



TOP HERBS FOR A DIGESTIVE DETOX



Do you suffer from an upset stomach, fatigue, bloating, and gas? Does it seem like no matter which foods you cut out of your diet, your gut just feels... unhappy? If so, you're not alone. About 60-70 million people in the United States suffer from stomach problems according to the American Gastroenterological Association.

Our gut does so much more than process food. Over 70% of the immune system is found in the gut, and our gut microbiome produces vitamins, including B vitamins and vitamin K. Our gut is also where most of our neurotransmitters are made (such as serotonin), which means our gut strongly influences our mood.

Sometimes it's tough to pinpoint the source of stomach issues. If you're struggling with a chronic upset stomach, a gut detox may help. By clearing out toxins and unwanted microorganisms, your body can support a balanced, happy gut.

Detoxing gives your gut a chance to "reset" by flushing out waste and improving its function. Here are five amazing herbs that can boost your digestion and help your body detox naturally so you feel lighter and more energized.

Clove Bud

A familiar aromatic spice, clove is a powerful herb with many benefits for the gut, including helping to prevent stomach discomfort. Clove contains a compound called **eugenol**, which research shows is highly effective at fighting microorganisms by disrupting their cellular

function. Clove is also shown to support healthy blood sugar, making it a stellar spice for overall health and well-being.

Ginger Root

Ginger is a seasoning staple in most kitchens. It packs a punch of flavor while also delivering a slew of benefits for digestive health. A powerful antioxidant in ginger called **gingerol** soothes digestion, and promotes a more diverse and healthy balance of bacteria in the gut microbiome. Ginger also helps to produce butyrate in the gut, which supports digestive health.

Black Walnut Hull

Known for centuries for its powerful cleansing properties, the hulls of black walnut contain compounds including juglone and tannins. **Juglone** especially has been studied for its ability to help eliminate unwanted microorganisms from the body. It works by interfering with the metabolic processes of unwelcome organisms. Tannins in black walnuts have antibacterial and astringent properties, helping to strengthen the gut.

Barberry Root

Barberry root contains the active compound **berberine**. While berberine is best known for how it supports healthy blood sugar, it also has significant benefits for gut health. Barberry may help discourage microorganisms in the gut, while research shows berberine helps to balance bacteria in the microbiome, supporting a healthy gut lining. One scientific review also showed that berberine improved diarrhea in children and adults.

Wormwood & Sweet Wormwood

Like its name suggests, wormwood is an herb that has been used since ancient times to help protect against gut invaders and support gut health. Both wormwood and sweet wormwood contain powerful compounds that support the digestive tract. Sweet wormwood is particularly beneficial because it has an active ingredient called **artemisinin** which research shows is highly effective against unwanted microorganisms.

It's important to focus on digestive health since the gut helps the body absorb nutrients, supports energy levels, and keeps us feeling our best. Using natural remedies, like herbs, is a gentle and effective way to support your body's digestive detox process. Herbs have been used for centuries in many cultures to soothe the digestive system, help to expel gut invaders, and support the removal of toxins.

The best way to achieve an herbal cleanse is with a specialized formula such as **Para-Shield** that includes herbs known for detox. These herbs can aid digestion, support nutrient absorption, and promote regular bowel movements. Plus, they're a safe alternative to harsh cleanses, making them a great choice for people looking to improve their digestive health naturally. ■

Visit The Good Inside store to get Para-Shield, an herbal cleanse to support gut defense.



9 Common Signs of Parasites

Because parasites can cause a range of effects, they are often overlooked as the source of discomfort. Here are some of the most common signs you may have intestinal parasites.



1. Digestive Problems

Parasites can wreak havoc in your digestive tract. Unexplained constipation, diarrhea, gas, or bloating can all be signs of a digestive system under attack.



2. Fatigue or Exhaustion

Parasites are called "energy vampires" for how they can drain you of energy as they consume nutrients and trigger the release of toxins in the body.



3. Itchiness

Unexplained itchy skin, hives, or other skin irritation can be a sign of parasites. That's because intestinal parasites can stimulate immune antibodies, causing a reaction.



4. Teeth Grinding

Parasites can trigger the release of toxins which interact with neurotransmitters in the body, leading to mood swings, and teeth grinding at night.



5. Feeling Bloated

Some parasites can make you feel bloated, thanks to a buildup of gas in the intestinal tract, resulting in an uncomfortable full feeling.



6. Difficulty Sleeping

Parasites are also associated with difficulty falling asleep or having sleep disturbances due to parasites being more active at nighttime.



7. Nutrient Deficiencies

Since parasites survive by feeding on their hosts it can lead to nutrient deficiencies, including a lack of iron due to parasites consuming blood.



8. Muscle or Joint Discomfort

Trichinosis is a type of roundworm. The adults produce larvae that travel throughout the body, living in muscle tissue and causing discomfort.



9. Constant Hunger

Tapeworms are a type of parasite that attach to the intestine and feed off nutrients. This can lead to a constant feeling of hunger, even after eating.



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The Health Benefits of Nattokinase



First discovered in the 1980s, the enzyme nattokinase has gained scientific renown as studies show it can profoundly impact health and well-being. Unlike digestive enzymes which break down food, nattokinase is a type of proteolytic enzyme, which is why it's able to work its magic in the body.

Proteolytic enzymes are a powerful class of enzymes that can break down protein fragments throughout the body. This means they can eliminate remnants of proteins that slow blood flow, trigger inflammation, and drain your energy.

Taken on an empty stomach, proteolytic enzymes are like having an army of elite soldiers that blast away unwanted protein fragments. In doing so, they can boost energy, support heart health, and optimize circulation. Here are the top health benefits of nattokinase.

Increases Energy by Optimizing Blood Flow

Imagine a clogged water filter where the water only drips through slowly. Once unclogged, however, the water flows through effortlessly. The same applies to our bloodstream. Excess protein fragments can build up in our blood, slowing down oxygen flow. By targeting excess proteins in the bloodstream, nattokinase can help optimize blood flow. By supporting healthy circulation, we feel more energized and less foggy.

Supports Healthy Blood Pressure

Nearly half the adults in the United States suffer from hypertension, or high blood pressure, which is associated with an increased risk of heart attack and stroke. Studies show nattokinase supports healthy blood pressure. In one study of adults at risk of heart disease, participants were given nattokinase. After 8 weeks, researchers noted a significant drop in blood pressure, especially for men.

Supports a Healthy Heart

Plaque buildup in the arteries can cause the arteries to "harden" and can increase the risk of heart attack.

Studies on nattokinase have shown it may support a healthy heart. In one large study, the results were significant. Participants who took 10,800 FUs of nattokinase for 12 months saw significant decreases in plaque in major blood vessels. Scientists also noted lowered triglycerides and cholesterol levels in the study participants.

May Reduce the Risk of Blood Clots

Nattokinase is a unique proteolytic enzyme that is effective at breaking down fibrin, a type of protein. Because of the role that fibrin plays in the development of blood clots, nattokinase holds immense potential. In one study on healthy males in Japan, researchers showed that fibrin breakdown was elevated within hours of taking nattokinase, showing it can quickly break down proteins.

Fights Against Inflammation

Inflammation is at the root of many health issues, from achy joints to heart health. Proteolytic enzymes target many of the substances that can cause an inflammatory response. Nattokinase has also demonstrated anti-inflammatory effects in studies, showing another way that nattokinase supports heart health.

How much nattokinase should you take to experience benefits for your health? In researching nattokinase benefits for the heart, scientists found full benefits for those taking about 10,000 FU (fibrin units) of nattokinase daily.

Because nattokinase optimizes blood flow, those who are on blood thinning medication should check with their health care provider before taking this potent enzyme.

Nattokinase is a powerful proteolytic enzyme with benefits for the heart, blood pressure, energy and more. To boost its benefits even further, take it with other proteolytic enzymes such as bromelain and serratiopeptidase for an even greater effect. Each type of proteolytic enzyme has different benefits, so taking several amplifies your results. ■

Green Energy: Nattokinase + Green Tea



To boost your energy and well-being, try Green Energy, a potent blend of proteolytic enzymes. It features 10,000 FU of nattokinase for maximum benefits, along with organic green tea to support mental clarity, gut health and more.

Organic Green Tea

Struggling to focus or stay on task? Green tea contains special compounds such as L-theanine that act as powerful antioxidants to nourish and protect cells. Research shows that green tea supports mental clarity and focus, so you can think clearly and get more done.

High Potency Nattokinase

Many nattokinase supplements provide a level too low (2,000 FU) to get meaningful benefits. Green Energy has a proprietary blend of nattokinase that

delivers 10,000 FU per serving so you get maximum nattokinase benefits every day.

More Proteolytic Enzymes

Each type of proteolytic enzyme has unique benefits for the body. Green Energy also includes potent levels of bromelain, serratiopeptidase, and other proteases for a comprehensive approach to target excess protein fragments.

With Green Energy you can banish brain fog and elevate your energy naturally. Unlock the power of proteolytic enzymes and start feeling more energized as protein fragments are broken down in the body. With optimized blood flow, you'll quickly feel your best.



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

5 Heavy Metals that Cause Fatigue



Are you always tired? If you constantly struggle with fatigue, you might think that stress is wearing you down, or that your age is catching up with you. What you may not know is that environmental toxins such as heavy metals can be a big factor in chronic tiredness.

It's a huge issue since our environment is inundated with heavy metals, including in our water, household products, cosmetics, and many foods. Over time, these heavy metals build up in our bones, brain, organs, and cells where they can cause a wide range of problems.

How Heavy Metals Impact Energy

Heavy metals can cause fatigue in several ways. First, heavy metals can damage our mitochondria, lowering energy at a cellular level. The power plants within our cells, mitochondria are responsible for creating ATP, which every cell requires as fuel.

Second, heavy metals can disrupt our hormones, triggering our adrenal glands to release high levels of stress hormones, leading to exhaustion. Heavy metals can also alter the function of the thyroid gland, causing persistent tiredness.

Third, toxins can damage healthy cells by increasing the production of unstable molecules in the body called free radicals. Too many free radicals can trigger oxidative stress, eventually leading to damage within the cells, causing fatigue.

While there are many heavy metals that harm the body, there are five heavy metals most likely to impact fatigue. These heavy metals are commonly found in everyday foods and household items, making it hard to avoid exposure.

1. Arsenic

Arsenic exposure happens via drinking water, the air, soil, and foods we eat, such as rice and chicken. Research shows that arsenic can harm mitochondria, causing fatigue at a cellular level. As arsenic exposure accumulates, it may also cause muscle weakness, headaches, confusion, and brain fog.

2. Mercury

A common heavy metal found in seafood, mercury is also used in dental amalgams (silver fillings). Mercury causes a lack of energy by both interfering with mitochondrial function, and by impairing thyroid function. Mercury is also a neurotoxin that can cause developmental delays in children.

3. Lead

Widely used in plumbing pipes, and paint (until 1978), lead is found in most older homes. Lead is also common in many foods. Lead can cause fatigue by increasing free radical production, and by inducing anemia (low red blood cells). Lead is also associated with learning difficulties in children, brain fog, and gastrointestinal problems.

4. Aluminum

Aluminum is widely used in everyday items such as cans, kitchen foils, cookware, personal care items like deodorant, and more. Aluminum is considered neurotoxic, and research shows it can displace magnesium ions in the body, interfering with cellular functions. As a result, aluminum is associated with sleep issues, exhaustion, and neurological effects.

5. Cadmium

This heavy metal is found in tobacco smoke, rechargeable batteries, paint pigments and some foods, especially chocolate. Cadmium impacts energy levels by increasing oxidative stress. Because cadmium displaces the mineral zinc in the body, it can also weaken the immune system.

Detoxing for Improved Energy Levels

Heavy metals can create a feeling of exhaustion that no amount of coffee can fix. However, by using a natural zeolite detox, such as Pure Body drops and Pure Body Extra spray, we can help our body eliminate built-up toxins.

Choosing to incorporate a natural zeolite detox into your wellness routine helps support your immune system and can improve your energy levels. By removing heavy metals that can cause fatigue, you can eliminate sluggishness and brain fog, and experience a new level of energy naturally. ■

The Most Trusted ZEOLITE for Detox

Scientific evidence shows that zeolite can provide life-changing benefits to your health—from detoxing heavy metals to strengthening your immune system. But not all zeolite supplements deliver these results. See what sets Pure Body and Pure Body Extra apart and why it's the most trusted zeolite.



Natural Zeolite

Unlike some supplements, Pure Body and Pure Body Extra only use natural Clinoptilolite zeolite. That's the same form of zeolite featured in hundreds of studies, showing it can selectively bind to toxins, act as an antioxidant, support immune health, help defend the gut and much more.

Proven Pure

Raw zeolite is typically already full of toxins, meaning the zeolite has no space left to take in new toxins. That's why it's essential to clean the zeolite first. Pure Body and Pure Body Extra undergo a proven process (backed by lab tests) to remove existing toxins, so the zeolite is primed to effectively detox the body.

Only Takes Out the Bad

Natural zeolite is highly selective at removing toxins, but Pure Body and Pure Body Extra undergo an extra step so that ONLY toxins are removed. During the cleansing process, the zeolite is pre-filled with calcium,

which is readily swapped out in the body for a toxin. This step ensures the zeolite will never take a beneficial mineral from the body, only toxins.

Sized for Optimal Detox

Most powdered zeolites on the market are too large to get past the gut, so they detox the digestive system and nothing else. Pure Body is sized to target detox in the gut and body systems, while Pure Body Extra is sized in the nanometer range to access hard-to-reach toxins, even cleansing to a cellular level. Together, they provide a whole-body detox.

Our unique cleansing and sizing process means you get a zeolite that works. Thousands of 5-star reviews from real customers show that the right zeolite makes all the difference. Get the **Zeolite Detox Pack** for a detox you can trust. ■





SPICE UP Your Metabolism

How is it that some people seem to eat whatever they want and never gain weight, while others struggle with weight even when they eat less? It all comes down to our individual metabolic rate and how slow or fast it moves.

Some people just have a sluggish metabolism, set to burn calories at a slow rate. Others have a fast metabolism, where they quickly burn through calories. For most, metabolism seems to slow down as we age, causing gradual weight gain after 40.

The good news is that there are steps you can take to speed up your metabolism, by adding in calorie-burning interval training to your workouts, including weight training to counteract muscle loss (muscles burn more calories), and via what you eat and drink.

Research shows that the right plants can temporarily boost your metabolism, so you burn more calories, even without exercise. One metabolism-boosting superfood is matcha green tea, which contains EGCG that increases calorie-burning. Another is green coffee beans, which contain chlorogenic acid that can enhance fat-burning.

Science also shows that spices can impact the metabolism in beneficial ways. One standout spice is grains of paradise. A relative of the ginger plant, the seeds of grains of paradise have been shown in studies

to boost metabolism and to reduce the amount of fat in the body.

Top Spices for the Metabolism

- Grains of Paradise
- Cinnamon
- Cardamom
- Cloves

Other spices strengthen metabolic health in a different way—by supporting healthy blood sugar levels, which supports weight loss. Research shows cinnamon, cardamom, and cloves may aid insulin resistance, helping the body to metabolize glucose more efficiently.

By adding spices into your daily routine, you can rev up your metabolism naturally. To make this effect even more pronounced, try taking a supplement so you can get the benefit of multiple spices at once. By spicing up your metabolism, you could boost weight loss. ■



Boost Focus Fuel

When you find yourself dragging in the morning, struggle to get your to-do list done, or feel like everything you eat sticks to you like glue, it's time to give yourself a boost. **Boost Focus Fuel** is the lift you need for natural energy, sharp focus to get things done, and to get your metabolism moving again.

Boost Metabolism

Get your body back to burning fat and calories at optimal levels with a powerful blend of herbs and spices. Natural compounds in organic green coffee beans, organic matcha green tea, and grains of paradise give your metabolism a meaningful daily boost.

Sharpen Focus

Banish brain fog with organic matcha green tea, organic yerba mate, and organic holy basil that support concentration, heightened mental clarity, and sharpened focus. With extracts that help to curb appetite and cravings, you'll find it easier to stay on track.

Fuel Natural Energy

Adaptogenic herbs provide natural energy and promote endurance throughout the day. Plus, organic matcha green tea and green coffee beans give a boost to energy without a jittery feeling so you can conquer your workout or workday.

A community rooted in goodness!








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Refreshing Antioxidant Smoothie

Power up your day with this flavorful, refreshing smoothie. It's packed full of plant-based antioxidants that rehydrate your body fast. In just minutes you'll feel refreshed, reenergized and have the superfood nutrition you need to stay strong.

- ½ cup (4 oz.) organic coconut water
- ½ cup organic apple sauce
- ½ cup mixed frozen organic berries
- 1 scoop Super Green Juice

DIRECTIONS
Blend everything together until smooth.

Enjoy!