

Banish Stress with Bs: A comprehensive B-vitamin complex should be in everyone's winter arsenal to combat stress and promote a healthy mood. B-complex vitamins refer to the eight water-soluble Bs that play an active role in a number of our bodily functions, including building neurotransmitters and helping enzymes to support energy production. Research has shown that B-complex vitamins can help promote a healthy mood, while also working to decrease perceptions of stress. In fact, a double-blind randomized, placebo-controlled study published in the *Journal of Human Psychopharmacology* found that the participants who supplemented with B-complex reported decreased anxiety and workplace stress, as well as improved mood after 90 days of use. Another study out of the University of Miami evaluated the effects of B-complex and found that adults who have been diagnosed with depression experienced significant improvement in their mental health with B vitamin supplements. In addition to supplements, a number of foods are rich in vitamin B, including salmon, leafy greens, eggs, beef, oysters, clams, legumes, chicken, turkey, yogurt, and nutritional and brewer's yeast.

Product Pick: Garden of Life mykind Organics B-Complex



Adapt to the Times: It's no secret that those dark winter mornings make us all feel a little sluggish, and sometimes a little pick-me-up might be just what the doctor ordered. Eleuthero (*Eleutherococcus senticosus*), commonly known as Siberian ginseng, is a prized adaptogenic plant often used in traditional medicine to elevate energy, increase athletic performance, and even balance the body's stress response. A study published in the *Chinese Journal of Physiology* found that supplementation shows the potential to enhance endurance, support cardiovascular health, and improve metabolism. Eleuthero can be infused into water, used in a tincture, or taken in a capsule.

Product Pick: Prince of Peace Ultra Ginkgo Plus Endurance Formula with Eleuthero & Tibetan Rhodiola



Up Your Omegas: As temperatures hit the single digits, your skin can become more vulnerable as it attempts to adjust to the frigid air outside. Support your skin barrier from the inside out by increasing your omega-3 intake from foods such as avocados, nuts, olive oil, and fatty fish. On the outside, use a nontoxic nourishing daily moisturizer to ensure that your skin holds its glow during the colder months. Fish oil supplements are also a good way to cover all of your omega-3 bases.



Product Pick: **Nordic Naturals Ultimate Omega**



Get to the Root of It: It's a worthy mission to brave the cold on a trip to the farmer's market to pick up some root veggies, otherwise known as "winter superfoods." These underground delights are often underrated, despite their impressive nutrient profile and comforting taste. Some of the most common root vegetables include carrots, which are rich in vitamin A; heart-healthy beets; fiber-packed sweet potatoes; and celery root, which is loaded with vitamin K. Besides the endless recipe options for root vegetables, winter harvests also supply cranberries, broccoli, squash, Brussels sprouts, and pumpkin. A diet focused on seasonal foods does much more than just improve your health on a physical level—it also puts you in touch with your local environment and connects you with nature. Or take a full-spectrum superfood supplement.

Product Pick: **Vibrant Health Spectrum Vibrance**

Take Five: Even though this time of year is supposed to be about connection, celebration, and feeling thankful, it can cause a lot of panic and stress. Science has proven that the mind and body are deeply intertwined and that stress is a leading contributor to many diseases. When your schedule is packed, it's important to allocate time for yourself to clear your mind and maintain a proper, healthy balance. In fact, a recent pilot study published in the *Journal of American College Health* found that students who practiced guided mindfulness meditation for 5–12 minutes per day over an 8-week period reported decreased anxiety and stress levels. So setting aside some time for yourself, even for as little as 5 minutes per day, can do wonders for your health.



Product Pick: **Calm** (an app that offers a variety of guided meditations)

Balancing the Gut: Hippocrates famously said, "All disease starts in the gut," and now, modern science is proving the link between a balanced gut and a healthy immune system. One recent study review published in the *Annals of Nutrition & Metabolism* concluded that probiotic consumption has a variety of positive benefits for the immune system, including the ability to modulate the allergy process. Support your gut flora diversity by eating prebiotic foods such as artichokes and asparagus; by focusing on plant-based and fermented foods; and by ensuring that you always take a probiotic after an antibiotic to help replenish your supply of good-for-you bacteria. In addition, you might want to consider adding a high-quality probiotic into your daily regimen to ensure that you're doing everything you can to balance the bacteria in your belly.



Product Pick: **American Health Probiotic CD**

Flu-fighting Botanicals: Plants that stimulate and support the immune system include elderberry, astragalus root, echinacea, olive leaf, osha root, and goldenseal. These tried-and-true herbs have been used for centuries to help fight off invading bugs and support immune health. A study published in the *Journal of Evidence-Based Complementary and Alternative Medicine* found that taking echinacea extract as a preventative measure reduced both the number of colds and the duration of the common cold compared to the placebo. Infuse these herbs into a warm cup of tea to enjoy throughout the day.

Product Pick:

Gaia Herbs Echinacea Supreme



Comfort Food: Bone broth is a traditional food touted for its rich nutrient content and health benefits. It's made by boiling the bones of animals (ideally grass-fed and organic) and infusing the mineral-dense broth with herbs and vegetables, creating a savory soup. An interesting study published in the *Journal of Psychological Science* found that comfort foods—including soups—are often associated with gatherings and have a beneficial effect on mental health and loneliness. Perhaps bone broth is the perfect antidote for the mind and body on those chilly, dark days.

Product Pick: **Bonafide Provisions Chicken Vegetable Soup with Bone Broth**



Let the Sun Shine: It's important to keep your vitamin D (aka the sunshine vitamin) stores at a healthy level for optimal immune support during the months when the light isn't as bright and more of your time is spent indoors. Countless studies have linked low vitamin D levels to osteoporosis and other chronic diseases, making it an essential support for overall wellness. In fact, a recent systemic review published in the *British Medical Journal* found that vitamin D supplementation was associated with a decreased risk of cancer mortality by 16 percent. Visit your primary care doctor for a checkup to ensure your levels of D are in the optimal range.

Product Pick: **Carlson Vitamin D₃ 2,000 IU (50 mcg) Vitamin D₃ Soft Gels 2,000 IU**



Add Some Honey: Manuka honey is not only a sweet treat, but a powerful functional food derived from the nectar of manuka (*Leptospermum scoparium*) trees. It has been studied extensively for its wound healing and antimicrobial properties, as well as its effectiveness against bacteria that can be resistant to antibiotics. In fact, a recent review study published in the *AIMS Microbiology Journal* concluded that Manuka honey has the potential to be a natural antibiotic alternative due to its unique phenolic and methylglyoxal content. Add it to a cup of tea, mix it into your morning smoothie, infuse it into your salad dressing, or simply enjoy it raw.

Product Pick: **Flora Manuka Honey 15+ UMF**



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