commercial wines
- Some grain products, such as dry cake mix and boxed cereals
- ▶ Mouthwash

#### Fluoride Detox Tip

Besides iodine supplementation, did you know that doing some form of physical activity every day can help remove fluoride from your body and reduce its toxic effects? It's true, according to a 2013 study published in the *Journal of Endocrinology*.<sup>51</sup>



#### Chlorine

While most people think of swimming pools and chlorine bleach when it comes to exposure to this toxic halide, in reality the biggest source of chlorine toxicity in the U.S. is tap water – and overexposure can wreak havoc on your respiratory system as well as your iodine stores.

Chlorination of drinking water in America started in the 1890s as a way to stop diseases that begin and grow in water, such as cholera, typhoid, and salmonella.<sup>52</sup> In this way, chlorine inoculation in the American public water supply was a success.

However, many experts today agree that overexposure to chlorine through unfiltered tap water creates a higher risk for a number of other serious health issues. This is because chlorine can combine with other organic contaminants in water to produce chloroform.

Chloroform is classified as a "probable human carcinogen" by the Unites States Environmental Protection Agency. <sup>53</sup> According to the EPA, "chronic (long-term) exposure to chloroform by inhalation in humans has resulted in effects on the liver, including hepatitis and jaundice, and central nervous system effects, such as depression and irritability."

#### **Chlorine Detox Tip**

While the best solution to chlorine overexposure is to simply stay away from unfiltered water sources, this is sometimes hard to do. Some substances can neutralize chlorine in water and in our bodies. One substance that has been known to do this is vitamin C. A 2005 report by the U.S. Department of Agriculture (USDA) Forest Service found that just one gram of either ascorbic acid or sodium ascorbate had the ability to neutralize 100 gallons of water, bringing chlorine levels down to just one P.P.M. (part per million).<sup>54</sup> This is the standard for U.S. public drinking water, although legally municipalities can go up to four P.P.M.

Keep in mind that vitamin C is not a substitute for a quality water filter, since filtration systems also remove other harmful contaminants. In a pinch, though, taking vitamin C or spraying with liquid vitamin C after exposure to chlorinated pools or water may help to reduce harmful effects.



#### **Bromide**

Perhaps the least known of the halides, bromide is the one that often goes undetected. Make no mistake, however. Bromide toxicity is on the rise as it is a cheap ingredient used for dozens of industries, from car manufacturing to commercial bread production.

Here are a few products that often contain disturbingly high levels of bromide.<sup>55</sup>

- ▶ Baked goods. Bromide is a cheap dough conditioner used in many commercial pastry items and breads.
- ▶ **Plastics**, such as those used to make computers and new car interiors.
- Pesticides, in the form of methyl bromide used on commercial strawberries. Always buy organic!
- Soft drinks that contain BVOs, or brominated vegetable oils. Fresca and Mountain Dew are two brands that contain BVOs.

#### **Bromide Detox Tip**

Thankfully, bromide is pretty easy to flush from your system. Besides upping your iodine level, you can also do a series of "salt flushes," using pure Celtic sea salt (not commercial salt) and water. Instructions for the salt flush can easily be found online, but be sure to check with your doctor or holistic practitioner if you have concerns about sodium intake.

- ▶ Some medications such as asthma inhalers, nasal sprays, and anesthesia agents.
- ▶ Fire retardants used in fabrics, carpets, mattresses, furniture, and some house paints.
- ▶ **Swimming pool** and hot tub treatment products.

In addition, research is confirming that bromide may be even more dangerous for your iodine stores and thyroid health than previously thought. The Bromide Dominance Theory promotes the idea that the particularly aggressive way in which bromide pushes iodine out of the body and takes over its cellular receptor sites may be the most important underlying factor for the iodine deficiency epidemic.

Lynne Farrow, health investigator and author of *The Iodine Crisis*, poses the question: "If iodine deficiency is the underlying cause of many diseases, is bromide 'the underlying cause of the underlying cause?' "56

## 9 More (Little Known) Benefits of Iodine

We've covered a lot in this special report so far! By now you know the repercussions of low iodine levels and may even be evaluating how all this pertains to your own health and that of your family. You've also learned some ways to rid yourself of nasty halide toxins that can wreak havoc on your entire body.

Now, let's take a quick look at some other little-known ways iodine can support good health. You may be surprised at some of the things on this list!



# 1

## **Iodine Supports Your Liver**

This first one is a no-brainer since iodine is necessary for the healthy functioning of every organ in the body. The positive effects it can have on your liver as well as your kidneys bear mentioning again, since iodine is responsible for proper communication between your thyroid and liver as well as your thyroid and kidneys.



# 2

# Iodine Keeps Your Hair Shiny and Your Skin Glowing

lodine can help your skin maintain that "healthy glow" and keep your hair from thinning! This is because iodine supports cellular rejuvenation<sup>57</sup> in addition to supplying nutrients to the thyroid gland, which is responsible for preventing hair loss.





# Iodine Is as Powerful an Antioxidant as Vitamin C!

lodine can help reduce damage caused by free radicals, which may eventually lead to gene mutation and abnormal cell growth. It can also help to clean the blood of pathogens and has reported anti-inflammatory benefits.<sup>58</sup>



# 4

#### **lodine Is Essential for Gut Health**

lodine is also important for gut health, since it is first absorbed by the body in the small intestine where it is then transported into the bloodstream. As far back as 1960, the Royal Society of Medicine<sup>59</sup> published information linking iodine to the ability to kill off bacteria and viruses in the stomach as well as deactivating chemical and biological toxins. This information was known half a century ago!



## 5

## **lodine Is an Antibacterial and Antiseptic**

lodine is a sterilizer that can kill unwelcome bugs inside and outside the body. It is ideal for cleaning wounds, can purify water in a pinch, and has been used after oral surgery to help with the first stages of wound healing.<sup>60</sup>



## 6

### **lodine Helps to Lower Stress Responses**

Cortisol levels play a major part in hypothyroidism. Inadequate amounts of cortisol can lead to lack of thyroid hormone absorption in the cells. On the other hand, too much cortisol means you are constantly in "fight or flight" mode. This can send all of your hormones spinning out of control.

lodine helps to regulate all of this. With the right amount of iodine in your body, you can maintain balance.<sup>61</sup> You may still get stressed when someone cuts you off on the highway, but you're less likely to let it ruin your day.



# Iodine Protects You From Radiation

lodine can help protect you from UV radiation coming from the sun. As you will learn later, it can also be a lifesaver if you are ever exposed to high amounts of radioactive iodine-131. In today's world, however, radiation comes in many forms.

For example, have you ever wondered what effects going through those huge security scanners at the airport will have on your health? If you are a frequent traveler, this applies especially to you. TSA scanners emit "terahertz radiation." A 2008 study conducted at Tel-Aviv University linked airport X-rays to genetic mutations. 62 lodine can help protect you against this when you travel.



## 8

### **Iodine Helps With Mental Focus**

According to the World Health Organization, iodine deficiency is the "world's most prevalent, yet easily preventable, cause[s] of brain damage." <sup>63</sup> The happy flip side to this sad fact is that upping your iodine levels can give your brain a significant and very noticeable boost!



## 9

### **lodine Is Important for Your Pets Too!**

Just like in humans, dogs and cats need iodine for their metabolism and thyroid function. And just like humans, pets can be affected by toxic, iodine-blocking substances and poor diets which can leave them deficient. Fish like wild-caught salmon or sardines (not fish-based dog food) as well as sea kelp can be good additions to your pet's diet. Your vet can also perform an iodine test to determine if your furry friend is iodine deficient.

## Food Sources of Iodine

Do not rely on iodized salt to get your daily supply of iodine! Commercial iodized salt is manufactured with iodine-blocking halides as well as other toxic chemicals. Opt for Himalayan pink salt or Celtic sea salt instead and choose whole foods that are rich in iodine and other essential phytonutrients.

# Here are just a few foods that are good sources of iodine:

- ▶ Cranberries
- Sea vegetables such as wakame, hijiki, kombu, and kelp
- Navy beans
- ▶ Raw cheese
- Eggs
- Potatoes
- ▶ Yogurt
- ▶ Tuna
- ▶ Lima beans
- Peas
- ▶ Corn
- ▶ Raw milk
- Prunes
- ▶ Wild-caught cod
- ▶ Wild-caught salmon
- ▶ Spirulina



In an ideal world it would, be best to get all the nutrients your body needs from whole food sources, since many natural foods contain the "whole package" of corresponding nutrients needed to process and break down them all in the body. For example, many sea vegetables contain high amounts of iodine, as well as the potassium and selenium needed to process and absorb it in the body.

For many people, however, getting enough iodine through food alone may not be possible. If tests show that you are in need of extra iodine, supplementation with the right kind of iodine can help significantly.

## The Best and Worst Iodine Supplements

The many kinds of iodine supplements out there can be downright confusing – and the quality levels of the various brands are as ample as the choices. The first step in choosing an iodine supplement is to go for quality above all else. It is worth it to spend a little extra on an iodine supplement that has been tested for contaminants, especially if it is sourced from sea kelp. In addition, make sure that your brand has been checked for pesticides and molds.

Here is a basic rundown of the major kinds of iodine on the market today.

## Potassium Iodide Tablets, Pills, and Gel Caps

lodine that comes in this form is usually potassium iodide (KI) sourced from sea kelp. Why potassium? Potassium and sodium are solid "carriers" for iodine as it enters the body. Without them, the system would not be able to absorb iodine in a healthy way. Organic iodine that is not mixed with a "carrier" is dangerous to ingest. Including another binding mineral like potassium helps the iodine become stable and absorbable to the body.



Potassium iodide tablets are sometimes taken to curtail the negative effects of radiation exposure. Researchhas concluded that while potassium iodide cannot completely block radioactive iodine (also called iodine-131, similar to what is still leaking out of the Fukushima Daiichi Nuclear Power Plant) from being absorbed into the body, it can prevent its uptake by the thyroid right after exposure. This is why the World Health Organization includes "iodine prophylaxis" in their emergency protocols after a nuclear accident. By flooding the body with potassium iodide for 24 hours after exposure, the thyroid becomes "full" with healthy iodine and cannot take on any more, radioactive or otherwise.

Those who are exposed to iodine-131 radiation and do not follow this protocol are at great risk of thyroid cancer and other serious conditions. Researchers of a 2018 report published in the journal *Thyroid* suspect that the rising rates of thyroid cancer among young people in the Fukushima Prefecture of Japan may be a direct result of ongoing exposure to iodine-131, which is now leaching into the Japanese food and water supply.<sup>64</sup>

Molecular potassium iodide is another form of mostly kelp-based iodine. It is also called sodium iodide, molecular iodine, potassium iodate, sodium iodate, or sodium iodine. (Molecular and other iodine pills may also contain a combination of these substances). Molecular iodine has been the focus of numerous studies examining how it may inhibit the growth of abnormal cells in the breasts as well as protect against fibrocystic breast disease (FBC).<sup>65</sup>

Despite all the benefits of potassium iodine, a major downside is that only about 20% is actually absorbed into the body.

#### An Important Note About SSKI

SSKI is a type of potassium iodide that is administered in liquid form. SSKI is not meant to be a daily supplement. Instead, it is typically used under the guidance of a healthcare provider for specific conditions, including:

- As an expectorant for respiratory conditions
- ▶ As a topical agent
- ▶ To curb out-of-control fungal growth
- ▶ For radiation protection
- ▶ To prepare for surgery
- For very severe iodine deficiency that has caused neurological problems, especially in children
- ▶ To stop a "thyroid storm", which occurs in people with Graves' disease when the thyroid releases too much thyroxine. 66 SSKI is used to stop the secretion of this hormone.





## Alcohol and Glycerin-Based Iodine

Besides pills and tablets, daily-use iodine supplements also come in liquid form. There is a definite advantage to taking iodine in this way. The main one being that liquid iodine can assimilate into the body rapidly and is very bioavailable. Liquid iodine is created using either alcohol (grain or ethanol) or glycerin. Unfortunately, there are some disadvantages to both.

For obvious reasons, alcohol-based liquid iodine may not be suitable for young children and animals. Furthermore, many individuals abstain from drinking alcohol for religious or substance abuse reasons, so this form of iodine would be inaccessible to them as well.

Glycerin, on the other hand, does not pose this issue and has a longer shelf life than alcohol-based products. However, many glycerin-based products are made from animal products which makes them unsuitable for a vegan or vegetarian consumer.

The ideal option that remains is glycerin-based liquid iodine that is vegan-sourced, organic, and not made using genetically modified soy or corn.

#### **Nascent Iodine**

According to many experts, the form of liquid iodine known as "nascent iodine" (also known as atomic iodine, monatomic iodine, atomadine, or colloidal iodine) represents the best choice of iodine supplementation for most consumers.

Here are six reasons why:

- The term "nascent" indicates that this kind of iodine contains an odd number of electrons. Why is this important? An incomplete number of electrons in any substance gives it a special electrical charge which packs an extra nutritional punch.
- Unlike other forms of iodine, nascent iodine does not break down in the digestive tract. This makes it completely available for the areas in your body that need it most the thyroid and the reproductive glands.



- Nascent iodine is highly absorbable, which is great for a tired thyroid in need of increased iodine stores to maintain homeostasis.
- Nascent iodine has actually been around since the 1920s. Before the heyday of pharmaceuticals, nascent iodine was one of the go-to remedies for skin issues and infections. It is a great salve to apply to burns and cuts.
- Because it is so bioavailable, the antiseptic properties of nascent iodine are superb for helping to fight respiratory infections, urinary tract issues,<sup>67</sup> and harmful bacteria in the gut.
- 6 Nascent iodine helps to support balanced blood pressure levels.<sup>68</sup>

## What's Next? Creating Your Plan of Action

Now that you know the real deal when it comes to all the benefits of iodine for every single cell in your body, what will be YOUR game plan when it comes to iodine?

To recap, here are some steps you may want to consider:



Get your iodine levels tested and get tested for halide toxicity as well. The iodine loading test is a great way to find your levels.



Clear out those halides! These include fluoride, chlorine, and especially bromide, which is particularly aggressive and toxic to the body. The best way to detox from these dangerous, iodine-blocking substances is to steer clear of them!



If you are iodine deficient – which most people are – then there are many things you can do to increase your levels. Clearing out the halides is one of them. Another is upping your consumption of iodine-rich, whole foods.



Finally, if you determine iodine supplementation is necessary or beneficial, liquid nascent iodine is the best overall solution in terms of absorbency and bioavailability for every gland that needs it.



# lodine NASCENTIODINE

# Powerful Healing for Your Thyroid and More

As you now know, iodine deficiency is a worldwide epidemic today. And if you are one of the two billion people who suffer from getting too little of this essential nutrient, it's affecting your reproductive health, thyroid function, and immunity. In fact, every cell in your body needs it.

While there are a variety of factors causing this problem, there are ways to fight back. First, get your iodine levels tested. Limit your exposure to dangerous halides. And increase your intake of iodine-rich foods like seaweed, wild-caught salmon, and spirulina.

When you do, you'll support your sharp thinking, healthy hormone levels, and much more.

But it's impossible to avoid ALL of the iodine-blocking halides in our environment. They're everywhere... including our water supply, plastics, and even furniture. Plus, eating enough iodine-rich foods to fix an iodine deficiency can be a challenge. And while iodine supplements are a great option, many of them can be poorly absorbed... and some may even be contaminated with toxins.

The good news? There's an easy way to get all the iodine you need for renewed health, energy and vitality. **Iodine** from **Organixx**. Just 3 drops a day gives you 1,950 micrograms of iodine – 13 times more potent than iodized table salt. And, because it's a pure, nascent form of iodine, Organixx Iodine is highly bioavailable... giving your thyroid faster relief from toxin overload.

Organixx Iodine is also 100% USDA Certified Organic. So you can rest assured that you're getting a completely pure form of iodine, free from dangerous toxins. Plus, this easy-to-take supplement comes wrapped in vegetable glycerine for better digestion and absorption. As a result, Organixx Iodine is the purest, most bioavailable, and by far most beneficial iodine supplement for your body available anywhere.

To keep your metabolism strong and all of your cells working together effectively, try Organixx Iodine. Each bottle comes with our iron-clad 100% ONE-YEAR Money-Back Guarantee. If you're not happy with the results, just call us for a full refund. No questions asked.

To learn more about **Nascent Iodine**, go here: **Organixx.com/Iodine** 



# **Empowering YOU Organically!**

## Our Commitment to You:

- Only deliver supplements that can really make a powerful difference in your health and life.
- Provide you supplements made from only the purest natural ingredients on earth, including USDA Certified Organic ingredients whenever possible.
- Use proprietary fermentation processes to make our supplements extremely bioavailable.

  (This ensures the maximum amount of nutrients from our supplements are actually utilized by your body versus being wasted.)
- Deliver the highest quality, most effective supplement blends available. We started this company because of the huge demand for quality supplements at affordable prices. We keep our markups extremely low, because we're a mission-based company with hopes of healing the world.

Now here's the great news... we're constantly improving and making our supplements even better.

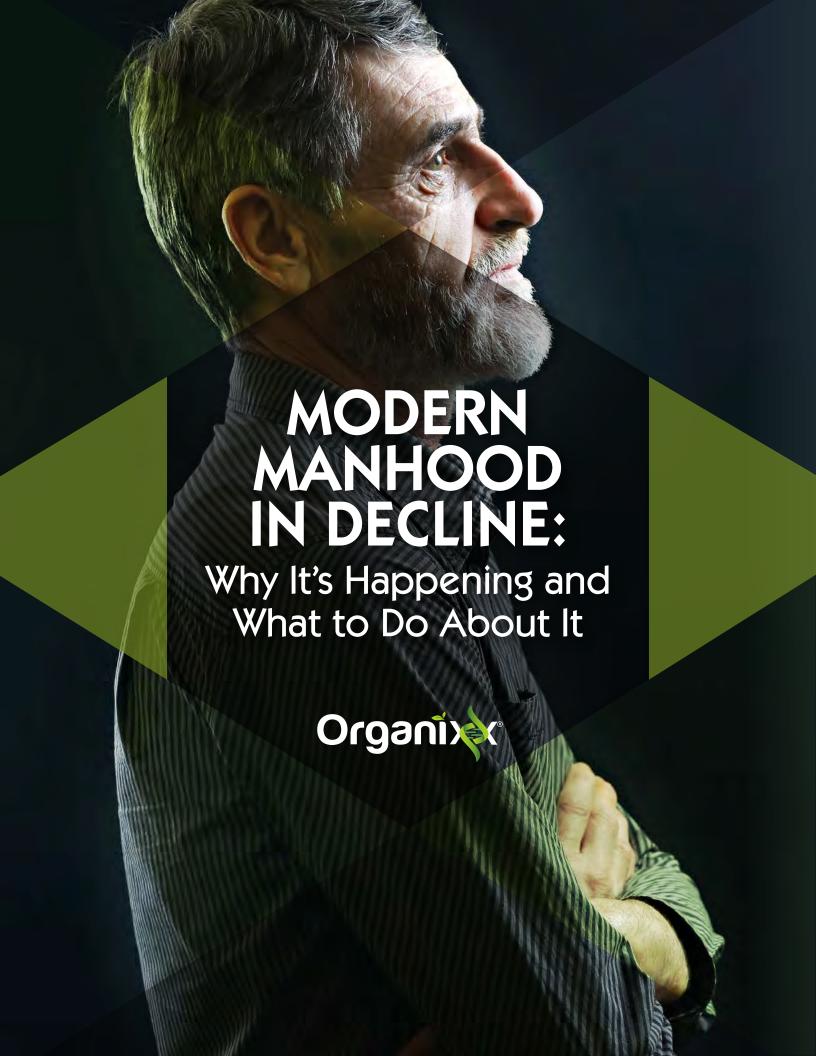
We've received a LOT of overjoyed feedback from others just like you, and the one thing we keep hearing over and over is how pleased they are to finally find a supplement company 100% committed to using the purest, non-GMO and USDA Certified Organic ingredients wherever and whenever possible!



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# MODERN MANHOOD IN DECLINE: WHY IT'S HAPPENING AND WHAT TO DO ABOUT IT

Energy. Strength. Vitality. Drive. These are among the defining physiological traits that typify what it means to be a man.

The ideal physical archetype of this is a young man in the prime of his life — his youthful vigor bearing an invisible, yet potent, "spark" from which his manly persona is revealed in all of its glory.

We call this spark testosterone – that mystical "life force" residing inside every man's body from birth that manifests as masculinity. It's something uniquely special to the male species that many men take for granted until it's no longer there like it once was — and the symptoms of its absence can be very drastic.

Energy quickly turns into fatigue. Muscle mass softens into fat. Vitality gets supplanted with malaise. Before you know it, all of that normal male drive has spiraled downwards into what can only be described as apathy.

All of these negative changes and more represent the exact opposite of how a man wants to, or is supposed to feel, regardless of his age.

But more and more men — including those in middle age, and even younger — are now experiencing unnatural declines in testosterone, a condition known in the textbooks as andropause. It's an unprecedented crisis that's reaching epidemic proportions. It affects men both young and old, from all walks of life.

The end result for many men is the systematic loss of their health, wellbeing, and livelihoods.

Perhaps you're one such man in this predicament and you've been asking yourself: Why is this happening to me, and what can I do about it? Or maybe you're a woman who's concerned about the men in your life and simply want to know what you can do, if anything, to help them.

Whatever the case may be, pay attention to what you're about to learn—because the good news is that there are solutions to help reverse this disturbing trend.



# AN EPIDEMIC OF LOW TESTOSTERONE IS DESTROYING THE MALE SPECIES

One important thing you need to understand is that a man's physical health directly mirrors his hormonal health. If he seems to be losing muscle mass while gaining fat, for instance, especially around his midsection, is constantly tired and easily fatigued, has trouble focusing or concentrating on the task at hand, or is easily irritated and quick to become agitated or upset, chances are his testosterone levels are out of whack.

Many non-physical character "flaws" are also linked to hormonal imbalance. A man with optimal testosterone levels who normally demonstrates confidence, loyalty, and determination, as a few examples, can actually become fearful, cowardly, and indecisive when his testosterone levels begin to teeter into deficiency territory.

While this isn't always the case, the fact of the matter is that almost everything that defines a man in terms of his life and character directly stems from his testosterone levels, and whether or not they're in the optimal range.

Testosterone is quite literally the fuel that affords a man the essence of his manhood, which encompasses his unique character traits, abilities, and strengths, both physically and mentally. It's how he's able to achieve greatness in life, as it's how he's able to achieve the wherewithal to overcome the many trials he's sure to encounter along the way.

Without testosterone, a man would quickly find himself up a creek without the proverbial paddle. Just ask an elderly man to recall the days of his youth and he'll probably reminisce with fondness about all of the things that he was able to do "way back when" that he can no longer do now because his testosterone levels have declined.

As goes a man's testosterone, in other words, so goes the man himself. This is why it's critically important to understand what's going on with this vital hormone in today's men. While it's completely normal for a man's testosterone levels to gradually taper off the older he gets – this being one of the many consequences of natural aging – it shouldn't be drastic or premature.

And yet this is where many modern men now find themselves: the victims of a widespread epidemic of "Low T," as the drug companies are now calling it – a crisis of modern manhood that now affects literally millions of men.



# THE STANDARD AMERICAN DIET IS ANTI-TESTOSTERONE

When it comes right down to it, modern men have it tougher than probably any other past generation, because testosterone is under assault like never before. Average testosterone levels today have reached historic lows, and the causes are many – including poor lifestyle and diet, along with exogenous (external) exposure to endocrine-disrupting chemicals.

It's a well-known fact that men today are generally weaker and more fatigued relative to those from their fathers' generation. Research published in *The Journal of Clinical Endocrinology and Metabolism* found that average testosterone levels in men are now dropping by about one percent per year, with no end in sight. Since the 1980s, testosterone levels in adult men have dropped "substantially," this report found, with evidence showing double-digit declines in testosterone with the advent of each new generation of men!<sup>1</sup>

Almost every metric and indicator of male health, in fact, points to major and ongoing declines in everything associated with testosterone and manhood – including decreased sperm count, smaller muscle mass, weakened grip, and lowered lifespan.

But why is this the case?

One of the biggest culprits behind this ongoing testosterone crisis is poor eating habits, as men today no longer eat the way that our ancestors once did – and boy, does it show! Back

in the early days of Colonial America, for instance, families thrived on home-cooked, made-from-scratch meals comprised of traditionally-prepared breads and baked goods, pastured meats, organic fruits, and vegetables – many of which were pickled and fermented to unlock their densely packed nutrients – sprouted nuts, and various other traditional, life-giving foods.<sup>2</sup>

Contrast this with the standard American diet of today and it becomes clear why we're in this mess. The average man today consumes food that is highly processed and overly refined, contaminated with disease-causing crop chemicals, and nutritionally "dead," for all intents and purposes.

Modern food in general also tends to be loaded with processed sugar, preservatives, and other additives that are highly detrimental to male hormones – and interestingly, none of which were part of the traditional diets of old. The result of all this is that many modern men are nutritionally starved, meaning their bodies aren't getting the nutrients they need to stay healthy, strong, and fit.

According to the Office of Disease Prevention and Health Promotion (ODPHP), roughly 75% of Americans fail to regularly consume healthy foods like fresh fruits, vegetables, lean, organic protein, and healthy fats. Instead, far too many people are addicted to "junk" food, which is directly associated with high rates of obesity and heart disease. Furthermore, most Americans also exceed the recommendations for added sugars, saturated fats, and sodium.<sup>3</sup> This is obviously not a good scenario, especially for men.



### Excess Sugar Consumption Leads to Testosterone Loss

Sugar is particularly offensive to masculinity. Studies show that excess glucose intake is directly correlated with decreases in testosterone. One study published by researchers from Massachusetts General Hospital in Boston found that every 75-gram "dose" of sugar – an amount less than what's found in two cans of soda pop – causes a 25% drop in testosterone for up to two hours after consumption.<sup>4</sup>

Additional tests conducted on these same men revealed that 15% of them experienced so drastic a drop in testosterone from soda consumption that they would have clinically qualified for testosterone replacement therapy (TRT)! That's how bad sugar is for the male body.



When we're talking about sugar here, we mean the monosaccharide variety, aka "simple" sugars like those found in processed foods, candy, soda pop, and even some types of fruit. Excess consumption of these types of sugars causes the body to produce more of a hormone known as insulin, which in turn causes testosterone levels to plummet. Sugar also causes the body to produce less luteinizing hormone (LH), a "master" hormone that's responsible for producing both testosterone and human growth hormone (hGH).<sup>5</sup>

If this scenario of excess sugar consumption goes on for long enough, the body can actually stop producing insulin altogether – a condition known as type 2 diabetes, one that spells major hormone disaster. Not only do blood sugar levels go through the roof as a result of diabetes, but testosterone levels reach even more disastrous lows.

To give you an idea of how prevalent this scenario is, the U.S. Centers for Disease Control and Prevention (CDC) says that just over a quarter of all Americans now either have diabetes or a precursor condition known as prediabetes, which is basically the onset of this testosterone-killing nightmare.<sup>6</sup>

None of this is normal, as evidenced by research presented at The Endocrine Society's 94th Annual Meeting in Houston, Texas. A team of doctors and researchers presented undeniable scientific evidence showing that, contrary to what many people have been led to believe, low testosterone isn't natural – even in men who are getting up there in years. And much of the problem can be traced back to poor diet and lifestyle habits.<sup>7</sup>

What this suggests is that men do have a choice in whether or not they succumb to losing their life essence. Just because men age doesn't mean that they have to lose all of their testosterone – but it all comes down to making the right choices. Deciding not to consume excess sugar, which contains no nutrients and plenty of "empty" calories, represents one of them.



### Soy: One of Testosterone's Worst Enemies

Perhaps even worse for men than sugar is soy, a popular legume with many derivatives that's found in all sorts of modern foods. Think ingredients like soybean oil, soy protein, and soy lecithin. If you take a closer look at ingredient labels, you'll find one or more of these in almost everything processed these days.

For a number of years, soy was touted as a "healthy" alternative to dairy (soy milk), meat (tofu, tempeh), and animal fat (soybean oil). But lately, science has been singing a different tune. A growing body of evidence suggests that soy is perhaps one of the worst foods that a man can put inside his body, at least as far as testosterone levels are concerned.

That's because soy is filled with powerful phytoestrogenic compounds that mimic the effects of natural estrogen – which for men means that they counteract the actions of testosterone. Not all phytoestrogens are inherently bad, but the ones in processed soy products have been shown in a multitude of scientific studies to be exceptionally powerful.

Not only has soy been shown to damage the endocrine system, both in men and women, but it can also set it up for long-term failure the more it's consumed. And the effects in men as opposed to women seem to be noticeably more damaging.

While small amounts of phytoestrogens in other plant-based foods have been shown in some studies to possibly help prevent certain health conditions such as osteoporosis and heart disease, their potential to cause harm is substantially greater – especially in the quantities found in soy.

A review of published data on the subject that was featured in the journal Frontiers in Neuroendocrinology notes that the phytoestrogens found in soy products represents some of the worst forms of endocrine disruptors in the modern food supply because of how dras-

tically they interfere with the body's normal production and expression of hormones.8

To put this into perspective, phytoestrogens are often used in hormone supplements as a natural alternative to estrogen-replacement therapy for postmenopausal women – that's how powerful they are! And soybeans contain some of the highest known levels of these plant-based estrogenic compounds.

This is obviously problematic for men, as any extra estrogen in the system typically means a lower testosterone to estrogen ratio, or even less testosterone – but this isn't even the worst of it.



Research out of the University of Connecticut found that after just two weeks of consuming soy protein beverages (as opposed to whey protein, a more common muscle-building supplement), male athletes experienced major declines in testosterone levels as well as dramatic spikes in cortisol. Cortisol is a "stress" hormone made in the body that competes with and destroys testosterone, and that typically manifests physically as excess belly fat.<sup>9</sup>

Animal studies further suggest that consuming soy products regularly is enough to cause "testosterone deprivation" in mammals. In other words, the phytoestrogens in soy protein act as feminizing anti-androgens that not only deplete male hormones, but also inhibit a man's body from producing more of them. Not good!

Soy products, in general, counteract the necessary androgenic expression inside a man's body that would otherwise provide him with sustained energy, mental focus, and sustained muscle mass. This is why many athletes and bodybuilders refuse to touch the stuff. To drive this point home, research out of the University of North Carolina at Chapel Hill (UNC) found that men who consume soy products regularly tend to develop female characteristics in the longer term. Such characteristics including unnatural nipple discharge, breast enlargement, and hot flashes.

Beyond this, testosterone deprivation can cause other serious problems for men such as immune dysfunction, irregular sleeping patterns, low libido, impaired growth and development, and low thyroid function.

# THE PROBLEM WITH PESTICIDES, PLASTICS, AND PHARMACEUTICALS

The obvious solution is to stay away from sugar and soy, and to instead consume only healthy foods. But what does this mean in the age of prolific crop chemicals? The unfortunate reality is that many foods that appear healthy actually aren't when you take a closer look at what's really in them.

Unless they're organically grown without the use of synthetic pesticides, herbicides, and insecticides, even the prettiest produce can be a toxic hazard for men. Like the phytoestrogens naturally found in soy, the estrogen-like chemicals found in crop chemicals like glyphosate (Roundup), for instance, are known to invade the body and interfere with the endocrine system, inhibiting the normal production of both male and female hormones.

Even longer after these food crops are picked, processed, and stocked on store shelves, their skins and flesh can still be teeming with damaging and highly toxic chemicals that are known to take a major toll on male hormones.

In a paper published in the *Medical Journal of Australia*, Dr. Mitch Harman, MD, an endocrinologist from the University of Arizona, explains how endocrine-disrupting substances are now so widespread throughout the modern food supply that humans are now being assaulted by them practically from the moment they exit the womb (and even before)!<sup>10</sup> This relentless "xenobiotic attack," as he calls it, can cause major disruptions in male hormonal and reproductive functionality, impairing or otherwise damaging a man's normal biological development.

This is why many forward-thinking health professionals recommend that their patients avoid conventional produce and factory-farmed meat at all costs, and instead stick with organic and pasture-raised alternatives, which helps to minimize chemical exposure. It's also a good idea not to spray your lawn or garden beds with weed killers, insecticides, and other chemical-based pest control solutions, as residues from these products are highly persistent. It's easier than you might think for these poisons to end up inside your home, and ultimately inside your body, when tracked in by foot or by household pets.

Many household cleaning products are similarly high-risk, as they more often than not contain additives that mimic, supplant, or otherwise handicap natural hormones from doing their job. According to the Environmental Working Group (EWG), the worst chemical offenders that cause this type of endocrine disruption include: <sup>11</sup>

# ENDOCRINE DISRUPTING CHEMICALS:



### Bisphenol-A (BPA)

A plasticizing chemical found in plastic bottles and containers, the lining of food cans, thermal paper receipts, and even paper money bills, BPA pretends to be estrogen when it gets inside the body. At least 93% of Americans are said to now have BPA inside their bodies, which studies suggest can lead to reproductive problems, obesity, heart disease, and cancer.

### Dioxin

Many industrial processes like the burning of coal and fuel, metal smelting, and chemical manufacturing produce a byproduct known as dioxin that directly interferes with hormone signaling throughout the body. Avoiding dioxin entirely is virtually impossible, but minimizing exposure can be as simple as avoiding conventional produce and meat products, and steering clear of products that contain bleach. This includes laundry bleach, bleached coffee filters, and other bleached paper products like paper towels, napkins, and toilet paper.

### **Atrazine**

Most conventional corn is sprayed with this prolific chemical pesticide, which seeps into groundwater and, in many cases, ends up flowing from people's taps who live near areas where it's used. Scarily, researchers have found that exposure to even low levels of this compound can turn male frogs into females that produce eggs. Consuming only organic produce and water that's undergone advanced filtration can help to minimize exposure.

### **Phthalates**

Plastic food bags, plastic containers, and anything that contains PVC – including many shower curtain liners – are generally loaded with this damaging, endocrine-disrupting chemical (EDC). This common plastics chemical is known to trigger "programmed" cell death in testicular cells and inhibit sperm production. Steering clear of plastic products in general, as well as any product that contains "fragrance" as a listed ingredient (which typically indicates the presence of synthetic scent compounds as opposed to natural essential oils) is critical for men looking to optimize their testosterone stores.

### Perchlorate

This byproduct of rocket fuel is increasingly turning up in conventional produce and dairy products. When it gets inside the body, perchlorate competes with the trace mineral iodine for residence inside the thyroid gland. When it's successful in this endeavor, perchlorate inhibits the body from producing necessary thyroid hormones. Because perchlorate often times ends up seeping into drinking water supplies, it's important to drink only purified (or natural spring) water as opposed to unfiltered tap water.

### Fire retardants

Many consumer products that contain fabrics and foams – think couches and chairs, mattresses, and carpets – are sprayed with fire-retardant chemicals like polybrominated diphenyl ethers. These can imitate thyroid hormones in our bodies and disrupt their activity, leading to lower IQ and other health problems. Though difficult to avoid, fire retardants are no longer present in products made by the following companies: Room & Board, IKEA, Crate and Barrel, West Elm, and Pottery Barn. You can also avoid the pitfalls of chemical carpeting by using only hardwood or other solid-surface flooring materials in your home.



#### Lead

In animals, lead has been found to lower sex hormone levels. Research has also shown that lead can disrupt the hormone signaling that regulates the body's major stress response system, known as the HPA axis.

If you live in an older home, there could be lead in your piping or paint that needs to be removed through remediation and/or upgrades. If your tap water is fluoridated, there's also a pretty good chance that lead levels are higher right from your tap due to fluoride-induced corrosion of city pipes. Updating whatever you can in your home is strongly advised, as is running your drinking water through an advanced filtration system that removes both lead and fluoride.

#### Arsenic

This metalloid compound disrupts the glucocorticoid system of the body, which is responsible for regulating the way that sugars and carbohydrates are transformed into energy. The end result can manifest as weight gain, protein wasting, immunosuppression, insulin resistance, osteoporosis, growth retardation, and high blood pressure. Some of the most common sources of arsenic include contaminated, nonorganic brown rice (primarily from the Southern U.S.), wine, and bottled juice.

### Mercury

Whether it's found in dirty fish (beware of eating too much sushi!), air pollution, or vaccines, mercury is never a good thing for a man's body. The best way to minimize mercury exposure is to skip vaccines when possible (which contain a whole slew of toxic chemicals besides just mercury) and eat only clean fish, including pole-caught albacore tuna, wild-caught salmon

from Alaska, farmed oysters, wild-caught Pacific sardines, farmed rainbow trout, farmed mussels, arctic char, U.S. farmed barramundi, wild-caught West Coast Dungeness crab, and wild Atlantic long fin squid.<sup>14</sup>

### Perfluorinated chemicals (PFCs)

When cooking at home, it's absolutely critical that you avoid the use of non-stick pots and pans. Their easy-to-clean surfaces, as convenient as they might be, are brimming with endocrine-disrupting PFCs that have been shown to damage vital organs, decrease sperm quality, and negatively alter thyroid function. Cookware made with glass, enameled cast iron, stainless steel, and stoneware are safer options.

### Organophosphate pesticides

Did we mention that eating only organic and certified chemical-free produce is critical for men? Here's another reason why: organophosphates impede testosterone's ability to communicate with cells, thus neutralizing its presence throughout a man's body.

### Glycol ethers

Many household cleaning products, paints, and even cosmetics contain chemicals like glycol ethers that the European Union says "may damage fertility or the unborn child" and which have been linked to blood abnormalities and lower sperm counts. The Dow Chemical Company produces the vast majority of these solvent substances, a great many of which can be avoided simply by tossing all of your store-bought cleaning solutions that contain ingredients you can't even pronounce, and replacing them with natural alternatives like vinegar and baking soda (for multi-purpose cleaning), hydrogen peroxide, and lemon juice.<sup>15</sup>

Another ubiquitous class of testosterone-destroying "micropollutant" that many people over-look is pharmaceutical drugs. Even when a man isn't actively taking them (think hormonal birth control pills) their residues often persist in waste water. Even after post-treatment processing, these drugs end up contaminating oceans, lakes, rivers, and streams. Even very low-dose exposure to these chemical compounds can wreak havoc on a man's hormonal system.

The best solution would be for water systems nationwide to upgrade their purification technologies to capture all of these chemical stragglers before they end up back in the environment. Until that happens, however, the next best option is simply to avoid the use of pharmaceuticals if you can help it, and only drink filtered water.

And once again, avoiding conventional produce – a common theme throughout this report – is also a good idea, as sewage treatment "sludge" containing pharmaceutical residues is often applied to non-organic food crops as "fertilizer."

Even common painkillers like ibuprofen (Advil) and aspirin (Bayer) can be problematic for male health. Evidence from both laboratory tests and human clinical trials suggests that non-steroidal anti-inflammatory drugs, or NSAIDs, which many people use daily to relieve pain, directly interfere with testosterone production in the male testes.<sup>16</sup>





### STRESS IS A MALE KILLER

Learning to keep track of all these "dos" and "don'ts" when it comes to avoiding endocrine disruptors can seem daunting – but it's certainly a battle worth fighting. Over time you'll get the hang of it and it'll no longer feel like a chore, but rather a normal part of your daily routine.

In the meantime, try not to let it become too much of a burden to the point that you're constantly worrying or anxious about everything, as stress is another major cause of testosterone depletion.

Every time your body becomes stressed, that cortisol hormone that we spoke about earlier kicks into high gear. This "fight or flight" molecule is like Kryptonite to testosterone – expressing itself in all of the worst ways during periods of high stress to impair healthy hormone levels and balances.

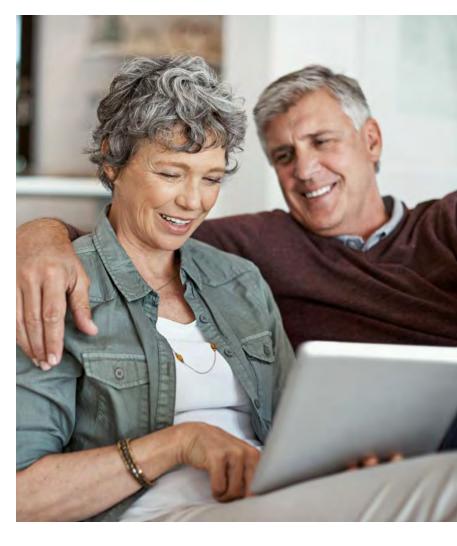
While testosterone is anabolic in nature, meaning it helps to stimulate protein synthesis, muscle growth, and other manly processes in the body, cortisol is catabolic, meaning it causes muscles to break down, fat to accumulate (especially around the belly), immune function to decrease, and testosterone levels to plummet.

It's true that the human body requires healthy amounts of cortisol for rudimentary functions like blood sugar balance and metabolic homeostasis. But the large amounts of cortisol that are released into the bloodstream in response to stress produce the exact opposite effect, causing a man's body to basically go awry. Many men respond to this whirlwind of stress by binging on alcohol or "comfort" food as a short-term fix. Sadly, these "feel good" solutions only make the problem worse.

When researchers from the University of Texas at Austin (UT) evaluated the relationship between cortisol and testosterone, they found that, in many ways, the two hormones are diametrically opposite in the way that they influence bodily processes and behaviors. As cortisol levels go up, testosterone levels tend to go down – this hormonal balancing act moving back and forth like a seesaw as testosterone and cortisol fight with one another to maintain control over a man's dominant and competitive behaviors.<sup>17</sup>

Keep in mind that stress places an enormous burden on the body's resources, taxing them to the max in order to escape the perceived "emergency" situation that brought it about in the first place. This drains a man's body of testosterone, leaving him depleted of what he needs to perform physically, mentally, and sexually.

This leaves very little leftover for engaging in the types of behaviors that are encouraged by testosterone, which include things like competition and aggression, intense physical labor, and sexual activity. In other words, the more stress you're under, the more your body has to compensate by producing cortisol – leaving nothing left for testosterone. This tends to diminish a man's competitive and aggressive nature, as well as sap his energy levels.



The longer this goes on, the more serious the consequences. Think loss of libido and impotence.

That's why learning to stop and smell the roses – basically slowing down and simplifying your life – is so important for men's health. By becoming less stressed, a man will see his testosterone stores increase, hormone imbalances reverse, and cortisol levels decline.

So, the next question you're probably asking is: How do I become less stressed?

If we're talking about managing psychological stress, it generally starts with reorienting your life, and possibly even your mindset. A healthy balance of work, leisure, and sleep is absolutely crucial for a man's long-term wellbeing – but how many men actually embrace this concept on a daily basis?

It's common for many modern men to take on too much in their lives, whether it be in their work, their responsibilities at home, or even in their thought processes. Remembering to take time to relax and experience reprieve from the day-to-day grind is just as important as working hard.

### Lifting Heavy Things and Staying Active Can Dramatically Lower Cortisol

Don't take any of this advice as implying that it's good to just lie around and be lazy. On the contrary, too much sedentary behavior actually communicates to the body that testosterone is no longer needed, to which it responds by basically shutting down production – not completely, of course, but enough to be noticeable.

To keep the flame burning, men have to stay active. Lifting heavy things in the gym, playing sports, or even just doing yard work are all great ways to help optimize male hormones. In other words, nothing combats out-of-control cortisol like working those body muscles; but you have to do it the right way.

Too much aerobic exercise (i.e. running long distances for long periods of time) can actually cause cortisol levels in men to skyrocket – which as we covered earlier causes testosterone to decrease. Anaerobic exercise (i.e. high-intensity strength training workouts) on the other hand, is a much better approach for men to maximize their manly potential.

Think short, rigorous workouts several times per week that involve giving it everything you've got – interspersed with proper rest, of course – because that's the time when muscles get the chance to rebuild, and when testosterone stores replenish themselves.



### THREE OF THE MOST EFFECTIVE WAYS TO HELP MINIMIZE STRESS:

- Getting at least seven (and preferably nine) hours of sleep per night. Research shows that more than 20% of adults who fail to get enough sleep feel more stress every day than well-rested adults. It's even worse for adults with higher than average stress levels, nearly 50% of whom say they feel more stressed when they don't get enough sleep.<sup>18</sup>
- Taking time to do the things you love. Whether it's playing golf, watching sports, working in the wood shop, taking a bike ride, or even just taking a nap, leisure time is equally as important as sleep time. If you don't already have one, find a hobby (or two) and do it regularly. You'll feel better, think better, and even your heart will pump better.<sup>19</sup>
- Keeping your work at work. Research out of Penn State University shows that most men are actually more stressed at home than they are at work often because they don't know how to leave their work back at the office. Men generally aren't hardwired to multitask, and yet many of them attempt to do just that when they go off the clock.<sup>20</sup>

To be clear, cardio is still important, just not for long periods of time. Instead of marathons or running endlessly on treadmills, work up a sweat and get that heart rate moving by doing wind sprints and high-speed laps in the pool. Again, the focus is high-intensity interval training, or HIIT – meaning quick busts of intense anaerobic exercise with less intense

recovery periods, as opposed to lengthy endurance training.

Research shows that engaging in 20 minutes of HIIT three times per week is far more beneficial than engaging in 30 minutes of steady-state aerobic exercise three times per week, as far as testosterone is concerned. Not only does a HIIT approach to working out result in a nearly seven times greater reduction in body fat compared to aerobic cardio exercise, but it also leads to rapid muscle gain (while aerobic cardio tends to promote muscle loss).<sup>21</sup>

If you're already a highly stressed individual, you'll probably want to start out slow and build your way up to this, as too much HIIT too quickly can actually cause further testosterone depletion. Once or twice a week is



a good starting point, and you can work your way up from there. Better yet, find a qualified trainer to work with who can custom-craft a routine for you based on your specific age, body type, and health status.

Once you get going, you're sure to see not only gains in muscle mass and testosterone, but also decreases in stress. This was demonstrated in research out of the University of Maryland School of Public Health, in which students who participated in just three sessions of moderate-level exercise experienced noticeably less anxiety and stress upon viewing a series of unpleasant images compared to students who remained sedentary.<sup>22</sup>

Think of it like a positive feedback loop: the more you work out and get healthy, the less stressed you'll be. And the less stressed you are, the more able you'll be to work out and continue forging your manliness.



# CONSUMING HEALTHY FATS: ONE OF THE KEYS TO TESTOSTERONE OPTIMIZATION

Keep in mind that working out is only as effective for your physical and emotional health as the foods you eat. Nutrition actually represents up to 80% of the equation as far as body composition and hormone balance are concerned, which is why it's critical to set dietary goals that work towards this end.

Besides consuming plenty of protein to complement your high-intensity workouts, it's perhaps even more important to consume the right types of healthy fats that will help your body metabolize more androgenic nutrients and produce more testosterone.

So, let's take a closer look at the three main types of dietary fats to see how they stack up (from most supportive to least supportive of testosterone optimization):

### 1. Saturated fatty acids (SFAs)

Despite being vilified by many mainstream health professionals, saturated fats are actually quite beneficial for men. Their single-bonded carbon atoms mean they remain solid at room temperature, which makes them easy to identify — and they're arguably the premiere form of fat because they increase the body's production of cholesterol.

At first glance, this might sound like a bad thing. But the truth is that cholesterol functions as the building block of every single steroid, sex, and adrenal hormone in the body, not to mention the protective "cell wall" around every cell in our body.

The Leydig cells that live inside a man's testicles actually require cholesterol as "fuel" to produce testosterone. The brain also uses cholesterol to maintain neurological health.

Some of the best sources of saturated fat include pasture-centered animal fats (lard, butter), coconut oil, palm kernel oil, and cocoa butter.

### 2. Monounsaturated fatty acids (MUFAs)

MUFAs are also beneficial, though they're classified as unsaturated – meaning they remain in liquid form at room temperature. Their double-bonded carbon atoms contain plenty of hormone-supportive vitamin E, which numerous studies suggest work alongside SFAs to provide a powerful support system for androgen production inside the body, particularly when combined with HIIT.<sup>23</sup>

Some of the best sources of MUFAs include extra-virgin olive oil (EVOO), avocados, palm oil, pasture-centered chicken fat, beef tallow, and cocoa butter.

### 3. Polyunsaturated fatty acids (PUFAs)

PUFAs are what you might call "bad" fats because they tend to produce the opposite effect of SFAs and MUFAs. PUFAs oxidize and turn rancid very easily when exposed to oxygen (unlike SFAs and MUFAs) and are generally anti-androgenic.

Consuming too much of them can cause the body to become inflamed, damage the arterial system, and place enormous strain on the endocrine system – primarily because they contain a very imbalanced ratio of omega-6 fatty acids to omega-3 fatty acids.<sup>24</sup>

Most so-called "vegetable" oils fall into the PUFA category, and include names like soybean, corn, canola, and cottonseed oils.



Although small quantities of naturally-occurring trans fats are made in the gut of some animals, artificial trans fats are created in an industrial process that uses high pressure and chemicals to add hydrogen to liquid vegetable oils to make them more solid. The resulting products are known as "partially hydrogenated oils."

In 2013, the U.S. Food and Drug Administration (FDA) made a preliminary determination that partially hydrogenated oils are no longer Generally Recognized as Safe (GRAS) in human food. In other words, trans fats are never good to consume, and should always be avoided as they contribute nothing beneficial whatsoever to human health.



### Dietary Fats and Oils With Healthy Ratios of SFAs to MUFAs

While some would argue that SFAs have a slight edge over MUFAs when it comes to their proandrogenic potential, the collective of science suggests that both are important for proper hormone balance. Like many other nutrients found in nature, consuming both types of fats creates a synergy in which the benefits of each are amplified by the presence of the other.

Here's a breakdown of dietary fats with healthy ratios of SFAs to MUFAs, beginning with those containing the highest levels of SFAs (in grams per tablespoon, or g/Tbsp.):<sup>25</sup>

- Coconut oil SFAs: 11.8g, MUFAs: 0.8g, PUFAs: 0.2g, TFs: 0.0g
- Palm kernel oil SFAs: 11.1g, MUFAs: 1.6g, PUFAs: 0.2g, TFs: 0.0g
- Cocoa butter SFAs: 8.1g, MUFAs: 4.5g, PUFAs: 0.4g, TFs: 0.0g
- **Butter** SFAs: 7.2g, MUFAs: 3.3g, PUFAs: 0.5g, TFs: 0.0g
- **Palm oil** SFAs: 6.7g, MUFAs: 5.0g, PUFAs: 1.2g, TFs: 0.0g
- **Beef tallow** SF As: 6.4g, MUFAs: 5.4g, PUFAs: 0.5g, TFs: 0.0g
- Lard (pork fat) SFAs: 5.0g, MUFAs: 5.8g, PUFAs: 1.4g, TFs: 0.0g
- **Chicken fat** SFAs: 3.8g, MUFAs: 5.7g, PUFAs: 2.6g, TFs: 0.0g
- Olive oil SFAs: 1.8g, MUFAs: 10.0g, PUFAs: 1.2g, TFs: 0.0g

These represent some of the best types of fat you can put inside your body, with those at the top of the list being more dominant in SFAs, and those at the bottom of the list leaning more towards MUFAs. As you'll notice, all of these fats are also very low in PUFAs, which makes them ideal for human consumption.



### Dietary Oils With High/Unhealthy Levels of PUFAs

On the other hand, the vegetable oils most commonly found in processed and fast foods lean in the direction of having primarily PUFAs, meaning they're among the worst types of fats you can eat.

The breakdown is as follows (in descending order from those with the highest levels of PUFAs to those with the least):

- **Flaxseed oil** SFAs: 1.3g, MUFAs: 2.5g, PUFAs: 10.2g, TFs: 0.0g
- Sunflower oil SFAs: 1.4g, MUFAs: 2.7g, PUFAs: 8.9g, TFs: 0.0g
- Corn oil SFAs: 1.7g, MUFAs: 3.3g, PUFAs: 8.0g, TFs: 0.0g
- **Soybean oil** SFAs: 2.0g, MUFAs: 3.2g, PUFAs: 7.8g, TFs: 0.0g
- Cottonseed oil SFAs: 3.5g, MUFAs: 2.4g, PUFAs: 7.0g, TFs: 0.0g
- Sesame oil SFAs: 1.9g, MUFAs: 5.4g, PUFAs: 5.6g, TFs: 0.0g
- **Peanut oil** SFAs: 2.3g, MUFAs: 6.2g, PUFAs: 4.3g, TFs: 0.0g
- **Canola oil** SFAs: 0.9g, MUFAs: 8.2g, PUFAs: 4.1g, TFs: 0.0g
- Margarine (tub) SFAs: 2.0g, MUFAs: 5.2g, PUFAs: 3.8g, TFs: 0.5g
- **Vegetable shortening** SFAs: 3.2g, MUFAs: 5.7g, PUFAs: 3.3g, TFs: 1.7g
- Margarine (stick) SFAs: 1.6g, MUFAs: 4.2g, PUFAs: 2.4g, TFs: 3.0g
- Safflower oil SFAs: 0.8g, MUFAs: 10.2g, PUFAs: 2.0g, TFs: 0.0g

It's generally a good idea to stick with fats and oils from the first list that have higher levels of SFAs and MUFAs, and lower levels of PUFAs.

At the same time, you'll want to be careful to avoid fats and oils from the second list as much as possible, especially those derived from genetically engineered (GE) sources, including

corn, soybean, cottonseed, and canola oils, as well as all forms of margarine, which contain highly toxic trans fats.

Omega-6 fats aren't all bad, by the way. The healthier PUFA fats and oils (which include flax-seed, sunflower, and peanut) indeed contain constituents like linoleic acid, alpha-linolenic acid, and gamma-linolenic acid that contribute to the overall hormone-balancing effects of fats in general.<sup>26</sup>

It's just that most modern diets are over-saturated with omega-6 fats, and deficient in corresponding omega-3 fats. Back in the 1980s, the average ratio of omega-6 to omega-3 fats in a person's diet was around 4:1. Today, that ratio gap has increased to as high as 20:1. The ideal ratio is 1:1, or 1:2 at the most, which for most people means cutting way back on fats and oils in the PUFA category and replacing them with oils in the SFA and MUFA categories. <sup>27</sup>



# REV UP THOSE HORMONES WITH NATURAL SUNLIGHT AND VITAMIN D

Another benefit of the cholesterol found in saturated fats is that it helps the body to produce more vitamin D. Contrary to what many people believe, vitamin D is actually a type of steroid hormone, not a vitamin – and the body needs it to produce other hormones, like testosterone.

Cholesterol is also one of the catalysts that helps synthesize vitamin D in the body after it's placed there by natural sunlight (which is the best source of vitamin D) supplements, or food.



After the liver finalizes this conversion process, vitamin D is unleashed throughout the body, where it helps to boost immunity, regulate calcium absorption, and aid in the production of both male and female hormones, among other important tasks.

However, none of this would be possible without the presence of saturated fats, preferably those from animal sources, many of which contain their own natural stores of vitamin D from when the animals it came from roamed about in the open air.

Humans need to expose themselves to the sun. When they don't, or when they slather on the sunscreen, their hormones are put at risk. Ultraviolet B (UVB) radiation from natural sunlight interacts with 7-dehydrocholesterol (7-DHC) in the skin to produce bioavailable vitamin D, a "master" hormone of sorts that performs a number of important tasks throughout the body.

Vitamin D is one of the key ingredients for maintaining a healthy reproductive system, as it helps to improve fertility, sperm production, and overall sexual function in men.

You might say that vitamin D and testosterone are joined at the hip, as multiple studies suggest that men with the highest levels of vitamin D also tend to have high levels of testosterone. <sup>28</sup> Conversely, low testosterone is directly associated with low vitamin D status. <sup>30</sup>

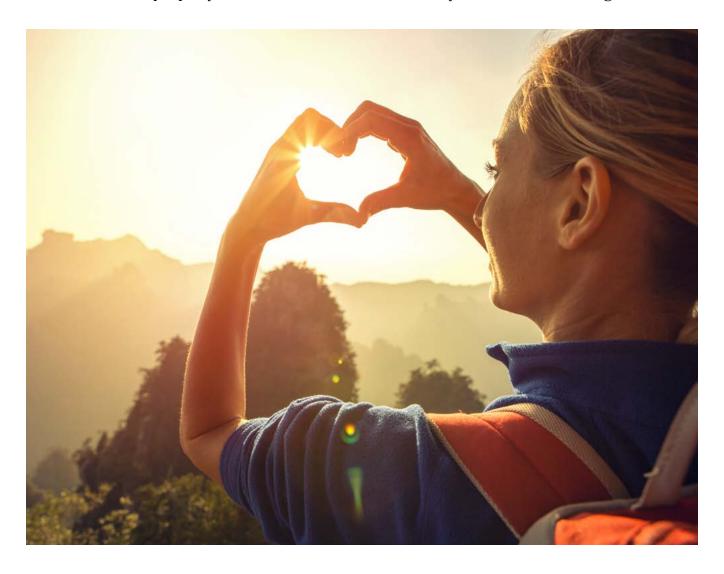
In one study from back in 1939, men who exposed their chest areas to natural sunlight for just five days saw dramatic increases in testosterone of around 120%. This increase rose

to about 200% when these same men exposed their genitals to UV radiation for the same amount of time.<sup>31</sup>

This same paper found that exposure to UV light actually communicates to the brain to release more luteinizing hormone (LH), which in effect triggers testicular Leydig cells in the testicles to generate more testosterone.<sup>32</sup>

When natural sunlight isn't an option (such as in the winter months), the next best way to obtain vitamin D is through ultraviolet light therapy, or what you might call "beneficial tanning." UV therapy "walls" and "beds" for the home offer a safe and easy way to get your vitamin D during the colder months when the sun is at too low of a tilt to effectively deliver vitamin D – and when it's just too darn cold to go outside without a coat!

Vitamin D3 (cholecalciferol) supplements are also beneficial when neither of these options are available, though it's critical to take vitamin D3 in conjunction with "cofactor" nutrients like magnesium, zinc, vitamin K2, boron, vitamin A, and calcium. These cofactors help to ensure that vitamin D is properly "activated" in order for the body to take full advantage of it.<sup>33</sup>



# BOOSTING TESTOSTERONE: THE HERBAL APPROACH

Adaptogenic herbs represent another powerful weapon in a man's testosterone-boosting arsenal. Like their name suggests, these natural, body-balancing substances help the body to adapt to whatever challenges it faces, whether it be stress, toxins, or underlying hormonal imbalances.

Adaptogens have been used for many centuries to naturally support homeostasis in humans, and many men today are discovering that they're a great choice for giving their manhood a

little extra boost.

A few great herbal options include:

### Ashwagandha

This powerful adaptogenic herb has been shown to help restore male balance. Like other adaptogens, it doesn't do this by forcefully raising or lowering hormones, but rather by "re-tuning" the body to harmoniously achieve a healthy hormonal balance all on its own.

Research suggests that taking ashwagandha in conjunction with a healthy diet and lifestyle can help to improve recovery time post-work-out. It can also improve a man's testosterone profile while increasing his sperm count, sperm mobility, and semen volume. Other added benefits include increased energy, more muscle mass, and better overall feelings of wellbeing.<sup>34</sup>

### **Butea Superba**

Also known as Red Kwao Krua, Butea superba is another powerful adaptogen with definitive adaptogenic properties. This herb is widely recognized throughout Asia as having aphrodisiac properties as well, in part due to its high levels of phytoandrogens.





Many people are aware of the existence of phytoestrogens, which are common in many plant-based foods and herbs. But *Butea superba* is one of the few supportive herbal remedies with pronounced masculinizing properties – particularly in the way that it's been shown to boost the body's production of dihydrotestosterone (DHT).

Though it often gets a bad rap for supposedly causing hair loss and increasing a man's risk of prostate cancer, DHT is the "king" of all testosterone hormones. It's the most powerful androgen inside a man's body, and the template from which all other forms of testosterone come to bear.

One human trial found that men who supplemented with 1,000 milligrams per day (mg/day) of Butea superba for three months saw substantial increases in their testosterone levels,<sup>35</sup> while a similar case study found that a man who took the herb for several weeks saw dramatic increases in his DHT levels.<sup>36</sup>

### **Mucuna Pruriens**

Also known as velvet bean, *Mucuna pruriens* is another adaptogenic herb with a strong reputation in Ayurvedic (traditional Indian) medicine. It contains high levels of an amino acid known as L-dopa (levodopa) that functions as a precursor for the neurotransmitter dopamine, the chemical "messenger" that carries signals between brain cells.

L-dopa is completely natural, unlike its synthetic counterparts. What makes it so amazing is the fact that it has the ability to safely and effectively cross the blood-brain barrier and stimulate the hypothalamus and pituitary glands to produce more human growth hormone (hGH). In men, hGH performs all sorts of manly functions like activating androgen receptors, increasing testosterone levels, and boosting sperm quality and volume.

One of the first human studies to evaluate the effects of *Mucuna pruriens* found that men who took just five grams daily of the herb's seed powder for three months saw dramatic increases in sperm volume, along with huge reductions in cortisol levels.<sup>37</sup>

In a similar study using the same three-month dosage timeframe, men taking *Mucuna pru*riens saw increased levels of testosterone, luteinizing hormone (LH), and dopamine, as well as decreases in prolactin (a hormone that suppresses the release of LH).<sup>38</sup>

### **Epimedium**

Some refer to this herb as horny goat weed – a funny name that gets the point across as to what it does. *Epimedium* is highly complementary to other adaptogenic herbs because of its well-established libido-boosting properties.

For more than 2,000 years, practitioners of Traditional Chinese Medicine (TCM) have administered teas and extracts containing *Epimedium* as a way to increase blood flow and boost nitric oxide production in their patients – both effects being critical for optimal male performance.<sup>39</sup>



### T-PLEXX:

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And how "Low-T" steals away your masculine strength, energy, and virility.

But now you know how to turn that around by changing your diet, avoiding toxins, reducing stress levels and more — thanks to our eye-opening report.

Now you know how to regain all the power of a man in his prime... conquering challenges, achieving greatness, and enjoying youthful sexual desire and performance.

However, as you've learned, it's not easy. The list of feminizing toxins is long and they're everywhere. And while eating right, exercising the right way, reducing stress and getting enough sunlight are all important health goals to pursue, it's not always possible to do it all.

It's almost impossible to avoid dangerous foods like soy, bad fats, and sugar completely. It's tough to exercise regularly with so many competing demands on your time. Getting enough sunlight is a great idea, but sometimes you're stuck inside whether you like it or not. And you may not always remember to find a way to decompress from all the stress in your life.

But here's good news...

You can easily tackle testosterone levels with **T-Plexx** from **Organixx**. This unique formula has 13 targeted, all natural ingredients that work with your body's own endocrine system to support healthy levels of testosterone permanently.

Even better... T-Plexx is "turbo-charged" with fulvic and humic acid, increasing the bioavailability of these healing nutrients and carrying them to where your body needs them most. **T-Plexx** is the most advanced, most bioavailable, and by far most effective testosterone repair supplement for men available anywhere.

To regain your masculine strength, virility, and stamina, try **T-Plexx** today. Each bottle comes with our iron-clad 100% ONE-YEAR Money-Back Guarantee. If you're not happy with the results, just call us for a full refund. No questions asked.

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- Deliver the highest quality, most effective supplement blends available. We started this company because of the huge demand for quality supplements at affordable prices. We keep our markups extremely low, because we're a mission-based company with hopes of healing the world.

Now here's the great news... we're constantly improving and making our supplements even better.

We've received a LOT of overjoyed feedback from others just like you, and the one thing we keep hearing over and over is how pleased they are to finally find a supplement company 100% committed to using the purest, non-GMO and USDA Certified Organic ingredients wherever and whenever possible!



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### We Are Living in a Toxic World That Is Making Us Sick

Our modern world is a "toxic soup."

In spite of all the conveniences and luxuries we enjoy today, the toxic environment we now live in is harming our bodies. Quite literally it is robbing us of our health and vitality day-by-day in tiny increments.

### How?

From the time you wake up until you go to bed, and sadly even while you sleep, toxic pollutants are all around you. The truth is, your body is blasted with toxins every moment of every day and they are slowly but surely breaking down your vital internal organs. These toxins include the pollutants in the air you breathe, the materials used to build your home and office, the cleaning products you use, cosmetics and other personal care products you put on your body, and what you eat and drink.

If you're like most people, it might take years to notice the effects of constant contaminant exposure and by the time identifiable symptoms present themselves, you're likely already sick and won't even know why. So many people blame their health problems on "age" or simply being "out of shape" – when the reality could be the slow buildup of pollutants in their cells over the course of decades.

## Half the Population of the U.S. Suffers from Chronic Illness

If we take a look at health statistics in the U.S., the damage to human health becomes evident.

According to the U.S. Centers for Disease Control and Prevention (CDC), "As of 2012 half of all adults – 117 million people – had one or more chronic health conditions. One of four adults had two or more chronic health conditions." <sup>1</sup>

The CDC also reports that seven of the top 10 causes of death in 2010 were chronic diseases. Two of these chronic diseases – heart disease and cancer – together accounted for nearly 48% of all deaths.<sup>2</sup>

This is not to say that toxins are solely responsible for all of these health conditions. But they certainly aren't doing anyone's health any favors.



#### Why You Need to Care About Toxin Exposure

A toxin is anything "foreign" to your body that your basic, built-in systems are unable to process. Sometimes your body isn't able to flush contaminants and they end up depositing in your tissues, gradually accumulating over time. These substances invade your body and **increase your risk of risk of developing chronic disease**.

# The 2 Types of Toxins

Generally speaking, there are two types of toxins: "endogenous" and "exogenous."

- **Endogenous toxins** are *produced* inside the body. They are a natural byproduct of normal physiological processes.
- ▶ Exogenous toxins are typically *ingested* into the body from the outside\* from the air, water, and food.

\*Toxins expelled by bad bacteria and fungi such as Candida albicans that live within the gut are also exogenous toxins, even though they are actually released from within the body.



#### Where Are You Being Exposed to Toxins?

You'd be shocked at how many known toxins are in the products you eat, drink, inhale, or apply to your skin.

You can find dangerous toxins in industrial chemicals, environmental pollution (air, soil, water sources), pharmaceutical drugs, over-the-counter drugs, household cleaning supplies, additives to food and tap water, heavy metals, parasites, bacteria, tobacco by-products, EMFs (electromagnetic fields), and of course, pesticides.

Unfortunately, government and health agencies have permitted the use of untested chemicals in food, building materials, your drinking water, vaccinations, cosmetics, and more.



The National Resources Defense Council is an environmental action group based in the U.S. They reported that,

"More than 80,000 chemicals available in the United States have never been fully tested for their toxic effects on our health and environment."

They go on to say that in more than three decades the Environmental Protection Agency (EPA) has only tested 200 of those chemicals. In that same period of time they've imposed regulations on just five. The manufacturers have provided little information about the long-term effects to human health or to the environment as a whole.3

This is a deeply disturbing fact. And one that you need to take very seriously when considering your approach to caring for your own health and the health of your family.

#### Can Your Doctor Help?

You may be thinking that your family doctor will be able to help you fight the good fight against toxins... but don't be too sure about that. Doctors struggle to diagnose illnesses or conditions caused by toxic overload because the symptoms are systemic, meaning they affect the entire body.

Toxins affect many biological functions at the same time and can cause conflicting side effects. As a result patients often end up going from one specialist to another, trying to determine what's wrong.

Healthcare professionals usually don't talk to you about the benefits of detoxing the body because **most doctors only** treat the symptoms, not the source of your sickness.

If you tell your doctor about your extreme fatigue, you'll likely walk out with a prescription for an antidepressant. If you talk about unusual heart palpitations, chances are you'll be placed on heart medication. If you show up with another

upper respiratory infection, you're leaving with another antibiotic.

No matter your symptom, you can be sure there's a pill for it!

What this means is that when it comes to toxin exposure, you're the ONLY one who can stop it in your daily life.



# **Detoxification for Total Body Health**

As you now know, there are countless toxic pollutants in the air, water, and food you ingest. While not pleasant to think about, there are even sometimes parasites living in your own gut that can be causing you harm.

Given that you can't stop all toxic pollutants from entering your home and body, no matter how diligent you are, is there anything you can you do to protect yourself?

Thankfully, you can facilitate rapid and efficient exit of toxins by detoxing regularly. In fact, the quality of your health (and your life!) depends on it.

#### The 4 Places Your Body Accumulates Waste

As Dr. Daniel Nuzum explains it, there are four main places in the body where we accumulate waste: the **colon**, the **kidneys**, the **liver**, and the **lymph nodes**.

Any place you have waste accumulating in the body there are microbes. The body has two types of microbes:



aerobic are oxygen-breathing microbes that build things up



anaerobic are sugar-eating microbes that breaak things down

There needs to be a balance between these two types of microbes in the body, and you want the oxygen-breathing (aerobic) microbes to be more active.

The more waste you have accumulated in your body, the more fuel there is for the anaerobic, sugareating microbes that break things down and are what cause the body to decompose, degenerate, and generally start "falling apart."

## **How Detoxification Works**

To understand how a good detox works, you first need to know that there are four primary exits via which toxic waste can be expelled from your body.

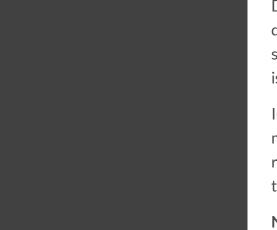
These exits are the **colon** (waste excreted through bowel movements), **the kidneys & urinary tract** (through urine), the **lungs/upper respiratory system** (through exhalation), and the **skin** (through sweating).

If any one of these exits is blocked, the next one in line has to pick up the slack, usually with unfortunate consequences! This means all exits need to be thoroughly cleaned and detoxed.

What you can do is to cleanse each of the exits properly, and in the right sequence, so that these pollutants are expelled as quickly and efficiently as possible – minimizing the harm they can do to your body.

#### The Colon (aka Large Intestine or Bowel)

The main exit for solid wastes is the colon. This is also the first and most important place to start detoxing. Before you try and detox other organs such as the liver and kidneys, you need to get your colon cleaned out. Most people have heard of colon cleansing and you've likely seen products for colon cleanses on store shelves.



Did you know that the second fastest way of getting a drug into the blood (next to intravenous, or IV) is via rectal suppositories? That's because the inside lining of the intestines is a highly absorptive surface.

In other words, if the bowel is not moving after each meal and moving waste out, then the soft stool and its contents are reabsorbed right back into the bloodstream – adding to the toxic burden that your body already has to bear.

**Not so fun fact:** the contents of the bowel are so toxic that that if you took them and injected them into your bloodstream, it would instantly kill you!

Fortunately, any solid waste in the bowel that is reabsorbed is first processed through the liver before it is allowed to re-enter the bloodstream. This is good news for you, but not so great for your liver, which has to work overtime to keep the blood clean.

Did you know that the clinical definition of a "normal" bowel movement is three times daily? In fact, one bowel movement a day is considered "clinical constipation." In other words, **most of us are chronically constipated**, adding to the body's toxic load.

What all this means is that the colon – the pathway of elimination – has to be thoroughly detoxed first.

### The Kidneys (Urinary System)

After the colon has been detoxed, the urinary system needs to be cleansed.

The kidneys and urinary tract together form the urinary system, which is a filtering system for the blood which passes through the kidneys several times a day.

On each pass through the kidneys, toxic wastes are removed from the blood and the body's fluid volume, acid-base balance, blood pressure, and levels of salts (known as electrolytes) are managed. When kidneys become toxic, they stop maintaining proper electrolyte levels and you start building up "salts" or kidney stones.



When functioning properly, kidneys create urine to dispose of the wastes that drain down into the bladder. When kidneys aren't working the blood becomes increasingly toxic, with negative consequences for the liver as well as the brain, other organs, and the body's tissues.

This is why kidney failure is such a serious condition that must be addressed or the body shuts down.

#### The Liver

The liver is a large organ that sits on the right side of the belly. Along with the gall bladder, pancreas, and intestines, the liver helps to digest and absorb the food you eat.



The liver's main job is to filter blood coming from the digestive tract, before it is circulated to the rest of the body. The liver also detoxifies and breaks down chemicals, including any kind of drugs and toxic pollutants.

Just like your colon, your liver can fail to effectively perform its critical tasks of fat digestion, hormone breakdown, and nutrient assimilation when it gets bogged down by too many toxins.

After the colon and urinary system have been detoxed, the liver needs to be cleansed next, so that all the toxic wastes built up in the liver can exit easily through the cleansed and open systems.

#### The Lungs and Skin

The other two exits for waste to be released are through the lungs and skin.

The toxic burden on both your lungs and skin can be substantially reduced by supporting and detoxing the lymphatic system, which is a vast and complex network. The lymphatic system includes your bone marrow, thymus, spleen, tonsils, adenoids, and appendix, as well as over 600 lymph nodes, and a web of lymphatic vessels that lay just beneath the surface of the skin.

It is an independent circulatory system that works in conjunction with your blood circulatory system as well as your immune system, and helps to ward off infections, viruses, injury, and disease.

Lymphatic vessels lead into lymph nodes which are little filters concentrated in the groin, neck, armpits, around the heart, lungs, and intestines. There's also a large collection of lymph tissue that surrounds the intestines called GALT (gut-associated lymphatic tissue).

In addition to carrying lymphatic fluid and nutrients all around the body, your lymphatic system also captures waste material (including from the lungs and skin) which it drains away from your brain and vital areas of your body toward a lymph node.

When one area of the body becomes infected, nearby lymph nodes become swollen because they collect and destroy the infecting invaders. This is why when you have a throat infection, for example, lymph nodes in your neck swell and become tender to the touch. This waste material then travels to the liver and kidneys via the blood for cleansing and elimination.

Because the lymphatic system is so vital to a healthy immune system, detoxing the lymphatic system should be a component of any full-body detox program.



# 3 Steps for Getting the Most Out of a Detox

The biggest benefit of a good detox is that you are giving your cells a fresh start. A detox hits the "reset button" and makes it possible for you to minimize current damage and lower your risk of future toxic overload.

Some health specialists say you don't need to detox because your body is designed to do it naturally. In part, that's true...

A hundred years ago, humans dealt with food poisoning and the occasional exposure to heavy metals naturally. The natural functions of the body worked well to minimize threats and keep humans strong. But there was **nowhere near the level of toxic exposure we encounter today!** 



Here are 3 steps to ensure you're getting the most out of any detox protocol:

## STEP 1 Stop putting more toxins in your body

Evaluate the source of the toxins in your life. One of the most important things you need to do before you decide to do a detoxification is to think about your daily habits. Cigarettes, alcohol, processed foods, and even personal care products filled with chemicals are killing your cells slowly, so now is a great time to rid them from your daily existence! There's no point trying to detox your body while you're dumping toxins back in.

Here are a few of common sources of toxicity to watch out for:

## Endocrine-disrupting chemicals (EDCs)

EDCs are both an environmental and dietary concern and include phthalates in plastics; polychlorinated biphenyls (PCBs) in electrical devices and fluorescent lightbulbs; bisphenol-A (BPA) in food can linings; synthetic steroids in conventional meat products; and estrogenic compounds in soy-based foods.

#### **Pesticides**

Pesticides, insecticides, and herbicides that are sprayed on crops (and on many lawns, parks, playgrounds, and golf courses) are designed to destroy life. Is it any wonder they also accumulate in, and act to damage the human body? Consume organic/no spray fruits and vegetables as much as possible and stay away from areas that have been sprayed with these poisons.

#### "Soft" and heavy metals

Metals like lead, aluminum, mercury, cadmium, arsenic, and nickel are highly pervasive. Some common sources of exposure include air pollution, non-stick cookware, cosmetics, vaccines, dental amalgam fillings, cigarette smoke, conventional household cleaning products, and contaminated food products.

#### Fluoride

This poison is difficult to avoid if your municipality adds it to the public water supply. Your best protection is to invest in a whole-house water purification system.

#### Food additives, preservatives, and growth hormones

Many packaged and processed food products are loaded with chemical preservatives such as sodium benzoate, monosodium glutamate (MSG), refined sugars, artificial sweeteners, synthetic food colorings, and other synthetic non-foods that contribute to early aging and degenerative disease.

Avoiding processed foods and eating only whole (real) foods made from organically grown, non-irradiated components will go a long way toward minimizing your toxic exposure.

#### Pharmaceutical drugs

It doesn't matter whether it's sold over-the-counter, as a prescription, or you buy it from some guy in a back alley... your body sees any drug as a potential poison that your liver has to filter. Some pharmaceuticals also have a long half-life, meaning they don't break down very quickly and can take months (or even years) to disappear from the body. [Note: This is in no way telling you to not take drugs prescribed by your doctor; only to be aware of the additional burden that pharmaceuticals place on the body.]

#### **STEP 2** Detoxify

Once you have banished your old habits (we know, easier said than done), then you're ready to start a full body detoxification to remove contaminants from your colon, lymphatic system, urinary system (kidneys), and liver.

It's important to note that detoxing for a day, a week, or even two weeks is usually not enough time for a thorough job. To effectively cleanse an exit and to keep it open takes a minimum of 5-7 days. This means that it can take up to a month to thoroughly detox all four exits and rid the body of most of the toxic pollutants present.

## STEP 3 Keep it up

Make consistent small steps in the right direction to maintain your new, healthier state.

Doing a full-body detox on the cellular level is wonderful and can have many lasting benefits, but it's generally not a one shot deal. Gentle, ongoing detoxing is almost always better than just doing something once.

Unless you are living a pristine lifestyle, the benefits from your detox will be greatly diminished if you go back to old ways and habits and keep reintroducing new toxins into your system.



# Making Detoxification a Way of Life

The choice to detox is not a "quick fix" but if you have difficulty kicking some of the bad habits in your life (or changing your lifestyle completely), then regular detoxification is even more critical to the health of your internal organs (kidneys, liver, and colon) as well as your underappreciated lymphatic system.

True detoxification is a way of life. It encompasses every aspect of daily living from how you clean your house, to what personal care products you use, to the foods you eat, and how you control stress.

Making the choice shouldn't be temporary. Before and after you go through detoxification, you want to develop daily habits to maintain the momentum.

The time to experience the benefits of detoxification is right now. Give your body a head start that your colon, lymphatic system, liver, and kidneys will thank you for by being stronger and more effective at their jobs than ever before.

You have nothing to lose and everything to gain when you detoxify your body and take back control of your health and well-being.

So flush those toxins. Heal your body. Start now.



# **Detoxx**<sup>TM</sup>

# The Most Effective Detox System Available Today?

When we developed Detoxx, we set out to provide you no less than THE most powerful – and safest and easiest – detoxification system on the planet. It's a 2-part full-body cleanse that takes just 28 days, and in true "Organixx style" is made from only the most effective organic, fermented, cleansing blend of ingredients...



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- Use proprietary fermentation processes to make our supplements extremely bioavailable.

  (This ensures the maximum amount of nutrients from our supplements are actually utilized by your body versus being wasted.)
- Deliver the highest quality, most effective supplement blends available. We started this company because of the huge demand for quality supplements at affordable prices. We keep our markups extremely low, because we're a mission-based company with hopes of healing the world.

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