



# World of Nutrition

January 2015

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The WON team has just finished up our finish fit over the past 8 weeks and we have all done something to create a new daily health habit. We feel that if we can inspire our staff to create good healthy habits, why not our wonderful customers? The best way to get those around you to support you is to be the inspiration for that change. Get up every day and make your health a priority. The feeling of happiness that making your health your number one goal is infectious to those around you. Be the change you want to see in the world.

~ Kris & Allison Wear



# World of Nutrition

# JANUARY CLASS SCHEDULE

## YOGA TUES & THURS

JANUARY DATES - 5, 7, 12, 14, 19, 21, 25 & 28 6:00 PM  
\$7.00 per class  
.....

## WALK/RUN WITH WON

9:00 am  
Sunday, Jan. 3rd - FREE  
.....

## IMMUNE BOOSTERS & BUSTERS

10:00 AM  
Saturday, Jan. 9th - FREE  
.....

## JUICING "WON O WON"

10:00 AM  
Saturday, Jan. 16th - FREE  
.....

## TEA • OL • OGY

10:00 AM  
Saturday, Jan. 23rd - FREE  
.....

## THE WON CORE

10:00 AM  
Saturday, Jan. 30th - FREE  
.....

**SEE INSIDE FOR CLASS DETAILS**

## KOMBUCHA ON TAP!

3 Rotating Flavors!!







**DOESN'T MATTER HOW  
DOESN'T MATTER WHEN**

**Walk/Run With WON**

**JUST MOVE**

The New Year is here and many now find themselves with a little extra insulation after eating incessantly through the holiday season. Luckily, it's a great time for fresh starts and new goals to get healthy; whether you're a seasoned gym veteran or just beginning your fitness journey, a little extra motivation can be just what you need to kick-start your next trip around the sun. Join WON and fellow WON customers to see how exercising in a group will help change your perspective on living healthy.

Join us Sunday, January 3rd @ 9AM, Nampa Greenbelt.  
Choose your distance and speed that works best for you.  
Location: 1436 S. Edgewater Nampa, ID 83686 (Nampa  
Greenbelt)

# Yoga



Sign Up or  
Show Up!

(208) 467-7505



January Class Dates:

1/5 & 1/7

1/12 & 1/14

1/19 & 1/21

1/26 & 1/28

***Every Tuesday & Thursday***

***6:00-7:00pm***

***\$7.00 per class***

***1309 1st St. So. - Downtown Nampa***

Have you tried yoga @ World of Nutrition? Classes are twice a week, on Tuesday and Thursday evenings from 6-7pm. WON has all the props that you need for the class including mats but feel free to bring your personal mat if you have one.

These classes will be focused on the beginner yogi. The classes will support those who are brand new to yoga but will also be appreciated by those who have a practice and want to fine tune some of their postures. During these classes time will be spent breaking down certain poses each week and offering adjustments to help you find a comfortable variation of the pose that works for your body. We understand that we all have different body types and different things going on in our bodies that can make some poses more uncomfortable than others. In these classes you will discover that yoga truly is for EVERY BODY. Students are encouraged to have fun in the class and to feel free to ask questions when they arise.

# YOGA @ HOME: ANANDA BALASANA - HAPPY BABY

Happy New Year!!! In celebration of the New Year's Baby, this month we will learn about Happy Baby Pose known in Sanskrit as Ananda Balasana.

Happy Baby Pose is a really nice pose to come into after a big backbend or at the end of a yoga practice just before heading into Savasana. In this pose the spine is lengthened and able to realign, the hips and inner groins are stretched, the arms and shoulders are strengthened and the mind is calmed helping to relieve stress.

To come into Happy Baby, lie on your back. Hug the knees into the chest and gently rock the spine in small circles in one direction and then the other. Then, release your legs slightly from the chest and allow the soles of the feet to reach towards the ceiling. You should still have a bend in the knees. Reach your arms up to hold onto either the outer edges of the feet or the inner arches. Use the arms to help draw the feet closer to your body, the knees come towards the armpits, but not into them. You should feel the hips

By: Heather Martz E-RYT 500  
WON In House Yoga Instructor

opening and the spine lengthening. Once in the pose take a moment to just listen to your body. How would it feel to roll the spine out again, or maybe just gently rock from side to side? Maybe it's enough to just hold the pose and let the hips open. Remain in the pose for several breaths, until you feel it's time to extend the body back out and relax into Savasana.



Happy Baby Pose is named such because if you think of a baby playing on the floor or in a crib, they will often grab

their feet and roll around. In this pose we are mimicking those happy playful babies.

Remember, to have a successful home yoga practice you don't need to find an hour or two during the day, 5-10 minutes each morning and/or before bed will make a world of difference. If you find time throughout your day to add in an extra pose or two that's even better. Keep it simple and enjoy the practice!





# **Immune Boosters & Busters**

**Staying healthy during the winter months can be a true struggle, especially when you have children who tend to pass their illness from one to the next. There are amazing herbs, plants, and nutritional supplements you and your children can take to get off the cycle of sickness once and for all. Come learn about these effective immune boosters and the lifestyle changes you can easily make to stay healthy year round.**

**When: Saturday, January 9th @ 10AM**  
**Where: World of Nutrition ~ 1309 1st St. So. ~ Downtown Nampa**  
**Cost: FREE**





By: Brenda Farrar  
WON Staff Member

This month the WON Scoop is all about herbs that boost our immune system. We can use nature to our benefit only if we have the knowledge. “Until man duplicates a blade of grass, nature can laugh at his so called scientific knowledge. Remedies from chemicals will never stand in favor compared with the products of nature, the living cell of the plant, the final result of the rays of the sun, the mother of all life.” – Thomas Edison

**Cat's Claw:** Cat's Claw is known for its hook-like thorns that form along the vine and resemble the claws of a cat. This little-known botanical agent exerts powerful anti-inflammatory and antioxidant effects that support DNA repair, joint health,



immune function, and normal cell division. Cat's Claw has been shown to aid in DNA cellular repair and in preventing cells from mutating, in essence helping to inhibit cancer. Animal and human studies suggest that Cat's Claw strengthens internal defenses against the multitude of toxic pathogens encountered each day in the air, water, and environment. Cat's Claw is most commonly used for improving symptoms of both osteoarthritis and rheumatoid arthritis. It is also used for various digestive system disorders including swelling and pain of the large intestine (diverticulitis), inflammation of the lower bowel (colitis), inflammation of the lining of the stomach (gastritis), stomach ulcers, hemorrhoids, and leaky gut syndrome. Cat's Claw is available in bulk, capsules and as a tincture.

## **Astragalus:** Astragalus

works in multiple ways to promote immune health. It contains polysaccharides, which promote phagocytosis (the ability of white blood cells to engulf and remove foreign substances from the body). It contains saponins, which protect the liver and stimulate the release of cytokines (immune system messengers). It also acts as an antioxidant and reduces free radicals. Astragalus, a natural diuretic, improves urine flow and reduces the risk of developing infections in the bladder. It is an anti-clotting agent and has vasodilating properties, helping prevent coronary heart disease and improving circulation. Astragalus increases energy by supporting liver function through increased detoxification. It can even increase the flow of bile and digestive fluids. Astragalus is a heart tonic that lowers blood pressure, dilates blood vessels and increases the endurance of a fatigued heart. I recently learned that Astragalus reduces levels of the stress hormone cortisol. Excess cortisol can cause you to store fat around your belly. As you can imagine, I will be adding Astragalus to my regimen as soon as possible, since I carry a lot of my weight in my belly. Astragalus is available in a tincture, capsule and in bulk. (Because bugs love Astragalus too, we store it in the fridge.)



## **Echinacea:** Echinacea

is the herb I learned most about while doing research for the WON Scoop. Echinacea is used to shorten the duration of the common cold and flu, and reduce symptoms such as sore throat, cough, and fever. Many herbalists recommend Echinacea to help boost the immune system and help the body fight infections. It is important to note Echinacea is best used as either a preventative measure or immediately at the onset of symptoms. Echinacea should not be used over a long period of time without a break, that way your body gets a chance to build the immune system naturally. To get the optimal benefits of Echinacea you should purchase products containing both the root and aerial (above ground) parts. The roots have high concentrations of volatile oils that are helpful for the treatment of flu-like infections, while the above ground parts of the plant contain more polysaccharides that help treat colds, upper respiratory infections, urinary tract infections, and slow healing wounds. Echinacea is available in the bulk section, in capsules, as a tea, lozenges, and in a tincture.



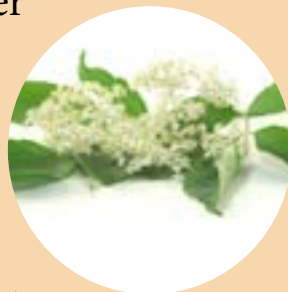
**Elderberry:** We recently made some Elderberry syrup for flu and cold season at my house out





of Elderberries. It was a fun project for my kids and it's nice to have anti-viral medicine on hand for the winter. Elderberry is a potent antioxidant used to lower cholesterol, improve vision, boost the immune system, improve heart health, and to treat coughs, colds, flu, bacterial & viral infections, and tonsillitis. Bioflavonoids and other proteins in the juice destroy the ability of cold and flu viruses to infect a cell. The anthocyanins found in Elderberries enhance immune function by boosting the production of cytokines. These unique proteins act as messengers to help regulate the immune response and defend the body against disease. People with the flu who took Elderberry reported less severe symptoms and felt better faster than those who did not. Infusions of Elderberry help to treat nerve disorders, back pain, and have been used to reduce inflammation of the urinary tract and bladder. Elderberries are available in tincture, capsules, syrup, gummies, lozenges, tea, and in the bulk section. (To keep Elderberries fresh we store them in the fridge)

**Elderflower:** Elderflower is from the same plant that Elderberries are from and are Native to Idaho. They can be found growing wild in many of our local mountains and along roadways. In



Germany and other parts of Europe, Elderflower has been used for centuries to treat respiratory infections including colds, flu, bronchitis, laryngitis and more. Elderflower works to reduce inflammation in the mucous membranes of the nose and throat to relieve congestion. It is a key ingredient in herbal blends used to treat sinusitis. The best time to use Elderflower is in the first stages of a cold or flu. Studies show Elderflower tea contains diaphoretic or sweat inducing properties to help relieve fevers and reduce the severity and duration of the flu. Elderflower can be found in our bulk section, as a tincture, in a tea, and in combination in other immunity blends.

### **Horehound:**

Let's be honest here, Horehound is a horrible name! It's actually derived from "Horus", the Egyptian god of sky and light. Don't hold the name against it because Horehound is actually a pretty amazing little plant. Horehound acts as a respiratory stimulant, expectorant, and a cough suppressant. It reduces the thickness of the mucus in your lungs and your bronchial tubes, making it easier to expel built up mucus. Native American tribes use horehound to treat stomachaches, influenza, and infections. Horehound can be applied externally to treat damaged skin, ulcers, and wounds.



Horehound is available in the bulk section and as a tincture.

### **Olive Leaf:**

Olive Leaf is a traditional medicinal herb whose therapeutic treatments date back centuries. Olive Leaf interferes with the production of certain amino acids essential for viruses to thrive. Olive leaf has the ability to directly penetrate infected cells and stop the virus from replicating. It stimulates phagocytosis, an immune system response in which cells engulf harmful microorganisms and foreign matter. Studies show Olive Leaf effectively fights over 50 common disease causing organisms including viruses, bacteria, and fungal infections. Olive leaf can be found in our bulk section, in a capsule, and as a tincture.



Studies have shown Reishi extracts support a faster regeneration of healthy liver cells. This causes a release of free radicals that have built up in liver cells. The liver is now able to work more efficiently to detox the body and prevent disease and illness. If you're ready to do some "shrooms" we have them available in the bulk section, in capsules and as a tincture.

**Reishi:** If you are new to mushrooms, Reishi is a good place to start. Known as the "Mushroom of Immortality"

Reishi is used for boosting the immune system, fighting cancer, lowering cholesterol levels, calming your nerves and relieving both allergies and inflammation. As an immune-stimulant, it is helpful for people with AIDS, leaky gut syndrome, Epstein-Barr, chronic bronchitis and other infectious diseases.





# Essential Oils for Mood & Appetite Support

By: Emarene Knowles  
WON Staff Member

Winter limits our exposure to the sun and our levels of vitamin D decrease, sometimes leading to seasonal depression. Our emotional state can trigger an increase in appetite and a desire for comfort foods. Combined with constant exposure to holiday treats and meals it can be easy to get away from healthy habits and gain weight. But don't distress, the Earth provides us with everything that we need in the form of powerful essential oils! When inhaled, specific essential oils help us to maintain a happy state of mind and keep those cravings and impulses in check. The more you use the oils the more effective they will be. Luckily, most of the essential oils pertaining to depression also work to balance cravings and weight gain.

The essential oils that are the most uplifting are also some of my personal



favorites: Sweet Orange, Lemon, Bergamot, Clary Sage, Lavender, and Grapefruit. The citrus essential oils contain a chemical called D-limonene, which support a balance in mood and emotions. Sweet Orange has antidepressant properties that brighten gloomy feelings, dissipate depressing thoughts, and subdue tension and stress. Bergamot is refreshing and uplifting. Studies have shown that Bergamot affects the hypothalamus to help balance emotions and nerves. Clary Sage balances emotions, restores emotional equilibrium, is a nervous system tonic and eases fear and nervousness. Lavender was prized by the ancient Greeks and Romans for its perfume and cleansing properties. Lavender oil is great for emotional difficulties such as depression, fear, hysteria, insomnia, irritability and

melancholy. Below are some recipes with a blend of these powerful essential oils to uplift your mind and soul.

## **Winter Blues Blend**

(Makes 1/3 oz roll-on)

- 5 drops Sweet Orange oil (brightens gloomy feelings, dissipates depression)
- 4 drops Grapefruit oil (helps mental fatigue and depression)
- 3 drops Clary Sage (balances emotions)

Fill the rest of the roll-on with Jojoba oil to preserve the scent of your essential oils.



After all those tempting and delicious holiday treats, there are essential oils to help you resist sugar cravings and promote weight loss. The essential oils that help curb your appetite and promote weight loss are Grapefruit, Lemon, Peppermint, Tangerine, Sandalwood, and Ginger. Grapefruit is a natural appetite suppressant. It is a great weight loss oil because it promotes the process of lipolysis.

Lipolysis is a process in the body that breaks down stored fat into two main components, glycerol and fatty acids for energy. Grapefruit essential oil

with one to two

ounces of coconut oil can be massaged for 30 minutes on areas where fat accumulates. Grapefruit can also help the mental side of things. Grapefruit helps headaches, mental fatigue, hangovers and depression. Lemon helps balance your metabolism and increases energy levels in the body. This increase in energy will increase your motivation to exercise. Inhale Lemon essential oil before meals to increase your metabolism. Peppermint

## **Depression Blend**

(Makes 1/3 oz roll-on)

- 6 drops Bergamot oil (stimulant and tonic to balance emotions and nerves)
- 3 drops Lavender oil (great for depression and melancholy)
- 2 drops Clary Sage oil (restores emotional equilibrium, nervous system tonic)

Fill the rest of the roll-on with Jojoba oil.



is not just a great digestive aid and stomach soother, but it also makes you feel full after a meal. Inhale Peppermint essential oil before meals to activate the feeling of being full. Tangerine is a great diuretic and it also calms the nervous system. So if you have extra water weight, Tangerine essential oil is the one for you.

Sandalwood helps control stress eating. It works by helping you overcome negative feelings and behavior so that you no longer feel the temptation to eat more to deal with stress. Apply Sandalwood essential oil with coconut oil directly on the stomach or to the bottoms of the feet. Ginger essential oil works great for weight loss because it helps reduce sugar cravings. We all know sugar is a weight loss enemy due to the fact that whatever isn't immediately burned for energy gets stored as fat. Below are two blends to help with weight loss and appetite.

## **Skinny Blend**

(Makes 1/3 oz roll-on)

- 5 drops Tangerine oil (diuretic)
- 5 drops Grapefruit oil (appetite suppressant, promotes the process of lipolysis)

- 5 drops Sandalwood oil (helps prevent stress eating)
- 5 drops Lemon oil (balances metabolism, increases energy)

Fill the rest of the roll-on with Jojoba oil.

## **Suppress the Appetite Blend**

(Makes 1/3 oz roll-on)

- 5 drops Peppermint oil (inhale before meals to feel full)
- 7 drops Lemon oil (balances metabolism, increases energy)
- -3 drops Sandalwood oil (helps prevent stress eating)

Fill the rest of the roll-on with Jojoba oil.

\*Do not ever apply essential oils directly on the skin. Always use a carrier oil such as Jojoba, Coconut oil, Almond oil, or even Virgin Olive oil.

After you have blended your recipes you can apply them to your pulse points. Which are located on the wrist; palm side. Enjoy these great recipes, and keep up the weight loss journey!



# Seasonal Affective Disorder

By: **Kristen Garza**  
**WON Store Manager**

Seasonal Affective Disorder (SAD) is a form of depression that begins and ends with the change in seasons, most predominantly from fall, through the winter, and into early spring. Seasonal Affective Disorder causes feelings of depression, feeling hopeless or worthless most of the day, and almost every day. Other symptoms of SAD include low energy, problems getting along with others, oversleeping or difficulties staying awake, changes in appetite, weight gain, irritability or easily agitated, and difficulty concentrating. Recent estimates show 10 million Americans being affected by SAD.

There are many factors that contribute to SAD, but they are all directly related to a reduction of sunlight. Exposure to sunlight helps maintain levels of melatonin, serotonin and vitamin D. A decrease in melatonin disrupts your normal sleep patterns, causing feelings of fatigue that affect mood. Melatonin helps your body create serotonin, a chemical in your brain that is known as your “feel-good hormone”. Low levels of serotonin can spark feelings of depression, anxiety and irritability. Serotonin plays a role in appetite control and low levels will create cravings for

sugars and carbohydrates. These types of foods are major contributors to weight gain and blood sugar imbalance. Serotonin also affects brain health, specifically memory and learning. Vitamin D works in areas of your brain that are linked to depression. Vitamin D activates genes that release neurotransmitters like dopamine and serotonin that are necessary for a healthy mood and sense of well-being.



The most common form of treatment for SAD is full-spectrum light therapy. The Chromalux full-spectrum light bulb has its origin in Finland, land of the Midnight Sun, where light must be sustained in almost total darkness for a few months of the year. Extensive testing and research there resulted in the design of this unique light source, which closely stimulates Natural Daylight. By increasing black and white contrasts, Chromalux improves readability, reduces



eye stress and allows for optimal visual comfort. A Chromalux bulb will restore freshness and purity to the colors of objects and surroundings. It literally feels like you have direct sunlight in your home or office. Chromalux creates a pleasing, colorful and relaxing environment that enhances people's sense of well-being. People living in light deprived areas of the world, and those suffering from seasonal affective disorder have greatly benefited from full spectrum light therapy. This is why they are often referred to as "happy lights".

You can now buy Chromalux bulbs at the World of Nutrition!  
60 watt for \$7.59  
100 watt for \$7.99



Other forms of treatment for Seasonal Affective Disorder come in the form of nutritional supplements and creating healthy winter lifestyle habits.

- The vast majority of Americans are deficient in vitamin D. Taking a vitamin D supplement containing 4,000 IU has been shown to have the largest improvement on vitamin D levels in the body and in creating a sense of well-being.

- Tryptophan is an amino acid that is converted by the body into 5-HTP and then to melatonin and serotonin. Tryptophan is the least plentiful of all the amino acids and so many people benefit from taking it in supplement form. Doses of tryptophan at 1,000-3,000 mg per day have been shown to significantly decrease feelings of depression, irritability, cravings for carbohydrates, and appetite overall. Taking as little as 250 mg of tryptophan in the evening greatly improves sleep quality and treats a range of sleep disorders. Tryptophan is well tolerated by the body and is safe for long-term use.

• Omega 3 fatty acids from fish decrease the risk of developing depression and provide a powerful and proven boost to your mood and brain health. Having higher levels of Omega 3's make it easier for serotonin to pass into cell membranes, increasing the amount of serotonin in your body to support mental and emotional health.

- Regular exercise has been shown over and over again to work better than

antidepressants to prevent and treat depression and give your mood an instant boost. Exercise helps to clear the mind, decrease feelings of anxiety, and release endorphins for a surge in energy and feelings of happiness.

- Exciting new research shows that the bacteria in your gut significantly influence mind, mood and healthy behavior. ***More serotonin is produced in your gut than in your brain!*** Supporting the condition of your gut from sources like fermented vegetables, kefir, kombucha or a probiotic supplement is critical for maintaining mental and emotional health.
- You should always avoid processed foods and sugar, but it is especially important for those battling SAD or other mood disorders. Refined sugar, chemicals & toxins in processed foods have a damaging effect on brain function, mental health, and wreak havoc on your gut. Food has an incredible impact on your mood, coping skills, and energy levels.



# GO SMUDGE YOURSELF!

By: Emarene Knowles  
WON Staff Member

Smudging is the practice of using a sage smudge wand or a sweetgrass braid as a smoke bath. Smoke baths are used to cleanse and purify people, objects, rooms and houses. This practice has been used in indigenous cultures for thousands of years. To cleanse oneself you will burn a smudge wand or triple braid of sweetgrass and make a circle around yourself or another person four times clockwise. This, in a sense, creates a shield around them that wards off any harmful energy. To cleanse a room or space you will take a sage smudge wand and let the smoke cover every wall and doorway. You will use a shell or ceramic bowl to capture the ashes, and to put the wand out, at the end of your purification. The smudge wands and triple braided sweetgrass sold at the World of Nutrition are provided to us from Sage Spirit. All the herbs are gathered with great love and respect for Mother Earth, and blue corn is given as an offering of thank you. Different smudging wands have different scents and purposes.

**Sage:** An earthy and herbal scent. The smoke is used to bless, cleanse and heal a person, object or place.

**White Sage:** A sweeter scent than plain sage, but still earthy and herbal. The smoke is used to bless, cleanse and heal a person, object or place.

**Sweetgrass:** A sweet, vanilla like scent. Burned to remind us of the Mother Earth and that the Earth provides us with everything we need.

**Lavender:** A strong, earthy herbal scent. It is used for protection against evil.

**Cedar:** A strong musky pine scent. Cedar is often used to cleanse a home or apartment when first moving in, inviting unwanted spirits to leave and to protect a person from unwanted influences.

When smudging you can voice an intention or prayer. This just reinforces the intention, energy or goal that you are trying to obtain through the smudging



practice. Below I have a generalized cleansing prayer for a person, but you can utter anything that you're comfortable with or that is personal to you. You can also just partake in a smoke bath. Whatever goal you are trying to achieve with smudging it is a great and ancient way to bring peace and purify your home.



### **Smudging Prayer**

**May your hands to be cleansed,  
that they create beautiful things.**

**May your heart be cleansed,  
that they might take you where you most need to be.**

**May your heart be cleansed,  
that you might hear it's messages clearly.**

**May your throat be cleansed,  
that you might speak rightly when words are needed.**

**May your eyes be cleansed,  
that you might see the signs and wonders of this world.**

**May this person and space be washed clean  
by the smoke of these fragrant plants.**

**And may that same smoke carry our prayers,  
Spiraling to the heavens.**

**- Deep Trance**



**When: Saturday, January 16th @ 10AM**

**Where: World of Nutrition ~1309 1st St. So. ~**

**Downtown Nampa**

**Cost: Free**

**Sign Up or Show Up!**

**This class will inspire you to add juicing to your life!**

- **Learn what fruits and vegetables to choose for various health benefits.**
- **Explain the differences between various juicers available on the market and how to choose the right one.**
- **Great tips and amazing, delicious recipes.**
- **Sample juices.**



# tea·ol·o·gy

By: Kristen Garza  
WON Store Manager

Black, Green, Oolong, and White teas are all made from the leaves of the *Camellia sinensis* plant. The caffeine in each of these teas varies due to the size of the leaf, the location in which the tea bush is grown, and the time you steep the tea. The longer you steep a tea the more caffeine it will have. The smaller the tea leaf, the most caffeine it will have. The longer a tea is fermented, the more caffeine it has. Black teas are always fermented for the longest period of time, thus having the most caffeine content, approximately 20% of the caffeine in a cup of coffee. Oolong tea contains 10-15%, green tea contains 5%, and white tea contains 1% of the caffeine in a cup of coffee. With the exception of Yerba Mate tea, herbal teas or tisanes are caffeine free. Tea caffeine has the same effect on the body as any other caffeine, although at one point this was thought to be different. However, because tea contains polyphenols, the caffeine is absorbed at a slower rate in your body, and doesn't hit you fast and hard. Tea caffeine will last

for a longer amount of time in your body and you won't experience the sudden drop in energy you get from other caffeine sources.

The benefits of tea are due to their high content of plant derived antioxidants called flavonoids. Green, Black and Oolong teas are extremely heart healthy. Their antioxidants block the oxidation of LDL (bad) cholesterol, and increase HDL (beneficial) cholesterol to help improve the function of the arteries. Studies have also shown that regular consumers of oolong or green tea have a lower risk for hypertension. The best way to enjoy the benefits of tea is drinking it freshly brewed. Decaffeinated, bottled teas and instant teas contain less of the beneficial compounds found in loose leaf, brewed teas.

Green tea has been shown to contain the most concentrated amount of polyphenols, making



this tea excellent for fighting free radical damage and slowing the aging process. Green tea is the best food source of catechins, making it a more powerful antioxidant than vitamin C or E; thus lowering your risk for several types of cancer. Green tea has been shown to specifically reduce the risk of bladder cancer, ovarian cancer, pancreatic cancer, prostate cancer, skin cancer, and inhibit breast cancer cells, lung and esophageal cancer cells. Drinking three cups of green and black tea can reduce your risk of a heart attack by 11% as they prevent atherosclerosis and reduce cholesterol. Drinking green tea reduces the inflammation associated with Crohn's disease, ulcerative colitis, and Inflammatory Bowel Disease. Green tea helps regulate glucose in the body making it extremely beneficial for those with Type 2 Diabetes. Green tea protects the liver from the damaging effects of toxic substances that are filtered through this vital organ every day. Green and black tea also help boost metabolism to support energy levels and weight loss. The catechins in green tea are said to have a fat burning effect on the body.

Oolong tea also has many beneficial effects on chronic conditions like heart disease, and inflammatory related diseases. However, some of the most positive benefits of



oolong tea include promoting healthy bone structure, healthy skin, and dental health. Oolong tea has a fruit flavor, and its aroma has a relaxing effect on your mood. Oolong tea is a great tea to help manage the effects stress has on your body. The benefits of Oolong tea fall directly between those of green and black tea because the leaves are only partially oxidized as its' fermentation process is halted as the leaves start to change their color. It has a high mineral content and is a good source of vitamin A, B, C, E and K. It is great at helping the body detoxify and removing harmful free radicals. Oolong tea is very effective as controlling how your body metabolizes fat. Activating enzymes, it enhances the function of the fat cells in your body, meaning you use more fat cells for energy reducing the amount of stored fat. If you have been diagnosed with eczema, drinking just three cups of oolong tea, three times a week, can quickly show a significant improvement in the appearance of skin. Oolong tea prevents tooth decay and strengthens the structure of your bones.

White tea has all the same healthy antioxidant benefits of green and black tea. It is great for strengthening the immune system and fighting off harmful bacteria and viruses. Drinking white tea will help prevent



you from getting common colds and flu's during the winter season. The free radicals in white tea have the most significant effect on the skin. It helps to fight damage done by being in the sun. It also helps to break down the toxins in your skin that cause acne.

Pu-erh tea is a black tea from the Yunnan province in China. (Beware of knock-off Pu-erh teas! A true Pu-erh tea is only cultivated from one tree, and many commercial Pu-erh teas are grown and cultivated from other regions and multiple trees. You will not reap the amazing benefits of this tea unless it is from a true, pure and organic source!) Pu-erh has the same amazing antioxidant benefits as black, green and oolong teas. It's most sought after benefits comes from its ability to increase the speed of digestion, accelerating the movements of fat from the stomach to the colon without giving the fat time to be absorbed. Thus it helps you lose weight by burning fat and reducing the amount of sugar and fat stored by the body in the digestion process. It is best to drink this tea after meals and throughout the day.

Yerba Maté is actually an herbal tisane or tea; however the Yerba Maté plant is high in caffeine. Yerba Maté teas will have



the same amount of caffeine as a cup of coffee. The components of Yerba Maté meet and then surpass those of green tea. It provides the body with energy and nutrition. It is high in vitamins, minerals, Carotene, Chlorophyll, Inositol, trace minerals, Pantothenic Acid and contains 15 amino acids. The Pantothenic Acid in Yerba Maté supports the Adrenal glands, enhancing hormone production and sustained energy. Yerba Maté helps you use carbohydrates more effectively, enhancing physical endurance. Another benefit for those who exercise, Yerba Maté cuts down the amount of lactic acid produced during a workout, decreasing soreness and speeding up recovery time. While containing a high amount of caffeine, it is metabolized in the body slowly and provides focus throughout the day.

Red Rooibos is a fermented tea that is actually an herbal tisane. It is extremely high in antioxidants thus retains all the benefits of a green or black tea. Having no oxalic acid, it can be enjoyed by those who even are prone to kidney stones from tea. It is rich in essential minerals. It is naturally caffeine free and recommended for insomnia. Rooibos helps relieve infants of stomach pain and colic. It contains anti-spasmodic agents that ease severe stomach pain and cramps.









# 50 Shades of Whey

By: Kristen Garza  
WON Store Manager

**P**rotein is one of the three major, or macro, nutrients. Unlike carbohydrates and fats (the other two types of macronutrients), proteins are comprised of nitrogen-containing groups called amino acids. There are about 20 different types of amino acids commonly found in foods. All of them are important for building and maintaining muscle, but 8 are vital. These are what are known as the Essential Amino Acids (EAAs). Contrary to what most athletes believe, there is no actual requirement for protein; the body simply has a requirement for the eight essentials. The EAAs cannot be synthesized in any of your tissues, so they must be obtained through high protein foods.

Whey proteins are quickly and easily digested, fast-acting, and are loaded with essential amino acids (EAAs) – including the three branched chain amino acids

(BCAAs) leucine, isoleucine, and valine. BCAAs help decrease muscle damage and fatigue from exercise. Whey is one of two major dairy proteins and accounts for about 20% of the protein in milk. Whey protein concentrates contain 70-80% protein and are low in fat and cholesterol but are higher in lactose. Concentrates have far greater levels of growth factors, phospholipids, immunoglobulins and lactoferrin. These nutrients improve immunity, intestinal and digestive health, and support a quick muscle recovery. Whey protein isolates contain 90-96% protein, and when delivered in their natural undenatured state have biological activity like that of whey protein concentrates. However, many whey protein isolates are processed to a degree in which they become denatured and damaged. Isolates have very little lactose and fat.

## **Benefits of Whey Proteins:** **Cardiovascular Health:**

Heart disease is the leading cause of death in the United States for both men and women. With the average life expectancy rising each year, it becomes increasingly important to adopt a nutritious diet and regular exercise program to help maintain a healthy cardiovascular system. Whey protein should be part of that nutritious diet.

## **Diabetes:**

Type 2 diabetes is a growing health problem, largely in part to the continued rise in obesity. Type 2 diabetes is not unique to adults and is becoming more of a concern for children and teenagers. The good news is that healthy nutrition has been shown to play a role in helping to manage, and possibly prevent the onset of type-2 diabetes. Whey protein, a high quality, high biological value protein, is a good choice for diabetics who need to carefully manage food intake. Whey protein helps control blood glucose levels and has been shown to be beneficial for weight management, both of which are often a concern for type-2 diabetics.

## **Weight Management:**

Studies show that achieving and maintaining a healthy weight can add years to your life and help prevent weight related complications, including diabetes, cancer, and heart disease. Diet plays

a key role in any weight management program and adding whey protein often helps make a positive difference. Here are some of the reasons why:

- The body requires more energy to digest protein than other foods and as a result you burn more calories after a protein meal.
- Whey protein isolate is pure protein with little to no fat or carbohydrates. It is a perfect complement to any low carbohydrate or low glycemic index diet plan.
- Recent studies by Dr. Donald Layman, a professor at the University of Illinois, have highlighted the role of the essential amino acid leucine in improving body composition. High quality whey protein is rich in leucine to help preserve lean muscle tissue while promoting fat loss. Whey protein contains more leucine than milk protein, egg protein and soy protein.
- Protein helps to stabilize blood glucose levels by slowing the absorption of glucose into the bloodstream. This in turn reduces hunger by lowering insulin levels and making it easier for the body to burn fat.
- Whey protein contains bioactive components that help stimulate the release of two appetite-suppressing hormones: cholecystokinin (CCK) and glucagon-like peptide-1 (GLP-1). An Australian study found that after



consuming a drink high in protein subjects had significantly less ghrelin in their body. Ghrelin the hormone that regulates hunger. Adding whey protein to a mid-day snack or beverage provides healthy energy and may help control food intake at the next meal.

individuals who consumed low levels of protein had a significant loss of bone density four years after the start of the study, especially in the hip and spine areas. Whey protein reduces muscle wasting, and increases quality of digestion, helping to ensure you absorb all the nutrients you need to maintain a healthy and active lifestyle as you age.

Whey protein boosts Glutathione, the “master antioxidant”. Found in every cell in your body, Glutathione helps to neutralize free radicals that cause damage to healthy cells. Glutathione has been shown to help prevent cancer, and fights aging diseases like Parkinson’s and Alzheimer’s.

Studies show that after the age of 40, people typically lose 8% or more of their muscle mass each decade. Adequate amounts of high quality whey protein may help maintain strong muscles during aging, especially when combined with an exercise and resistance training program. A recent study in Europe found that older men who consumed whey protein showed greater protein synthesis, or growth, which helped limit muscle loss over time. Whey protein also helps to prevent or slow bone loss in seniors. A recent study conducted at Boston University showed that elderly



## **BioChem 100% Whey Protein**

- Whey Protein Isolate: 99% undenatured proteins, Non-GMO, Grass Fed, soy free, gluten free, and free of hormones rBST and rBGH. 99% Lactose free and includes immunoglobulins & lactoferrin. Comes in regular and sugar free flavors including chocolate, vanilla, coconut, cocoa coconut, berry and plain.
- USDA Certified Organic Whey Protein Concentrate: from grass fed cows and free of hormones rBST and rBGH. 20 grams of protein per serving!
- BioChem Whey Protein is easy to mix and has a smooth and creamy taste!

Stop by January 9th at 11:00AM to taste the variety of BioChem Whey Proteins and find a flavor you love to help support your health and fitness goals in 2016.

# Garcinia Cambogia

By: Kristen Garza  
WON Store Manager

Also known as the Malabar Tamarind, Garcinia Cambogia is a small, sweet tropical tree fruit shaped like a pumpkin that contains hydroxycitric acid or HCA.

- HCA blocks a portion of an enzyme called citrate lyase, which helps turn sugars and starches into fat. Blocking citrate lyase means carbohydrates get diverted into energy production rather than accumulating as body fat.
- HCA also helps to suppress appetite by increasing the level of satiety, or satisfaction, you get from food.
- HCA sends signals to the brain via 5-HTP, an amino acid that is a direct precursor to serotonin. Individuals who supplement with Garcinia Cambogia have increased levels of

serotonin, the “happy hormone”.

- A study of 30 healthy, but overweight people who took Garcinia Cambogia over an 8 week period, consumed a 2,000 calories per day diet, and walked for 30 minutes five days a week lost an average of 12 pounds, their average Body Mass Index fell

by 6.3%, and had a 16% reduction in the amount of food they ate per meal.

- The most effective studied dose of Garcinia Cambogia for weight loss is 500 mg taken 30-60 minutes before meals on an empty stomach at least twice a day.



**Give Garcinia a try!  
Himalaya brand Garcinia is buy one get one free the entire month of January.**



# Mommy's Medicine Cabinet

By Thea Jordan  
WON Staff Member

It's 2016 can you believe it? With the New Year comes a long list of resolutions. The most common resolution is weight loss, but as a mother of two, I know that postpartum weight loss is a completely different ball game. Postpartum weight loss is a unique situation, because during the time following childbirth your hormones are fluctuating. If you are breastfeeding your body naturally produces prolactin, which promotes milk production and can delay ovulation. Ovulation produces progesterone in women who are not pregnant, and so a woman who is not ovulating typically has low levels of progesterone. A breastfeeding woman also has low testosterone levels. Progesterone and testosterone are fat burning hormones, where as prolactin is fat storing. This hormone imbalance makes it difficult to loose weight following childbirth and during breastfeeding.

While eating the appropriate amount of calories for breastfeeding, it may take more time for your body to begin burning fat due to the hormones you are producing. Additionally, stress can

increase prolactin levels. The transition of becoming a new mother is naturally stressful, and it is essential that you treat postpartum weight loss with kindness, love and understanding. You just grew a human and it is not an accomplishment that should be over looked.

Setting a healthy example of body image is imperative for your self-esteem and that of your children. I recommend that new mothers get healthy on the inside first, and not with fad diets or extreme workouts. Simply meeting your nutritional needs through supplementation will set the stage for natural postpartum weight loss. Adding nutrients like magnesium, fish oil, probiotics, milk thistle, and vitamin B12 into your health regimen will set the stage for weight loss and provide energy, metabolism & hormone support, better digestion, ultimate liver function, and much more.

**Magnesium:** Helps regulate carbohydrate metabolism, preventing you from storing excess sugars as fat.



**Milk Thistle:** Supports liver function and helps your body detox. Toxins that your liver is unable to remove from your body get stored in fat cells.



### **Nordic Naturals Ultimate Omega:**

Omega 3 fatty acids support metabolism and body composition making it one of the most aggressive starting points for improving your health and managing your weight.



### **Dr. Formulated Probiotics Fitbiotic:**

Provides you with specific strains of bacteria that target fat cells, boost metabolism, and aid digestive & elimination processes. An easily digested fiber keeps you feeling full throughout the day and stabilizes blood sugar levels.



### **Country Life Coenzyme B-Complex Advanced:**

B Vitamins increase energy by helping your body make oxygen rich red blood cells and by supporting the metabolism of fats, carbohydrates and protein for fuel.



**Eat Fat to Lose Weight:** Fats have had a bad reputation, and for years the media and modern medicine have been trouncing fats as being bad for your heart and your waistline. Sadly this idea has been accepted by many people without knowledge, scientific fact, or understanding behind the body's true need for fat. Essential fatty acids are necessary for absorption of vitamins A, D, E & K, as well as maintenance of skin & hair, and proper cell function. When a chemical or toxin enters the body, the body naturally attempts to equalize it by storing it in adipose (fat) tissue. If you are consuming or exposed to high levels of chemicals or toxins over time they can potentially lead to disease.

Fats are vital components of a healthy diet. Knowing sources of good fats will help you to make more informed decisions about your health. Good fats will help boost metabolism and nourish the nervous system. Meals that contain healthy fats leave you feeling full and satisfied. As the truth about detrimental vegetable oils and processed sugars is now being reported, many doctors and nutritionists are supporting the fact that your body should not be restricted from consuming healthy fats from sources like coconut oil, avocados, olives, and raw nuts.

**Coconut oil:** This amazing saturated fat is composed of medium chain triglycerides (MCTs). The MCTs in Coconut oil are easily metabolized by the liver and turned into an immediate source of energy. Rarely is coconut oil store as fat. Coconut oil also raises your thermogenic rate, or the rate at which you burn calories. This gives your metabolism an immediate surge. Coconut oil also helps to break down fat stored around the waist. It is a wonderful addition to your kitchen and can be used to replace butter and all other cooking oils.



**Avocado:** This healthy fat aids in nutrient absorption allowing the body to maintain nutritional needs.



These delicious fruits are packed full of Omega 3 fatty acids and have potent anti-inflammatory properties. One avocado can contain 6 to 7 grams of fiber, allowing you to feel full faster and longer, making it essential for any weight loss program.

**Additional Omega Rich Foods:** Nut & seed butters, Ghee, flax seed oil, hemp oil, and raw nuts.



For faster weigh loss results limit dairy, sugar & processed grains. Eating these types of foods creates inflammation causing an increase in abdominal fat, bloating, digestive issues like IBS or leaky gut syndrome, headaches and chronic skin conditions. Due to their limited nutritional content they also rob your body of energy and productivity, leaving you malnourished and susceptible to illness. Most dairy products contain added hormones and genetically modified ingredients, which are linked to hormonal imbalances, inflammation, increased mucus production, increased risks for cancers and a weakened immune system. Processed foods are packed full of empty carbs, leaving you feeling hungry shortly after you have eaten, and interfering with hormones that control appetite. Filling your kitchen with protein packed snacks that you and the family will enjoy is a great starting point for getting healthy. Having access to clean nutritious food will help you be successful and stay on track! Get moving a minimum of 3 days a week. Go for a walk, dance with your children, and try a plank challenge to strengthen your core, or take an hour for yourself and enjoy a yoga class. Approaching your health by feeling results through increased energy and a happy mood will help you to see results. Losing weight should be more enjoyable and rewarding. Your body is amazing-you grew a human! Honor your journey.

# *DIY Chocolate Chia Seed Pudding*



## **Ingredients:**

- 1 ½cup Almond Milk
- 1/3cup Chia Seeds
- ¼cup Cocoa Powder
- 2-5tbsp Maple Syrup
- 1/2tsp Ground Cinnamon
- ¼tsp Sea Salt
- 1/2tsp Vanilla Extract

## **Preparation:**

- Mix all ingredients together in a Mason jar with lid
- Rest in fridge overnight
- Serve Chilled with desired toppings such as bananas, strawberries, or raspberries





Successful people are not gifted; they just work hard, and then succeed from purpose. If you have big plans for your New Year's Resolution, to be fit and feel strong, then RAW Fit protein powder may be just what you're looking for. RAW Fit, by Garden of Life, is the perfect supplement to support your health and fitness goals for the New Year. This unique formula of herbs, protein & whole food nutrients help burn fat, maintain blood sugar levels, and boost energy. With Raw Fit you will lose weight and feel great!

The protein in RAW Fit comes from raw, organic, plant based protein. RAW Fit is naturally filling and satisfies hunger by providing soluble and insoluble fiber from

certified organic grains, seeds, legumes and fruits. Soluble fiber attaches to cholesterol particles and takes them out of the body, helping to reduce overall cholesterol levels. It supports weight loss by making you feel full without adding extra calories to your diet. Insoluble fiber supports weight loss by staving off hunger pangs. Live probiotics and enzymes support digestion and elimination and can aid in weight loss by restoring a healthy digestive system. When your inner ecosystem is in balance the body naturally drops excess weight.

You can easily maintain healthy blood sugar levels with Chromium, Organic Cinnamon, and Organic Sprouted Grains. Organic sprouted grains are high in fiber that slows down glucose absorption and keeps

blood sugar levels more consistent. Chromium helps insulin transport glucose into cells, where it can be used for energy. Cinnamon decreases the amount of glucose that can enter the bloodstream after a meal. When we have too much sugar in our blood it produces a surge in insulin. That surge tells our body that plenty of energy is readily available and that it should stop burning fat and start storing it. Maintaining healthy blood sugar levels is essential if you're trying to lose weight.

Green Coffee Bean Extract will help you shed those stubborn unwanted pounds. Green Coffee Beans are coffee beans that have not yet been roasted and contain a higher amount of the chemical chlorogenic acid. Chlorogenic acid can reduce body weight, reduce

fat absorption, reduce fat stored in the liver and improve the function of the fat burning hormone adiponectin. Ashwagandha, found in RAW Fit, will fight stress and aid in weight loss by acting as a natural adaptogen in the body, fighting disease, and decreasing levels of stress hormones like cortisol. Cortisol not only acts as a stress hormone in the body, it can also

make you gain belly fat.

RAW Fit will help you build lean muscle mass, which means your body will

naturally burn more calories, it will also to help repair muscle after workouts. So, for your New Year's resolution, choose to succeed. With RAW Fit as your secret weapon you are sure to be successful! We have a variety of flavors including Natural, Vanilla, Chocolate, and Marley Coffee.





# WON CORE

*Good health is a precious gift that must be continuously protected and nourished.*

*Ever wondered what your local health food store owner and manager take everyday and why? Then check out our WON Core Class.*

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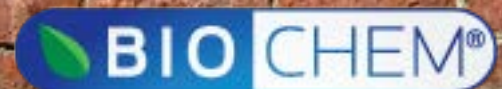
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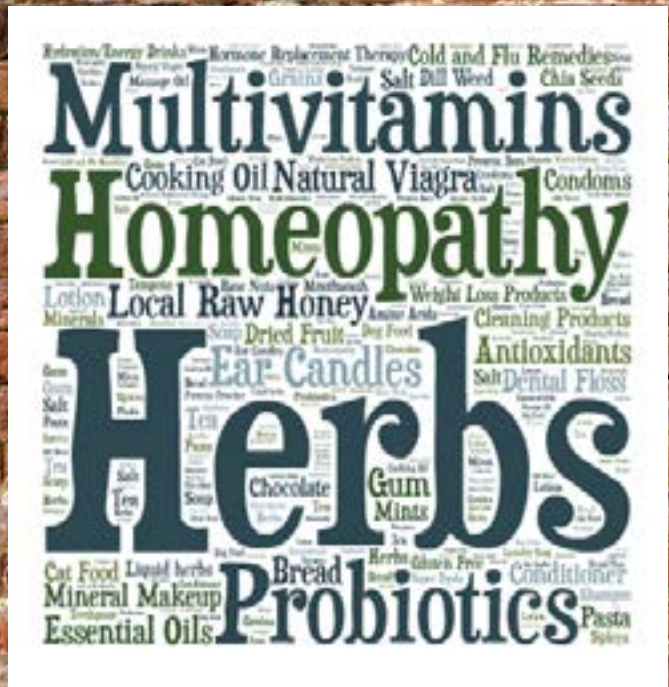


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