

Health, Fitness & Beauty Guide

Simple ways to incorporate exercise into your life

(StatePoint) When constantly struggling to juggle the unending daily responsibilities of both work and family life, trying to squeeze in time to exercise can be a daunting task.

Throughout the day, you may be faced with the difficult choice: to move or not to move. Luckily, there are many simple changes you can incorporate into your daily routine to squeeze in that extra bit of movement, such as parking a bit farther away from your destination or opting to take the stairs versus riding the elevator.

Additionally, experts recommend isometrics, a form of exercise that involves tensing muscles without moving them, which has been shown to be an effective way to increase strength and boost metabolism, as well as maintain a healthy weight and improve overall health – all in ways that fit a busy schedule.

In fact, with just 15 minutes per day, isometric exercises have proven to increase strength by 30 percent over six weeks, according to studies. Among its many health benefits, isometrics can also improve stamina, combat osteoporosis, reduce pain and even lower blood pressure.

While it's often today's technology that keeps people strapped to their chairs and chained to their couches, certain new technological advancements encourage just the opposite, serving as exceptional healthy lifestyle resources. One such program harnessing the benefits of isometrics is Activ5 from Activbody. This new and innovative portable, handheld fitness device works with a downloadable companion app to coach users through fun and simple five-minute, low-impact isometric workouts that can be performed discreetly at work, in the

comfort of home or when traveling. Featuring over 100 unique workouts personalized for users' individual fitness levels, it includes a suite of games to make fitness more fun -- as though you have an enthusiastic, animated personal trainer right in your pocket.

"Most of us sit way too much. Although we all want to be more fit, for many of us it's nearly impossible to carve out time to get to the gym," says Activbody CEO, Leo Griffin. "We wanted to create a way for people to get a full body workout quickly and effectively during their downtime, while still having fun and being entertained."

The Activ5 app also measures data such as strength, precision and other personal metrics, giving users an opportunity to track their progress. To learn more about isometric exercise or to download the app, visit



TryActiv5.com.

While the idea of heading to the gym after a jam-packed day may sound exhausting, making health a priority and incorporating some extra

movement in your day is easier than ever before. Whether it's as simple as playing with the kids in the yard or squeezing in a five-minute game using a fitness app at your desk,

by keeping fitness fun and convenient, you will be more likely to embrace it as part of a healthy lifestyle.

Prevent bites and sunburns

(StatePoint) Nearly half of all Americans participate in at least one outdoor activity each year, according to statistics from the Outdoor Foundation. And while many of those exercising outdoors take necessary precautions to reduce their risk for injury, they are not always as dedicated to skin protection.

"It's ironic that protecting exposed skin is overlooked by so many outdoor enthusiasts otherwise committed to their health and wellness," says Brevard, Florida-based dermatologist, Dr. Richard C. Kirkpatrick.

During the long days of summer, outdoor enthusiasts should take the following steps to avoid bites, burns and more.

Mosquito Protection

Mosquito bites are not just a nuisance; they are associated with Dengue Fever, Zika, West Nile and Chikungunya viruses.

Ward off itch, discomfort and more serious threats by avoiding standing water whenever possible, and dressing in loose long sleeves and pants.

Use a DEET-free repellent such as BullFrog Mosquito Coast, which repels mosquitoes for up to eight hours. The formula is a particularly good option for outdoor enthusiasts. Unlike DEET formulations, there is no need to wash it off when returning indoors. Different from repellent alone, it also offers SPF 30 sun protection, so you can pack light when you're on the move.

Sun Protection

One in five Americans will develop skin cancer in the course of a lifetime, and men ages 15 to 39 are 55 percent more likely to die of melanoma than women in the same age group. However, a recent

survey from Bullfrog

Sunscreen found that while 85 percent of male outdoor sports enthusiasts ages 18 to 54 claim their prime motivation for engaging in outdoor sports is "health and wellness," two in 10 respondents do not use sunscreen at all. Of the remaining 80 percent who said they do use sunscreen, 56 percent use it only occasionally.

Those spending time outdoors should wear a hat and apply a broad-spectrum sunscreen 15 minutes before going outside, and then reapply at least every two hours or after swimming, sweating and immediately after towel drying. A breathable, sweat-resistant formula like BullFrog Land Sport is ideal for tennis, golf and other land sports, while an advanced water-resistant formula should be used for swimming and other water sports.

More skin safety tips can be found at BullFrogSunscreen.com.

While the warmer months are a great time for all your favorite outdoor activities, from hiking to swimming to camping, this time of year comes with its own health hazards. Luckily, there are many steps you can take to protect skin.



Urinary health starts with the gut

(StatePoint) As most women who have suffered urinary health issues know, such conditions can be irritating and uncomfortable. Luckily, there are practical steps you can take to naturally support your urinary tract.

It's first important to understand how your body stays healthy. Believe it or not, one of the keys to optimal urinary function is a healthy gut. When you have diverse strains of good bacteria thriving in your digestive tract, it fortifies your immune health and makes it more difficult for the bad guys to settle in, promoting both urinary and vaginal health from your core.

Unfortunately, many aspects of modern life can make it difficult to maintain a healthy level of good bacteria: processed foods, stress, exposure to antibiotics, environmental toxins, the use of daily antibacterial products and even overzealous hygiene habits, to name a few. What's more, even the inevitable process of aging is a factor.

To support your gut health, aim to eat a diet high in whole foods, paying careful

attention to include prebiotic-rich choices, such as garlic, dandelion greens and onions. Prebiotics feed the good bacteria in the gut. You'll want to be sure to take care of your gut and immune system with probiotics, too.

While foods like yogurt, kimchi and miso soup contain probiotics, you may find it helpful to incorporate more targeted support like probiotics for women into your wellness regimen. Look for a time-released formula designed to survive stomach acids (as many do not).

In addition to prioritizing gut health, you'll want to consider adding powerful benefits of cranberries to your daily routine. And while cranberry juice is often the go-to solution for urinary health, cranberry extract in supplement form is much more concentrated, and doesn't have the added calories or sugar.

D-Mannose, a simple compound found in nature that encourages certain bacteria to clump together and bypass the urinary tract wall, is another ally you'll want to incorporate to maintain

proper urinary tract function each day.

If adding three new supplements to your life feels daunting, one simple and effective option that can be found at your local Target store is Hyperbiotics PRO-Women. This formula is made with six different targeted probiotic strains for the female system, and has the added benefit of Valensa's CranGyn, which is comprised of cranberry extract and 100 percent naturally-occurring D-Mannose. The strains in this formula can also help with gas, bloating, irregularity and weight loss, improve nutrient absorption, and even boost mood and energy levels. To learn more, visit hyperbiotics.com, join the conversation on social media at [#followyourgut](https://twitter.com/followyourgut).

Whether you struggle with urinary health issues or want to stay one step ahead of the potential problems, be proactive about your wellness. Do what it takes to protect and nurture your gut, immune, urinary and overall health so you can feel and function at your best each day.

Coffee can be good or bad for your health

(StatePoint) A majority of Americans drink coffee daily, with an average of about three cups a day, according to Harvard School of Public Health.

Science indicates there are some substantial health benefits to drinking coffee regularly. Various studies have suggested that drinking coffee regularly could decrease the risk of heart disease and stroke, lower the risk for developing type 2 diabetes, protect against gallstones and

lower the risk of developing Parkinson's Disease.

However, it's important to note that because of its caffeine content, coffee intake should be moderated. Its acidity can also impact issues like bone and muscle deterioration, and kidney stones. Conventional coffee can also raise cholesterol levels when regularly prepared French press or Espresso style.

For these reasons, many people are rethinking the types of coffee they drink

in order to avoid particular health concerns. For example, unlike a conventional acidic cup of coffee, Bio Coffee is alkaline, caffeine-free and made with wheatgrass. It contains three to five servings of vegetables in one cup of coffee, as well as six grams of fiber – approximately 25 percent of the recommended daily amount. It also provides a natural source of pre- and probiotics for better digestive health. To learn more about its health benefits, visit BioCoffee.com.



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Depression sufferers find hope with sound technology

(NewsUSA) - Healthcare in the United States is one of the hottest topics of conversation these days, in large part, because there are no easy answers on how to affordably offer it to everyone.

With the cost of healthcare continuing to skyrocket, it's no surprise that many can't afford health insurance.

And if you are one of the 18 million adults who suffers with depression, these healthcare expenses can add up even quicker with counseling and medication, which many times is needed daily and for long periods of time.

Now, however, there may be a way for those suffering from anxiety and/or depression to save money, feel better and increase emotional stability without medication.

Enter Revolutioner, a new sound technology that uses audio soundtracks to stimulate the brain through a complex neural process called Brainwave Entrainment. Brainwave Entrainment refers to the brain's electrical response to rhythmic sensory stimulation, such as pulses of sound or light, say the creators of Revolutioner.

One of the main causes of depression and anxiety is an imbalance of Alpha and Beta waves between the left and the right hemisphere of the

brain, according to studies and research. Many sufferers also have too much Theta brainwaves (slow activity). This causes many additional issues such as poor sleep and brain performance.

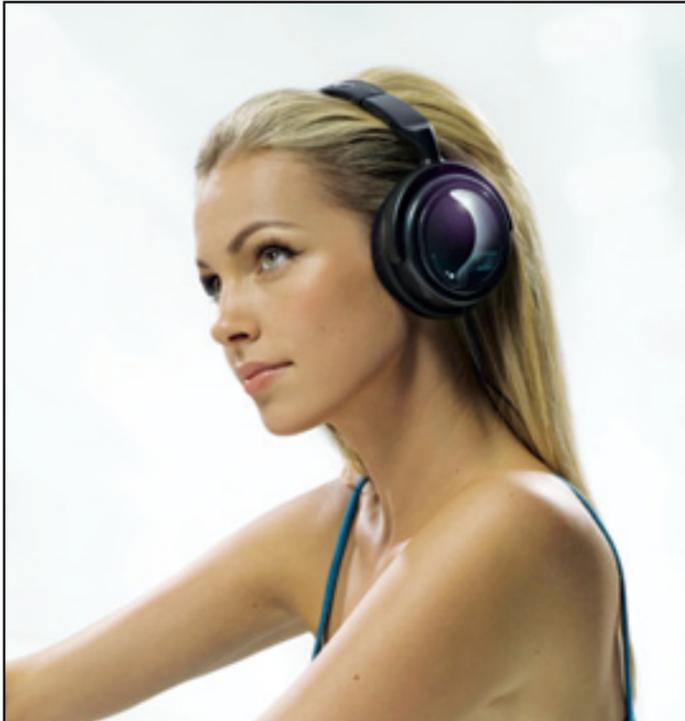
The Revolutioner Program stimulates Alpha, Beta and Theta brainwaves and corrects the imbalance between the two hemispheres with sound frequencies. Members of the program listen to a 12-minute soundtrack. During the 12 minutes, the frequencies in the soundtrack restore and enhance Alpha, Beta and Theta brainwaves, resulting in better brain functioning and general mood. After a few days on the Revolutioner program, the brain restores its balance between the left and right hemisphere, and with

continued use of the program, it helps keep the balance.

The additional benefits of Brainwave Entrainment include:

- Cognitive abilities. Improved cognitive skills, brain processing speed, and increased focus and attention;
- Athletic performance. Athletes have reported massive improvements in their mental attitude and their ability to respond quickly in changing circumstances;
- Addiction. Removes the cravings, but it will also create a foundation towards an addiction-free life;
- Improvement in daily life. Decrease in stress and anxiety, and increase in energy and motivation.

For more information, visit <https://revolutioner.com/>





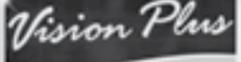
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